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Is What You Are Eating, Eating You?

A NEWS SERIES ON GMO'S WITH JEFFREY SMITH ON GAIAM TV

BOULDER, Colo., Dec. 16, 2013 /PRNewswire/ -- In May more than two million Americans protested against the use of Genetically Modified Organisms (GMOs) in our food supply. Now investigator Jeffrey Smith reveals the latest information on GMOs, how they impact our health and the health of our children and what you can do to avoid GMOs in your meals with a groundbreaking new show on Gaiam TV, *Is what You Are Eating, Eating You?*

(Logo: <https://photos.prnewswire.com/prnh/20131105/MM11379LOGO>)

"Parents are becoming more aware...children may be susceptible to the impact of GMOs... families lives have been changed dramatically." said Jeffrey Smith, executive director of the Institute for Responsible Technology.

In this new show, only available on Gaiam TV, viewers will learn about how some GMO plants become herbicide resistant so the herbicide Roundup® will not kill the plants. Other plants are genetically modified to produce toxins that break open holes in the stomachs of insects, which leads to questions of whether this effect may also happen in humans. There is no long term data on the impact of GMOs on humans or animals. Leading to the question why last year there were less than 3 dozen independent studies on GMOs which are being consumed by millions of people worldwide.

"The program investigates the role of GMOs for widespread occurrences of digestion dysfunction, immune dysfunction and fertility dysfunction. It is important for Gaiam TV to educate the public on issues which can seriously impact our viewers and their families,"

said Paul Richardson, Gaiam TV vice president of marketing.

In December episodes of *Is What You Are Eating, Eating You?* Include:

Episode 1: What are GMOs?

Episode 2: What do GMOs do to our health?

Episode 3: Avoiding GMOs

There is no current law in the U.S. requiring food producers to label products as GMO, although organic farmers and a growing number of brands are voluntarily letting consumers know their foods are non-GMO. GMO labeling is currently required in 64 other countries around the globe.

You can watch Gaiam TV's *Is What You Are Eating, Eating You?* [here](#) during a special holiday free 10-day trial along with the rest of its vast library of videos and movies. Those who wish to subscribe to the service pay just \$9.95 per month, and may cancel membership at any time. Like Netflix, subscribers may stream content on demand for viewing with no limits and no commercial advertising. Gaiam TV is available on a variety of platforms including iPad, iPhone and Roku.

About Gaiam TV Gaiam TV is a streaming video subscription service that offers exclusive, ad-free streaming of over 5,000 films, documentaries and original programs dedicated to transformational media, alternative knowledge, personal growth and spirituality, featuring luminaries like Deepak Chopra, Wayne Dyer, the Dalai Lama and more. Along with its transformational content, Gaiam TV also features the world's largest online library of yoga, fitness and wellness videos, featuring renowned instructors like Rodney Yee, Jillian Michaels, Seane Corn, Mari Winsor and more. In addition, Gaiam TV offers original programming that takes viewers to the edges of reality through dynamic discussions on controversial topics. Gaiam TV is available on Roku, Sony PlayStation 3, select Sony Blu-ray players, Apple TV, iPad and iPhone. It is available for \$9.95/month with a free 10-day trial. Gaiam TV is a division of Gaiam, Inc. (NASDAQ: GAIA). For more information, visit www.GaiamTV.com.

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Video with caption: "Investigator Jeffrey Smith reveals the latest information on GMOs, how they impact our health and the health of our children and what you can do to avoid GMO's in your meals with a groundbreaking new show on Gaiam TV, *Is what You Are Eating, Eating You?*" Video available at: <https://www.youtube.com/watch?v=kTomtvVGtEE>

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