

## Former holistic nutritionist explains why she demonized GMOs—and how science changed her mind

For years, I was deeply embedded in the wellness world in my own life. Then I decided to work in the industry as a holistic nutritionist, praising and promoting the newest alternative health treatments and products.

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During this phase, a meal in my home would have included only organic and non-genetically modified organisms (non-GMO) foods. I thought this was the best way to rid your diet of toxins and pesticides. In reality, this isn't quite the case.

**[Editor's note: [Denby Royal](#) is a writer and former holistic nutritionist]**

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Marketing that organic food is cleaner is all around us. Just take a look at the campaign "Skip the Chemicals." It encourages consumers to fear the scary-sounding names of chemicals and adopt a better-safe-than-sorry attitude toward their food .... although there is no evidence that organic foods are more nutritious.

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What prompted me to start looking into genetically modified foods was the uncertainty I was encountering with my clients.

Many of them were missing the basics: sleep, water, fruits and vegetables. They were also avoiding real food out of a fear of GMOs and taking a multitude of supplements (a \$35 billion business in the United States) to replace missing nutrients. My clients were confused by the contradictory information they were getting on the internet.

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