

Dear friends,

With so much pollution on land, in the sea and air; with the awful things industry is doing to our food, we need to be ever on the lookout for just the best nourishment to give these wonderfully fashioned bodies of ours. So to begin with, let us have a look at the last of the food rules.

RULE NO. 15. Get out of the supermarket whenever you can

You won't find any high-fructose corn syrup at the farmer's market. You also won't find any elaborately processed food products, any packages with long lists of unpronounceable ingredients or dubious health claims, anything microwaveable, or perhaps best of all, any old food from far away. What you will find are fresh, whole foods harvested at the peak of their taste and nutritional quality – precisely the kind your great-grandmother would easily recognize as food. The kind that is alive and eventually will rot.

RULE NO. 16. Buy your snacks at the farmers' market

You'll find yourself snacking on fresh or dried fruits and nuts – real food –rather than chips and sweets.

RULE NO. 17. Eat only foods that have been cooked by humans

If you're going to let others cook for you, you are much better off if they are other humans rather than corporations. In general, corporations cook with too much salt, fat, and sugar, as well as with preservatives, colourings, and other biological novelties. They also aim for immortality in their food products! Note: While it is true that professional chefs are generally humans, they often cook with large amounts of salt, fat and sugar too, so treat restaurant meals as special occasions.

RULE NO. 18. Don't ingest foods made in places where everyone is required to wear a surgical cap.

RULE NO. 19. It's not food if it arrived through the window of your car!

RULE NO. 20. It's not food if it's called by the same name in every language.
Think Big Mac, KFC, or Pringles.

RULE NO. 21. Avoid foods that are pretending to be something they are not.

Imitation butter – margarine – is the classic example. To make something like nonfat cream cheese that contains neither cream nor cheese requires an extreme degree of processing; such products should be labeled as imitations and avoided. The same rule applies to soy-based mock meats, artificial sweeteners and fake fats and starches.

YOGHURT

Do you want it low-fat, no-fat, flavoured or plain? Yes, yoghurt is a popular food. However, the processing these conventional yoghurts undergo, remove the natural sweetness of milk and possibly any natural floral or herbal flavour. Attempts are then made to put flavour back by using artificial flavours, colours and additives, which tend to diminish the health giving values of conventional yoghurt.

Organic yoghurts are coming to the fore and there is no denying their health-giving properties and they taste delicious.

They come in a range of varieties and flavours. The Greek style is tangy, creamy and quite thick, and is becoming very popular. A favourite with children is the organic natural set as it is less tangy. Yoghurts that are fermented in their individual pots, are the most authentic organic and biodynamic yoghurts.

Yoghurt is rich in calcium, B vitamins and phosphorus, necessary for all children over one year, expecting and breast feeding mothers, athletes, growing teenagers and the elderly, especially those wanting to defend against osteoporosis.

Current research continues to praise yoghurt's health benefits and evidence suggests that the bacteria in bio-yoghurt may boost our natural resistance to tummy bugs and it is further suggested that if eaten after a course of antibiotics may restore the natural flora of the intestines. So look for yoghurts that are organic and contain the probiotic bacteria, acidophilus, and bifidus.

Remember that not all yoghurts are the same and not all contain the genuine live bacteria in sufficient numbers to be a significant health benefit.

BLUEBERRIES

Back in the 30's and 40's when I was a youngster, we had never heard of **blueberries** let alone taste them but today they seem to be a favourite with most people. They are not exactly cheap but, they do go a long way. I have been reading that only half a cup could double the daily intake of anti-ageing antioxidants. Wow! We oldies need to get stuck into them!! Also read that they may boost the memory by 41% in people with early signs of age-related memory loss. I reckon we could all do with **blueberries** in our diet!

I hear so many talking about cholesterol problems, well it is said that blueberries cut bad LDL cholesterol by almost 20% and on top of that may improve insulin sensitivity by up to 22% in people at risk of Type 2 diabetes.

These are big claims to make but when you look at the colour of them and read about the abundance of the good nutrients in dark coloured fruit and veges, well, maybe these claims could be right. Let's enjoy them anyway.

Now here's an interesting point. Do you suffer from tummy problems? I have further read that the best power pair to stave off tummy-aches is to pour some blueberries into your probiotic breakfast yoghurt and hopefully the benefits will be a victory for your stomach's health. The fruit's fibre helps yoghurt's good probiotic bacteria survive the trek through your digestive tract and the probiotics help your system absorb the berries' fibre.

After all that information it naturally follows we will have to have a recipe using yoghurt and blueberries. I like recipes simple and quick to make so do try the following:



MINTED-BLUEBERRY & YOGHURT (Serves four)

2½ cups fresh blueberries	2 tablespoons chopped fresh mint
2 tablespoons honey or to taste	1 teaspoon freshly grated orange zest, (optional)
1/3rd cup pecans, toasted and coarsely chopped	1 cup vanilla frozen yoghurt

1. Toss together blueberries, mint, honey, orange zest (if using) and 3 tablespoons of the pecans in a bowl.
2. Divide frozen yoghurt among 4 glasses.
3. Top each yoghurt dollop with a quarter of the berry mixture and sprinkle remaining pecans over the top.

There is so much interesting information to be read and that I want to tell you about, but I can't get it onto two pages and I said I would continue with the problem of chemicals in the materials we use today, so this month you will have a further two pages to read.

THE CHEMICALS YOU WEAR EVERY DAY...

I'll just mention some of the worst as it is a sure bet you are wearing a material that has been contaminated with one of the 8,000 chemicals used in clothing manufacture. I'm not telling you these things to scare you in any way but I believe we should be intelligent about knowing what we are wearing etc. as it could be related to a health problem you can't get any conclusion on. The information comes from well known health writers who are not doctors or health-caregivers and you should not take any action affecting your health without consulting a qualified health professional.

Fabrics that seem to "scream" chemicals, are the –

1. Easy Care -- Wrinkle free, shrinkage free garments release formaldehyde
2. Water Repellent -- Fluoropolymers (as in Teflon) are used to repel oil and water.
3. Flame Retardants
4. Bacterial and fungicidal chemicals – Triclosan and nano-particles are used for this.

Formaldehyde is linked to a 30% increase in lung cancer, plus skin/lung irritation and contact dermatitis. It is found in fabrics claiming to be:

1. Anti-cling, anti-static, anti-shrink
2. Waterproof
3. Perspiration-proof
4. Moth-proof and mildew resistant
5. Chlorine resistant

It is also used in dyes and printing to fix the design and prevent "running"

Most governments restrict formaldehyde levels in clothing...but not the U.S. One of the worst offenders is China. Beware of "Made in China" labels.

Use of formaldehyde in clothing is extremely widespread. There have been lawsuits alleging high levels of it in Victoria's Secret bras.

High temps and humidity make "poison clothes" even worse – they open your pores and increase chemical absorption.

And you absorb formaldehyde from multiple sources daily, so don't be fooled by manufacturers' reassurances.

I'm not going to elaborate any further as it is too depressing, other than to mention don't use clothing with **Disperse Blue Dyes** (it's even in cosmetics and semi-permanent hair dyes) or **Flame Retardants** - the U.S. Marine Corps are prohibited from wearing clothing with the latter in it! It's in furniture materials, baby carriers and bassinets. Today most synthetic fabrics contain a new generation of flame retardants bonded into the fabric, which must survive 50+ washings. **Permethrin** is an insecticide – very dangerous, that is in synthetic materials. Other scary toxins include **sulfuric acid, urea resin, sulfonamides, halogens and sodium hydroxide**. Why do they put these things in the materials we wear and use?

A real scary outcome of all these chemicals in clothing, is that electrostatic charges accumulate in synthetic clothing and it seems that among other things, this can be a contribution to the problem men have with infertility.

In this same article, it is recommended that we don't wear tight fitting clothing or shoes.

So the bottom line is that it is important to realize that while individual chemicals might not endanger your health, the synergistic effect of multiple chemicals interacting can have unpredictable negative effects.

Natural and organic clothing is becoming more popular again, but it can still be a challenge to find it. So let us choose natural fibres.

1. Cotton – preferably organic. It still remains the “king” of textiles.
2. Flax – one of nature's strongest fibres.
3. Hemp – grows without any need for fungicides, herbicides or pesticides because it is naturally insect-resistant. Its fibres are reported to be four times stronger than cotton. This of course is not the hemp known for its mind-altering properties!
4. Silk – known as the “queen of fabrics”. Watch out for the use of synthetic dyes in silk.
5. Wool – most of today's wool is contaminated with chemicals, i.e., pesticides used to kill parasites. But organic wool is becoming more common.
6. Other – alpaca, angora, camel, cashmere, mohair, ramie.

It is suggested that we start small by choosing organic for clothing closest to our skin most of the time – underwear, sleepwear, camisoles and the like... and then build as you replace items in your wardrobe. As we move in a healthier direction with our clothing, we will drastically reduce the chemical load.

It's up to you now what you do with this information and I can hear some of you say – “Well I've got to die of something and it may as well be from the toxins in my clothing!” However, if some of you are having niggly health annoyances of some sort, it could very well be from a toxic substance in your clothing. Many of us will want to work it out for the betterment of our health and get to the bottom of whatever the problem may be.

So, here's to your good health and a life-style free from toxic worry.

Until next month, keep safe and good health.

Judy

Health Ministry Co-ordinator

