

In this Newsletter

- **Quote of the Month**
- **Globesity, What Is It?**
- **"The Inconvenient Truth", a Film Review**
- **Recipe of the Month**

Quote of the Month

"Ear infections are the most common reason for antibiotic use among U.S. children, with 15 million prescriptions annually. Antibiotic resistance is a growing worldwide public health concern that has been spurred by the widespread overuse of drugs. In this country, 96 percent to 98 percent of physicians treat ear infections immediately with antibiotics, even though most cases will resolve without treatment." - David M. Spiro, MD

Australia follows the US in statistics so this will be happening in Australia as well.

Globesity - What Is It?

Obesity is a serious problem. This month in Australia an Obesity Summit was held in Sydney which stated that obesity is now the biggest public health hurdle of the century.

At the same time Coca-Cola hosted a breakfast in Sydney where scientists from around the world spoke about the role of sugar in a balanced diet. Dr. Foreyt, chaperoned by Coca-Cola company representatives, says soft drinks have copped too much criticism in the war on fat, saying that the soft drinks have been demonized.

The escalating consumption of high-sugar, high-energy soft drinks have been a hot topic in the world of obesity research, and particularly regarding the spread of weight gain among teenagers. Dr. Foreyt said that it is not one thing that has caused the problem, it is a multitude of factors contributing to obesity.

I agree with Dr. Foreyt but I feel that soft drinks are part of the problem and should be used in moderation, like once every now and then, not once every hour of the day. I also find it frustrating to see Coca Cola as part of the sponsorship behind the Obesity Summit, be it obscure or not.

There are more than 1.5 billion adults and 10 percent of the children in the world who are now overweight or obese. They are now calling this phenomenon "Globesity".

Obesity is the driving force behind diabetes type 2, in the last 20 years diabetes has increased 300% in this country alone. It is the fourth biggest killer in Australia.

The Obesity Summit's conclusions were not what I expected. Food was not the focus but rather the developing urban social problems. New developments lack proper attention to sidewalks, bike paths and public transport. They concluded that local, state and federal governments should commit to optimizing opportunities for exercise in a safe environment. And that we need a politically driven coordinated approach in health, finance, education, sports and agriculture, reversing the underlying causes of the obesity epidemic.

So where do I stand on this topic? Exactly where I've always stand. It's not up to anyone else but the individual to become informed. To be informed about the fat you eat, the sugar you eat, the additives you eat. Know that trans fats are the worst fat you can eat and it is disguised in foods as follows; margarine, hydrogenated vegetable oil, partially hydrogenated vegetable oil, vegetable oil. Read your food labels and keep this food out of your diet as much as possible. The additive MSG number 621 is an addictive substance that gives the statement "bet you can't stop at one" new meaning. Many foods on the grocery shelves have this number and you won't be able to stop at one. Sugar – go to the best you can eat, rapadura sugar is the best on the market. Go back and read Changing Habits Changing Lives and start getting back to being informed about food and make healthier choices.

Just like global warming the things you do now will decide whether we still have a planet to live on, and just like your health, the things you do now will decide whether or not you have a body to live in.

Make a stand and don't be cajoled by powerful food companies that are not about truth but more about profit.

"An Inconvenient Truth", a Film Review

Last month I read Tim Flannery's book "The Weather Makers"; it was a book that really made me think about the global warming debate. He made a convincing argument that we do have a problem with Global Warming. Last week I went to see the movie "An Inconvenient Truth" which was along the same lines as the book but with so much more power. It is a must see movie, while it creates moments of despair by the end you have solutions and small steps to do to make changes to the environment on an individual level. Following is some information from the website and where it is showing at the present time.

Humanity is sitting on a ticking time bomb. If the vast majority of the world's scientists are right, we have just ten years to avert a major catastrophe that could send our entire planet into a tail-spin of epic destruction involving extreme weather, floods, droughts, epidemics and killer heat waves beyond anything we

have ever experienced.

If that sounds like a recipe for serious gloom and doom -- think again. From the Sundance Film Festival, *AN INCONVENIENT TRUTH*, offers a passionate and inspirational look at one man's fervent crusade to halt global warming's deadly progress in its tracks by exposing the myths and misconceptions that surround it. That man is former U.S. Vice President Al Gore, who, in the wake of defeat in the 2000 election, re-set the course of his life to focus on a last-ditch, all-out effort to help save the planet from irrevocable change. There is an Australian tour of the film, which opens on 14 Sep 2006 Follow the link to see a **[list of cinemas showing the film.](#)**

WHAT IS GLOBAL WARMING?

Carbon dioxide and other gases warm the surface of the planet naturally by trapping solar heat in the atmosphere. This is a good thing because it keeps our planet habitable. However, by burning fossil fuels such as coal, gas and oil and clearing forests we have dramatically increased the amount of carbon dioxide in the Earth's atmosphere and temperatures are rising.

The vast majority of scientists agree that global warming is real, it's already happening and that it is the result of our activities and not a natural occurrence. The evidence is overwhelming and undeniable.

We're already seeing changes. Glaciers are melting, plants and animals are being forced from their habitat, and the number of severe storms and droughts is increasing.

- The number of Category 4 and 5 hurricanes has almost doubled in the last 30 years.
- Malaria has spread to higher altitudes in places like the Colombian Andes, 7,000 feet above sea level.
- The flow of ice from glaciers in Greenland has more than doubled over the past decade.
- At least 279 species of plants and animals are already responding to global warming, moving closer to the poles.

If the warming continues, we can expect catastrophic consequences.

- Deaths from global warming will double in just 25 years -- to 300,000 people a year.
- Global sea levels could rise by more than 20 feet with the loss of shelf ice in Greenland and Antarctica, devastating coastal areas worldwide.
- Heat waves will be more frequent and more intense.

- Droughts and wildfires will occur more often.
- The Arctic Ocean could be ice free in summer by 2050.
- More than a million species worldwide could be driven to extinction by 2050.

There is no doubt we can solve this problem. In fact, we have a moral obligation to do so. Small changes to your daily routine can add up to big differences in helping to stop global warming. The time to come together to solve this problem is now.

A list of suggestions about how you can reduce your impact on climate change appears at the end of the film, and is also available on the **movie's website**. Check out the suggestions and work out how you can make a difference in your personal life.

Recipe of the Month

Spicy Beef and Pumpkin Curry

2-3 TBS massaman curry paste
1/2 red onion finely chopped
500gm organic beef strips
200gm pumpkin sliced thinly
1/2 cup organic coconut milk
150gms green beans cut into pieces
1 TBS fish sauce
1/4 cup crushed cashew nuts
6 kaffir lime leaves – shredded finely

1. Heat wok or heavy based pan till hot.
2. Fry Massaman paste for 1-2 minutes.
3. Add beef strips and onion and stir until coated.
4. Add pumpkin, coconut milk, beans and fish sauce simmer for 10 minutes.
5. Add cashews and lime leaves stir and serve with Jasmine Rice.