

SILENCE THE BODY SCREAMS FOR HELP

The powerful food giants have developed weapons of mass destruction in the name of profit but no one is talking about it. America beware! Whatever tactic the mass food manufacturers have discovered somewhere else in the world to make their products cheaper and more profitable may soon be showing up in America unless it's already too late.

There are now additives that retain water in our food that were undetectable until now. Is the residue of these additives doing the same to our bodies? Is this why we cannot shed the weight on a normal diet from supermarkets? Are we really to blame for our eating problems or is there more to it?

The news in Britain reported that doctors are having to reduce the recommended daily calorie intake (women 2,000 calories and men 2,500 calories) because even with exercise people are not losing weight. My article about the "Pesticide Pouch" in the previous issue illustrated that it is pretty obvious that much of the problem of being overweight, such as in the thickening of the abdomen (not reduced by exercise), is the result of chemical contamination of our everyday supermarket food. Isn't this the first sign of the body's way of crying for help - the first line of defence?

But not to worry - the pharmaceutical companies have come up with a way to gag these silent screams. No more weight! There is a new diet pill that is reported to work, so what dreadful sign will your body have to give you to try to get your attention now?! High cholesterol, heart disease and arthritis are some of the many body signs that tell us to look at what we are doing wrong. It is the same result as putting dirty petrol in your car or feeding junk food to a racehorse before a race. It would be disastrous and very costly.

So what do we do? Change our diet? Absolutely not! We go to the doctor expecting a magic pill. The sorry thing is that some pills have been found to be the cause of frightening depression with suicidal thoughts and some are even life threatening.

In my therapy practice, I use hypnosis to give the natural discipline and enthusiasm to eat 'real' food instead of chemically contaminated food, and the results are amazing in just a few weeks. The cholesterol level reduces easily. Recently, I have just been working with a hyperactive child. Before he came to see me, his mother took my advice and made sure he only ate organic food, and a few weeks later the results were amazing. The parents were stunned; they had three days of peace for the first time ever.

But what new horrors are we facing?. It is difficult to believe but the food producers, with unlimited money to spend, paid vast amounts to top scientists to develop new additives that disappear without trace. The silent whispers that there was bragging going on about this eventually got the attention of the BBC's world acclaimed Panorama TV programme. They put undercover investigators in the companies to flush out the story and a sorry story of greed and power it is too

The Dutch additive suppliers and a German protein manufacturer were caught on video bragging that they had developed "undetectable" methods of adulterating chicken with waste from cows. This is how sick and dangerous some food producers

have become to protect their multi-billion pound chemical food industry, which encourages me to salute the brave organic warriors that want to help us and our planet. Isn't it worth supporting them by only buying organic?

Food Hackers

So what is it that has gone undetected in our food for 10 years? The problem was only discovered in 1997 by a chef that found his chicken wasn't cooking properly and who subsequently reported it to the Trading Standards office. There then came a very interesting long and arduous trail, showing that the food producers are getting like computer hackers and hacking into our food with secret viruses. When the chicken was tested it was found to have 30% added water, making it weigh more, but how did the water stay inside the chicken and why didn't it leak out? Rumours began to circulate about manufactures in Holland having some secrets and a very persistent trading standards officer, John Stanford, eventually found the answer in a lab in Manchester using DNA. This new technology was able to trace the protein that had been added to the chicken to enable it retain such an amount of water. Mystery solved!

The new secret method uncovered was hydrolysed protein. This is protein that is either taken out at high temperatures or chemical hydrolyses from old parts of animals not used in food. Traces of cow and pork has been found to contaminate the chicken. One of the experts compared it with cosmetic surgery where collagen implants pump up the skin and retain the liquid.

Since some of the major clients that buy this food from major brands are takeouts and ethnic restaurants, there is a whole new moral and religious aspect to the equation. Many chicken breasts were found to contain only 54% chicken!

So we have Panorama to thank for their excellent investigation and others such as [xxxx](#), the author of the book "*Not on the Label*" to open our eyes. The Panorama documentary secretly filmed the Dutch and German firms boasting how they had developed undetectable methods of adulterating chicken with waste from cows. The investigator was told that cow waste was so cheap. So from an issue of mislabelling it turned out to be a potential fraud. But did this stop it from continuing? No. It seems that it isn't against the law.

References:

Not On the Label, BBC Panorama, Guardian article, F.SA in UK and Ireland
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Did you know that half the antibiotics manufactured are used in animals to be able to breed them in terrible conditions? No compassion, no giving back to the earth, just a take, take, take attitude and worry about the effects later. There is an old saying that if you abuse the earth it will abuse you.

The food chain is now being blamed for the Super Bugs in British Hospitals that are killing many patients. At first it was thought to be over prescription of drugs and

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- A Fatty Diet is as bad for you as smoking
- If you think a muffin and a latte are healthier than a fry up think again.843 calories
- The Super Food Myths. Orange juice with added calcium, potatoes enriched with minerals etc. Experts say they are a waste of money. In fact they may be doing us more harm than good say scientists.
- MSG. The slow poisoning of the masses. Now can be added on labels under spices
- What's lurking in your child's fizzy drinks. 7 lumps of sugar in your can of coca-cola. 10.5 in Old Jamaica ginger beer
- Pesticides found on 66% of fruit given out in schools
- Breast scans could cause cancer in women at high risk. A lady in the high risk couldn't get a scan so she had both her breasts removed and her womb just in case

Sent in by Ozlem Bunting who has healthy raw organic cooking workshops in Fort Lauderdale and you can be sure is fully organic. He specialises in raw food cooking.

Tomato hummus (tommus)



- 1 big tomato
- 1/4 cup olive oil
- 3-4 dry tomatoes
- 1 baby carrot
- 2-4 garlic cloves
- 1/2 cup lemon or lime juice
- 3/4 cup sesame seeds
- 3/4 cup tahini
- 1/4 t cayenne
- 1 t paprika
- 1 t ground cumin
- 2 t celtic salt

Process all tomatoes, olive oil and garlic first in food processor. Add remaining ingredients and process until smooth! As a decoration put slice tomatoes on top. Put some fresh basil on tomatoes as well.