

Edit2: Ok, a few other quick points.

(1) Logic says, well first of all, that "GMOs" aren't even a definable single category -- are we talking about pesticide-producing GMOs, herbicide resistant GMOs, protein-producing GMOs? They're all completely different cases with completely different physical properties and imaginable risks. But even if we're taking them one-by-one and saying each marketed category of GMO, logic by the studies out there says they're all fine for you. The only thing different in them, physically, is the DNA bases & the proteins in the cells. Hysteria says they may not be that good for you because they're a new technology (not that new anymore, though).

(2) You're not just talking about GMOs in your post, but some other additives too. I'll be more agnostic on that because you'd have to specify which additives you're talking about for someone to comment. Some are better than others. E.g., there's some very low-level stochastic issues with hormones, I think it's still okay for marketing, but there's more to talk about as far as risk...

(3) Keep in mind there are risks with organic foods as well. Some of the additives in foods are meant to preserve it and prevent bacteria or other things growing in it, which organic food doesn't have, or things like because their natural pesticides are less effective they have spray a greater quantity... Issues like that. I should also probably add

(4) Even "organic" food is still very unnatural in the sense that it's been crossbred over so many centuries, it's nothing like what developed naturally in nature (and they can still harm the natural environment, e.g., via superweeds, etc). Worse, many actual "natural" varieties are even endangered. A few crop varieties dominate the entire lot, and even those are so genetically similar (mono-culture) that they're very vulnerable to diseases, etc. The loss of biodiversity in agriculture is a kind of tragedy of its own, and organic farming doesn't really get to the root of a problem like that, if you're just farming the same few varieties organically now. Also things like the depletion of soil humus over the last century, the kinds of things plants uptook historically that had all these anti-viral and health benefits carried over to humans, that's another serious loss that organic farming doesn't account for. Things like that.

I just mean to say, there are some serious systemic issues with agriculture and human & environmental health, and organic farming isn't near radical enough if you really wanted to get to some of the root problems. (We're not even talking about the massive animal farms; some of them are nothing short of disgraceful in the treatment of the animals and health & environmental risks.) I just wanted to emphasize in one point too that I do understand there's still a lot of serious health and environmental issues with modern agriculture. I don't think a "natural" label is the right field to fight that battle, but there does need to be some serious policy changes, a lot of which I think go straight to the farmers.