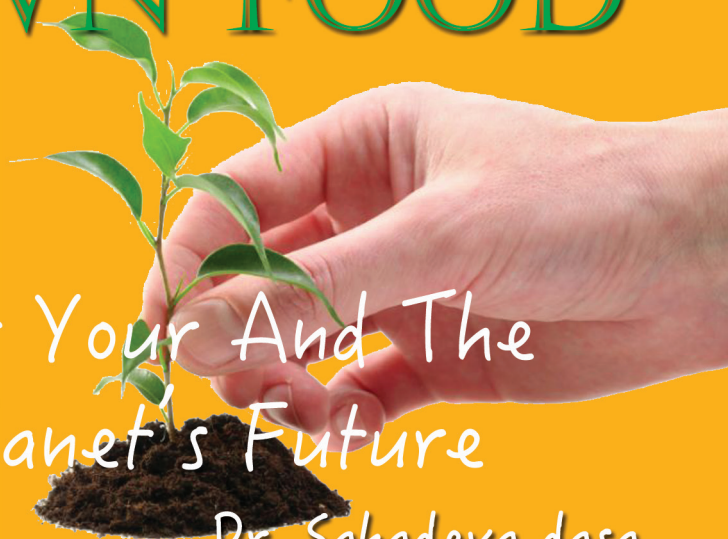


YOU ARE WHAT
YOU GROW



**PRODUCE YOUR
OWN FOOD**

For You And The
Planet's Future



Dr. Sahadeva dasa

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By
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Chartered Accountant



Soul Science University Press

www.farmism.com

Readers interested in the subject matter of this
book are invited to correspond with the publisher at:
SoulScienceUniversity@gmail.com +91 98490 95990
or visit DrDasa.com

First Edition: July 2015

Soul Science University Press expresses its gratitude to the
Bhaktivedanta Book Trust International (BBT), for the use of quotes by
His Divine Grace A.C.Bhaktivedanta Swami Prabhupada.

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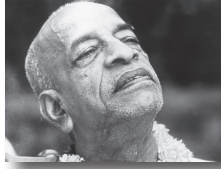
ISBN 978-93-82947-43-1

Published by:
Dr. Sahadeva dasa for Soul Science University Press

Printed by:
Ranjit Print Services, Hyderabad

Dedicated to....

His Divine Grace A.C.Bhaktivedanta Swami Prabhupada



Our first problem is, because we have got this material body, eating. Everyone must eat. So Krsna says in the Bhagavad-gita, annad bhavanti bhutani: [Bg. 3.14] "If there is sufficient food grains, then both man and animal, they become happy." Therefore our first religion is to produce food grain sufficiently to feed everyone. Krsi-go-raksya-vanijyam vaisya-karma svabhava [Bg. 18.44]. This matter has been entrusted to the vaisyas. They should produce sufficient food and give protection to the cows for sufficient milk. Then the whole human society, animal society, will be happy. But we are disobeying the orders or the rules given by God. Instead of producing food, we are producing motorcars. And motor tires, motor parts. And so many other things. And therefore people are starving. The manual labor is being misused. We are disobeying the orders of God. Therefore we are unhappy. I have seen all over the world. There are enough space for producing food grains. And if we actually produce food grain, we can maintain ten times of the present population of the whole world. There is no question of scarcity because God has created everything complete. Purnam idam purnam adaya purnat purnam udacyate [Isopanisad, Invocation]. There cannot be any defect in the creation of God. We have created these defects on account of our disobeying the orders of God. God never said that "motorcar-ad bhavanti bhutani." He never says. But instead of producing food grains, we are producing so many unwanted things. People's energy is engaged for... Just like in America or in every country, so much energy and resources are engaged for preparing war materials. And that means there must be war. And you must be killed; I must be killed. You will kill me; I will kill you. That's all.

(Room Conversation with three Trappist Monks, - March 1, 1975, Atlanta)

By The Same Author

Oil-Final Countdown To A Global Crisis And Its Solutions
End of Modern Civilization And Alternative Future
To Kill Cow Means To End Human Civilization
Cow And Humanity - Made For Each Other
Cows Are Cool - Love 'Em!
Let's Be Friends - A Curious, Calm Cow
Wondrous Glories of Vraja
We Feel Just Like You Do
Tsunami Of Diseases Headed Our Way - Know Your Food Before Time
Runs Out
Cow Killing And Beef Export - The Master Plan To Turn India Into A
Desert
Capitalism Communism And Cowism - A New Economics For The 21st`
Century
Noble Cow - Munching Grass, Looking Curious And Just Hanging Around
World - Through The Eyes Of Scriptures
To Save Time Is To Lengthen Life
Life Is Nothing But Time - Time Is Life, Life Is Time
Lost Time Is Never Found Again
Spare Us Some Carcasses - An Appeal From The Vultures
An Inch of Time Can Not Be Bought With A Mile of Gold
Cow Dung For Food Security And Survival of Human Race
Cow Dung - A Down To Earth Solution To Global Warming And
Climate Change
Career Women - The Violence of Modern Jobs And The Lost Art of Home
Making
Working Moms And Rise of A Lost Generation
Glories of Thy Wondrous Name
India A World Leader in Cow Killing And Beef Export - An Italian Did
It In 10 Years
As Long As There Are Slaughterhouses, There Will Be Wars
Peak Soil - Industrial Civilization, On The Verge of Eating Itself
Corporatocracy : The New Gods - Greedy, Ruthless And Reckless
(More information on availability on DrDasa.com)

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Preface

We are Humans. We Grow Food. Growing food is a sign of civilized life. Development of agriculture closely follows the development of civilization. Agriculture is our first big step toward a civilized life. Therefore Daniel Webster says, “When tillage begins, other arts follow. The farmers, therefore, are the founders of human civilization.”

Eating is an agricultural act. No factory can ever produce a blade of grass. Farming is not just another job, it’s a way of life. And it’s been that way since the beginning of time. All the previous civilizations were connected to their food source.


Two centuries ago we took the wrong turn. The onset of industrial revolution fundamentally altered the way we lived, worked, and related to one another. In its scale, scope, and complexity, the transformation was unlike anything humankind had experienced before. Today the world is a big fat stinking mess, ready to go down any time.

All this ‘progress’ of last two centuries has dramatically changed our food choices and eating habits. We graze our way through the day, that too often on the run. And what we eat is actually killing

us. Industrial food is a poison on the platter. And GMO is the icing on the cake.

It's time to grow what you can, with what you have, wherever you are.

Live. Laugh. Farm. Here lies your and the planet's destiny.

A handwritten signature in black ink that reads "Sahadeva dasa". The signature is written in a cursive style with a horizontal line under the name.

Dr. Sahadeva dasa

2nd June 2015

Secunderabad, India

1.

Food

Doesn't Grow On Supermarket Shelves

Ask any child where their food comes from, and the chances are he or she will say the supermarket.

And most adults don't know a lot more about how food ends up on their plate either.

We have taken food for granted. It's a mistake for which we are paying dearly. Food doesn't grow on supermarket shelves.

A disease tsunami is sweeping the world. Humanity is dying out. This is the result of our deep ignorance about our food.

Food processing and health care are now multi-trillion dollar industries. Profit-seeking leeches have realised there is a lot of money in making people sick and then selling them fancy healthcare plans. We have taken these merchants as our well-wishing friends.

Eating has become a very complicated affair. It's not supposed to be a rocket science. For thousands of years, people have been eating and even the birds, beasts and insects know what to eat. They have no scientific institutions or research organisations.

Time to be enlightened about what we put in our mouth is now. We are digging our grave with our teeth, day in and day out. When will we pull our heads out of the sand and see the reality we face?

If you don't have good health, the other things like food, housing, transportation, education and recreation don't mean much.

At least a dozen studies are being rolled out every day to further confuse an already confused public. Our dinnertime dilemmas can not be solved until we connect with our food source. A civilization disconnected with its food source has no future.

2.

Battle For Humanity Nearly Lost

Global Food Supply Deliberately Engineered To End Life, Not Nourish It

by Mike Adams

After having now analyzed over 1,000 foods, superfoods, vitamins, junk foods and popular beverages for heavy metals and other substances at the Natural News Forensic Food Labs, I have arrived at a conclusion so alarming and urgent that it can only be stated bluntly.

Based on what I am seeing via atomic spectroscopy analysis of all the dietary substances people are consuming on a daily basis, I must now announce that the battle for humanity is nearly lost. The food supply appears to be intentionally designed to end human life rather than nourish it.

Life-Destroying Toxins Intentionally Engineered Into The Food Supply

My lab has uncovered scientific proof that substances are intentionally formulated into dietary products to drive consumers mentally insane while causing widespread infertility, organ damage and a loss of any ability to engage in rational, conscious thinking. These toxic substances are being found across the entire food supply including in conventional foods, organic foods, "natural" products and dietary supplements.

This goes far beyond the mere contamination of foods with heavy metals -- a subject which is grave all by itself. Rather, this is about the intentional formulation of toxic substances into products consumed by the masses on a regular basis.

The result is what you see unfolding around you right now: mass insanity, incredible escalations of criminality among political operatives, clinical insanity among an increasing number of mainstream media writers and reporters, widespread infertility in young couples, skyrocketing rates of kidney failure and dialysis patients, plus a near total loss of rational thinking among the voting masses.

The effects of this are devastating to human civilization: the collapse of a capable workforce, the rise of the masses dependent on government for survival, the collapse of free democracies due to the cognitive retardation of the voting masses, an exploding prison population and the rise of for-profit corporate prison systems, and even the near complete collapse of any ability of the news-consuming public to parse and comprehend even the most basic information such as national debt figures.

The long-term effects of this widespread food poisoning phenomenon will be the utter downfall of modern human civilization for numerous reasons ranging from economic non-sustainability to environmental destruction and the global rise of political violence as we are seeing right now in Kiev.

As more and more lab results have been documented here at the Natural News Forensic Food Lab, it has become increasingly apparent to me that humanity cannot survive the mass engineered poisoning of the food supply.

You are, of course, being expertly distracted from all this with Powerball jackpots, tabloid celebrity news, staged political drama and of course the all-time favorite distraction of every crumbling empire: violent sports.

What We're Finding In Foods, Vitamins And Supplements

What I've published so far just barely scratches the surface of what we are finding. Here's an overview of some of the incredibly shocking findings we have now documented:

- The now-infamous "yoga mat chemical" used by Subway in their breads is also widely used across the fast-food industry. McDonald's, Chik-Fil-A, Wendy's, Arby's and many other restaurants also use the chemical azodicarbonamide which is linked to cancer. Importantly, this is not a contaminant. This is an ingredient which is intentionally added to the recipes in order for the chemical to be consumed by the masses.

- There is no logical reason why chemicals like azodicarbonamide need to be added to recipes of fast food breads and buns. The chemical serves no necessary functional or nutritive purpose. It seems to exist solely for the purpose of delivering the chemical to hundreds of millions of consumers by blending it into popular fast foods. The sandwiches in which this chemical is found are merely delivery mechanisms for toxic substances that harm human biology.

- Many mainstream, popular vitamin brands are intentionally spiked with such high levels of copper that if taken on a daily basis, they will cause mental insanity and psychosis. Some of these vitamin brands are routinely advertised on television to the mainstream masses, encouraging them to consume the vitamins, many of which are manufactured by companies owned in full or part by pharmaceutical interests.

- A popular dietary herb designed to improve brain performance actually contains very high levels of lead in most products we tested (which were sourced from China). Lead is a toxic heavy metal that damages brain function. In this way, people who are suffering from early dementia or Alzheimer's are actually accelerated toward brain destruction via certain herbal supplements which appear designed to deliver toxic heavy metals to the brain. It was truly shocking to

me to discover that "brain herbs" contain so much lead that they contribute to brain damage.

- At the same time, we found that the very same "brain herb," when grown in the USA, contains virtually no heavy metals. This is proof that the herb does not "naturally" absorb heavy metals as if by magic. Interestingly, the highest levels of brain-damaging metals are consistently found in herbs imported from China. I'm openly asking this question: Is there a covert heavy metals war being waged against America by China? After all, poisoning the population with heavy metals is a very effective way to collapse a nation by destroying the sanity and health of its people. (More on this topic later...)

- Popular children's vitamins sold in nearly every grocery store and pharmacy across America are especially formulated to be incredibly toxic to developing neurology. The number of synthetic, toxic chemicals added to nearly every popular brand of children's vitamins is truly staggering, and many of them seem to be selected for their ability to target and disrupt neurological function. From a purely scientific point of view, these "vitamins" would honestly have to be called "poison pills," yet parents are encouraged to feed them to their children every single day as part of a modern-day health ritual that actually causes long-term harm.

- At our atomic spectroscopy lab, we have confirmed trace levels of aluminum in regular atmospheric air, confirming the fact that all agricultural soils are being inundated with aluminum which is literally falling out of the sky. This is not merely aluminum in our laboratory air, as many labs contain aluminum floors or furniture, causing an unusually high aluminum concentration in laboratory air. Rather, parts per billion concentrations of aluminum have been measured in regular atmospheric air sampled far from any building or laboratory. The result of this phenomenon is that aluminum levels are rising in nearly all soil-grown crops from which everyday food is derived. While aluminum is far less harmful than lead, cadmium or mercury, the repeated accumulation of aluminum is believed to be tied to degenerative brain disorders across the population.

- As Natural News readers already know, GM corn is engineered to grow a deadly toxin inside each and every grain of corn. This deadly toxin is then consumed by all the people who unknowingly eat genetically engineered crops via breakfast cereals, corn tortillas, corn snack chips, etc. This mass poisoning of the population is clearly intentional, as it is deliberately engineered into the crops which are grown for the sole purpose of human and animal consumption. This mass poisoning is not accidental, in other words, and in fact the technology is promoted under the justification that it will "feed the world." Indeed it will feed the world... poison.

Food Has Become A Weapon Against Humanity

As you can see from these examples, food has become a weapon against humanity. It is the new vector for a stealth world war against humankind -- a war which is being quietly waged right this very moment with weapons you would probably find in your own pantry.

World War I was fought primarily in the trenches, with soldiers slinging chunks of lead at each other and using crude chemical weapons like mustard gas.

World War II was fought with a genocidal intention, using more advanced kinetic weapons and chemical weapons engineered by pharmaceutical companies.

Our of World War II and the Nazi era came IG Farben, the chemical-pharma conglomerate which was later split into three companies, one of which is now known as Bayer, the same company that makes children's aspirin and various chemicals used throughout the food supply. (Check your history. This is factual and true.)

World War III appears to already be underway, and it is being waged as a stealth war via the food supply. The chemicals are very similar to those used in World War I and World War II except that instead of being deployed on the battle field, today's chemical weapons are deployed via the food supply and often even listen right on ingredients labels.

Toxic ingredients like sodium nitrite and aspartame are formulated to work at sub-acute levels so they don't cause people

to drop dead right away. Instead, they cause the chronic, long-term degenerative collapse of body and mind, leaving behind a wake of global cancer, kidney failure and extreme mental disorders including psychosis. This damage to body and mind, in turn, destroys economies, education systems, scientific advancement, free democracies and even cultural integrity.

The Silent Food Bombing Of Humanity

What the United States Air Force did to Dresden in World War II via high-elevation bombing runs, the global chemical and food conglomerates are now doing to the world populations via the drive-thru window. But there are no bombs dropping out of the sky and there are no firestorms lighting up the cityscape at night. Instead, the silent, ignorant masses are simply marched to their deaths, one meal at a time, almost like a cargo train full of "useless eaters" clicking and clacking its way to Auschwitz.

On the way to their own deaths, of course, they pay the mandatory tolls to the pharmaceutical giants, hospitals, cancer clinics, doctors and health insurance mandates. Much like victims of Nazi genocide had their gold fillings pulled out of their mouths before they were gassed to death, today's mainstream consumers are emptied of their bank accounts, assets and insurance policies before finally being discarded by the system.

There are tremendous profits to be made, you see, from first poisoning the masses and then "treating" them for the side effects of that poisoning. This racket is so massive and so deeply embedded into our greed-driven culture that very few people even recognize it's happening to them. But make no mistake: You are not valued by the system for your humanity, your spirit, your innovation or your imagination. You are only valued for your tax base at first, and then ultimately your "disease management profits" which enrich global corporations while you are poked, prodded, dosed, irradiated and drugged to death while the hospital racks up page after page of medical procedure billings codes which will be covered by Medicare... or Obamacare.

Here's The Way Out: Grow Your Own Food

Sound too grim to be true? Let's look at some solutions on the positive side. The way out of all this is to grow your own food or at least buy as much as you can from local farmers and CSAs. Any food acquired through mainstream corporate sources is likely to be intentionally engineered, laced and packaged with incredibly toxic poisons ranging from heavy metals to hormone disrupting packaging containers. But food grown by honest farmers provides genuine nourishment, not death.

In fact, the future of human civilization almost certainly belongs exclusively to those who either grow their own food or make arrangements for others to grow it for them. The factory-made food consumed by the masses is quite truly a poison delivery system that has no purpose other than mass disease, death and profit.

If you wish to avoid being a victim of this system, you must avoid its products. Stop buying packaged processed foods. Utterly avoid all processed meats containing sodium nitrite, including bacon, hot dogs, sausage, ham, deli meats, pepperoni pizza and even beef jerky.

Stop drinking all diet soda, obviously. Aspartame is toxic to biology. All artificial sweeteners have harmful side effects if consumed in sufficient quantity.

Be skeptical of "natural" products which are heavily processed and refined in some way. Ask about countries of origin. Check heavy metals lab results to stay informed.

Except for rare exceptions, stop buying superfoods and supplements made in China, the world's most polluted food producer. The U.S. natural products industry has practically been taken over by China over the last decade, and much of what you think is safe and organic is actually heavily polluted, either accidentally or deliberately, in mainland China.

Look Around You At The Evidence Right In Front Of Your Eyes

Or maybe you think I'm the crazy one in mentioning any of this. If that's the case, I encourage you to look around you and see the results of what happens to people when they eat yoga mat

chemicals, aspartame-laced diet sodas, synthetic food preservatives and cheap vitamins contaminated with heavy metals. Unless you are living in a complete state of denial, you can't help but notice that humanity has become a race of near-mutants who barely have a shred of health and sanity remaining.

A modern young man growing up today in America and living on processed foods is little more than a shadow of the strong, vibrant young men who worked the farms just three generations ago. Today's generation of youth is pathetic, weak, academically inept and heavily pampered with their video game consoles, Ritalin drugs and air-conditioned schools with a watered-down curriculum. They've been dumbed down, stripped of nutrients and medicated to the point where literal zombies now walk among us.

In fact, the people all around you are over-medicated, over-fed and at the same time wildly malnourished. Their brains and bodies are heavily contaminated with destructive chemicals, heavy metals and synthetic materials. They have lost nearly all high cognitive functions and now survive on lower brain stem function which explains the radical rise in sex crimes, behavioral addictions, substance abuse and violent crime across society today. In a very real sense, the daily consumption of processed food has become a ritual of slow suicide mindlessly repeated everywhere that factory foods have invaded once-sane societies.

While Republicans blame Democrats, and Democrats blame Republicans, the truth is that they are all being systematically poisoned and thereby driven to precisely the kind of insanity we see played out across newspaper headlines and news broadcasts. We are far past the age of reason in the modern western world, and we will not survive this stealth war that releases weapons of dietary mass destruction with each tempting bite of seductive food that's engineered for death instead of life.

This is far beyond any single issue of labeling GMOs, or buying organic or testing foods for heavy metals. This is about how human civilization is being brought to its knees by the most insidious stealth

weapon ever experienced in our collective history: PROCESSED FOOD laced with toxic substances.

Heed these words or you too shall die a victim of this insidious, deliberate war against life, health and sanity.

Source

Mike Adams, February 20, 2014, NaturalNews.com

Natalia Rose Institute, March 12, 2014

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3.

Industrial Agriculture Has Reached Its 'Peak,' Say Scientists

Time For A Return To Small-Scale Organics

by Jonathan Benson

The era of large-scale monoculture, with all of its toxic pesticides and untested genetically modified organisms (GMOs), could finally be coming to an end. Researchers from the University of Nebraska-Lincoln (UNL) discovered recently that yield expansion rates for most major industrial food crops are plateauing or even declining in many areas of the world, a fact that further supports the case for a return to small-scale, diversified agriculture grown organically.

Published in a recent issue of the journal *Nature Communications*, these and other findings, including updated projections on future crop yields, help obliterate the myth that modern, industrial methods of food production (e.g., transgenic modification, pesticide use and single-crop cultivation) have led to dramatic advancements in agriculture, when it has actually accomplished quite the opposite.

According to the data, as much as 31 percent of the global supply of rice, wheat and corn has reached a yield plateau. This means that, no matter how much further crop scientists try to tinker with our food plants, the resulting yield will not be any higher than it was prior. Further, a considerable percentage of these same crops are

actually producing higher yields at a decreasing rate, which suggests that the system is ultimately failing.

"The declines and plateaus in production have become prevalent despite increasing investment in agriculture, which could mean that maximum potential yields under the industrial model of agribusiness have already occurred," writes Nafeez Ahmed for The Guardian. "Crop yields in 'major cereal-producing regions have not increased for long periods of time following an earlier period of steady linear increase.'"

The paper from which Ahmed derives this conclusion also reveals that production levels for many crops have already flattened and have no potential of ever again reaching their previous high growth rates. The reason for this, experts claim, is that crops eventually reach a biophysical yield ceiling, meaning there is only so much of a certain crop that can feasibly be grown in a given patch of soil.

Some are now trying to claim that this ceiling was only reached in the first place as a result of so-called "green revolution" technologies like GMOs, but this simply is not the case. These technologies were already doomed from the start, because as the study itself admits, they were "one-time innovations" that, based on the science, have actually resulted in yield decreases throughout the past several decades.

"A concern is that despite the increase in investment in agricultural R&D and education during this period [from 1981 to



2000], the relative rate of yield gain for the major food crops has decreased over time together with evidence of upper yield plateaus in some of the most productive domains," reads the study.

So much for all those "studies" that boast of great boons in food production as a result of things like GMOs and pesticides. Not only is this assessment fundamentally flawed -- pesticides and synthetic fertilizers were identified in the study as contributing factors to decreasing rates of yield increase -- but it is the very basis of many fundamentally flawed yield projections, which are grossly overestimated.

"The study criticizes most other yield projection models which predict compound or exponential production increases over coming years and decades, even though these 'do not occur in the real world,'" adds Ahmed.

Organic farming methods, on the other hand, hold the most potential for increasing yields, at least according to the United Nations.

"A landmark report by the UN Special Rapporteur on the Right to Food demonstrated that agroecology based on sustainable, small-scale, organic methods could potentially double food production in entire regions facing persistent hunger, over five to 10 years," concludes Ahmed in his report for The Guardian.

Source

Jonathan Benson, Natural News, January 23, 2014

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4.

Starvation In The Heart of Europe And America

Red Cross Urges Spanish To Donate Money For Food Parcels

To Give To Their Own Countrymen, As 2.3 Million Are Deemed 'Extremely Vulnerable'

Spaniards are being called on to supply food parcels to their poverty-stricken counterparts as the nation's economic crisis continues to bite.

Spain's Red Cross recently launches a drastic appeal for €30 million - a move which in recent years has been reserved for helping famine-hit African nations and earthquake-ravaged Haiti.

It is the first time the agency's annual campaign has focused solely on aiding people in its own country and will see essential food supplies handed out to 2.3 million 'extremely vulnerable' citizens over the next two years.



Downturn: Jobseekers of all ages queue to sign on at a Malaga jobcentre in a nation where 1.7 million were estimated to live under the poverty line last year

The figure of those in need has already risen dramatically - from 1.5 million in 2010 to 2 million in 2011.

Families are being called on to donate money, as part of the Red Cross's annual Dia de la Banderita (Little Flag Day) fundraising day, for the food parcels.

Pasta, rice, olive oil, vegetables and canned fish will be delivered to children living below the poverty-line, pensioners, the homeless and the long-term jobless.

An advert to be broadcast on national television will show a family - a father, son and daughter - sharing an omelette made from a single egg. A Red Cross food parcel arrives and their mood lifts.

With one-in-four Spaniards unemployed and the country in its second recession in three years, Red Cross director José Javier Sánchez Espinosa echoed the appeal's slogan by saying the money was needed 'Now More Than Ever'.

He said: 'We have observed that there has been a serious deterioration in the social situation. Because of that, for the first time, we ask for support in helping the Spanish population.' He added that, last year, of the two million helped by the agency's social



Austerity: Protestors demonstrating against cuts earlier this year in Spain where 2.3 million are now considered 'extremely vulnerable' and in need of Red Cross help

programme, a disturbing 1.7 million were living below the poverty line, earning less than €627,78 per month.

A staggering 864,000 could not afford to heat their homes in the winter, and 524,000 did not eat a meal with protein in it more than three times per week.

It comes in the same week the International Monetary Fund said Spain would miss its deficit targets in 2012 and 2013 because of a much bigger economic contraction than had been forecast.

The IMF said Spain's economy would contract by 1.3 per cent next year, compared to a government forecast of 0.5 per cent.

This would see the country's deficit spiralling to 7 per cent of GDP in 2012 and 5.7 per cent in 2013 - significantly higher than the EU-agreed targets of 6.3 per cent and 4.5 per cent.

Source

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Aptn International Manresa, Crisis hits Spain hard, unemployed turn to food banks, 05/20/2013

They are now killing animal, but animal lives on this grass and grains. When there will be no grass, no grains, where they will get animal? They'll kill their own son and eat. That time is coming. Nature's law is that you grow your own food. But they are not interested in growing food. They are interested in manufacturing bolts and nuts.

-Sri Prabhupada (Morning Walk — June 22, 1974, Germany)

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5.

Starvation In The Heart of Europe And America

'Like Scavenging Dogs'

Shoppers Wrestle On Supermarket Floor For Cut-price Food In UK

This is the shocking moment a group of shoppers wrestled on the floor of a supermarket while scrambling for cut-price food 'like scavenging dogs.'

The disturbing scenes unfolding at a Tesco Extra store in Northampton, UK, after marked down chicken and steaks were put on trays by the meat counter at around 7pm.

Grown men and women can be seen crowding in the aisles before pushing and shoving each other to get hold of the food - some of them on their hands and knees.

Shopper Johnny Lester, 32, who filmed the incident at the Weston Favell Shopping Centre, said he was worried someone was going to get hurt.

'You could not get anywhere near the counter,' he said. 'Apparently this happens every night. There was a little girl you can see in the video and I thought "if this kicks off" she is going to get hurt.

'There was loads of people getting involved but a lot of shoppers were standing around looking pretty bemused by what was happening in front of them.

‘They were literally climbing over each other and pushing in just to get some reduced chicken. They were like scenes you see at refugee camp in Africa, not in 21st century Britain.’

Mr Lester said Tesco and the shoppers should both share responsibility for the chaotic scenes.

He added: ‘I think Tesco could sort out a different way of doing it and the shoppers should have more manners. It reminded me of the Black Friday sales you see in America - but this was over food worth a couple of quid.’

And Tory MP for Northampton North Michael Ellis said: ‘This is a shocking video and Tesco must urgently review its policy for dealing with surplus stock.

‘Similar scenes can sometimes be witnessed in a West End New Year Sale - it has more to do with people wanting to get a bargain than anything else.

‘Tesco have a responsibility to conduct themselves properly when dealing with customers and I expect urgent attention to be given to ensure these scenes are not repeated.’

Meanwhile former MP Tony Clarke, now a member of the Northampton Green Party, commented on the video, which was posted to Youtube, to express his shock.

He wrote: ‘Welcome to Northampton UK, in the world’s sixth richest economy where families are so desperate that they scramble around on the floor



Disturbing: Grown men and women pushed and shoved each other to get their hands on the food

wrestling for cheap food whilst being treated by store staff like scavenging dogs, this sickens me, what have we become? Where will it all end?

‘Tesco must stop this sick practise now and we must find better ways to help those in need and stop people fighting over food.’

Tesco Extra stores are larger, mainly out-of-town hypermarkets that stock nearly all of Tesco’s product ranges, including clothes, electronics and both garden and homeware.

In 2011, Northampton had a population of 212,100 people, an increase of 9.1 per cent from 2001, and a higher rate of growth than the national average.

As household incomes and living standards have been squeezed following the recession, child poverty levels have increased too. One in five children in Northampton is now classified as living in poverty.

In the town there are areas where over 10 per cent of households speak Polish and one in ten speak Bengali.

A spokesman for Tesco said the company was carrying out a full investigation to ensure it did not happen again.

He said: ‘The safety of our customers and colleagues is of paramount importance to us.

‘The manager of the store has conducted a thorough investigation and will take steps to prevent a similar situation happening again.

‘We are continually trying to improve the way we deal with surplus food, this includes making better reductions earlier in the day to make it easier for customers and colleagues in the evening.’

Fights over cut-price fruit and veg: Tesco forced to lay on extra security staff to deal with bargain hunters

Tesco has been forced to lay on extra security staff to deal with bargain hunters fighting over reduced fruit and vegetables.

In scenes described as ‘shocking’ by the local MP, shoppers have been knocking each other to the ground and even swiping items from other people’s baskets in the scramble for discount food.

Eyewitnesses reported shoppers being injured and supermarket workers being attacked as they brought out trolleys of reduced items.

Tesco confirmed extra staff are on duty 'to manage the reductions to make sure all our customers can shop safely'.

Hunting for 'yellow label' reduced goods in supermarkets is becoming increasingly popular with an array of websites including Mumsnet offering advice on how to find the cheapest items.

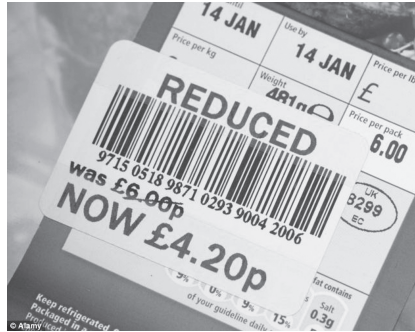
But there is growing concern about shoppers clashing to get the best deals.

Ms McTaggart, speaking during a debate on food banks, said: 'People aren't only depending on food banks, poor people are now fighting each other in Tesco when the discount vegetables and fruit come out.'

The Slough MP added: 'My constituent texted me yesterday to say he had observed these fights on three

separate occasions when the discount fruit and vegetables came out and that Tesco is now having to put security on to deal with that.

'Isn't that a shocking sign in the 21st century?' An eyewitness at the Tesco store in Slough said: 'It's absolutely mad. When the



Scramble: Customers battle to get their hands on 'yellow sticker' items as soon as they are put on shelves

As soon as you make misuse, the supply will be stopped. After all, the supply is not in your control. You cannot manufacture all these things. You can kill thousands of cows daily, but you cannot generate even one ant. And you are very much proud of your science. You see. Just produce one ant in the laboratory, moving, with independence. And you are killing so many animals? Why? So how long this will go on? Everything will be stopped.

Just like a child. Mother is giving good, nice foodstuff, and he's spoiling. So what the mother will do? "All right. From tomorrow you'll not get." That is natural.

(Sri Lanka Prabhupada, Lecture, Bhagavad-gita 3.11-19 — Los Angeles, December 27, 1968)

person comes out with the reduced items on a trolley, people just attack him.

‘The worker often barely gets the chance to put the items out. Shoppers just push each other out of the way and people get knocked to the ground. Some have been injured.’

Meanwhile, in a thread on the Mumsnet website, one person wrote: ‘I’ve nothing against anyone who gets bargains. I’ve had a few myself but it’s so cut-throat out there. It makes it hard for normal shoppers.’

Another said: ‘I went to the supermarket just before closing time hoping to pick up some bread and maybe some reduced meat.

‘I picked up a well-reduced joint of pork only for the man behind me to launch himself at me, snarl ‘that’s ours’ and remove it from my basket.

‘I was so shocked I just stood there speechless, while he threw every item worth having in his basket.’

A Tesco spokesman said: ‘The reduced to clear offers at the end of the day are really popular with our customers, so when the store is busy we have colleagues on hand to manage the reductions to make sure all our customers can shop safely.’

I've worked for Tesco for nearly 14 years and this is nothing new. There has always been a hardcore group of customers who would wait for produce and meat/dairy reductions and things could get a little boisterous. However over the last 3 years it has got worse. Due to financial constraints people seem to have got quite desperate. It is not unknown for regular customers to wait up to 90 minutes for the reduction trollies, they hassle staff asking when the reductions will be out and try and find items that may need reducing on the shelves that have been missed on code checks. When the trollies are brought out they surge like wild animals. They push and shove each other out of the way, one regular at my store tries to tell others what they can and can't have and as the article said try to pinch better items out of each others trollies and baskets. I find it very sad that people behave like this just to get food in the 21st century.

~ Alex, Loughborough

Fights over reduced goods follow an arrest at an Asda store during a scramble for cut-price goods on 'Black Friday' last month.

A man was wrestled to the ground by security guards at the store in Cribbs Causeway, Bristol, and police called.

Source

Sam Matthew, The Daily Mail, 17 June 2015

Richard Marsden, The Daily Mail, 19 December 2013

Oli Smith, Express.co.uk, Shocking moment Tesco shoppers wrestle on floor to grab cut-price food, June 18, 2015

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Daily Record, Shocking moment shoppers go berserk and turn reduced section of supermarket into a scrum, 17 June 2015

Phoebe Hurst, Munchies, Shoppers at a British Supermarket Started a Fight Over Cheap Meat, June 18, 2015

New Zealand Herald, UK shoppers wrestling for cheap meat on Tesco supermarket floor, June 18, 2015

Penny Anderson, The Guardian, Why do people wrestle over cheap food? Because we're desperate, 22 June 2015

So actually, human opulence means not these tin cars. Once it is dashed with another car, it is finished, no value. Human opulence means the society must have enough gold, enough jewelry, enough silk, enough grains, enough milk, enough vegetables, like that. That is opulent. That is opulence. Formerly a person was considered rich by two things: dhanyena dhanavan. How much grain stock he has got at his home. A big, big barn, filled with grains. Still in India, if I am going to give my daughter to some family, to see the family's opulence, I go to see the house, and if I see there are many, many barns' stock of grains and many cows, then it is very good.

-SriL Prabhupada (Srimad-Bhagavatam 1.9.2 — Los Angeles, May 16, 1973)

6.

Starvation In The Heart of Europe And America

Hunger In UK

3 Million Do Not Have Enough To Eat

More than three million Britons are malnourished or risking their health because they do not have enough to eat, new research shows.

In UK, treating diseases related to malnutrition is costing the taxpayer an estimated £13billion, the study says. Many victims are part of working families and children and young people are increasingly affected. Experts say the figure represents the tip of the iceberg as most cases are unidentified.

The study by Bapen, the British Association for Parenteral and Enteral Nutrition, to be released in the New Year, highlights the growing link between the recession and food poverty.

The Sunday Express spoke to parents going without food for days at a time so they can feed children. Many are choosing between heating or buying food and some fear their youngsters will be taken into care because they cannot afford to feed them properly.

We also found people walking up to 10 miles a day to their nearest food bank and a pensioner who gave up work to look after her sick

father and went without food for nearly a week before getting help from the food bank.

I go at least four days a week without food and my husband goes hungry so we can feed the children

Vickie Robins, 31, has “cancelled” Christmas because she cannot afford presents for her children, Blake, three, and Thomas, one. She and husband Matthew are surviving on £27 a week, with a large portion of their wages covering a high interest fixed-rate mortgage for their small house in Quedgeley, Gloucester.

Mrs Robins, a former care company manager, was made redundant while on maternity leave. Matthew, a landscape gardener, also lost his job. They have found new jobs but at much lower pay.

Hunger stalks this country” is the finding of a church-funded report by an all-party group of MPs and peers released today. Lady Jenkin, a Conservative, used its launch to declare the main cause of this national crisis was “poor people [who] do not know how to cook”.

Jenkin is symbolic of a climate of denial, privilege and power that dismisses food poverty as a symptom of the idiot poor. The desperation of men, women and children detailed in the report may be worth a few minutes’ pause from our leaders and officials: the unemployed woman from Birkenhead who was taken to hospital with malnutrition after not eating for five days because she had no money to buy food; the heavily pregnant woman and her partner found living, without food, in a child’s tent near a church in a wealthy Berkshire town in the middle of winter; a Wirral man crushed to death after a lorry picked up the bin in which he was scavenging for food. He had not, funnily enough, lost a recipe or failed to work the oven. The jobcentre had suspended his benefits, and he had received no money for 17 weeks.

“No one can starve in Britain” goes the familiar below-the-line response to news of hunger in this country. It is unsurprising, perhaps, considering it is the line our own government takes. Nearly a million people received food parcels from Trussell Trust food banks alone last year.

~ Frances Ryan, The Guardian, 8 December 2014

Mrs Robins mostly works at night. Her wages of £7.40 an hour do not cover childcare costs of £8. “We cannot afford heating,” she says. “I go at least four days a week without food and my husband goes hungry so we can feed the children as any parent would.

“We have sold many of our clothes, mobile phones, we don’t drink, smoke or take our children anywhere. I don’t even put the kettle on as it will put the electricity bill up.”

She has lost more than a stone in the past eight weeks and uses a food bank charity. “We cannot afford to buy the children fresh fruit and vegetables,” she said. The lack of food is affecting her health. Recently she collapsed at a children’s centre and had to be hospitalised. She also suffers recurrent infections.

Michael Booth, 37, has a neurological problem that affects his balance and his partner Xanthie McCutcheon, 33, is partially paralysed due to a stroke.

More than four million Britons, including 500,000 children, go hungry due to Government benefit sanctions and corporate greed, a landmark report reveals.

The Archbishop of Canterbury Justin Welby, who has backed the inquiry, said it was “shocking” that people are being forced to rely on foodbanks.

The report found that families have been driven into poverty by low wages, punitive welfare reforms and money-grabbing companies supplying gas, water, electricity and mobile phone contracts.

Labour MP Frank Field, who led the inquiry, said: “There’s clear evidence that something disturbing is happening. People are near the abyss and the smallest event can tip them over that abyss.”

He added that many people are just “one bill away” from crisis.

In the past decade Britain has had the highest food inflation of Western nations, with prices rising 47% – compared to 22% in Germany and 16% in France. Since 2003, the UK has also suffered the highest fuel inflation, with electricity, gas and oil prices rising 153%, compared to 58% in France.

~ By Jason Beattie, Mirror.co.uk, 8, Dec 2014

The couple, from Barnsley, Yorkshire, who have a 15-year-old son, live “hand to mouth”. Mr Booth said: “My son is a big lad, but he’s losing weight.”

Bapen’s study of more than 30,000 people is borne out by the Trussell Trust, which provides food parcels. It says the number of food parcel outlets rose over the past year from 165,000 to 285,000, the equivalent of a new food bank every three days.

Benefit delays and low wages are major factors driving the need for food banks. Mark Ward, project manager at the Trussell Trust, said: “Many people think that if you are hungry in the UK, then you must be homeless. Only a small proportion of our clients are homeless. Most are working families.”

Dhanyena dhanavan. If you have got grain, then you are rich. And if you have got cows, then you are rich. This is the standard of Vedic richness. Dhanyena dhanavan gavayo dhanavan. They don't say, "Keep some papers and you become rich." All rascal, one thousand dollar I promise to pay, a piece of paper. Practical, we have got enough food grains. We have got enough... That is richness. What is use of paper? Even gold you have got, you have to exchange. And if you have grain, immediate food. Just boil with milk, and it is nectarean, param anna, immediately. Take some wood collected from the woods and have fire, put the milk and the grains—oh, you'll get so nice food, nutritious, full of vitamin, and so easily made. It is practical. So tasteful, so nutritious, and don't require. If you simply boil little milk and little grain, whole day, so much sweet rice, you take. You don't require any more. And if you add little apples and fruits, oh, it is heavenly. Your whole day free from any food anxiety, and you can work. And you can work. You can chant Hare Krsna. Make this ideal life here. America has got good potency. We have got so much land here. We can have hundreds of New Vrindabans or farms like that. And people will be happy. And invite all the world, "Please come and live with us. Why you are suffering congestion, overpopulation? Welcome here.

-Srla Prabhupada (Room Conversation — June 28, 1976, New Vrindaban)

Source

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7.

Starvation In The Heart of Europe And America

The Greek Food Brawl

Hundreds Fight Each Other For Free Vegetables On The Streets Of Athens

Hundreds of people were fighting each other on the streets of Athens during a food giveaway, prompting an outcry over the growing desperation created by economic crisis.

Farmers protesting against government cuts gave away 50 tonnes of free vegetables and fruit in the Greek capital earlier today, causing



chaos in the streets as impoverished and hungry people elbowed their way to the stalls.

Startling images of Greeks struggling to seize bags of tomatoes and leeks thrown from a truck outside the Agriculture Ministry have sparked further debate about poverty in the debt-ridden nation.

‘These images make me angry. Angry for a proud people who have no food to eat, who can't afford to keep warm, who can't make ends meet,’ said Kostas Barkas, a lawmaker from the left-wing Syriza party.

Other lawmakers from across the political spectrum decried the images ‘of people on the brink of despair’ and the sense of ‘sadness for a proud people who have ended up like this’.

The living standards in Greece have dropped significantly since the collapse of their economy and as the nation enters its sixth year in recession, unemployment is at a record high.

In order to avoid bankruptcy, the country has been forced to push through painful wage and pension cuts demanded by the European Union and International Monetary Fund bankrolling the bailouts.

Formerly even in the villages you would see that a common man has very good stock of foodgrains and cows, dhanvena dhanavan, gavaya dhanavan. Formerly the standard of richness was considered how many morai.. the bank, what is called? Where grain is stocked? Silo. So in India it is called morai, grain stock. And how many cows one has got in stock. Then he is rich man. Nowadays how much paper money he has got. Actually it has no value. Suppose you have got some papers. Each paper it is written there “one thousand dollars.” But if there is no grain, what will this one-thousand-dollars paper will do? It actually so happened in the last war in Germany. Their money was thrown in the street. Nobody cared to take it, because it has no exchange. So long the paper money you can exchange, there is value. Otherwise it is paper only. But if you have got actual commodity grains and cows then you can eat in any circumstances. Never mind war is going on; you don't care. You get sufficient food. What you will do with the paper money?
~Sri Prabhupada (Lecture on Srimad Bhagavatam 5.5.3, Vrindavan, October 25, 1976)



The free food handout in Athens began peacefully as hundreds of Greeks lined up in advance outside the Agriculture Ministry.

Farmers had announced the giveaway as part of their ten-day protest against Greece's conservative-led coalition government's plans to increase taxation on agriculture.

They also demand that the government reduce the price of fuel and cut sales tax on their goods.

However the peaceful good-will protest soon escalated into chaos as the tables piled high with fruit and vegetables began to thin.

Tensions flared as dozens of people - some carrying small children - rushed to a nearby truck and shoved each other out of the way in the competition for what was left. One man was treated for injuries after



being trampled when he fell to the ground in the commotion. Greeks lamented that income cuts and tax hikes had made the cost of living unbearable, forcing them to seek out free food.

'It's difficult. I never imagined that I would end up here,' said Panagiota Petropoulos, 65, who struggles to get by on her 530-euro monthly pension while paying 300 euros in rent.

'I can't afford anything, not even at the fruit market. Everything is expensive, prices of everything are going up while our income is going down and there are no jobs.'

Source

Sara Malm, The Daily Mail, 6 February 2013

Reference

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8.

Starvation In The Heart of Europe And America

Hungry Teenagers Selling Sex For The Price Of A Sandwich

As Greece's Crippling Recession Pushes Prices To An All-Time Low

Greece's crippling debt crisis has meant that more women in the European country are selling sex with prices tumbling as low as the cost of a sandwich.

A new report reveals that more Greek women than Eastern European women are working as prostitutes in Greece following the difficult years of austerity.

'Some women just do it for a cheese pie, or a sandwich they need to eat because they are hungry,' claims the report's author, sociology professor Gregory Lazos at the Panteion University, Athens. Professor Lazos said that his study, which records the cases

When we produce food grains and vegetables, we can give protection to the cows; while giving protection to the cows, we can draw from them abundant quantities of milk; and by getting enough milk and combining it with food grains and vegetables, we can prepare hundreds of nectarean foods. We can happily eat this food and thus avoid industrial enterprises and joblessness.

~Sriila Prabhupada (Srimad Bhagavatam 8.6.12)



of 18,500 sex workers in Greece, 'reflects a society in denial about the changes taking place.'

The going rate for sex has fallen from €50 (£35) at the beginning of the crisis, to as low as just €2 for a single session, Professor Lazos told The Times.

The academic carried out the three year piece of academic research, having previously written about trafficking and sexual values in Greece.

*Solve your problem like... Produce your food wherever you are there. Till little, little labor, and you will get your whole year's food. And distribute the food to the animal, cow, and eat yourself. The cow will eat the refuse. You take the rice, and the skin you give to the cow. From dahl you take the grain, and the skin you give to the... And fruit, you take the fruit, and the skin you give to the cow, and she will give you milk. So why should you kill her? Milk is the miraculous food; therefore Ksrna says krsi-go-raksya vanijyam [Bg. 18.44]. Give protection to the cow, take milk from it, and eat food grains your food problem is solved. Where is food problem? Why should you invent such civilization always full of anxieties, running the car here and there, and fight with other nation...? What is this civilization?
~Srla Prabhupada*

'These cases — about 400 — may be nominal compared with the thousands of other sex workers operating nationwide, but they never existed as a trend until the financial crisis,' he said.

Prostitution is legal in Greece and with the fall in wages and rising unemployment, the industry has been growing rapidly.

'Factor in the growing number of girls who drift in and out of the trade, depending on their needs, and the total number of female prostitutes is startling,' Mr Lazos said.

The Greek academic's findings suggest that Greek women now dominate 80 per cent of the sex trade industry, which has become a €600 million business.

In 2003, over 150 prostitutes in Greece staged a vigil outside a brothel in protest to proposed changes to prostitution laws ahead of the 2004 Olympic Games.

The Greek government had tried to shut down a number of brothels after they were found to be located close to schools and churches.

Only ten of the estimated 525 brothels in Greece are thought to be operating with a legal license.

Source

Tom Wyke, The Daily Mail, 28 November 2015

Young women selling sex for the price of a sandwich in Greece

Daniela Deane, The Independent, A half an hour session with a sex worker can now be as cheap as \$2, 27 November 2015

Richard Wheatstone, Mirror.co.uk, Greek women forced into prostitution for 'the cost of a sandwich' because of country's debt crisis, 28 Nov 2015

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Tactical Investor, Starving Greek students trade sex for food

Staff Writer, Colorado Newsday, 11/28/2015

9.

Empty shelves across Venezuela Create A Lucrative New Industry

Professionals Who Queue Up To Buy Things For Others

Shortages of basic goods in crisis-hit Venezuela has created a lucrative new profession... queuing to buy things for other people.

The country is experiencing a recession triggered in part by a scarcity of hard currency - which limits imports of essential goods.

As a result, there are shortages of nearly a third of all basic goods and as well as due to tumbling oil prices, inflation ballooned to 64% last year.



Krisbell Villarroel is one of many people who make a living by waiting in line to buy everything from milk and sugar to diapers and shampoo.

She then sells the products to clients who pay her for the time she spends standing in queues.

The 22-year-old single mother of two small children in Caracas, told AFP: 'Every day, I have to get up at two in the morning and call my friends to find out where things are for sale or what is for sale.

'That is how I spend my day. I get out of the first line at 10:00 am and then perhaps go to another to see what they are selling.

'In one store, I might get milk, sugar or coffee, but in another - flour, rice, diapers or shampoo.'

She said her customers are families who do not have the time or really the need to wait in line, such as business people who can afford to pay someone else to do it for them.

Each day, she makes between 600 and 1,200 bolivars per shopping assignment (which is 3.6 to 7.1 dollars at the black market exchange rate).

She earns at least 13,200 bolivars a month (about \$80) by reselling items to her customers - more than some university professors make.



Many people now make a living queuing to buy basics for those who can afford to hire someone to wait in line. Pictured, lines outside a supermarket due to a long term shortage in Caracas, Venezuela

But she adds it is hard to juggle this kind of work with raising small kids and she is sometimes forced to take them with her to the stores.

'No one lets me cut in front of them. I have to be there and it's hard because the kids are restless and get tired,' she said.

At times she negotiates with informal vendors who make a point of always being first in line.

She pays them for their spot and sells them part of her loot because, as she says, 'everything has a price.'



But waiting in line at night is risky in a crime-ridden nation with the second highest murder rate

in the world, at 58 per 100,000 inhabitants, according to the World Health Organization.

Ms Villarroel insists she is not breaking the law.

'If this problem of the lines is resolved I would have to find another job in order to look after my daughters. I am raising them alone, and that is why I do it. There are many women like me,' she added.

'If I want 10 packages of cornmeal, why can I only have four? It should not be that way,' she said, referring to rationing imposed by stores.

And several restaurant owners in the Venezuelan capital say they have employees whose only job is to wait in line at supermarkets and stores to buy food to put on their menu.

In recent days, as long, slow moving lines formed at stores and some fights broke out, the government has ordered security forces to guard state-owned and private supermarkets.

Some pro-government state governments have even banned people from lining up at night outside stores.

Venezuela gets 96% of its foreign currency from oil and 2015 has already seen a sharp fall in oil prices.

This could make shortages and rationing at stores even worse in the coming months.

The government of Nicolas Maduro says the country is at 'economic war' triggered by the opposition and by business people bent on destabilizing his administration.

But many economists say the model Maduro inherited from his predecessor, the late Hugo Chavez, of currency and price controls has been a failure and accentuated the country's dependency on oil as a main source of revenue.

Source

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Reuters, Venezuelan states ban night queues outside shops as grocery shortages continue, 15 January 2015

Reuters in Caracas, The Guardian, Looters target Venezuelan food stores as shortages spark frustration, 7 August 2015

Reuters, stuff.co.nz, In shortages-hit Venezuela, queuing becomes a profession, January 23 2015

10.

Hunger in the United States

Hunger in the United States is an issue that affects millions of Americans,^[1] including some who are middle class,^[2] or who are in households where all adults are in work.^[2] Research from the Food Safety and Inspection Service found that 14.9% of American households were food insecure during 2011, with 5.7% suffering from very low food security. Journalists and charity workers have reported further increased demand for emergency food aid during 2012 and 2013.

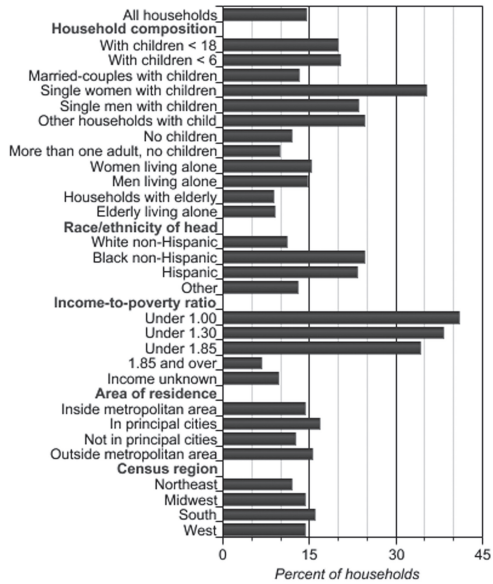
The United States produces far more food than it needs for domestic consumption - hunger within the U.S. is caused by some Americans having insufficient money to buy food for themselves or their families. Hunger is addressed by a mix of public and private food aid provision. Both types of aid have been expanding in the 21st century, with hunger relief efforts by the government growing faster than aid provided by civil society.

Causes

Hunger in the United States is caused by a complex combination of factors. There is not a single cause attributed to hunger and there is much debate over who or what is responsible for the prevalence of hunger in the United States. However, researchers most commonly focus on the link between hunger and poverty. The federal poverty level is defined as “the minimum amount of income that a

household needs to be able to afford housing, food, and other basic necessities.”^[5] As of the year 2014, the federal poverty level for a family of four was \$23,850.^[6] Based on her research on poverty, Pennsylvania State University economic geographer Amy Glasmeier claims that when individuals live at, slightly above, or below the poverty line, unexpected expenses contribute

Prevalence of food insecurity, 2012



Source: Calculated by ERS using data from the December 2012 Current Population Survey Food Security Supplement.

New York Times journalist Michael Moss blames for Americans' addiction to processed food in his new book *Salt Sugar Fat*. In an interview with *TIME*, Moss says:

One of the key things for moving forward is that the playing field needs to be leveled in terms of pricing. We all know we should be eating more fresh vegetables and fresh fruits. When you hit that part of the store and you see that blueberries cost \$5 for a little basket and you can wheel over to the center of the store and see all these power bars and seemingly healthy things that are in fact loaded with salt, sugar and fat and they are half the price or a third the price, and there are all these other things that can fill up your cart for much less money. That's a really difficult thing for families to deal with. Everyone is convinced that the government subsidies that support processed food need to be shifted over in some way to fresh fruits and vegetables or it's going to continue to be hard for even people who want to eat better to do so financially.

to individuals reducing their food intake.^[7] Medical emergencies have a significant impact on poor families due to the high cost of medical care and hospital visits. Also, urgent car repairs reduce a family's ability to provide food, since the issue must be addressed in order to allow individuals to travel to and from work.^[7] Although income cannot be labeled as the sole cause of hunger, it plays a key role in determining if people possess the means to provide basic needs to themselves and their family.

The loss of a job reflects a core issue that contributes to hunger - employment insecurity.^[7] People who live in areas with higher unemployment rates and who have a minimal or very low amount of liquid assets are shown to be more likely to experience hunger or food insecurity. The complex interactions between a person's job status, income and benefits, and the number of dependents they

In July, TIME wrote:

In 2009, the USDA mapped out the nation's food deserts, tracts that are home to some 23 million Americans. About 10% of the 65,000 census tracts in the U.S. are considered food deserts. Data show that people living in these neighborhoods have limited access to a healthy diet, which can therefore lead to higher levels of obesity and other weight-related illnesses, such as diabetes and heart disease. So, can pop-up markets solve the food desert problem? Maybe.

The movement first got going in 2003, when a Bay Area group introduced organic food to West Oakland neighborhoods in a roaming solar-powered, biodiesel-burning food truck. Over the years, the mobile market idea gained steam. In June 2011, Fresh Moves, a Chicago non-profit launched its one-aisle grocery store on board a donated Chicago Transit Authority bus, and currently serves Chicago's West Side neighborhoods. This August, the Seattle-based group Stockbox Grocers will launch its first store in the city's South Park neighborhood, serving healthy food and to-go meals out of reclaimed shipping containers and storefronts. Residents of Portland, Ore., Kansas City and Baton Rouge are also seeing groceries-on-the-go rolling through this summer.

must provide for, influence the impact of hunger on a family.^[8] As this data illustrates, the factors which contribute to hunger are interrelated and complex.

History of Hunger in America

Until the early 19th century, even the poorest citizens of the United States were generally protected from hunger by a combination of factors. The ratio of productive land to population was high. Upper class Americans often still held to the old European ideal of Noblesse oblige and made sure their workers had sufficient food.

The number of hungry and homeless people in the U.S. increased in the 1870s due to industrialization. Though economic developments were hugely beneficial overall, driving America's Gilded Age, they had a negative impact on some of the poorest citizens. As was the case in 19th century Britain, many influential Americans believed in classical liberalism and opposed government intervention to help the hungry, as they thought it could encourage dependency and would disrupt the operation of the free market.

According to sociology professor Janet Poppendieck, hunger within the US was widely considered to be a solved problem until the mid-1960s.^[9] By the mid sixties, several states had ended the

Gandhi wanted it ... Village organization. He started that Wardha Ashram. But you have rejected. What Gandhi can do? That was good proposal -- to remain satisfied in one's own place. That was Gandhi's proposal. That "Don't go to the city, town, for so-called better advantage of life. Remain in your own home, produce your food, and be satisfied there." That was Gandhi's policy. The economic problem he wanted to solve by keeping cows, by agriculture, by spinning thread. "You want food, shelter and cloth? Produce here, and remain here. Don't be allured by the capitalists and go to cities and engage in industries." But Jawaharlal Nehru wanted, overnight, to Americanize the whole India. That is the folly.

—SriL Prabhupada (Room Conversation with Reporter from Researchers Magazine -- July 24, 1973, London)

free distribution of federal food surpluses, instead providing an early form of food stamps, which had the benefit of allowing recipients to choose food of their liking, rather than having to accept whatever happened to be in surplus at the time.

In the 1970s, U.S. federal expenditure on hunger relief grew by about 500%, with food stamps distributed free of charge to those in greatest need. It was not however until the 1980s that U.S. food banks began to experience rapid growth.

In the last one decade, as was generally the case across the world, hunger in the U.S. was made worse by the lasting global inflation in the price of food that began in late 2006 and by the financial crisis of 2008. By 2012, about 50 million Americans were food insecure, approximately 1 in 6 of the population, with the proportion of children facing food insecurity even higher at about 1 in 4.^[1]

Hunger has increasingly begun to sometimes affect even middle class Americans. According to a 2012 study by UCLA Center for Health Policy Research, even married couples who both work but have low incomes will sometimes now require emergency food assistance.^{[2][10][11]}

Source

Wikipedia, Hunger in the United States

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[10] Janet Poppendieck (1999). “Introduction, Chpt 1”. Sweet Charity?: Emergency Food and the End of Entitlement. Penguin. ISBN 0140245561.

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11.

Hungry in America

Documentary Exposes the Growing Problem of Starvation Amid Plenty

The film, *A Place At The Table*, sheds light on an issue many Americans are too ashamed to admit: they're hungry.

Produced by Top Chef judge Tom Colicchio and directed by his wife and filmmaker Lori Silverbush, the documentary, which is in theaters and available on iTunes, focuses on the 50 million Americans, including one in four children, who can't get enough to eat every day.

The film explores some of the factors contributing to the high prevalence of hunger in the U.S., including poverty, inadequate food assistance programs, and the high cost of healthy food. The film follows several characters, including a single mom trying to feed her kids more than canned spaghetti at every meal, and a fifth-grader who can't concentrate in school because of hunger pangs.

About 44 million Americans rely on the government's food assistance plan, or Supplemental Nutritional Assistance Program (SNAP), which provides less than \$5 per person, per day on average. That's hardly enough, especially for growing children.

“I think if you ask people, ‘Who’s on food stamps?’ they’d say, ‘People who are out of work and lazy.’ It’s people who work. That’s why I think it’s really important that we increase the minimum wage, because hunger is an issue of poverty,” says Colicchio.

And if families that are surviving below the poverty line are able to eat, they often aren’t eating well. It’s hard, if not impossible, to buy healthy foods, which often cost more than processed foods, which is one of the many factors New York Times journalist Michael Moss blames for Americans’ addiction to processed food in his new book *Salt Sugar Fat*.

Prices, Not Food Scarcity Are A Driving Factor

If parents are feeding their children unhealthy foods, it’s because these are the foods that they can afford. Prices, not food scarcity, are a driving factor in what’s purchased at check-out. “It’s easy to demonize parents for making bad choices and feeding their kids fast food with empty calories and lots of fat and no nutrition and sugary drinks, but if that stuff is cheap and you have no money, the difference between being hungry and crying all night long or putting soda in them—what choice do you have?”

Lack of access also deters healthy eating; with so little to spend on groceries, many families are forced to buy the unhealthy options that fill the shelves at the corner store instead of spending the time and money to seek out fresh foods at grocery stores, which

Ok I'm dirt poor and, yes a have quit a round poverty paunch! I buy what I can afford on a part time minimum wage job. In the 50s and 60s the value of the dollar was a lot more, people dressed better and ate out less, one job payee all the bills, and mom or dad stayed home and took care of the kids. Its changed now, two jobs barely make it, there min wage with NO insurance at all cause it's all part time, and your working two of them to just get by. So you hit a dollar store and load up on cheap food, or a \$5 all you can eat buffet! Don't blame me for waddling like a pregnant mare! I'm doing what I can to survive. ~ Simon Tomlinson, Texas, May 23, 2012

are harder to find in many low-income communities. Such “food deserts” are common in both rural and urban communities where business owners have decided it’s too costly to carry and re-stock nutritious fare. Ree Harris, a mother of four boys in Mississippi who is featured in the documentary, says in the film: “Chips and ice cream and cakes, they have that here. They have lots and lots of stuff like that here. And so that’s why I go to Clarksdale sometime for grocery shopping, or Batesville, about a 45-minute drive. Those that doesn’t have transportation, it’s hard.”

‘

Source

Alexandra Sifferlin March 01, 2013, TIME

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12.

How Can Americans Be Both Obese and Starving?

Paradox of Being Poor And Fat

Malnutrition has triggered two global epidemics - epidemic of under-nutrition and an epidemic of obesity. One leads to underweight and the other, to overweight. But both are the two sides of the same coin.

WHO's Director of Nutrition for Health and Development, Francesco Branca says, around 43 million children under age five are overweight.

Often we have in the same countries, at the same time, the presence of under-nutrition and overweight.

In developing nations, obesity exists largely within a narrow class of individuals who can afford more food than they need. In the developed world, however, the relationship between wealth and body weight is strangely turned on its head. In countries like US and Canada, for example, obesity is increasingly coming to be seen as a disease of the poor.

Are Poverty And Obesity Associated?

Are poverty and obesity associated? Poverty rates and obesity were reviewed across 3,139 counties in the U.S. (2,6). In contrast

to international trends, people in America who live in the most poverty-dense counties are those most prone to obesity.

A study from the Trust for America's Health and the Robert Wood Johnson Foundation looks at the increase in obesity rates across the U.S. The report notes higher obesity rates nationally among low-income adults. "More than 33% of adults who earn less than \$15,000 per year were obese, compared with 24.6% of those who earn at least \$50,000 per year," the authors state.

Comparing poverty rates in the U.S. with obesity rates, a pretty strong correlation emerges. For example, Mississippi has both the highest poverty rate and the highest obesity rate in the country.

But as the report notes, there isn't just one factor leading to increases in obesity, as some states clearly buck the trend.

Many other developed countries have similar findings. Studies in Canada, Australia, Britain, Sweden and France have shown links between both neighbourhood and individual incomes and the risk of obesity.

Why Obesity And Poverty Are Inextricably Linked?

There are several reasons. A 2009 study in Montreal, for example, demonstrated that low-income areas have less access to quality food than their high-income equivalents. The prevalence of fast-food restaurants has been shown in other studies to be greater in low-income neighbourhoods. As well, the cost of high-quality food is generally higher than the cost of pop, chips and other high calorie snacks.

Put simply, for those who are poor, it is easier and cheaper to buy junk than it is to buy real food. Vendors that sell quality food are harder to find and reach, and wise food choices take a bigger chunk of your annual income in the process.

You Are What You Grow - Produce Your Own Food

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13.

There Is A Need To Connect To Our Food Source

Before the onset of industrial revolution, all traditional societies were very connected to their food sources, and individual wealth was measured in terms of livestock and land owned.

Contrast this way of life with the way of life in the 21st century. When the United States was founded in 1776, about 90 percent of the population was involved in agriculture and producing food. By the time Abraham Lincoln became president in 1860, the percentage had dropped to about 50%. Today, many years after the industrial revolution, that number is less than 1%.

Most of our society is no longer connected to our food sources, and very few people would even understand the concept that we are dependent upon higher forces of nature to supply our food, our “daily bread.” With a Darwinian evolutionary understanding of science and technology, our culture has come to depend on a very few wealthy companies to control the bulk of our food system.

The result of this concentrated power among such a small percentage of our population has been disastrous. The mass-produced foods are toxic and devoid of nutrients. Our poor health, both among the human population as well as the livestock population, has resulted in a very prosperous pharmaceutical industry. We no longer depend upon God for our ‘daily bread,’ but

on Monsanto and Cargill. Most of us are not even aware of what the problem is, let alone what the solutions are.

Our eating has been secularized. It has been robbed of its poetry and beaten into the staccato uniformity of packaged snacks. We have insisted upon efficiency as the only criterion of our culinary aesthetic. As a direct result, our prey suffer needlessly, our planet is wilting under the pressures of our demands, our neighbors are strangers, we are unhealthy, and our place in the order of things is lost behind the incessant pace of our living.

We are in desperate need of reconnecting our eating with the sacred. This needn't mean a complete return to the perspectives and practices of the past. It does necessarily mean a reevaluation of the fundamental principles by which we relate to our eating. Also, it definitely means to be aware of and to reconnect to our food source.

Spaghetti Trees

In 1957, the BBC television programme "Panorama" ran a famous hoax, showing Italians harvesting spaghetti from trees. A

"Imagine if we had a food system that actually produced wholesome food. Imagine if it produced that food in a way that restored the land. Imagine if we could eat every meal knowing these few simple things: What it is we're eating. Where it came from. How it found its way to our table. And what it really cost. If that was the reality, then every meal would have the potential to be a perfect meal. We would not need to go hunting for our connection to our food and the web of life that produces it. We would no longer need any reminding that we eat by the grace of nature, not industry, and that what we're eating is never anything more or less than the body of the world. I don't want to have to forage every meal. Most people don't want to learn to garden or hunt. But we can change the way we make and get our food so that it becomes food again—something that feeds our bodies and our souls. Imagine it: Every meal would connect us to the joy of living and the wonder of nature. Every meal would be like saying grace."

*~ Michael Pollan, *The Omnivore's Dilemma: A Natural History of Four Meals**

large number of people contacted the BBC wanting to know how to cultivate their own spaghetti trees!

This programme, narrated by distinguished broadcaster Richard Dimbleby, featured a family carrying out their annual spaghetti harvest.

It showed women carefully plucking strands of spaghetti from a tree and laying them in the sun to dry. But some viewers failed to see the funny side of the broadcast. Others, however, were so

Just a few companies control the whole world's food supply. Not all of them are humanitarian organizations:

Nestlé is the world's largest food and beverage company.

PepsiCo is the largest U.S.-based food and beverage company.

Unilever is an Anglo-Dutch company that owns many of the world's consumer product brands in foods and beverages.

Kraft is apparently the world's second largest food company, following its acquisition of Cadbury in 2010.

DuPont and Monsanto Company are the leading producers of pesticide, seeds, and other farming products.

Both Archer Daniels Midland and Cargill process grain into animal feed and a diverse group of products. ADM also provides agricultural storage and transportation services, while Cargill also operates a finance wing.

Bunge Limited is a global soybean exporter and is also involved in food processing, grain trading, and fertilizer.

Dole Food Company is the world's largest fruit company. Chiquita Brands International, another U.S.-based fruit company, is the leading distributor of bananas in the United States. Sunkist Growers, Incorporated is a U.S.-based grower's cooperative.

JBS S.A. is the world's largest processor and marketer of chicken, beef, and pork. Smithfield Foods is the world's largest pork processor and hog producer.

Sysco Corporation, mainly catering to North America, is one of the world's largest food distributors.

General Mills is the world's sixth biggest food manufacturing company.

Grupo Bimbo is one of the most important baking companies in brand and trademark positioning, sales, and production volume around the world.

intrigued they wanted to find out where they could purchase their very own spaghetti bush.

Mr Dimbleby explained how each year the end of March is a very anxious time for Spaghetti harvesters all over Europe as severe frost can impair the flavour of the spaghetti.

He also explained how each strand of spaghetti always grows to the same length thanks to years of hard work by generations of growers.



Spaghetti Trees! This is an example of how much we are disconnected from our food source today. Another example can be the meat vending machines which are gaining popularity everywhere.

People are just forgetting that steak comes from a cow and a pork chop comes from a pig. Also they are forgetting that meat products cost something more than money: a life. At the very least, the blood on a 'real' butcher's apron used to remind them of that.

Source

Brian Shilhavy, Our Need For Daily Bread

"The Swiss Spaghetti Harvest". hoaxes.org.

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Several years ago I took my daughter and her friend to our allotments. As we left I dug up a couple of bunches of my prized organic carrots and offered one of them to my daughter's friend.

With a look of absolute disgust the young girl said, "My mommy doesn't get food from the dirt! She goes to Tesco's!"

Still, at least she knew what a carrot was.

~Jennifer Hill, Bristol

14.

Food

A Victim Of Excessive Human Interference And Meddling

You are what you eat - because every food you eat and every beverage you consume are creating you.

This is so because the foods and beverages you consume are broken down by your body into vitamins, minerals, enzymes, amino acids, fatty acids, and simple sugars, all of which your body then uses as raw materials to create new liver cells, skin cells, brain cells, bone cells, or whatever your body needs to replenish at that time.

But what if you eat foods that your digestive tract cannot break down into the building blocks it needs? Or what if the foods and beverages you consumed had very little nutritional value and therefore very few building blocks for healthy cells and tissue? Worse yet, what if these foods and beverages were also laden with synthetic chemicals which your body had to work harder to eliminate but which did not provide the energy your body needs to do that? Even worse still, what if you exposed your body to synthetic chemicals in such vast quantities that it had to struggle to keep you disease-free?

This is what we mean by excessive human interference and meddling in the divine gift of life - food.

Traditional Food Processing

Mankind has always processed his food; food processing is an activity that is uniquely human. One type of food processing is cooking.

Traditional food processing had two functions: to make food more digestible and to preserve food during times of scarcity. In the past, this processing was carried out by farmers, cooks and artisans. This type of processing resulted in delicious foods and kept the profits on the farm and in the farming communities where it belonged—food processing should be a local cottage industry.

Most importantly, traditional processing enhances or increases the nutrient value of our foods. For example, making of yoghurt and similar products from fresh milk makes the nutrients in the milk still more available and more digestible.

Industrial Food Processing

Unfortunately, in modern times we have abandoned local artisanal processing in favor of factory and industrial processing, which destroys the nutrients in food and makes our food more difficult to digest.

Furthermore, industrial processing depends upon products that have a negative impact on our health, such as sugar, white flour, processed and hydrogenated oils, additives, synthetic vitamins and an extrusion processing of grains. These are the tools of the food processing industry.

Another big problem with foods of the modern civilization is their so called refinement or purification. We have to eat them as the nature intended us to do. Experiments revealed that animals fed on a diet composed of purified proteins, purified starches, purified fats and inorganic salts, although they may live on these for a time, do not grow and in a short time develop various pathological conditions as a result of such “diet.” If whey, or fruit juice, or vegetables are then added to the diet, the symptoms improve and the animals thrive better.

“If you’re concerned about your health, you should probably avoid products that make health claims. Why? Because a health claim on a food product is a strong indication it’s not really food, and food is what you want to eat”
~ Michael Pollan

Except for the organic fresh fruits and vegetables we eat, practically everything we have on our table has had something done to it. Our milk is pasteurized, homogenized, condensed, evaporated, heated; Our sugar is the crystallized, refined and bleached sap of cane that has had all the minerals and vitamins removed from it.

Our cereals are cracked, rolled, hammered, frittered, curled, flaked, ironed, roasted, twice roasted, boiled, and in other ways rendered useless. Wheat is milled, its minerals and vitamins removed, the flour is bleached and chemicalized. Its most important food elements are removed in the milling process.

Our dried fruits are heated in drying, bleached with sulphur dioxide, stored for long periods of time and, finally, stewed and mixed with white sugar before being eaten.

The refining, preserving and cooking processes to which our foods are subjected destroy extraordinarily delicate and tender vital food factors. The refining and cooking processes rob foods of so much of their values that we add salt, sugar, spices, pepper and various other condiments and seasonings to make them palatable. Without the additions of such things they are dull, flat, insipid. Nature has placed delicate flavors and aromas in her foods that appeal to the senses of taste and smell.

Factory Food Preparation—Is Your Food Made by Caring Hands?

Artificial flavors and preservatives are made by chemical companies in factories; they are not being made by the loving hands of a cook. All the artificial ingredients added to the food help the rich get richer and the general public get sicker. The industry has completely processed the life out of the food and then as a concession to the public, thrown in a handful of artificial nutrients. Can you imagine what kind of feeling, what kind of radiation comes from that factory food?

It would be better that an individual did not eat at all than to eat food that has been 'prepared under a feeling of anger, apathy, resentment, depression, or any outward pressure.'

Think of the vibration that in all this food that is made in factories. Nourishing foods starts with the way we farm—the farmer who farms with wisdom and love for the land, the dairyman who farms with love for his animals, the cheese maker who makes cheese with the love of her craft, the baker who bakes with the love of the final product, the beverage maker who makes the type of delicious and nutritious beverage that should be produced in every town and village. Traditional processing puts not only good nutrition, but the vibration of love into our food.

The situation is really very critical. We have to return to good eating practices if we have to preserve our race.

Source

Sally Fallon, M.A. Dirty Secrets Of The Food Processing Industry

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"So what exactly would an ecological detective set loose in an American supermarket discover, were he to trace the items in his shopping cart all the way back to the soil? The notion began to occupy me a few years ago, after I realized that the straightforward question 'What should I eat?' could no longer be answered without first addressing two other even more straightforward questions: 'What am I eating? And where in the world did it come from?' Not very long ago an eater didn't need a journalist to answer these questions. The fact that today one so often does suggests a pretty good start on a working definition of industrial food: Any food whose provenance is so complex or obscure that it requires expert help to ascertain."

~Michael Pollan, The Omnivore's Dilemma: A Natural History of Four Meals

15.

Diminishing Nutrition

And Denaturing of Foods

By denatured foods we mean foods that have been so altered and impaired in the processes of manufacturing, bleaching, canning, cooking, preserving, pickling, etc., that they are no longer as well fitted to meet the needs of the body as they were in the state nature prepared them.

Such denatured and chemically altered foods are acid forming and yet, the vitamin faddist will tell us only that it is lacking vitamin C or D. Our vitamin knowledge, where it is permitted to obscure all else, usually blinds the so-called dietitians to some of the most important facts and principles of food science.

A nation whose diet is made up almost wholly of such 'foodless' foods cannot possibly be well nourished. Why go to great lengths and much trouble to build up our soils and then take everything out of the foods that the 'improved' soils have put into them?

Over eighty years ago, Dr. Magendie of Paris, starved one full pen of dogs to death by feeding them a diet of white flour and water, while another pen thrived on whole wheat flour and water. He fed another pen of dogs all the beef tea they could consume, and

"Government regulation is an imperfect substitute for the accountability, and trust, built into a market in which food producers meet the gaze of eaters and vice versa."

~ John Robbins

gave the dogs of another pen only water. The beef tea fed dogs all starved to death. The water fed dogs had lost considerable weight and would have starved also if the experiment had been continued; however, they were alive after those fed on beef tea were all dead. They were fed and all recovered.

Dogs fed on oil, gum or sugar died in four to five weeks. Dogs fed on fine (white) flour bread lived but fifty days. A goose fed on sugar in twenty-one days; two fed on starch died in twenty-four and twenty-seven days.

Learn To Distinguish Between Real Foods And Fake Foods

One of the paths to vibrant health is to choose healthy foods that are rich in as many natural vitamins and minerals as possible, while avoiding processed foods.

That means consistently choosing to eat real foods over fake foods. Real food is what our great-grandparents ate, and it was what we should be eating. Don't eat something your great-grandmother wouldn't recognize as food.

What are real foods? Real food is food that comes from a clean, living source like a plant. Real food ages, and unless fermented for specific results, should be eaten while fresh. Real food has its natural flavors, colors and texture intact. It is minimally processed before it reaches your kitchen, and no chemicals have been added to change

"Eating is an agricultural act,' as Wendell Berry famously said. It is also an ecological act, and a political act, too. Though much has been done to obscure this simple fact, how and what we eat determines to a great extent the use we make of the world – and what is to become of it. To eat with a fuller consciousness of all that is at stake might sound like a burden, but in practice few things in life can afford quite as much satisfaction. By comparison, the pleasures of eating industrially, which is to say eating in ignorance, are fleeting. Many people today seem perfectly content eating at the end of an industrial food chain, without a thought in the world."

~Michael Pollan, The Omnivore's Dilemma: A Natural History of Four Meals

its natural state. Healthy foods can not be stored for a very long time. In contrast, processed foods have a very long shelf life.

The main goal of switching to traditional and healthy foods is to avoid as many toxic chemicals, additives, colors, and preservatives as possible. By themselves, these chemicals may be generally recognized as safe (GRAF) by the FDA, but no studies have ever been done on the effects that combinations of these chemicals have on human health. And we are not so sure about the FDA's commitment to keeping us safe either.

It appears that the general headaches, joint pains, stomach ailments, fatigue, and other "non-specific" health issues that many people experience are related to the chemicals found in our food supply. Many people who substitute real foods for processed, chemical laden foods, stop having these non-specific symptoms.

Modern commerce has robbed these foods of their body-building material while retaining the hunger satisfying energy factors. For example, in the production of refined white flour approximately eighty per cent or four-fifths of the phosphorus and calcium content are usually removed, together with the vitamins and minerals provided in the embryo or germ. The evidence indicates that a very important factor in the lowering of reproductive efficiency of womanhood is directly related to the removal of vitamin E in the processing of wheat.

The germ of wheat is our most readily available source of that vitamin. Its role as a nutritive factor for the pituitary gland in the base of the brain, which largely controls growth and organ function, apparently is important in determining the production of mental types. Similarly the removal of vitamin B with the embryo of the wheat, together with its oxidation after processing, results in depletion of body-building activators.

"For a product to carry a health claim on its package, it must first have a package, so right off the bat it's more likely to be processed rather than a whole food."

~Michael Pollan, Food Rules: An Eater's Manual

Source

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16.

Soil Depletion

Plant, Animal And Human Health Deterioration

Soil and organic matter in the soil may be considered our most important national resource. Plant and animal health and subsequently human health depends on healthy soil. Unfortunately our current farm practices have enormously reduced the supply originally present in the soil and we must expect a permanently lower level of agricultural efficiency if we do not take corrective steps urgently. An adequate supply of organic matter in the soil is vital to the survival of life on the planet.

One of the factors responsible for the global health crisis today is soil deterioration. In the Museum of Natural History (New York), is an exhibit showing the effects of soil deficiency on plant life.

These plants, all of the same kind, were reared in soils lacking some element. The exhibit has to be seen to be fully appreciated. The plants range in size from about three inches to about eighteen inches in height. Their color ranges from pale yellow to dark green. The leaves of some are broad, of others narrow. Some of the leaves are kinky. All of the plants except one is defective both in size, color and features and all except that one were raised in soil lacking some food element. For example, one was raised in a soil lacking iron, (the

plant has “anemia”), another in a soil lacking potassium, another in a soil lacking nitrogen, etc.

Deficient soil means deficient food that grows on it. Humans and animals who consume such food also naturally become nutrient deficient. If essential food elements are lacking in their foods, they, like the plants in the experiments, fail and die. Ride along the highway with an experienced farmer and he will point out fertile soil and poor soil, by the vegetation growing thereon; sickly and stunted children (as well as the obese ones) are the result of poor soil.

Empty Foods, Hollow Lives

We’ve all heard and read it countless times - “the best way to maintain health is to eat a balanced diet including lots of fruit and vegetables”. Of course, this is absolutely correct, so long as those fruits and vegetables are not grown on the mineral-depleted soils that necessitate today’s ever-increasing range of chemical ‘fertilizers’.

As long ago as in 1920s, the British and US Governments were warned by nutritional experts that the soils on which most crops were grown were so deficient in mineral content that the foods grown on them contained less than 10% of the vitamins and minerals they should normally have. The intention of these reports was to highlight the problem so that remedial action could be taken to remineralise the soils, leading once again to naturally healthy fruits and vegetables.

But in last one century, no remedial action has been taken and the problem has been intensified by modern intensive farming methods. The fruits and vegetables not only have little or no vitamin and mineral content, but they are routinely sprayed with such a broad selection of chemicals that they are actually poisonous.

How Can Plants Grow Without Vitamins And Minerals?

They can! Even when the soil is burnt out, farmers can still grow good looking fruits and vegetables. Most plants require only three nutrients to grow, namely nitrogen, phosphorus and water. In the

presence of these nutrients, virtually all plants will grow into what appear to be healthy, nutritious adult specimens.

However, if the minerals found in their natural habitat are not present, such plants and their relevant fruits and vegetables will be nutritionally “empty”.

As a result of this, these plants are less able to defend themselves against natural predators and are susceptible to insect attack and damage from viruses / bacteria. In order to control this, insecticides, antifungals, antibiotics, pesticides and dozens of other categories of chemicals have been designed to limit the damage done to plants by their natural enemies.

Unfortunately, many of these chemicals have not been properly tested to assess their effects on either plant or human health, and virtually none have been tested in combination to assess their combined effects. The result is that most fruits, vegetables and other plant-based foods are so contaminated with a huge variety of chemicals, and so deficient in nutrient content that they actually do more harm than good.

Source

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“...our modern civilization returns exceedingly little of what it borrows from soil.”

~Martin Renner”

17.

A 'Disease Tsunami' Is Sweeping The World : UN

David Bloom, a health economist with Harvard University, is leading a UN sponsored study on global health. According to him, Chronic illness like heart disease and cancer will cost the world an estimated \$US35 trillion over 25 years unless concerted action is taken to combat the “tsunami” of such diseases now taking hold in developing countries.

He warns that the world is confronted by a “perfect storm” of diseases which are already gripping the wealthy countries and are also emerging in the more populous developing world. The preliminary results of analysis for the United Nations indicate the world faces a “staggering burden” unless it acts to quell the often preventable non-communicable diseases.

According to him, in the year 2010, newly diagnosed cancer cases cost the world about \$US300 billion in treatment and output forgone by those with the disease. The bill for those with chronic obstructive pulmonary diseases such as bronchitis was about \$US400billion.

Professor Bloom’s earlier report to the World Economic Forum led UN to take the unprecedented step of calling on world leaders to agree to a public health declaration to focus global attention on fighting non-communicable diseases, 80 per cent of which afflict developing countries and are growing rapidly in China and India.

UN has appealed to the world's finance ministers to accept this health warning and realize the economic impact the diseases like diabetes and high blood pressure are having. UN feels that action will be costly but inaction is likely to be far more costly.

John Seffrin, the president of the American Cancer Society, says it is unacceptable for governments not to act in the face of an impending tsunami that is obvious to all.

Facts presented in the following chapters prove this point beyond the shadow of a doubt.

Source

David Bloom, Disease 'tsunami' is sweeping the world, UN Warned

Mark Metherell, Sydney Morning Herald June 23, 2011.

"Governing Health Systems: For Nations and Communities Around the World" by Michael Reich and Keizo Takemi

"The sheer novelty and glamor of the Western diet, with its seventeen thousand new food products every year and the marketing power - thirty-two billion dollars a year - used to sell us those products, has overwhelmed the force of tradition and left us where we now find ourselves: relying on science and journalism and government and marketing to help us decide what to eat."

~ Michael Pollan, In Defense of Food: An Eater's Manifesto

18.

A Little Girl's Project Shows Us

Why We Need To Choose Organic Produce

As part of a simple school project a young student by the name of Elise was tasked with discovering how long it would take for a fully grown sweet potato to grow vines. The project itself is quite simple, and is a regular part of many elementary school curriculum's since all that it involves is the sticking of toothpicks into the sweet potato and the suspension of it into a glass of water. If left near a window that receives sunlight the sweet potato should grow vines, which is the exact process that Elise was looking to monitor.

Elise's discovery however went a lot further than this when her initially purchased sweet potato failed to grow vines after three weeks of following the given instructions.

What initially started as a simple science experiment quickly evolved into a potential and unintentional piece of evidence in support of the purchase of organic rather than conventional produce. As Elise so adorably mentioned as a part of her explanation, the conventional sweet potato was sprayed with bud nip, alternatively known as Chlorpropham. Bud nip is just one of the many chemicals widely used in non-organic farming and agriculture.

What Is Bud Nip?

Bud Nip is a plant growth regulator used for the control of grass weeds on several fruit and vegetable plants. In potatoes, such as the

sweet potatoes that we conventionally purchase, bud nip is used primarily to inhibit potato sprouting –the exact process that Elise was looking to create as a part of her experiment. On the surface bud nip seems relatively harmless, however certain studies show that it also comes with a fair level of potential side effects –many of which Elise mentions –that do more than an adequate job at justifying the ‘caution’ warning that it is labelled with. Bud nip is considered moderately toxic for ingestion, an irritant for the eyes and skin and was responsible for a number of side effects and even death on several of the animals that it was tested on. Despite this, bud nip is regularly used directly on an abundance of non-organic produce, and indirectly on other produce due to its highly soluble nature in both soil and groundwater. This could potentially explain how even the organic sweet potato that Elise



Infants and children may be especially sensitive to health risks posed by pesticides for several reasons:

- *their internal organs are still developing and maturing,*
- *in relation to their body weight, infants and children eat and drink more than adults, possibly increasing their exposure to pesticides in food and water.*
- *certain behaviors—such as playing on floors or lawns or putting objects in their mouths—increase a child’s exposure to pesticides used in homes and yards.*

Pesticides may harm a developing child by blocking the absorption of important food nutrients necessary for normal healthy growth. Another way pesticides may cause harm is if a child’s excretory system is not fully developed, the body may not fully remove pesticides. Also, there are “critical periods” in human development when exposure to a toxin can permanently alter the way an individual’s biological system operates. (source)

~ EPA, United States Environmental Protection Agencies

had purchased from the conventional grocery store did not sprout nearly as impressively as the final one that she had purchased from the organic food market. Elise's experiment serves as a simple yet profound reminder of the option that we have to grow or purchase organic produce. It may currently be the more expensive of the two produce options that exists, but when it involves our health it certainly cannot be overlooked.

Source

December 3, 2013, Mark DeNicola

Extension Toxicology Network: <http://pmep.cce.cornell.edu/profiles/extoxnet/carbaryl-dicrotophos/chlorpropham-ext.html>

Suzanne Bartlett, YouTube Channel

: http://www.youtube.com/watch?v=exBEFCiWyW0&fb_source=message

19.

Family Farming

Can Make Poverty History

In just 12 years leading up to 2010, Vietnam cut the country's malnutrition rate in half by investing in small scale farming. Poverty in the country has plummeted from 58 percent in 1993 to 18 percent by 2006, says development charity Oxfam, who cites the Asian country as a exceptional model for others around the world.

Vietnam went from being a rice importer to the second biggest exporter of rice in the world. "The magic formula is political will and vision," says Hannah Stoddart, head of economic justice policy at Oxfam GB. "Planning a government strategy and making sure the



investment gets to those who need it most is the key," she says. Smallholder farming, a term used for small scale or family farming, is in fact the best way to describe 500 million farms globally where two billion people live and work.

The term includes a wide range of producers from the most marginal and impoverished to those working in markets at a local, national or international level. Very often these farmers are women who must work to provide the food for their families.

Oxfam is a staunch believer that smallholder farming is the way forward. "All evidence in small scale farming, family farming on small plots of land, show it is one of the surest ways to relieve poverty," says Stoddart.

Fair Trade Success

In Malawi, one of Africa's poorest countries, thousands of farmers are now part of the Fairtrade International (FLO) group, farming mainly sugar, ground nuts and few other crops.

"Malawi is the first of its kind in Africa to have a fair trade network, and there is a lot of interest in how we are doing it," says Frank Olok, network coordinator for the Malawi Fairtrade Network. In the last 18 months, many have seen their hardships turn into success, says Olok, who serves as the liaison between many farmers and the FLO. Malawi already has 30,000 farmers involved in fair trade farming methods, plus another 20,000 working on these farms.



"When we talk about smallholder farmers, we are talking about the farmer who owns one to five acres of land, using rudimentary means of farming, who is not able to easily access finance," says Olok. "The majority of the farmers in Malawi today are smallholder farmers."

Indeed, says one Malawi farmer, Gladys Kayanja, whose small tea farm now has a bridge to help her get between her home and the tea field during the rainy season. "The fair trade premium bought an ambulance which serves my family and relatives when we are sick. Before that we used to carry a very sick patient many kilometers before reaching the hospital," says Kayanja.

Schools, electricity, irrigation, and much more has been put in place in Malawi due to the success of the cooperative-style network. A further bonus is many of the farmers then find themselves able to diversify into businesses.

In southern Sudan, Rabha Elis Bandas, director and founder of the Women's Development Group, decided to take matters in her own hands after she was tired of watching local farmers suffer waiting for food aid during Sudan's civil war. She has set up her group to help farmers with supplies and the skills needed.

"There is enough land in South Sudan and it is really fertile, it just needs work. What we need and want is for people to grow their own food, not to depend on Uganda and Kenya," she says. As Bandas has proved, the importance of smallholder farmers is even more important in times of political strife.

Hope for Haiti

In Haiti, the Smallholder Farmers Alliance (SFA), a cooperative of 2,000 farmers started in 2010, has established tree nurseries planting one million trees a year in a country which has lost 98 percent of its trees to deforestation.

*What we need and want is for people to grow their own food.
~ Rabha Elis Bandas, director and founder of the Women's Development
Group in Sudan*

The SFA provides high quality seeds, tools and training, and has already helped the farmers increase their yields by 40-50 percent.

One Haitian farmer said the SFA has helped her turn her life around, especially since recent hurricanes ruined her crops. "My life situation is better," said Romeus Mercilie. "I have enough food to feed my kids and the sell the remaining food at the market. I now have a dream and I know how to protect my dreams," she said.

Mercilie says thanks to a flat interest rate loan from the SFA, she was able to restart her business, purchase new livestock and save money.

Smallholder Farming Spells Big Business

From the economic side, opportunities for smallholder farmers are exponential. "There's a huge opportunity for smallholders to sell to big businesses," says Tim Aldred, head of policy and research at Fairtrade Foundation.

"The risks are that you can get locked into a big supplier who holds the power and pushes your prices down," said Aldred, who added that recent controversy at the G8 meetings in June addressed how to empower the smallholders so they don't end up stuck in unhelpful relationships with multinational corporations.

Ample food grains can be produced through agricultural enterprises, and profuse supplies of milk, yogurt and ghee can be arranged through cow protection. Abundant honey can be obtained if the forests are protected. Unfortunately, in modern civilization, men are busy killing the cows that are the source of yogurt, milk and ghee, they are cutting down all the trees that supply honey, and they are opening factories to manufacture nuts, bolts, automobiles and wine instead of engaging in agriculture. How can the people be happy? They must suffer from all the misery of materialism. Their bodies become wrinkled and gradually deteriorate until they become almost like dwarves, and a bad odor emanates from their bodies because of unclean perspiration resulting from eating all kinds of nasty things. This is not human civilization. ~Srila Prabhupada (Srimad Bhagavatam 5.16.25)

The United Nations has declared 2014 the International Year of Family Farming with the aim to support and recognize the importance of smallholder farming. By doing so, the U.N. says it will help eradicate hunger, reduce rural poverty and reach food security through sustainable production.

While the scale of investment of what's needed hasn't yet happened, Oxfam says there are glimmers of hope out there with farmers learning about the market system, how to improve their yields, form cooperatives, and access credit safely.

"There's all kinds of brilliant stuff that's going on but it needs to be scaled up," says Oxfam's Stoddart. Once that happens, she says "the poorest people will start benefiting from their labor."

Source

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20.

High Rice Flats!

The Lush Paddy Field That Sits On Top Of A Block Of Flats

Where do you find the space to harvest rice in a city of more than 4million people? On the roof of your house, according to one Chinese farmer.

Peng Qiugen has transformed the rooftop of his four-storey house in Shaoxing in east China's Zhejiang province into a fertile farmland.



© Xu YuREX

As well as rice, he grows watermelons, vegetables and other crops on the 120-square-metre paddy, which sits more than 40 feet above the ground.

The farmer has dedicated months to harvesting his produce since completing the rooftop conversion several years ago. A local helps Mr Qiugen harvest his crops.

His unusual creation has drawn the attention of locals in the overcrowded city - with many offering to help Mr Qiugen harvest his crops.

It also appears to have solved a difficult conundrum faced by many countries around the world - how to produce enough food for an ever-increasing population when land and space is rapidly running out.

Despite its alternative appearance, Mr Qiugen's rice paddy has boasted an impressive harvest year on year, according to China Daily. It has produced a 30 per cent higher yield than is expected on ground-level land - with a staggering 400kg of watermelons grown on the roof in 2012 alone.



This killing of animals is for the non-civilized society. They cannot... They do not know how to grow food. They were killing animals. When man is advanced in his knowledge and education, why they should kill? Especially in America, we see so many nice foodstuffs. Fruits, grains, milk. And from milk, you can get hundreds of nice preparations, all nutritious.

-Srila Prabhupada (Room Conversation, July 5, 1975, Chicago)

And this year, the farmland's produce is reportedly sufficient enough to feed a family for a whole year.

However, despite its success, agricultural experts have warned that people should seek out professional advice before attempting to cultivate farmlands on top of their homes.

Source and Reference

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Charlotte Bailey, *The Telegraph*, Chinese man grows rice on roof, 30 Oct 2008

Michael Levenston, *City Farmer News*, 30 Oct 2008

OddityCentral.com, November 21st, 2013

Zhu Ningzhu, *Xinhua News*, Nov. 20, 2013

Planting Rice on the Roof of the UN Building: Analysing Taiwan's "Chinese" Techniques in Africa, 1961-Present, Philip Liu Hsiao-pong, *The China Quarterly*, No. 198 (Jun., 2009), pp. 381-400

21.

Primitive Man - His Food and His Health

Observations Of Early Explorers

By Dr. Stanley S. Bass

Columbus, in his 'discovery' of the Western World, was the beginning spark which ignited the interest of all the leading powers. This resulted in a series of expeditions sent forth for the purpose of acquiring these valuable lands, their rich natural resources and wealth. These countries included France, England, Spain, Portugal etc., who in competition with each other, explored North America, the Northlands, Central America, then South America, eventually spreading into Africa, Asia, Australia, the Pacific Islands and the entire world.

These expeditions were fully outfitted ships with supplies and crew, containing doctors to see after the health of all. Supplies for trading with the primitive Indians were in the form of white flour, white sugar, canned foods, salt, pepper, spices and other commodities which were exchanged for native furs, foods and other goods.

The accounts of early voyagers, explorers and missionaries are considered together with anthropological studies and knowledge gleaned from various nutritional surveys and medical inspections made in the primitive world. It is drawn from a literary survey of the people of many lands, including all continents and many islands.

It covers centuries of time involving observations of racial groups living in the early 16th century to those of the modern day.

Shortlived And Diseased - A Myth?

The common view, that primitive man is generally short-lived and subject to many diseases is often held by physicians as well as layman, and the general lack of sanitation, modern treatment, surgery and drugs in the primitive world is thought to prevent maintenance of health at a high physical level. The average nutritionist feels that any race lacking access to the wide variety of foods available, which modern agriculture and transportation now permit, could not be in good health.

Beauty, White Teeth, Long Life

But the facts are known, and they indicate that, when living under near-isolated conditions, apart from civilization and without access to the foods of civilization, primitive man lives in much better physical condition and health than does the usual member of civilized society. When his own nutrition is adequate and complete, as it most often is, his teeth are white without brushing, they are formed in perfect alignment and the dental arch is broad.

The face is finely formed, well-set and broad; the body development is also good, free from deformity, and desirably proportioned in beauty and symmetry. The respective members of the racial group reproduce in homogeneity from one generation to the next, with few deviations from the standard anthropological prototype.

Reproductive efficiency permits birth with no difficulty and little or no pain. There are no prenatal deformities. Resistance to infectious disease is high, few individuals are sick, and these usually rapidly recovering. The degenerative diseases are rare, even in advanced life, some of them being completely unknown and unheard of by the primitive.

Mental complaints are equally rare, and the usual state of happiness and contentment is one scarcely known by civilized man.

The duration of life is long, the people being yet strong and vigorous as they pass the three score and ten mark, and living in many cases beyond a century.

These are the characteristics of the finest and healthiest primitive races living under the most ideal climatic and nutritional conditions. Even primitive races less favored by environment have better teeth and skeletal development than civilized man. We note that people living today, under the culture and environment of the "Stone Age", have far surpassed civilized man in strength, physical development and immunity to disease. This fact poses an important question to modern medicine and should arouse serious thought and consideration.

Contact With 'Civilization' - New Diet

The good health of the primitive has been possible only under conditions of relative isolation. As soon as his contact with civilization brings about changes in his dieting habits - with the introduction of refined white flour and white sugar, canned food, jams, marmalades, polished rice, etc. - within one generation he succumbs to disease very readily and loses all of the unique immunity of the past.

The teeth decay; facial forms cease to be uniform; deformities become common; reproductive efficiency is lowered; mental deficiency develops, and the duration of life is sharply lowered.

It is the nutritional habits of primitive man that are responsible for the state of his health, and as long as his native foods remain in use, as important physical changes occur, and the bacterial scourges are absent - even though a complete lack of sanitation would indicate that pathogenic bacteria might be present.

When the native foods are displaced for those of modern commerce, the situation changes completely. And the finest sanitation, that the white man can provide, together with the best in medical services, is of no avail in preventing the epidemics that take thousands of lives.

Lessons To Learn

What is needed is the proper education of children in healthy nutrition, beginning in grade schools. And for those aspiring to become mothers, education in pre-parental, parental nutrition and proper feeding of children.

The direction should be in education and prevention, rather than in the treatment of disease symptoms with drugs and surgery, if we are to reverse the increasing of degenerative disease and the progressive deterioration of the human race.

There is need to learn from the dietary practices of the most magnificently healthful and successful primitive races from all parts of the world - as recorded by both ancient and modern explorers of these primitive cultures, who have accumulated their knowledge over a period of many thousands of years of experience.

Source

Dr. Stanley S. Bass, Primitive Man - His Food and His Health

Dr. Stanley S. Bass, Natural Health and Nutrition - Condensed Natural Hygiene Nutrition

Michel Montignac, The History of Man's Eating Habits

Food: A Culinary History, Jean-Louis Flandrin & Massimo Montanari [Columbia University Press:New York] 1999

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"You are what what you eat eats."

"You are what you eat is a truism hard to argue with, and yet it is, as a visit to a feedlot suggests, incomplete, for you are what what you eat eats, too. And what we are, or have become, is not just meat but number 2 corn and oil."

~Michael Pollan, The Omnivore's Dilemma

22.

GMO 'Food'

A Ticking Time Bomb, A Disaster Waiting To Happen

A genetically modified organism (GMO) is an organism whose genetic material has been altered using genetic engineering techniques. Organisms that have been genetically modified include micro-organisms such as bacteria and yeast, insects, plants, fish, and mammals. Few health topics are more hotly debated than the GM food issue and for good reason.

Genetic modification involves the insertion or deletion of genes. When genes are inserted, they usually come from a different species, which is a form of horizontal gene transfer.

Scorpion Genes In Your Corn

The scorpion toxin gene put into corn and oilseed rape allows the plant to make its own pesticide. Caterpillars eating this corn die of the toxin. And what happens when pests become resistant to the in-bred toxin?

Of course it doesn't stop there. Genetic experiments are being carried out all over the world. Frog genes have been put into potatoes to help them resist infection. Human genes have been put into pigs and fish to make them grow faster. Pigs are also being bio-

"Seeds have the power to preserve species, to enhance cultural as well as genetic diversity, to counter economic monopoly and to check the advance of conformity on all its many fronts."

~Michael Pollan, Second Nature: A Gardener's Education

engineered to provide organs for transplanting into humans. The list goes on and on and on.

Monsanto - Playing With Life On The Planet

Monsanto is heading up this sinister biotechnological revolution. They created Agent Orange used in the Vietnam war. Among other things, they've developed 'round-up ready soy' which is resistant to their own herbicide 'round-up'. So, farmers can now destroy all plant-life on a field except the soy. The impact on wildlife is disastrous. This is a nightmare vision of mono culture... a landscape of human crops devoid of all other life. Whilst these companies can spin their compassionate message of how they are helping poor people with their products, the truth is that third world farmers are getting locked into deals with the powerful companies. Once they're in, they can't get out.

Monsanto - A Humanitarian Organization?

Companies like Monsanto proudly justify their dangerously insane schemes. Their publicly stated aim is 'to feed an ever growing population with limited arable land...'

Only a brain dead person will buy into their ridiculous humanitarian justifications. They are merchants of death and their motivation is money and destruction.

It's truly frightening to see the lengths some organisations will go in the name of profit.

The most authoritative evaluation of agriculture, the International Assessment of Agricultural Knowledge, Science and Technology for Development, determined that the current GMO's have nothing to offer towards the goals of reducing hunger and poverty, improving

"Half of all broccoli grown commercially in America today is a single variety- Marathon- notable for it's high yield. The overwhelming majority of the chickens raised for meat in America are the same hybrid, the Cornish cross; more than 99 percent of turkeys are the Broad-Breasted Whites."

~Michael Pollan, In Defense of Food: An Eater's Manifesto

nutrition, health and rural livelihoods, and facilitating social and environmental sustainability.

The report was a three-year collaborative effort with 900 participants and 110 countries, and was co-sponsored by all the majors, e.g. the World Bank, FAO, UNESCO, WHO. In reality, GMO's reduce yield, increase farmers' dependence on multinationals, reduce biodiversity, increase herbicide use, and take money away from more successful and appropriate methods.

In Developing Nations, GMO's Can Be Catastrophic.

In India, for example, Monsanto convinced hundreds of thousands of farmers to take out high interest loans to pay for expensive GM cotton seeds and associated chemicals. Inconsistent yields left desperate farmers unable to even pay back their loans. In last 10 years, more than 2,50,000 farmers have committed suicide.

Playing God Is Not An Option

Unbelievably, crops are purposely being developed that don't produce viable seeds. These are called the 'Terminator Genes.' This prevents farmers using the traditional methods of saving some seed for next years sowing. How is this 'helping' feed the world? Folks really wanting to help feed the world would be pushing with all their might for sustainable farming. *In any case, starving populations are about governments, politics and distribution, not actual lack of food.* (Mike Kinnaird)

Higher Residues Of Poisonous Herbicide

The primary reason crops are engineered is to allow them to drink poison. They're called herbicide tolerant, and are inserted with bacterial genes that allow them to survive otherwise deadly doses of toxic herbicide.

Biotech companies sell the seed and herbicide as a package. Monsanto sells Roundup Ready crops and Roundup herbicide. Bayer CropScience sells Liberty Link crops and Liberty herbicide.

Between 1996 and 2008, US farmers sprayed an extra 383 million pounds of herbicide on these poison drinking GMO's.

Because weeds are becoming resistant to the overused herbicide, farmers are spraying considerably more each year. The last 2 years of the 13-year study alone accounted for 46 percent of the increased herbicide use.

Your Intestinal Bacteria Into Living Pesticide Factories

GM genes can convert your intestinal bacteria into living factories that continuously produce pesticides or other harmful products.

The ONLY published GMO human feeding study (that's right, there's only one) confirmed that genes transfer from GM soybeans into the DNA of bacteria living inside our small intestines and continue to function. [Netherwood et al, "Assessing the survival of transgenic plant DNA in the human gastrointestinal tract"]

Human subjects that ate Roundup Ready soybeans ended up with "Roundup Ready gut bacteria"—unkillable with Roundup. If the pesticide-producing Bt gene in corn chips were also to transfer, it could turn your intestinal flora into living pesticide factories—possibly for the long term. (Jeffrey M. Smith)

Gaining Ground

America's supermarkets are awash in genetically modified foods. Over the past decade, biotech companies have dominated dinner tables with crops like corn, soybeans and canola modified to survive lethal doses of herbicides, resulting in increased herbicide use, a surge in herbicide-resistant weeds, and the contamination of organic and

*saka-mulamisa-ksaudra-
phala-puspasti-bhojanah
anavrstya vinanksyanti
durbhiksa-kara-piditah*

Harassed by famine and excessive taxes, people will resort to eating leaves, roots, flesh, wild honey, fruits, flowers and seeds. Struck by drought, they will become completely ruined.

~ Srimad Bhagavatam 12.2.9

conventional crops. According to the Center for Food Safety, more than half of all processed food in U.S. grocery stores—items like cereals, corn dogs and cookies—contain GMO ingredients.

Grow More Food

"Many countries have invested quite heavily in plans to bring back into use land abandoned for hundreds of years, or land that has never been used at all. They have brought all kinds of heavy earth moving tractors and machines for land development and introduced new forms of power into their agriculture. In many cases tractors, machines and implements have been brought in without taking into account the position of the cultivator, of the man who works on the land and who must ultimately make these things pay. And frequently they have been purchased before sufficient training and maintenance facilities were available. Of course, there are also exceptions and some land development and mechanisation projects have proved successful from their inception."

The above is a quotation from 'UNESCO' Food and Agriculture organisation. The enthusiasm for tractors over other implements has not always proved successful and on many cases, as we have personal experience of some places in U.P., it has often meant false starts on scheme that on paper looked so promising and easy.

The transcendentalist however will not agree with that tractors and other agricultural implements only can solve the problem of grow more food and inadequate living standard. Besides the tractor, implements, the man who will work on the land of cultivation, there is another supreme hand in the successful termination of the productive enthusiasm. This ultimate cause is called "Daiva" or the unseen power of God inconceivable by human brain. This power can ultimately make all things null and void and conquer over all other enthusiasm and ability of the human being. In the Bhagvad Gita we have this information as follows:-

*adhithanam tatha karta
karanam ca prthag-vidham
vividhas ca prthak cesta
daivam caivatra pancamam*

(Bg. 18.14)

(Continued on the next page...)

“This technology is a one-trick pony,” says George Kimbrell, an attorney at the Center for Food Safety. “They don’t help us feed the world, they don’t fight climate change, and they don’t help us

(.....continued from the previous page)

To effect successful result in the attempt of agricultural enthusiasm there are five causes namely the situation of the land, the man who works in the field, the instruments or implements applied in the enterprise and above all the hidden hand natural forces, known as Daiva.

Whatever is attempted and done in this world physically or mentally by any man, which may be right or wrong in the estimation of the public, must have all the above mentioned five causes behind the attempt. Nobody should therefore see only the visible causes for effective result but must look into the invisible cause called the Daiva.

Above all other causes the Daiva cause is the most powerful. This Daiva cause or the Supreme cause is the ultimate control of physical nature which is the external energy of Godhead. The land, implements, the worker, the attempt all depend on the ultimate cause called 'Daiva.' It is also known as 'Prakriti.' Everything is done by the 'Prakriti' but egoistic fools think that the work is performed by them. In spite of good tilling of the land and the expert tiller, good tractors or other implements and the most sincere and accurate plan of the work it is quite possible that the whole attempt may be frustrated for want of sufficient rains. Without rains all other arrangement will stand null and void due to the reaction of the Daiva cause. This Daiva cause is made effectively favourable by the process of 'Yajna' described elsewhere in this issue.

Along with the creation of the 'Prajnas' or the living being, the 'Yajnas' or sacrifices on account of Vishnu the Supreme Being was also created. By the performance of 'Yajnas' the controlling deities, who supply us light, air, heat, water etc. which are all essential factors in the matter of grow more food campaign, are satisfied. By their satisfaction only everything is produced nicely, sufficiently. When there is sufficient production by the mercy of Daiva the inadequate standard of living is mitigated. Otherwise every attempt becomes futile.

~ Srila Prabhupada (Handwritten note under the title: “add with Geeta Nagari)

better the environment. They just increase pesticides and herbicides. That's what they do."

Companies like Syngenta, Bayer and Dow are trying hard to catch up with Monsanto and they have all created their own herbicide tolerant seeds, modified to withstand the company's corresponding herbicide treatment.

This is a vast subject and we have only given a few glimpses of a grave crisis.

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23.

Junk Food

Dangerous And Addictive As Drugs

A British study suggests that a diet of burgers, chips and cake programmes your brain to crave even more for foods that are high in sugar, salt and fat content - just like drugs.

Over the years, junk food can become a substitute for happiness and can lead bingers to become addicted.

Paul Kenny, a neuro scientist, carried out the research which shows how dangerous high fat and high sugar foods can be to our health. "You lose control. It's the hallmark of addiction," he said.

Researchers believe it is one of the first studies to suggest brains may react in the same way to junk food as they do to drugs, reports the Telegraph.

"This is the most complete evidence till date that suggests obesity and drug addiction have common neuro-biological foundations," said Paul Johnson, Kenny's work colleague.



The beauty of making food at home is knowing exactly what goes into it!

Kenny, who began his research at Guy's Hospital in London, but now works at Florida's Scripps Research Institute, divided rats into three groups for his research.

One got normal amount of healthy food to eat. Another lot was given restricted amount of junk food and the third group was given unlimited amount of junk, including cheesecake, fatty meat products, and cheap sponge cakes and chocolate snacks.

There were no adverse effects on the first two groups but the rats who ate as much junk food as they wanted became, very fat and started bingeing.

When researchers electronically stimulated the part of the brain that feels pleasure, they found that the rats on unlimited junk food needed more and more stimulation to register the same level of pleasure as animals on healthier diets.

3 Burgers A Week Enough To Invite Asthma

Children who love junk food and eat at least three burgers in a week are inviting asthma, says a latest research.

The study which was conducted on 50,000 children across 20 countries revealed that the risk of asthma, because of improper diet, is highest of all in better-off countries, express.co.uk reports.

The findings showed that youngsters who enjoy a healthy diet rich in fruit and vegetables have the lowest risk to get affected by the disease.

When compared between rich and poor countries, it was found that a diet high in fish protected children against wheeze in well-off countries, while a diet rich in cooked vegetables guarded youngsters in poor countries.

Elaine Vickers, of Asthma UK has advised children to "eat a healthy, balanced diet and get plenty of exercise".

Junk Food Ups Diabetes In Kids

A group of more than 100 diabetes experts has called for laws to ban ads of junk food that target children.

The experts from Royal College of Physicians of Edinburgh said that this was the best alternative for combating the rising cases of Type 2 diabetes amongst youngsters – which is caused by obesity.

They said that these ads should not just be banned in print, but in billboards and TV too.

The group also called for tighter regulations of the food, drink and catering industry following their recent meeting.

“Rates of obesity and diabetes are increasing at alarming rates and pose one of the most serious health challenges of this time,” says Dr Scott Ramsay.

In response to this, diabetes experts from across the UK have come together to call on the Scottish and UK governments to demonstrate greater leadership in tackling this crisis.

“In particular we believe that the lessons from effective legislation on smoking should be used to promote healthier diets, increased physical activity and to inform transport and planning policy.”

“This should involve tighter regulation of the food and drink industry and the extension of restrictions on ‘less healthy’ food and drink advertising in children’s television programmes to all forms of advertising aimed at children,” Ramsay adds.

However, Ian Barber of the Advertising Association says there is little evidence that advertising is a main driving factor behind obesity. “Advertising might influence which brand you choose, but there is very little evidence that it drives consumption,” he adds.

Instant Noodles May Lead to Chronic Illness

By Althea Chang

They are now killing animal, but animal lives on this grass and grains. When there will be no grass, no grains, where they will get animal? They'll kill their own children and eat. That time is coming. Nature's law is that you grow your own food. But they are not interested in growing food. They are interested in manufacturing bolts and nuts.

—Sriila Prabbupada (Morning Walk — June 22, 1974, Germany)

Ramen noodles could be putting college students and frugal eaters at greater risk of developing chronic illness, according to a recent study.

The instant noodles have long been a staple for the cash-strapped, but they could be putting their fans at risk of further nutritional deficits already caused by a lack of affordable and fresh fruits and vegetables, suggests a study presented at a meeting of the Dietitians Association of Australia.

According to the study, conducted by Australian researchers Danielle Gallegos and Kai Wen Ong, one in four college students reported insecurity about being able to afford food.

Of those students, two-thirds said they ate two or less servings of fruit per week, suggesting that money spent on more-filling but sodium- and MSG-laden Ramen noodles and fast food takes away from funds that could be spent on healthy but less-filling fruits and vegetables.

Those who relied on instant noodles and other cheap food with little nutritional content were at greater risk of chronic diseases including cancer, diabetes and heart disease, the researchers found.

While the study was based in Australia, results seem to reflect conditions among college kids and low-income individuals across the world.

Pets, Like Humans, Are Victims Of Junk Food

The junk food and poor eating habits affecting humans is also killing their four-legged pals, say veterinary surgeons and experts.

Allergies and obesity are reducing the life expectancy of Lassies and Mittens nourished worldwide on industrial foodstuffs, says Gerard Lippert, a Belgian acupuncturist for animals who has just completed a study on the diets of 600 dead dogs.

The day is coming when a single carrot, freshly observed, will set off a revolution.

-Paul Cezanne

Of the 600 furry corpses he examined “those fed on processed foods died three years earlier than those fed on food made in the home.”

*yata-yamam gata-rasam
puti paryusitam ca yat
ucchistam api camedhyam
bhojanam tamasa-priyam (Bhagavad Gita 17.10)*

Food prepared more than three hours before being eaten, food that is tasteless, decomposed and putrid, and food consisting of remnants and untouchable things is dear to those in the mode of darkness.

The purpose of food is to increase the duration of life, purify the mind and aid bodily strength. This is its only purpose. In the past, great authorities selected those foods that best aid health and increase life's duration, such as milk products, sugar, rice, wheat, fruits and vegetables. These foods are very dear to those in the mode of goodness. Some other foods, such as baked corn and molasses, while not very palatable in themselves, can be made pleasant when mixed with milk or other foods. They are then in the mode of goodness. All these foods are pure by nature. They are quite distinct from untouchable things like meat and liquor. Fatty foods, as mentioned in the eighth verse, have no connection with animal fat obtained by slaughter. Animal fat is available in the form of milk, which is the most wonderful of all foods. Milk, butter, cheese and similar products give animal fat in a form which rules out any need for the killing of innocent creatures. It is only through brute mentality that this killing goes on. The civilized method of obtaining needed fat is by milk. Slaughter is the way of subhumans. Protein is amply available through split peas, dal, whole wheat, etc.

Foods in the mode of passion, which are bitter, too salty, or too hot or overly mixed with red pepper, cause misery by reducing the mucus in the stomach, leading to disease. Foods in the mode of ignorance or darkness are essentially those that are not fresh. Any food cooked more than three hours before it is eaten (except prasadam, food offered to the Lord) is considered to be in the mode of darkness. Because they are decomposing, such foods give a bad odor, which often attracts people in this mode but repulses those in the mode of goodness.

~ Srila Prabhupada

Rippert said he was increasingly called on to heal skin, motor and digestive problems.

“Dry dog food and cat food croquettes are over-heated, which destroys vitamins, trace elements and other basic nutritional elements,” he says. “We don’t know the origin of the proteins in the foods,” he adds. “And there’s an excessive amount of cereal, often genetically modified, and very little vegetables.”

Laurence Colliard, a veterinary surgeon and nutritionist located in the Paris suburbs says, “I’m seeing an increasing number of allergies, diarrhea, vomiting, skin dermatitis as well as cases of obesity, specially amid cats because of the excessively high energy content in industrially-produced cat foods.”

The pet food industry was born in England where James Spratt produced the world’s first dog biscuits in 1860. Some 150 years later, many Internet sites are calling for a return to natural foods for pets.

It’s only in the last 100 years pet owners have been led to believe that pets cannot survive without packaged food. They are told it would be harmful if they were to give them the scraps from their own home cooked meals.

Food grains or vegetables are factually eatables. The human being eats different kinds of food grains, vegetables, fruits, etc., and the animals eat the refuse of the food grains and vegetables, grass, plants, etc. Human beings who are accustomed to eating meat and flesh must also depend on the production of vegetation in order to eat the animals. Therefore, ultimately, we have to depend on the production of the field and not on the production of big factories. The field production is due to sufficient rain from the sky, and such rains are controlled by demigods like Indra, sun, moon, etc., and they are all servants of the Lord. The Lord can be satisfied by sacrifices; therefore, one who cannot perform them will find himself in scarcity -- that is the law of nature. Yajna, specifically the sankirtana-yajna prescribed for this age, must therefore be performed to save us at least from scarcity of food supply.

~ Srila Prabhupada (Bhagavad-gita 3.14)

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24.

McDonald's Happy Meal - Is It biodegradable? Shows No Sign Of Decomposing After Six Months

Looking almost as fresh as the day it was bought, this McDonald's Happy Meal is in fact a staggering six months old.

Photographed every day for the past half a year by Manhattan artist Sally Davies the kids meal of fries and burger is without a hint of mould or decay.



In a work entitled *The Happy Meal Project*, Mrs Davies, 54, has charted the seemingly indestructible fast food meals progress as it refuses to yield to the forces of nature.

Expecting the food to begin moulding after a few days, Mrs Davies' surprise turned to shock as the fries and burger still had not shown any signs of decomposition after two weeks.

'It was then that I realised that something strange might be going on with this food that I had bought,' she explains.

Prabhupada: From an economic point of view, if one man has a cow and four acres of land he has no economic problem. That we want to start. He can independently live in any part of the world. Simply he must have one cow and four acres of land. So let the people be divided in four acres of land and a cow and there will be no economic question. All the factories will be closed. [everyone laughs]

[At this point, Allen and some of the New Vrindaban members discuss some of the problems of farming.]

Prabhupada: There is a proverb that agriculture is the noblest profession. Is it not?

Allen: Yes.

Prabhupada: And Krishna was a farmer, cowherd boy. Yes, and in Vedic literature you will find that the richest man is estimated by the possession of grains and cows. If he has sufficient quantity of grains, then he is rich. And actually that is a fact. Keep cows and have sufficient grains and the whole economic problem is solved. As for eating and sleeping ... you can take some wood and four pillows. Of course in your country it is cold, but in India all year they are lying under the sky.

Allen: Men lived this way for 20,000-30,000 years. Till the 19th Century.

Prabhupada: We have to think, "Plain living, high thinking." The necessities of this bodily existence should be minimized -- not unhealthy, but healthy to keep oneself fit. But the time should be utilized to develop Krishna Consciousness, spiritual life. Then his whole problem is solved.

(A.C. Bhaktivedanta Swami Prabhupada and poet Allen Ginsberg Conversations)



‘The fries shrivelled slightly as did the burger patty, but the overall appearance of the food did not change as the weeks turned

Just like this Western civilization has created so may slaughterhouse for eating purposes. But wherefrom they are getting? From mahi, from the land. If there is no pasturing ground, grazing ground, wherefrom they will get the cows and the bulls? That is also... Because there is grass on the land and the cows and bulls eat them, therefore they grow. Then you cut their throat, civilized man, and eat, you rascal civilized man. But you are getting from the mahi, from the land. Without land, you cannot. Similarly, instead of cutting the throat of the cows, you can grow your food.

Why you are cutting the throat of the cows? After all, you have to get from the mahi, from the land. So as they are, the animal which you are eating, they are getting their eatables from the land. Why don't you get your eatables from the land? Therefore it is said, sarva-kama-dugha mahi. You can get all the necessities of your life from land. So dugha means produce. You can produce your food. Some land should be producing the foodstuff for the animals, and some land should be used for the production of your foodstuffs, grains, fruits, flowers, and take milk. Why should you kill these innocent animals? You take. You keep them muda, happy, and you get so much milk that it will moist, it will make wet the ground. This is civilization. This is civilization.

~ Srila Prabhupada

to months.

‘And now, at six months old, the food is plastic to the touch and has an acrylic sheen to it.

‘The only change that I can see is that it has become hard as a rock.

Even though she is a vegan, Mrs Davies’ experiment has brought her some fear.

‘I would be frightened at seeing this if I was a meat eater. Why hasn’t even the bun become speckled with mould? It is odd.’

When asked if their food was not biodegradable, McDonald’s spokeswoman Danya Proud said: ‘This is nothing more than an outlandish claim and is completely false.’

It comes after Denver grandmother Joann Brusio left a Happy Meal to decay for a year to highlight the nutritional dangers of fast food.

Morgan Spurlock also made the film *Super Size Me* in 2004 charting the changes to his body eating just fast food for 28 days.

Source

By Daily Mail Reporter, 21st October 2010

Mike Adams, Natural News, October 17, 2010

Richard Webster: Do you think it's worse now than it used to be? Can you say that it is worse, the condition of the world is worse now than it used to be or is it relatively the same or...?

Prabhupada: Oh, yes, yes. Worse now in these days because people cannot eat even. The facility which is given to the birds and beasts... They have no problem of eating. But you have created such a civilization that people are facing the problem so acutely that they have no means to eat. Do you think it is progress?

Richard Webster: Well, I would tend to doubt it very much.

Prabhupada: Yes, that is the problem.

25.

Junk Food Can Damage Your Memory

In Just Six Days

Junk food not only hurts your health but also your memory, according to a new study.

The study by Margaret Morris, the head of pharmacology at the University of NSW, has found that eating a diet loaded with saturated fat and sugar may have an immediate effect on the brain's cognitive ability and may cause memory loss.

Morris examined memory in rats and found that exposure to junk food over just six days reduced spatial recognition or ability to notice when an object had been moved to a new location.

Morris found that after consuming a high sugar and fat diet for one week, the hippocampus, the brain structure which is critical for learning and memory, had increased inflammation.

The study also suggested that the damage was not reversed when the rats were switched back to a healthy diet.

Source

ANI, December 17, 2013

Sydney Morning Herald

26.

Chemicals, Chemicals, Everywhere

Floating Around In An Ocean Of Chemicals

In all of recorded history, humanity has never been engaged in a battle as significant as the one we face today. Never has our future been threatened as severely as it is now. The enemy is not a terrorist organization or a rogue nation seeking global domination; it is the environment we have created, the air we breathe, the water we drink, and the food we consume. We have taken the gifts of life presented to us and poisoned them. Over the last two centuries, the human race has radically altered this planet and in so doing has

Very, very large tract of land was lying vacant, nobody is producing any food. They are producing coffee.

How they will be happy? It is not possible. Most sinful activities. You produce your food. The bull will help you. And the cows will supply you milk. They are considered to be father and mother. Just like father earns money for feeding the children, similarly, the bulls help producing, plowing, producing food grains, and the cow gives milk, mother. And what is this civilization, killing father and mother? This is not good civilization. It will not stay. There will be catastrophe, waiting. Many times it has happened, and it will happen because transgressing the law of nature, or laws of God, is most sinful. That is sinful. Just like you become criminal by transgressing the law of state, similarly, when you transgress the law of God, then you are sinful.

~Sri Prabhupada

radically reduced its own capacity to deal with toxic exposure. The human body possesses an incomprehensible wisdom that we have yet to fully grasp, a wisdom that enables us to heal from a multitude of injuries, illnesses, and traumas. However, our bodies were not designed to manage the magnitude of toxicity we expose them to every day. The result is an epidemic of cancer, respiratory and heart disease, diabetes, allergies, and a multitude of other environmental and physical illnesses. Detoxification, on both a global and a personal level, has become a necessity in our modern world.

Toxins are substances that disrupt the normal healthy flow within our bodies. Literally thousands of toxins and harmful synthetic chemicals lurk in our food, air, water, clothes, homes, and workplaces.

The very things that should nourish our bodies or comfort us are often making us ill. They take the form of foods, cleaning products, beauty and hygiene products, cooking oils, food additives, pesticides and herbicides, industrial chemicals in our air, damaging emotions, sugar, and much more.

Chemical Allergies And Modern Foods

An additional source of chemicals, which is still not generally appreciated by the medical profession and others, is the widespread use of pesticides and insecticides. These not only add toxic residues

"But perhaps the most alarming ingredient in a Chicken McNugget is tertiary butylhydroquinone, or TBHQ, an antioxidant derived from petroleum that is either sprayed directly on the nugget or the inside of the box it comes in to "help preserve freshness." According to A Consumer's Dictionary of Food Additives, TBHQ is a form of butane (i.e. lighter fluid) the FDA allows processors to use sparingly in our food: It can comprise no more than 0.02 percent of the oil in a nugget. Which is probably just as well, considering that ingesting a single gram of TBHQ can cause "nausea, vomiting, ringing in the ears, delirium, a sense of suffocation, and collapse." Ingesting five grams of TBHQ can kill."

~ Michael Pollan, The Omnivore's Dilemma: A Natural History of Four Meals

to fruits, vegetables and other food crops, but also contaminate meat and milk. Thus, another burden of toxicity is added to our already overloaded systems, resulting in allergic responses and a hastening of the degenerative disease process.

With thousands of varieties of pesticides in common use, what chance has the human body, when even fresh food is loaded with chemicals before reaching the table!

If you think negative, stressful thoughts much of the time, your body will create stress hormones that send messages throughout your body to divert its energy into protecting you from danger even if that danger is really self-imposed. These stress hormones are beneficial in truly stressful life-and-death situations, but when they are released over long periods of time, they damage your body.

You are exposed to many different toxins in an average day. The food and beverages you eat and drink are often full of sugar, synthetic chemicals, and hydrogenated fats. You may be eating excessive amounts of trans fats or animal protein that have a negative impact on your kidneys. The soap, skin-care and hair-care products, and perfumes and colognes you use are typically loaded with toxic chemicals you absorb through your skin or lungs.

If you are frequently stressed out, your body secretes hormones that wreak havoc on your body over time. If you use pharmaceutical or over-the-counter medications, they often contain chemical fillers, heavy metals, and substances that have to be filtered by your body's detoxification systems. Depending on your lifestyle, you may be adding further toxins to an already overloaded system. These may include household cleaning products, building and furnishing materials in your home, cigarette smoke, recreational drugs, or excessive alcohol consumption.

Our bodies have developed sophisticated detoxification mechanisms over many thousands of years to eliminate most of the naturally produced toxins they encounter on a regular basis. The Industrial Revolution and its resulting synthetic chemicals found in places such as food, water, soil, air, household and workplace

materials, and medicine have created a new dilemma for the human body. Our bodies simply cannot handle the onslaught of synthetic chemicals we throw at them. We may be able to handle some of these toxins but over time, the large amount consumed, drunk, inhaled, or absorbed by the average person greatly exceeds his or her body's capacity.

You Are What You Eat And Drink

Lets say that you just bought a beautiful new vehicle. It looks fabulous and you are so proud to own it. What would happen if you used poor-quality gasoline as fuel? It contains residue and useless by-products of the drilling and refining processes. Over time, that gorgeous new vehicle would get poorer and poorer gas mileage, it might start having engine knock and excessive wear, and eventually the engine would likely malfunction. Your body is similar to a vehicle in that it requires high-quality fuel to function properly. By high quality, I am referring to food that Nature provides that is loaded with plentiful amounts of vitamins, minerals, fibre, enzymes, and many other building blocks to great health. These are the things holistic health practitioners are talking about when they refer to nutrition.

North American diet is increasingly replacing traditional diet all over the world. This diet has been rightly referred to as no-trition. The average person eats large amounts of fatty foods; animal protein; sugar; and packaged, prepared, or fast foods.

Imagine if every day you poured bacon fat down the drain of your kitchen sink. The drainage pipes were designed to handle water and small particles of food. If you keep pouring bacon fat into the drain, it will clog and become ineffective at allowing water through the very substance it was designed to handle.

*"Modern agriculture is the use of land to convert petroleum into food. Without Petroleum we will not be able to feed the global population."
~Professor Albert Bartlett*

The same is true of your body. It was never designed to handle the artificial chemicals used by the food-processing industry. *You may be surprised to learn that more than three thousand additives and preservatives are found in our food supply today¹ before that food reaches your table.* It is inundated with artificial colours, flavours, flavour enhancers, bleach, texture agents, conditioners, acid/base balancers, ripening gases, waxes, firming agents, nutrient enrichers, preservatives, heavy metals, and other chemicals that find their way into your food.

Even before that food is processed, your food has been sprayed with pesticides, herbicides, and fungicides, most of which are linked to health problems in humans. An apple a day might have kept the doctor away prior to the industrialization of food growing and preparation.

According to research compiled by the United States Drug Administration (USDA) Agricultural Marketing Service, Pesticide Data Program, today's apple contains residue of many toxic chemicals used during the growing process. In only one category of chemicals, known as organophosphate insecticides, this federal government agency found residue of many different neurotoxins: azinophos, methyl chlorpyrifos, diazinon, dimethoate, ethion, omethioate, parathion, parathion methyl, phosalone, and phosmet.

That doesn't sound too appetizing, does it? Neurotoxins are substances that medical research has proven to be toxic to the brain and nervous system of humans. You may be thinking, Well, in minute amounts maybe pesticides are okay. Think again. The average apple is sprayed with pesticides seventeen times before it is harvested. A study by the United States Environmental Protection Agency (EPA) identified more than fifty-five pesticides that can leave cancer-causing residues in food².

According to the Natural Resource Defense Council, the use of pesticides has risen more than tenfold since the 1940s. Currently, over 1.2 billion pounds of pesticides are used in agriculture every year in the United States alone.³

Dr. Patricia Fitzgerald cites a study by the Pesticide Action Network in her book *The Detox Solution*, showing that more than fifty million pounds of fungicides, herbicides, insecticides, and soil fumigants were applied to farmland in California alone in 1998.⁴ Every year over 2.5 billion pounds of pesticides are dumped on crop lands, forests, lawns, and fields.⁵

Pesticides are not water-soluble. That means they are not easily washed off apples or any other food. The same is true once they are in your body, they are hard to eliminate. Fat-soluble pesticides are actually attracted to the fat stores in your body. Don't have much fat? Your body will start to hold fat to prevent these toxins from running rampant throughout your bloodstream. In your body's innate wisdom, it recognizes that these substances cause damage if they travel through your blood so it attaches them to fat in your body. That spells weight gain and difficulty losing weight at best. At worst, these dangerous neurotoxins attack your body's organs, tissues, brain, and nervous system.

Consider one well-known pesticide that was banned in Canada and the United States three decades ago, DDT. It is still being manufactured and exported around the world to appear in our foods.⁶ According to Dr. Fitzgerald, Each year, the EPA performs a study of the chemicals found in human fat tissue samples. DDT continues to be found in 100% of the tissue examined.⁷

Dr. Jozef Krop, a leading environmental medicine physician in Canada, asks a poignant question in his book *Healing the Planet One Patient at a Time: When the food we eat is grown in nutrient-poor soil, watered with acid rain, sprayed with pesticides, and treated with food additives, and when the water we drink and the air we breathe are also contaminated, is it any wonder that chemicals have been detected in human blood and fat tissue?*

Not only is today's apple not adequate to keep the doctor away, it is more likely to keep the doctor on call. Virtually every food item that is grown using commercial (non-organic) farming techniques contains these or other neurotoxins.

And what if that apple is processed into a frozen apple pie or the fast-food apple pies we consume in droves? There is a good chance that this apple will transform from a nutritious food into a toxic food-like substance we call food. Any of several thousand chemicals will be added to this apple during the many stages of processing.

Have you ever noticed that the incidence of food allergies and sensitivities seems to be higher than ever? I believe that many people are reacting to the potentially thousands of chemicals used in the growing and processing of foods, rather than the foods themselves.

Of course, some people are reacting to the food. But, considering that the average person eats 124 pounds of food additives every year,⁸ toxic chemicals definitely play a role in our health. Farmed fish, particularly salmon, is one source of an especially nasty group of chemicals: PCBs. You may have read about the high amounts of polychlorinated biphenyls (more commonly known as PCBs) found in salmon.

Salmon isn't the only culprit. PCBs have shown up in other types of fish and in chicken, beef, pork, eggs, and even milk. This is quite an alarming discovery because research showed that PCBs were (and still are) powerful carcinogens and as a result were banned in the 1970s in both Canada and the United States.

Some government organizations claim that trace amounts of PCBs are fine. But one organization's trace amounts are another's poison. Consider that Health Canada and the United States Food and Drug Administration argue that foods with less than two thousand parts per billion (ppb) of PCBs are fine to eat. On the other side of the coin, the United States Environmental Protection Agency states that levels as low as fifty parts per billion are associated with an increased risk of cancer. Yikes!

Recent research shows that food colourings cross the blood-brain barrier.⁹ There is a lock-and-key type of mechanism in your brain that allows some substances (such as nutrients) to go into the brain while preventing damaging substances from attacking the brain. This is referred to as the blood-brain barrier.

The term barrier creates a false sense of security, because chemicals such as food dyes trick the brain into allowing their entry, putting them in a position to do harm to perhaps the most delicate organ in your body. Consider one very common and well-known food additive: monosodium glutamate, better known as MSG.

This pervasive chemical is added to food to enhance its flavour. It is frequently found in Chinese food, as well as in the following food ingredients, so don't be surprised if you don't see it labelled as MSG on ingredient lists:

- Autolyzed yeast
- Calcium caseinate
- Gelatin
- Glutamate
- Glutamic acid
- Hydrolyzed protein
- Hydrolyzed soy protein
- Monopotassium glutamate
- Sodium caseinate
- Yeast extract
- Yeast food
- Yeast nutrient

Many people react within forty-eight hours of ingesting even a small amount of MSG, making it sometimes difficult to trace back to the originating food item. Symptoms commonly suffered include headaches, dizziness, nausea, diarrhea, burning sensation of the skin, changes in heart rate, and difficulty breathing. According to Dr. Patricia Fitzgerald, ingesting MSG over the years has also been linked with Parkinsons and Alzheimers.¹⁰

Source: Michelle Schoffro Cook

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27.

Mental Illness

Linked to Modern Diet

Mental illness is reaching epidemic levels. The World Health Organization claims that mental health problems “are fast becoming the number-one health issue of the 21st century”. Clinical depression is the biggest international health threat after heart disease. At the same time, there is a growing dissatisfaction with the drug treatments available. In the UK, the number of prescriptions for antidepressants has more than doubled in 10 years, with 80% of GPs admitting they over-prescribe drugs such as Prozac because of the lack of alternative forms of treatment.

While medical science pins mental health problems on a combination of factors, including age, genetics and environmental influence, research reveals there might be a link between the modern diet and mental health problems.

“The fast-food hamburger has been brilliantly engineered to offer a succulent and tasty first bite, a bite that in fact would be impossible to enjoy if the eater could accurately picture the feedlot and slaughterhouse and the workers behind it or knew anything about the 'artificial grill flavor' that made the first bite so convincing. This is a hamburger to hurry through, no question.

To eat slowly, then, also means to eat deliberately, in the original sense of the word: 'from freedom' instead of compulsion.”

~ Michael Pollan

In the last section, we have seen how a dentist, Dr. Weston A. Price traveled round the world studying cultures still eating their traditional foods, and compared their health with those members of the same culture eating western foods. Those continuing to eat traditional diets enjoyed excellent physical and emotional health. But those who had changed to a western diet high in white flour, sugar, and canned goods suffered from a range of physical and mental health problems and were prone to infectious diseases. This huge deterioration occurred after just one generation of exposure to processed foods. Our food affects not only the body but mind as well.

A recent study in the UK by food campaigners, 'Sustain and the Mental Health Foundation' has also linked the increasing incidence of mental ill-health to changes in our diet. They say the last 50 years have witnessed significant changes in the way food is produced. In a nutshell, modern food production has altered the balance of key nutrients we consume, and this may hold the key to preventing (or at least delaying) mental health problems, including depression and Alzheimer's disease.

For example, chickens reach their slaughter weight twice as fast as they did 30 years ago, increasing the saturated fat content from 2% to 22%. The diet they are fed has also altered the balance of vital omega-3 and -6 fatty acids in chickens, which has a negative impact on our brain functioning.

Increase in Autism Linked to Modern Diet

Autism is another mental problem that has reached epidemic proportions. Bernard Rimland, PhD, founding director of the Autism Research Institute, estimates that there are now a minimum of 250,000 autistic children in America, a 10 to 15-fold increase in the past 50 or so years. Dr. Rimland has publicly stated that the current childhood vaccine programs are one of the major causes for the current epidemic of autism.

Dr. Mary Megson, a fellow of the American Academy of Pediatrics, agrees. She suggests that autism may be caused by inserting a G-alpha protein defect, the pertussis toxin found in the

D.P.T. vaccine, into genetically at-risk children. This depletes the children of their existing supply of vitamin A.

She has treated over 2,000 children for autism by adding natural vitamin A (milk fat is a good source) to their diet. The majority of Dr. Megson's subjects come out of the autistic spectrum within six months — some within weeks, she says. She has seen children making eye contact for the first time in their lives after just three days of treatment.

Soda Consumption Linked to Teen Violence, Study Finds

By Jonathan Benson for Natural News, 26 Oct 2011

A new study has found that teenagers who consume high amounts of sugary soda appear to be more prone towards violence than teenagers who consume less or no sugary soda. The more soda a teenager consumes, in other words, the more likely he or she is to show violent aggression towards classmates, a significant other, and even family members.

David Hemenway, a professor at Harvard University's School of Public, and his colleagues instructed a group of 1,878 public school students from inner-city Boston to fill out questionnaires about how much soda they had consumed in the previous seven days. The questionnaires also asked the students how often they carried weapons, consumed alcohol, smoked, and had a violent interaction with another person.

The students, who ranged in age between 14 and 18, also answered other background questions about how often they ate meals with their families, and their race. After compiling the data and accounting for other outside factors, the research team discovered that soda intake was directly proportional to violence levels.

“What we found was that there was a strong relationship between how many soft drinks that these inner-city kids consumed and how violent they were, not only in violence against peers but also

violence in dating relationships, against siblings,” said Hemenway. “It was shocking to us when we saw how clear the relationship was.”

The results showed that students who drank one or no cans of sugary soda a week were nearly half as likely as students who drank 14 cans a week to carry a gun or knife to school. The one or no soda group was also about half as likely to commit violence against a partner, or show violent aggression against peers, compared to the high-consumption group.

Source

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Gisela Telis, *The Washington Post*, March 24, 2014

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28.

Horrors Of Food Adulteration

An Indian Case Study

India has become a hub of food adulteration and unscrupulous trade practices. There is no other place in the world where conditions are as serious. There are no government regulations and whatever little controls exist, they are openly flouted. Corrupt police force, judiciary and government officials ensure that the culprits go scot free.

Situation is so serious that in just one state Maharashtra, more than 10,000 cases of food adulteration are pending in courts since

Krishna says, annad bhavanti bhutani [Bg. 3.14]. Anna. Anna means food grains, eatables. You must produce sufficient food grains. Why you are producing tire tube instead of food grains? And just entering your Delhi from Vrndavana, a big Goodyear factory, very big factory. You are producing tire tube, then iron, Goodyear and this and that. Where is food grain? And both sides, the field is vacant. Nobody is going to grow food grain. Then why you'll not starve? It is your fault. You are producing tire tube and iron instrument. You are neglecting agriculture. Then why you shall not suffer for want of food grain? And you are pleading, "Indians are starving." Well, why shall not starve if they do not follow Bhagavad-gita? They are thinking, "By increasing industry in America..." They have got industry, at the same time food grains also. But you are taking to industry without taking care of growing food grains.

~ Srila Prabhupada (Conversation with News Reporters, March 25, 1976, Delhi)

last ten years. From vegetables, pulses and spices to chocolate, milk and energy drinks, nothing is contamination-proof. Consumers may be oblivious to the dangers, but tainted items are heightening the risk of conditions like cancer, paralysis and liver and heart damage.

Its a common practice to repackage expired goods and sell them in supermarkets along with the fresh goods. Thousands of establishments are raided every year by Food And Drug Administration (FDA) and spurious food items worth millions are seized but the practice continues unabated.

Melamine is added in chocolates which multiplies the risk of bladder cancer. Branded energy drinks may contain nearly 500 percent more caffeine than the legal limit which may cause cancer. Almost all the fruits are ripened with chemicals like calcium carbide, which can affect the nervous system and may contaminate the fruit with phosphorous and arsenic.

Spices are laced with toxic colours and heavy metals. While lead can cause anaemia, paralysis and the risk of abortion, colours can cause mental retardation in infants and increase the risk of cancers. Malachite is used to brighten green vegetables and can increase the risk of lung tumour.

J.S.Pai, executive director of the Protein Foods and Nutrition Development Association of India says, "Food adulteration in the short term may cause diarrhoea, food poisoning and gastrointestinal

If your energy is all engaged in manufacturing tires and wheels, then who will go to the... Actually I have seen in your country. Now the farmers' son, they do not like to remain in the farm. They go in the city. I have seen it. The farmers' son, they do not like to take up the profession of his father. So gradually farming will be reduced, and the city residents, they are satisfied if they can eat meat. And the farmer means keeping the, raising the cattle and killing them, send to the city, and they will think that "We are eating. What is the use of going to..." But these rascals have no brain that "If there is no food grain or grass, how these cattle will be..." Actually it is happening. They are eating swiftly.

-Srila Prabhupada (Room Conversation with Dr. Theodore Kneupper,

problems but in the long term toxic materials accumulate in the body with serious health implications.” Most at risk are those who buy unpackaged, unlabelled goods, particularly from small to medium-sized neighborhood stores.

Even liquor is not spared. Adulterated batches of bootleg liquor kill hundreds every year.

Some other examples of adulteration are:

Bitter Gourd and Capsicum: Banned malachite added to make them green and shiny

Tea Dust: Iron filings

Milk: Detergent, dirt, water, flour, urea, caustic soda

Ground Spices: Sawdust and colours

Sugar: Chalk powder

Wheat Flour: Sand, dirt and chalk powder

Honey: cheap Jaggery

Most Milk In India Contaminated With Bleach, Fertilizer, Food Safety Regulator Finds

Times of India, Jan 10, 2012

India's food safety regulator found 68 percent of milk samples from cows and buffalo to be contaminated with additives such as fertilizer, bleach and detergent.

Cows may be sacred in India, but their by-product - milk - evidently is far from it.

We have seen in India. Nowadays there is no eatables. The government cannot supply food, failure, the problem which is not even amongst the beasts and birds. The birds and beasts, they have no such problem. They are freely living, jumping from one tree to another, because they know there is no problem of eating. And human society, there is problem of eating. What is the advancement? And there is enough place for producing food. I have seen Africa, Australia. Enough place.

~ Srila Prabhupada, (Room Conversation with Richard Webster, chairman, Societa Filosofica Italiana -- May 24, 1974, Rome)

During testing by the country's food safety regulator, 68 percent of milk samples from cows and buffalo were found to be contaminated with additives such as fertilizer, bleach and detergent.

The study, conducted by the Food Safety and Standards Authority, found that the milk was also "diluted with water or sweeteners, fat, non-edible solids, glucose and skimmed milk powder to increase volume. "Addition of water not only reduces the nutritional value of milk but contaminated water may also pose health risks," the study says. However, the presence of the bleaching agent hydrogen peroxide and the fertilizer urea "are far more serious," the report notes, and can lead to gastroenteritis and other intestinal ailments.

The regulator blamed a "lack of hygiene and sanitation in the milk handling." Dirty water comes with the increased risk of hepatitis infection. Synthetic milk is also becoming common.

Commonly used adulterants are: caustic soda, urea, detergent, chalk, animal fat, neutralizers, hydrogen peroxide, sugar, starch, glucose, formalin and vegetable fat. Sorbitol is used as a thickening agent.

According to The National, India is one of the world's biggest producers of milk but struggles to meet domestic demand.

A national grid links more than 700 Indian cities and towns to the milk producers in the villagers. The processing and distribution of milk starts with dairy farmers across villages in India, who bring their daily supplies to a local collection center in their village.

Yes. Just like the Germans, they extracted fat from stool. And that was used as butter. This is scientific. They'll have to eat stool even. They have eaten. In the last war, concentration camp, they have eaten their own stool. There was no food. So nature will punish them in that way. They'll eat everything. This godless civilization will lead people to such condition of life. Kadharya bhaksana kare, tara janma adho pate yaya. This life they will eat everything, all nonsense thing, and next life they become pig, cats, dogs. That's all. This will be.

~ Srila Prabhupada

The paper quoted one farmer from Binaural in the state of Uttar Pradesh as saying: "We don't even know what we are drinking anymore. The milk the dairy farmers give to the collection centers in their respective villages is fair and good. But it is the greed of manufacturers, and because demand is so high, that they don't care about who drinks the milk and can add all these additives." The states of West Bengal, Orissa, Bihar, Chhattisgarh and Jharkhand fared the worst, The National wrote, with not a single sample passing the tests. In the national capital Delhi, 70% samples failed the test.

"These are very harmful to the heart, liver and kidneys, and is specifically dangerous for pregnant women and the foetus," says Dr Nutan Desai, a gastroenterologist at Fortis Hospital, Mumbai.

The samples were collected randomly and analysed from 33 states totaling a sample size of 1,791. Just 31.5% of the samples tested (565) conformed to the FSSAI standards while the rest 1,226 (68.4%) failed the test.

These samples were sent to government laboratories like Department of Food and Drug Testing of Puducherry, Central Food Laboratory in Pune, Food Research and Standardization Laboratory in Ghaziabad, State Public Health Laboratory in Guwahati and Central Food Laboratory, Kolkata, for testing.

Meanwhile, India's second largest state milk federation body, the Karnataka Milk Federation, has been forced to withdraw its full cream milk from the market because it found that vendors were using water to dilute the milk and later adding starch to thicken it.

This shows the trade off between the risk of getting caught and the reward of profits is skewed heavily in favour of the latter. The government must focus on raising the risks to the adulterer. One

Killing the cows and spoiling the land will not solve the problem of food. This is not civilization. Uncivilized men living in the jungle and being unqualified to produce food by agriculture and cow protection may eat animals, but a perfect human society advanced in knowledge must learn how to produce first-class food simply by agriculture and protection of cows.
~SriL Prabhupada (Lecture on Srimad Bhagavatam 10.7.13-15)

way of doing this is by hiking the penalty, including making it analogous to attempt to murder in some cases.

These toxic chemicals are particularly harmful to the children. Phenomenal growth of health care sector in India can be attributed, at least in part, to this. It also explains why India has the highest number of malnourished children, even more than Sub-Sahara Africa. Problem is further exacerbated by the government policy of encouraging slaughterhouses and beef export. Now a dead cow fetches more money than a living one. India in 2012 became the world leader in beef export. Also due to lack of draught animals and cow dung manure, agriculture is dying off. Every year, close to 40,000 farmers commit suicide and many are abandoning field work to work as labourers or coolies in cities.

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29.

Pesticides

Poisoning The Planet

In the United States, 1.2 billion pounds of pesticides are sprayed per year with an annual cost of \$11 billion, while the total world pesticide use exceeded 5.0 billion pounds in 2000 and 2001 (for a combined total of \$64.5 billion). That should take care of all those nasty bugs! But, less than 0.01 percent of all those billions of pounds that are sprayed actually make it to the intended pest! Oops. Kind of surprising that such an inefficient system is still in use today, isn't it?

It probably wouldn't be so bad if the pesticides were only harmful to a few bugs, but they are not. All pesticides kill bugs by poisoning their nervous systems (think "brain" and "nerves"). Today the bulk

"I asked the feedlot manager why they didn't just spray the liquefied manure on neighboring farms. The farmers don't want it, he explained. The nitrogen and phosphorus levels are so high that spraying the crops would kill them. He didn't say that feedlot wastes also contain heavy metals and hormone residues, persistent chemicals that end up in waterways downstream, where scientists have found fish and amphibians exhibiting abnormal sex characteristics."

~Michael Pollan, The Omnivore's Dilemma: A Natural History of Four Meals

of pesticides used are either organophosphates or pyrethroids. Organophosphates came out of nerve gas research in Germany between the first and second world wars. This is also the same class of compounds that was released into a Tokyo subway a number of years ago by a cult group. So, if you are concerned at all about your brain, your children's brains and the brains of your elected officials and everyone driving cars on the road around you, then maybe you want to help to start reducing the 99.99 percent of the 1.2 billion pounds of neurotoxic pesticides that are floating around because you decided to save a buck by buying a commercially raised apple.

While no pesticides or herbicides are used to grow crops that are certified organic, the idea that these crops are free of insecticide residue is actually not true. Those that are raised in open fields are open to the air and get contamination from pesticides and heavy metals that are blowing around. And these pesticides have been shown to fly around the globe, travelling thousands of miles. However, it is true that organically raised foods are significantly less contaminated with these chemicals than the same foods grown in non-organic methods (including integrated pest management systems). The levels of pesticide residue on foods in the United States is monitored through the Pesticide Data Program of the US

And Prabhupada would add, "They think Vedic culture is primitive, but actually it's most scientific."

Paramananda and Nirmal walk toward an eggplant patch where two bamboo crosses stand like scarecrows. Says Nirmal, "You've heard of Laksmi, the goddess of fortune? She represents everything that comes from the soil -- crops, jewels, raw materials -- all wealth. Anyway, when rats were destroying the crops, I got some zinc phosphate from Bombay. It worked well for a while, but the rats were so intelligent they stopped eating it. Then the Vedas gave me a hint. The sages describe Laksmi as riding on an owl, a nocturnal predator. To give the owls the hint, I put up these bamboo perches, and watched them land at night. One by one, the rats came out of their holes and ended up in the owls' stomachs. Krishna's natural pest control."

~ Suresvara dasa (Simple Living High Thinking)

Department of Agriculture. A review that utilized their data, along with data from Consumers Union and the Marketplace Surveillance Program of the California Department of Pesticide Regulation reported that organically raised foods had one-third the amount of chemical residues that were found in conventionally raised foods. When compared to those grown with integrated pest management techniques, the organics had half the amount of residues. In addition, organic foods were far less likely (by a factor of 10) to have two or more residues on them than conventional foods were. While only 2.6 percent of all organic foods had multiple residues detected, 26 percent of the conventional did. Data from the Pesticide Data Program revealed that the conventional produce that had the highest percentages of positive (insecticide residue) findings were: celery (96 percent), pears (95 percent), apples (94 percent), peaches (93 percent), strawberries (91 percent), oranges (85 percent), spinach (84 percent), potatoes (81 percent), grapes (78 percent) and cucumbers (74 percent) (45). That study found that an average of 82 percent of all conventional fruits were positive for insecticide residues while only 23 percent of the organics were. When it came to vegetables,

The sufferings of human society are due to a polluted aim of life, namely lording it over the material resources. The more human society engages in the exploitation of undeveloped material resources for sense gratification, the more it will be entrapped by the illusory, material energy of the Lord, and thus the distress of the world will be intensified instead of diminished. The human necessities of life are fully supplied by the Lord in the shape of food grains, milk, fruit, wood, stone, sugar, silk, jewels, cotton, salt, water, vegetables, etc., in sufficient quantity to feed and care for the human race of the world as well as the living beings on each and every planet within the universe. The supply source is complete, and only a little energy by the human being is required to get his necessities into the proper channel. There is no need of machines and tools or huge steel plants for artificially creating comforts of life. Life is never made comfortable by artificial needs, but by plain living and high thinking.

~ Srila Prabhupada (Srimad Bhagavatam 2.2.37)

65 percent of the conventional tested positive, compared to only 23 percent for the organics.

The fruits and vegetables with the highest and lowest percentages of residues in the USDA study is very similar to the listing of the most and least toxic foods that is available on the web through Environmental Working Group. The current list given by them lists the top 12 most toxic fruits and vegetables as (In order of toxicity):

- Peach
- Apple
- Bell Pepper
- Celery
- Nectarine
- Strawberries
- Cherries
- Kale
- Lettuce
- Grapes (Imported)
- Carrot
- Pear

And the least toxic ones as:

- Onion
- Avocado
- Sweet Corn
- Pineapple
- Mango
- Asparagus

You are given a field, a piece of land. You can grow twice, thrice in a year very nice foodstuff, sometimes pulses, sometimes paddy, sometimes the mustard seed. Any land... In India, we have seen that a cultivator produces three, four kind of food grains in a year. That is the system... That is the system that in India every man is producing his food grains independently. Now it is stopped. Formerly, all these men, they used to produce their food grain. So they used to work for three months in a year, and they could stock the whole year's eatable food grains. Life was very simple. After all, you require to eat. So this Vedic civilization was that keep some land and keep some cows. Then your whole economic question is solved.

~ Srila Prabhupada

- Sweet Peas
- Kiwi
- Cabbage
- Eggplant
- Papaya
- Watermelon
- Broccoli
- Tomato
- Sweet Potato

Not only have repeated studies shown that organic foods have lower levels of insecticides, but there is also now clear evidence showing lower pesticide levels in the actual consumers of the organic foods (i.e. You!). I also talked about these fascinating studies in Seattle (with Dr. Fenske at the University of Washington) in my Earth Day blog. It started with a simple study that looked at the organophosphate pesticide presence in the urine of preschoolers in the Seattle area. The researchers found that all but one child had pesticide residue in their urine (which meant it was in their bloodstream, as well). When they questioned the parents of this one child, they learned that they only fed organic food to their children.

Nature already has an arrangement to feed us. By the order of the Supreme Personality of Godhead, there is an arrangement for eatables for every living entity within the 8,400,000 forms of life. Eko bahunam yo vidadhati kaman. Every living entity has to eat something, and in fact the necessities for his life have already been provided by the Supreme Personality of Godhead. The Lord has provided food for both the elephant and the ant. All living beings are living at the cost of the Supreme Lord, and therefore one who is intelligent should not work very hard for material comforts. Rather, one should save his energy for advancing in Krishna consciousness. All created things in the sky, in the air, on land and in the sea belong to the Supreme Personality of Godhead, and every living being is provided with food. Therefore one should not be very much anxious about economic development and unnecessarily waste time and energy with the risk of falling down in the cycle of birth and death.

~ Srila Prabhupada (Srimad Bhagavatam 7.14.14)

So, the researchers began to plan another study to see if eating organic foods really did lower one's pesticides levels. Well, their follow-up study with preschoolers proved that it did. They enrolled families into the study by standing outside of the Puget Consumers Co-op (for families buying organic foods) and outside Larry's Market (for families buying conventional foods). When they broke the code on the samples they found that the children whose parents supplied them with mostly conventional foods had six to nine times higher levels of pesticides in their urine than the children who ate mostly organic foods. How nice to be able to take some simple steps that keep neurotoxic compounds from entering the bodies of our children and ourselves.

Source

Dr. Walter Crinnion, The Huffington Post, 05/18/2010

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30.

City Farms

Or Edible Cities

The Future Of Humanity

Cities cover only 2% of the Earth's surface, but consume 75% of its resources. Cities are black holes, they're swallowing our planet. But, there is a faint ray of hope. More and more are joining the Green City or Grow Your Food movements. Millions around the world are producing food in their apartments, balconies, lawns, rooftops and window-sills.

Jac Smit, President of the Urban Agriculture Network and co-author of "Urban Agriculture: Food, Jobs, and Sustainable Cities", paints a vision of what the world would be like if cities were nutritionally self-reliant: "As we consider a dominantly urban Earth early in the next century, in a world with less land and water per-capita, the return of agriculture to where we live presents us with a new paradigm."

What if the urban landscape were edible? What if vacant, waste land in cities were productive and enhancing the environment for

"Ideally we believe that simply by changing from suit to jeans, digging up a bit of lawn, and planting vegetable seeds, the city person will begin asking questions about his environment and about his urban behavior and thinking patterns."

~ Founding director of City Farmer, addressing science teachers at the 20th International Science Education Symposium in 1979.

living? What if urban areas were increasing biodiversity rather than diminishing it?"

It's happening. Growing your own food in cities has long been the way in Asia, and it's expanding enormously in Africa, Latin America, and all over the world.

In many places, urban food production is growing more rapidly than urban population -- in spite of urban drift.



In greater Bangkok, 72% of all urban families are engaged in raising food, mostly part-time. In Moscow, the share of families raising food more than tripled between 1972 and 1992. In Dar-es-Salaam in Tanzania the number of households engaged in food production grew from 20% to more than 65% between 1970 and 1990.

In Argentina the number of participants in the community agriculture program grew from 50,000 to 550,000 between 1990 and 1994, and the number of supporting institutions grew from 100 to 1,100. The area devoted to urban agriculture in Harare in Zimbabwe doubled between 1990 and 1994.



Industrialised Nations

City farming is growing just as rapidly in the rich cities of the West, perhaps more because of environmental concerns, but also to feed the hungry: the Urban Agriculture Network was “founded in response to the increase of persistent hunger in urban areas in both poor countries and rich countries”.

The city farming movements have been intensely studied in the 20 years or so and they have been found to deliver a rich harvest of benefits -- benefits that social workers, community organizations, educators, psychologists, health workers, nutritionists and crime fighters can only dream of where there are no city farms or community gardens.

By 1994, 300,000 households in the US were using a community garden, and 6.7 million more said they'd do so too if there was one nearby (National Gardening Association).

The US government's Urban Gardening program estimates that a \$1 investment in food growing projects yields \$6 of produce in a single season.

We are Humans. We Grow Food.

By Mike Lieberman

When people ask why they should grow their own food, I don't break out all kinds of reports and studies that tell how it's better for you and the environment. I break it down even simpler and tell them it's because we are human. It's what we do.

It's not until the last 100 or so years that we've stopped growing our own and put that responsibility in the hands of others. Think about it. Humans have grown their own food for hundreds and thousands of years.

Our 'throw away' society doesn't realize that depending upon others to make/grow/package what we eat lends itself to people not knowing what they are eating and what it can (and will) do to their health over time. Like I said before...get rid of the dollar menu and learn to grow/bake/preserve your own! ~ Edward, Portsmouth

Civilizations and societies were built around fertile land and access to water. Communities were built around food. There is so much that goes into it from the planning to the planting, tending to the harvesting and most importantly the preparing and sharing of it. It's what brings people together on so many levels.

We now just skip right to the eating, which is often done on the run too.

These days we've come to sit at a desk in front a computer all day or in a large SUV traveling through space. That's not what we are designed to do. That's all relatively new to us.

This is why I keep it simple and say that the reason we should grow our own food is because we are humans. I'm not saying an entire garden, but growing just one thing will make a difference.

Urban Homesteading

According to UC-Davis, "an urban homestead is a household that produces a significant part of the food consumed by its residents. This is typically associated with residents' desire to live in a more environmentally conscious manner.



Aspects of urban homesteading include:

- Resource reduction: using solar/alternative energy sources, harvesting rainwater, using greywater, line drying clothes, using alternative transportation such as bicycles and buses.

- Edible landscaping: growing fruit, vegetables, culinary and medicinal plants, converting lawns into gardens.

I think people feel better if they simply interact with any bit of nature. Growing food included. Why else do all little children love to pick flowers?

~ Brianna

- Self-sufficient living: re-using, repairing, and recycling items; homemade products.
- Food preservation including canning, drying, freezing, cheese-making, and fermenting.
- Community food-sourcing such as foraging, gleaning, and trading.
- Natural building
- Composting

Having an allotment or vegetable garden has been common throughout history. A wealth of urban homesteading books (Urban Homestead by Kelly Coyne, Erik Knutzen; The Backyard Homestead by Carleen Madigan; Urban Homesteading by Rachel Kaplan, K. Ruby Blume; Toolbox for Sustainable City Living by Scott Kellog) have been published in the past decade. All over the world, people have found ways of growing their own food in inner-city urban areas.

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31.

Joy Of Farming

In One Of The Densest Cities In The World

Mumbai is one of the densest cities in the world, 48,215 persons per km² and 16,082 per km² in suburban areas. There was twelve fold increase in its population in last one century. Greater Mumbai, formed by City Island and Salsette Island, is the largest city in India with a population of 16.4 million, according to 2001 census.

In a scenario like this, urban agriculture seems unlikely since it must compete with real estate developers for vacant lots. Alternative farming methods have emerged as a response to scarcity of land, water, and economic resources.

Dr. R T Doshi's is taking a lead in popularizing terrace/balcony gardens. His methods are revolutionary and do not require big investment or long hours of work.

His farming practice is organic and is mainly directed towards domestic consumption. He utilizes locally available materials such as sugarcane waste, polyethylene bags, tires, containers, garbage cans,



cylinders, and soil. The containers and bags (open at both ends) are filled with sugarcane stalks, compost, and garden soil. The water requirement is much less compared to conventional field farming.

He has grown different types of fruit such as mangos, figs, guavas, bananas, and sugarcane stalks on his terrace of 1,200 sq ft (110 m²) in Bandra. This concept of city farming consumes the entire household's organic waste. He subsequently makes the household self-sufficient in the provision of food: 5 kilograms (11 lb) of fruits and vegetables are produced daily for 300 days a year. (RUA Foundation. Handouts on Case Studies)

This idea is being taken up by the local schools. In the Rosary High school, Dockyard Road, a city farm was created on a terrace area of 400 sq ft (37 m²). The main objective of the project was to promote economic support for street children, beautify the city landscape, supply locally produced organic food and to manage organic waste in a sustainable manner. This project had the participation of street children. The farm produced vegetables, fruits, and flowers. There was noticeable change in the behaviour of street children after their participation in the project.

Mumbai Port Trust has developed an organic farm on the terrace of its central kitchen, in an area of approximately 3,000 sq ft (280 m²). This central kitchen serves food to approximately 3,000 employees daily, generating large amounts of organic waste.

This terrace farm was started initially to dispose of the kitchen waste in an eco-friendly way. This project recycles ninety percent of this waste. Staff members, after their duty hours, love to tend the garden which has about 150 plants.

Source

Urban Farming, 'Living' in the City, Urban Leaves India.

Michael Levenston, Mumbai Port Trust's 'Wild' Kitchen Garden, City Farmer News

32.

Three Tons Of Food Per Year

From A 1/10 Acre City Lot

Self-sufficient in the city, A Family Of Four With No Jobs

Jules Dervaes is an urban farmer and a proponent of the urban homesteading movement. Dervaes and his three adult children operate an urban market garden in Pasadena, California as well as other websites and online stores related to self-sufficiency and “adapting in place.”

Dervaes has a one-tenth acre lot in Pasadena, California, on which he and his family raise three tons of food per year. This provides 75 percent of their annual food needs and helps them sustain an organic produce business. They also raise bees and compost worms.

Dervaes started experimenting with self-sufficiency while he lived in New Zealand and later in Florida, then decided to see how efficient he could make an urban homestead in Pasadena, California, USA. According to Natural Home magazine, *“The Dervaeses’ operation is about 60 to 150 times as efficient as their industrial competitors, without relying on chemical fertilizers and pesticides.”*



In addition to growing a significant amount of food, the Derveas family attempts to live off-grid as far as possible and have invested significant amounts of money to experiment with other ways of attaining self-sufficiency. They have 12 solar panels on the roof of the house, a biodiesel filling station in the garage, and a solar oven in the backyard; they use a wastewater reclamation system, a dual-flush toilet, a composting toilet, and a number of hand-cranked kitchen appliances (to reduce power consumption). They also use solar drying, and have a cob oven.



Derveas owns several websites, including julesderveas.com, pathtofreedom.com, urbanhomestead.org, urbanhomesteading.com, freedomgardens.org, peddlrswagon.com, backyardchickens.org, barnyardsandbackyards.org, thehiddenyears.org, and derveasinstitute.org. As of 2008, Path to Freedom got five million hits per month from over 125 different countries.

The Derveas family was featured on National Geographic Channel's *Doomsday Preppers* in 2012 and briefly appeared in a trailer for the show.

Source

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Let Elian Gonzales Go Home by Jules Derveas

33.

Fast Food, Fast Track To Slow Food, Slow Track Life

A True Story

By L. Kevin & Donna Philippe-Johnson, The Sun, January 2, 2008.

As a middle class American, it's been difficult for me to understand how we are supposed to make a living when there are so many things working against us. How can we go on day after day with the rising cost of food, fuel, utilities, car insurance, taxes and health care, while dealing with the insecurity of unemployment? In the past, whenever I considered these things, I felt a hopeless sense of impending doom in the pit of my stomach. There is so much talk about how to solve these issues, but nothing ever seems to stop the downward spiral of struggle and stress that millions of folks are experiencing.

Like many working people, my life went along fine during the 1980s. I had a good paying job (\$42,000 a year) and though I didn't enjoy the kind of work I was doing as an industrial draftsman, receiving a steady



paycheck every week kept me going without much complaint. But then came the Gulf War in the 1990s and after that point I faced nine layoffs over the span of 10 years. By the time September 11

happened, I hadn't been able to maintain steady employment in the petrochemical industry for over a decade. I would work about three or four months, then back again to the unemployment line.

It was at this point that I realized that something was wrong. The life strategy I had grown up to believe in was no longer working and there didn't seem to be any answers. Obviously no one was going to get me out of this, so I decided I needed to take matters into my own hands and figure out a way to redefine my basic approach to living.

Lucky for me, I have an adventurous wife. She was on the same page with me and was willing to make some drastic changes in our lifestyle. As a committed team, we decided to figure out another way to survive despite these uncertain, hard economic times. Since we didn't have a lot of money and because it was getting harder to find steady employment, we decided to rethink our basic values in order to create a life for ourselves where we could be independent and free of needing a career or a full-time job.

And for us, that meant first and foremost, moving to the country. If we were going to be poor, we thought, at least it would be better to be poor in the country. That way we could grow our own food and reduce our expenses. Eventually we discovered that there were others who felt the same way we did. Today there is a small, but growing movement in this country towards a lifestyle we call "Voluntary Creative Simplicity."

We decided to start over, to shake loose from all the things holding us down. We got rid of all the stuff we didn't need and worked on paying off debt. Then canceling our credit cards and using cash, we followed an efficient financial plan that taught how to track every penny. By doing this we were able eventually to save a little bit of money.

Also, we wanted to be strong and healthy to do the work required for this basic lifestyle so we changed our eating habits. We broke away from the standard American fast food, pre-packaged supermarket diet in favor of organically grown whole grains, raw fruits and vegetables, fermented dairy, nuts, seeds and sprouts

and eliminated all junk foods and prescription drugs. We started exercising regularly by walking, practicing yoga, and gardening. Since we no longer wanted to pay health insurance premiums, we decided to start a special savings account (\$1,000) just for emergency first-aid treatment. And of course we got rid of the cell phone, cable television and Internet bills and greatly minimized our use of air conditioning. The beginning of the path to the simple life was a process of elimination in every aspect of our lives.

Eventually we found 2-1/2 acres of land, 35 miles out of the city. Inspired by our new vision, one summer we said goodbye to the city, permanently moved out to our new place and set up a dome tent to live in. We happily lived in our tent that summer while clearing the land and constructing a rustic 10' by 12' room with a sleeping loft. We did this on a "pay-as-you-go" plan, hauling all the materials in the back of our old pickup truck. Never having built anything before, we worked hard and gained the skill of building our own shelter.

As the tiny outbuilding took shape, next came the installation of an underground cistern for collecting rainwater, and finally, the construction of our three-room (500 square foot) cabin. Since we had to borrow \$9,000 to purchase the property, I continued to take whatever jobs I could find (drafting, clerk work, courier, dishwasher, bakery assistant, etc.) while Donna (my wife!) stayed busy working on our organic garden, planting fruit trees and composting. She enjoys learning about native plants and healing herbs that she can grow.

Over the next few years, while working toward our goals of self-reliance and independence, we became stronger, healthier and more confident in our ability to rely on our own skills. It was quite an empowering experience. We learned how to build things, grow our own food, take responsibility for our own health, and best of all, we learned how to laugh and have fun again. The simple joys and true pleasures of fresh, home-grown food, watching everything grow and prosper in harmony, working with our own hands and spending quality time together replaced all of the costly false values that had occupied our time before.

Gradually we paid off the land, finished the cabin and succeeded in minimizing our basic utility costs. We began to notice that our expenses were decreasing as the quality of our life was increasing. As long as we stayed home and didn't travel to a steady job we really didn't need very much money. The lifestyle of voluntary creative simplicity was resulting in compounding efficiency and improvement in every area of our lives.

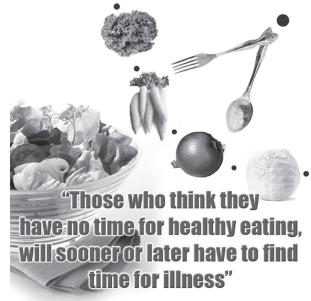
Soon, we saw the proof of the inefficiency of working a full-time job. After figuring in the work-related expenses of one job, I realized that my take home pay was only \$3 an hour! At that point I was convinced that it was far more cost effective to stay home, grow our own food, split our own firewood and bake our own bread than it was to travel to a job day after day. Yet we still needed some form of income.

Though we had reduced the amount we needed to around \$540 a month (way below the poverty level in America), we still had to find a way to generate that income without relying on full-time employment. Once we had succeeded in drastically reducing the amount of money we needed, I knew it would be easy to earn this income by working odd jobs such as building rustic furniture, playing guitar for tips, simple carpentry, part-time drafting, office work, plumbing, etc. However, there was one thing I really loved to do...bake handmade whole-grain sourdough bread in an outdoor wood-fired clay oven! I had always shared my bread with friends and family, but it never really occurred to me to do it as a way to earn extra money.

We soon discovered that there was no authentic, handmade sourdough bread being produced in our area, and little by little, people began asking if they could trade or buy from us. Within a year we had enough bread customers to generate the supplemental income needed to meet our modest expenses. And now there is even more demand and a waiting list of neighbors and friends who want our bread regularly. They know our bread is special because the

organic wheat is freshly hand milled, the loaves are lovingly made entirely by hand and baked in our outdoor clay oven.

While the key to the lifestyle of voluntary simplicity, is "thinking small," many people still believe the opposite is true-"bigger is better." For example, people often tell us we should invest in a commercial bakery and produce more sourdough bread. But in order to expand and make a career out of baking and selling bread, we would have to go into debt to purchase commercial mixers, freezers and large ovens, work longer hours and face the mountain of bureaucratic permits, codes, fees and restrictions. As a result, the simple, authentic handmade artisan bread that our customers love would have to be sacrificed in favor of expanding volume and making more money. Everybody loses but the bankers and the bureaucrats. We would fall right back in the same old trap, getting into debt and sacrificing our freedom and quality of life for a job. This is an example of compounding inefficiency.



The downfall of many people who would like to break the bonds of stress and financial enslavement to the system is their tendency to think too big. But we must realize that this has been programmed into us by the industrial society and loan institutions, all attempting to excite and feed our insatiable desires. Friends, it takes a lot of mindful awareness to break free of all these traps. It also requires an ability to improvise and adapt towards an alternative model. The lifestyle of voluntary simplicity is one option and the resulting benefits are transformational.

The point I'm making is this: many of us can no longer think in terms of having a lifetime career anymore. For whatever reason, things are changing in this country. Outsourcing and cheaper labor costs in other countries will continue to eliminate jobs in the United States. And though the opportunity still exists to work, we must

understand that it may be only temporary. While continuing to work at a job or career one should be wise and set up a plan to survive without steady employment for certain periods of time if necessary.

This could mean storing some supplies, purchasing a piece of property where a small shelter, tent or tipi can be erected if necessary, or getting out of the city and into the country where one can provide food for themselves. My old Grandpa used to say, "all the troubles in this country began when people stopped growing their own food." And he was right. The younglings of this modern age don't even know what real food is, much less how to grow or prepare it! This has to change. (That's another reason we promote sourdough bread baking. It is time to start a "slow-food" movement).

Thinking small is one of the most intelligent and powerful things one can do. Consciously reducing one's life down to the simple basics is the secret to happiness. And it is so easy. What is the solution? This is our advice, especially to young people:

"Don't get in debt, don't think in terms of a career (work at a job for one reason only, to get paid so you can buy a place to live and grow some food), live in a small shelter, unload unnecessary stuff, reduce monthly expenses, extract yourself from the enslavement of modern technological materialism, stay healthy by exercising, eat a simple, wholesome diet, develop some practical skills, practice your art or trade and serve your local community. Teach your children to value true pleasures. Real wealth is perishable: food, health, trees, flowers, herbs, healthy soil, clean water, fresh air, friends and art. Learn to value and appreciate these above all else."

Of course we realize that everyone has to creatively work out their own unique plan according to their particular circumstances, especially if there are children to raise. (We have six grown children.) But with "small thinking," so many opportunities open up and the more one can release, the more freedom there is to experience with each passing year.

If someone would have suggested to us ten years ago that there was a way for the two of us to live on much less, build our own little

hut, buy our freedom, give up steady employment, work fewer hours, become happy, healthy, debt free, self-reliant, and live fearlessly without health insurance, I would have told them they were crazy. This has been an incredible, radical journey for us, but now we know from first hand experience that with vision, patience, self-discipline and courage, it is possible to create such a reality.

Creative voluntary simplicity expands faster than inflation for those who can do it, rather than waste time and energy thinking too big and chasing after more money to find happiness and security.

Source

L. Kevin & Donna Philippe-Johnson, The Sun, January 2, 2008.

Countryside & Small Stock Journal, November/December, 2005 issue

THE AUTHOR

Dr. Sahadeva dasa (Sanjay Shah) is a monk in vaisnava tradition. His areas of work include research in Vedic and contemporary thought, Corporate and educational training, social work and counselling, travelling, writing books and of course, practicing spiritual life and spreading awareness about the same.

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Many of his books have been acclaimed internationally and translated in other languages.



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Cows Are Cool - Love 'Em!
Let's Be Friends - A Curious, Calm Cow
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We are Humans. We Grow Food. Growing food is a sign of civilized life. Development of agriculture closely follows the development of civilization. Agriculture is our first big step toward a civilized life. Therefore Daniel Webster says, "When tillage begins, other arts follow. The farmers, therefore, are the founders of human civilization."

Eating is an agricultural act. No factory can ever produce a blade of grass. Farming is not just another job, it's a way of life. And it's been that way since the beginning of time. All the previous civilizations were connected to their food source.

Two centuries ago we took the wrong turn. The onset of industrial revolution fundamentally altered the way we lived, worked, and related to one another. In its scale, scope, and complexity, the transformation was unlike anything humankind had experienced before. Today the world is a big fat stinking mess, ready to go down any moment.

All this 'progress' of last two centuries has dramatically changed our food choices and eating habits. We graze our way through the day, that too often on the run. And what we eat is actually killing us. Industrial food is a poison on the platter. And GMO is the icing on the cake.

It's time to grow what you can, with what you have, wherever you are.

Live. Laugh. Farm. Here lies your and the planet's destiny.

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