

What shall we talk about this time? I had an article come up on my computer recently which really made me wonder, where on earth is the world going to and what on earth is business doing to us?

The article was entitled **“THE CLOTHES THAT KILL YOU SLOWLY BUT SURELY”**. I try to eat good food – organic when I can afford it! I am trying to replace the home cleaning agents with organic/green ones. Even in the garden, I want to get rid of all those sprays etc. that one needs to cover up for, but I never thought I would have to worry about the clothes I wear, the linen I have on the bed and even the curtains hanging at the windows and then there are the floor coverings!

In 1924, rayon was introduced whereas up until then, natural fibres like cotton, flax, wool and silk had been used for hundreds of years and after reading this article I believe they are still the best.

It must have been in the late 1940's, that the first truly synthetic fibre, nylon, was introduced. We ladies thought it was wonderful to wear nylon stockings. Little did we know that they were made from the petro-molecule, toluene. Other synthetics followed and today we are wearing these materials if we do not choose to buy natural materials made from the fibres of cotton, flax, wool and silk.

In 1950, acrylic, a “wash and wear” material came on the market.

In 1953, the “wrinkle-free” fabrics were developed from xylene and ethylene.

In 1959, I saw sportswear being made from “spandex” and “olefin”. It was also used in thermal underwear and swim suits. Olefin is produced by “cracking petroleum molecules into propylene and ethylene gases”.

Today's clothing manufacture is valued at around \$7 trillion/year and it is estimated it uses an astounding 8,000 synthetic chemicals. Could it be that, because of the interaction of skin and chemicals during this past 50 years or so, we could have been creating health problems like infertility, respiratory diseases, contact dermatitis, and even cancers?

Nowadays, clothes also contain toxins like formaldehyde, brominated flame retardants, and perfluorinated chemicals (Teflon) to provide “non-iron” and “non-wrinkle” qualities. Insecticides are even applied in the name of good health! It all sounds very scary stuff to me!

So, could it be that the more synthetic clothing we wear, the greater our risk of absorbing these toxic chemicals that harm our health? We will look at the problems with synthetics in next month's health news.

FOOD RULES

After reading about the toxic clothing we may be wearing, I am sure we will want to be very careful about the food we prepare and eat. So, for some more of those healthy “Food Rules”

Rule No. 8 Avoid food products that make health claims.

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 a processed rather than a whole food. Then, only the big food manufacturers have the where-withal to secure FDA-approved health claims for their products and then trumpet them to the world. Generally, it is the products of modern food science that make the boldest health claims, and these are often founded on incomplete and bad science. Do not forget that margarine, one of the first industrial foods to claim it was more healthful than the traditional food it replaced, turned out to contain trans-fats that give people heart attacks. The healthiest food in the supermarket – the fresh produce – do not boast about its healthfulness, because the growers don't have the budget or the packaging. Do not take the silence of the yams as a sign they have nothing valuable to say about your health.

Rule No. 9 Avoid food products with the word ‘lite’ or the terms ‘low-fat’ or ‘non-fat’ in their names. The forty-year old campaign to create low- and non-fat versions of traditional foods has been a failure. We've gotten fat on low-fat products. Why? Because removing the fat from foods doesn't necessarily make them non--fattening. Carbohydrates can also make you fat, and many low- and nonfat foods boost the sugars to make up for the loss of flavour. Also, by demonizing one nutrient – fat – we inevitably give a free pass to another, supposedly “good” nutrient – carbohydrates in this case – and then proceed to eat too much of that instead. Since the low-fat campaign

began in the late 1970's, Americans (and Australians) actually have been eating more than 500 additional calories per day, most of them in the form of refined carbohydrates like sugar. The result: The average male is seventeen pounds heavier and the average female nineteen pounds heavier than in the late 1970's You're better off eating the real thing in moderation than bingeing on "lite" food products packed with sugars and salt.

Rule No. 10 Eat foods made from ingredients that you can picture in their raw state or growing in nature.

Read the ingredients on a package of Twinkies or Pringles and imagine what those ingredients actually look like raw or in the places where they grow. You can't do it. This rule will keep all sorts of chemicals and food-like substances out of your diet.

Rule No. 11 If it came from a plant, eat it; if it was made in a plant, don't.

HERBS & SPICES

These are coming into use more than ever before as the food scientists are finding more about the benefits they impart. One which is rarely spoken of, in our culture anyway, is – **SAFFRON.**

Saffron, are the stigmas that come from the centre of crocus flowers. Interestingly, it takes 250 thousand flowers to produce one kilogram of saffron. Sounds like a good investment crop to me, as it is quite expensive.

New research from the University of Sydney's Vision Centre, discovered that older people who were supplementing with saffron, found that a number of patients could read one or two lines smaller on eye charts than before; others reported they could again read newspapers and books.

To release this spice's exotic flavour, soak ½ teaspoon of saffron threads in a dash of water, then mix into casseroles, soups or rice.

What recipe shall we try? What about a muffin recipe? One that is easy to make, healthy and has a choice of ingredients from which you can choose. I use the ingredients not in *italics*.

Until next time -

God bless you with good health and strength

Judy

Health Ministry Coordinator

HEALTHY & NUTRITIOUS RECIPE

**WHAT YOU GOT
IS WHAT YOU GET MUFFINS**

Ingredients

- 1 cup Wholemeal flour
- 3 teaspoons baking powder
- ¼ cup rolled oats *or bran or muesli – pick one*
- 100gms butter
- ½ cup sultanas *or chopped raisins or chopped dates* - pick one
- ¾ cup soy milk (or alternate milk of choice)
- 2 -3 passion fruit (seeds removed) or 2 tablespoons any fruit juice

- 1 cup unbleached plain flour
- ½ cup raw sugar
- ¾ cup firmly packed grated zucchini
- ¼ cup golden syrup
- ¾ teaspoon bicarbonate soda



Method

1. Sift flours and baking powder into large bowl. Stir in sugar, oats and zucchini. Mix well together.
2. In a small saucepan melt butter, add syrup and sultanas and mix until melted together.
3. Add ½ cup milk and bring nearly to the boil.
4. Dissolve soda in ¼ cup milk. Add to saucepan and stir until all frothy. Remove from heat and add fruit juice. Quickly mix into dry ingredients until just combined.
5. Spoon into greased muffin tins.
6. Bake at 180 C for 20 minutes or until cooked.