

The Unhealthy Truth

Author, Robyn O'Brien

I was very fortunate to hear Robyn O'Brien speak at Learn2 Live Green this past April. She is the author of The Unhealthy Truth which is a shocking investigation concerning the dangers of America's food supply. Robyn analyzed a vast amount of research that confirmed the toxicity of the American food supply. She is the founder of *AllergyKids*, an organization focused on restoring the integrity of the food supply and the health of children. She has appeared on CNN, Good Morning America, The Today Show, and FOX News. The New York Times has called her the Erin Brockovich of America's food industry.

The main highlights of her book include:

- Discovering alarming rates of childhood food allergies in the United States, which has seen a 400 percent increase in the past 20 years. Diagnosis of peanut allergies in the U.S. doubled between 1997 and 2002; no other country in the world experienced anything similar.
- While researching food allergies, O'Brien learned that "90 percent of all food allergies are triggered by proteins in eight foods: eggs, cow's milk, wheat, soy, fish, shellfish, peanuts, and tree nuts."
- She explains how DNA is spliced into GM (genetically modified) plant genetic material, as well as the agricultural, economic, medical and physiological risks posed by including genetically-modified food in our diets.
- The relationship between the manipulation of our food and both the increase in dangerous allergies in our children as well as the increase in cancers in our families.
- The United States is the only developed country in the world to allow hidden toxins in our food—toxins that are increasingly being blamed for the alarming recent increases in allergies, A.D.H.D., cancer, and asthma among our children.
- The majority of processed foods in the U.S. contain additives, preservatives, artificial color, aspartame, MSG, hormones, as well as being grown from genetically modified seeds. Many of these things do not require labels. Europe, along with Australia, New Zealand and even some African countries have banned these harmful substances from their foods.
- Robyn states that this is the first generation of Americans that will not outlive its parents.
- Her thorough investigation of the food industry highlights the role that federal policy and large corporations such as Monsanto play in the toxicity of the US food supply.

The book features recipes and an action plan for weaning your family off of these dangerous ingredients one step at a time, The Unhealthy Truth is a must-read for every parent and for every concerned citizen in America today.

