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Quote of the Month - Arran Stephens

"One of society's greatest tools for change is the power of knowledge.... Knowledge empowers us to rein in unproven and dangerous food technology."

Arran Stephens

Message from Cyndi – Coconut in the Rough

Several weeks ago I ordered a DVD from the US. It was called The Future of Food by Deborah Koons Garcia. It arrived Friday and yesterday I decided to watch it. It was filmed in 2005 but is still relevant 3 years on. It was frightening. It talked about genetically modified foods and the 11,000 patents on seeds that have now been processed in the US by a few major corporations. There was a lot of lying, thieving and cheating by the corporations that now have control of many of the seeds for future crops. With globalisation and all the small seed companies being bought out by the large seed companies like Monsanto we have a food market that is controlled by few.

I was pleased at the end of the DVD that there were solutions and I'd like to share them with you. We need solutions not scare tactics.

Firstly, become knowledgeable and spread the information to family and friends.

Secondly, eat locally and buy from farmers markets and small food producers. We are lucky in Australia and New Zealand, Farmers markets are abundant so most people will have a farmers market near them.

Thirdly, refuse to buy any genetically modified foods, so if you see soya or canola on any product avoid it unless it says that it is not genetically modified.

Fourthly, read all of the ingredients from any food that you pick up, be aware and choose with knowledge and conscience.

Having said that, it is so easy to fall into the trap when you're in a hurry. Last month I was very much into the CADA breakfast which included, coconut, almond, dates and apple. I couldn't get any fresh coconut so I decided I'd buy the desiccated coconut. I knew that it would have the preservative 202 in it as most coconut in plastic bags does. If you buy coconut from a health food store without 202 in it, it has a very yellow colour.



I picked up the coconut with some other things from the grocery store, paid at the counter and then went home. The next morning I opened the bag of coconut, it was very moist and tasted very different to desiccated coconut, so I turned it over to look at the ingredients. I couldn't believe what I was reading, here they are; coconut, sugar, salt, propylene glycol, 202, 222.

Let's just look at them individually. For me I can handle the coconut, sugar and salt, it was the next three ingredients that appalled me, especially the propylene glycol. I avoid propylene glycol in my cosmetics, personal care products, and hair conditioners but I had no idea that it was allowed in food as I had never seen it in a food in Australia.

Propylene glycol is a humectant used to coat fruit and vegetables. For skin care products it helps with the absorption of other substances. It can create contact dermatitis, lactic acidosis, skin rashes, dry skin and delayed contact allergies. When taken orally, in large doses propylene glycol can be toxic, cause kidney failure, depression of the Central Nervous System and liver damage. It is a known teratogen (birth defects), it is on the National Institute of Health Hazard list and in the US there has been a total recall of any medication containing this additive. Unbelievable that it is allowed in coconut and who knows what other foods.

As for 202 Potassium sorbate, it can cause liver damage and behavioural problems. It should be avoided if there is kidney or heart problems and is linked to asthma.

222 Sodium bisulphite; this may cause gastric irritation, nausea, behavioural problems and asthmatics should avoid it.

All in all just to enjoy my CADA breakfast I was assaulted with a bunch of chemicals. I was so upset by this revelation that I called the food company that made the coconut which proudly stated they were Australian and had been feeding the Australian community since 1852. I really want to trust these companies but it seems I can't. I told the lady who I spoke to that I was absolutely appalled that they would even consider putting propylene glycol into food. The lady on the other end of the phone said that Food Standards Australia and New Zealand (FSANZ) had said the food additive was allowed in food consumed by Australians. Once again we can't trust FSANZ.



I took the pack of coconut back to Coles Supermarket and told the attendant that I did not want the product due to the dangerous additive, she was also shocked when I gave her the information and she immediately refunded my money. I will not support any food company as McKenzies who only have profit in mind rather than the health of Australia. I told McKenzies that I would be making sure that everyone on my newsletter list knew of this additive and that I would tell as much media as I could. Let's see what they do about it.

The quote at the beginning of this newsletter says society's greatest tool for change is knowledge. We have to continue to read and learn so that we don't fall into these traps. I will endeavour through my newsletters to make you aware of any products that breach our trust.

Happy Changing Habits

Cyndi O'Meara

DVD of the Month - The Future of Food

2 DISC SPECIAL EDITION

The Future of Food

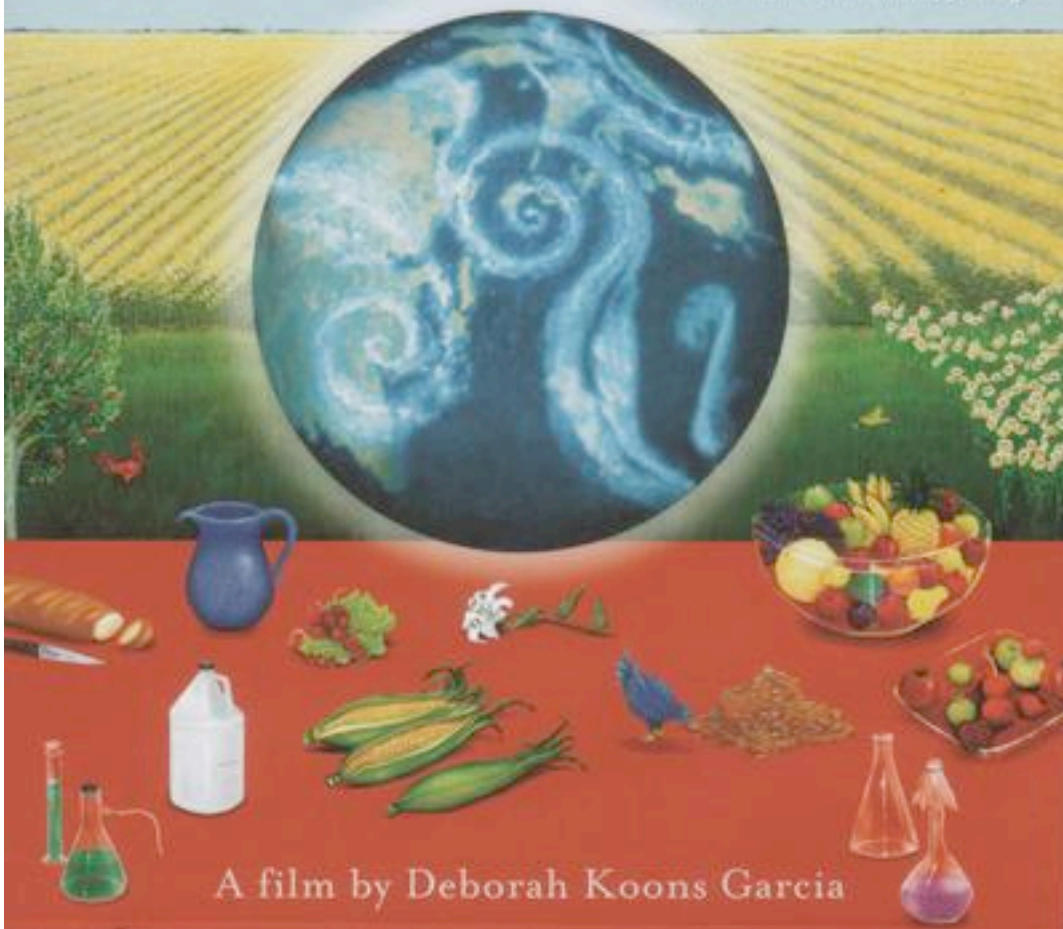
"There's a stunning revelation
in almost every scene. Grade: A"

DAVID J. KERBITZ, CHRISTIAN SCIENCE MONITOR

"If you eat food, you need to see *The Future of Food*."

APRILSTARBUCC.COM

There's a revolution happening...



A film by Deborah Koons Garcia

There is a revolution happening in the farm fields and on the dinner tables of America, a revolution that is transforming the very nature of the food we eat. *The Future of Food* offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled grocery store shelves for the past decade. *The Future of Food* examines the complex web of market and political forces that are changing what we eat as huge multinational corporations seek to control the world's food system. The film also explores alternatives to large-scale industrial agriculture as real solutions to the farm crisis today.

Visit www.thefutureoffood.com/ for more information.

Recipe of the Month - Eve's Brown Rice Salad

Salad Ingredients

4 cups of cooked brown rice (approx 2 cups uncooked)
6 shallots - chopped
1 red capsicum - deseeded and chopped
1/3 cup currants (no vege oil)
1/2 bunch of coriander
1/2 bunch of parsley

Dressing

1/4 cup macadamia nut oil
3 TBS soy sauce or tamari
1 1/2 TBS fresh lemon juice
2 cloves garlic crushed
2 TBS finely grated fresh ginger.

Topping

3/4 cup cashews
2 TBS sunflower seeds

Method

1. Place cooled rice and all other salad ingredients into a bowl and mix
2. Mix the dressing and pour over the salad ingredients and mix thoroughly
3. Coarsely chop the topping ingredients (nuts and seeds) and place in salad just before serving

You can make the salad up including the dressing ahead of time just wait to the last minute to add the cashews and sunflower seeds.

Stay Safe, Stay Well and Happy Changing Habits

Cyndi O'Meara

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