

No, Robyn O'Brien, trace toxins in food and GMOs are not causing allergies

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.**

. . . . I'm a food allergy mom, but I won't share . . . anything . . . from Robyn O'Brien, and I'll tell you why.

O'Brien is the author of the book *The Unhealthy Truth* and a longtime food allergy advocate. . . O'Brien has reached a kind of elder statesman status, even though she has a long and dangerous history of spreading misinformation, fear and pseudoscience.

The essential thrust of her book . . . is the argument that our worrisome food allergy epidemic has been caused by that most dreaded thing of all — “toxins.” . . . chemicals, pesticides, GMOs, vaccines, sugar. . . O'Brien has perpetuated so many myths about food allergies that it's hard to know where to begin. . . .

. . . . Lianne Mandelbaum, author of . . . the “Scaffolding” posts on O'Brien's site, argues that food allergy families should offer support and avoid publicly criticizing each other's treatment choices. But in a community plagued by fear and pseudoscience, support isn't always what we need.

We shouldn't support [dangerous recommendations from groups like Moms Across America](#) who tell parents they can cure their child's food allergy with an organic diet. . . .We shouldn't support anti-vaxxers who say vaccines contain peanut oil. These ideas are wrong and harmful to all of us in the food allergy community. . .

As if to prove my point, . . . is a piece by O'Brien herself entitled [The Myth: GMOs Foods Are Rigorously Screened for Allergic Potential](#). . . . The evidence for O'Brien's claims amounts to a [discredited study of transgenic peas](#), the case of StarLink corn where [no allergic reactions were ever proven](#) and the [transgenic soy modified with Brazil nut protein](#) that was never brought to market.

**Read full, original post:** [Science Is My Scaffolding: Why I Won't Share That Robyn O'Brien Post](#)