



## *Eating in the Dark* *America's Experiment with Genetically Engineered Food*

Kathleen Hart is a journalist who has been writing about health and the environment for more than fifteen years. She has covered agriculture and biotechnology for *Food Chemical News* and has reported on nuclear power and nonproliferation for McGraw-Hill's *Nucleonics Week*. She previously served as editor of the *Environmental Health Letter*. Her articles have appeared in the *Boston Globe* and the *Bulletin of the Atomic Scientists*, among other publications.

Most Americans eat genetically modified food on a daily basis – this has become fact. Yet only a small percentage of them are even aware that the foods they are eating have been altered on a genetic level. For some reason, the FDA doesn't require that food labels provide information about genetically engineered ingredients, and somehow, the subject has stayed remarkably low on the radars of mass media. If any of this startles you or makes you wary, then Kathleen Hart's book *Eating in the Dark: America's Experiment with Genetically Engineered Food* will leave you breathless.

Hart has taken an monumental leap into the forray of the biotechnology world, where large, power- and money-hungry companies are busily-but-quietly creating genetically-modified versions of foods that they are practically forcing onto American tables. Hart has interviewed an amazing number of scientists, farmers, industry members and activists, and has gained unprecedented access to the shadowy worlds of the Environmental Protection Agency, the United States Department of Agriculture, and the Food and Drug Administration, which have all contributed to the nationwide spread of the questionable, untested, and potentially harmful genetically-altered foods that we blithely consume.

*"In refusing repeated consumer pleas for labels on genetically engineered foods, the FDA has prevented Americans from making an informed choice about the foods we eat and feed our families. Around the world, from Europe to Asia, doctors and ordinary customers are watching us, with curiosity, to see whether the genetically modified foods in our diet will turn out to be safe. Especially, they are watching our children, the first generation to be raised on these new biotech foods." (Page 9)*

*Organic farmers, conventional growers, and food manufacturers told USDA officials at a mid-April 2001 meeting in Washington D.C. that "it has become nearly impossible in America to grow, buy, or sell corn and soybeans that are not contaminated with biotech genes." (Page 271)*

From the first page, the reader is introduced to a reality that seems more like science-fiction than not, as Hart presents moment after moment a tapestry of backwards science, bizzare politics, and baleful biotech innovations woven by American scientists and government leaders, whose interests apparently stretch no further than their bank accounts. As she plumbs the depths of the genetically-modified food story, Hart explains how it all began (in the late 1990s by a shifty chemical company called Monsanto), how it flowered into dominance in the American food chain (the FDA says genetically-modified foods

are safe, while more than 475 million Europeans and Asians refuse to eat them), and how it has only slowly, but clearly, begun to come to light (as with the young woman who went into anaphylactic shock after eating a brand name taco shell).

If you want to know about the pesticide that you may be eating with every bite of your potato, or the corn that has proven lethal to monarch butterflies and may be just as toxic to humans, then this book is for you. Likewise, if you're curious about the political intrigues that have allowed food labels in the U.S. to remain free of genetically-modified warnings while the same labels are demanded by law in many other countries that import the same foods, this is a must-read. And if you are interested in knowing about the next wave of planned biotech foods (such as wheat that produces its own insecticide, which countless people may end up eating on a daily basis), it's time to get a copy of this book in your hands.

*“The FDA acknowledged that the overwhelming majority of the 50,000 Americans who wrote to the government following the three public meetings held in the fall of 1999 asked for ‘mandatory disclosure of the fact that the food or its ingredients was bioengineered or was produced from bioengineered food.’ However, the agency justified ignoring those comments on the grounds that Americans had failed to provide a list of specific problems attributable to long-term ingestion of the foods. The government apparently expects clairvoyance of its citizens, since by definition ‘long-term consequences’ may not become manifest for fifteen to twenty years or more.”*  
(Page 270)

Considering the fact that 67% of American consumers either haven't heard of genetically modified foods or don't know enough about them to form an opinion, *Eating in the Dark* is a clarion call, maybe even a prophetic warning...

As a board certified Holistic Health Practitioner, I fully endorse this book.

*Ryan N. Harrison, MA is a Holistic Health Educator/Consultant with a private practice (<http://www.BeWholeBeWell.com>). He has taught nutrition and holistic health for many years in both online and traditional settings. He has his Masters Degree in Transpersonal Psychology and certifications as a Nutritional Consultant, Holistic Health Practitioner, Spiritual Counselor, Quantum-Touch Practitioner; he is also an Advanced Practitioner of EFT (Emotional Freedom Techniques). He currently serves as Editor of Natural Healing Today magazine, and works closely with DrNatura.com, a natural health e-commerce and information site.*