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Quote of the Month – Daniel Strelan

"I once worked in an ingredients factory that in my opinion, committed terrible crimes against humanity. They were a middle man for many retailers, dealing with poisonous substances (artificial flavours, colours and preservatives), which eventually end up on meat, in cake mixes...and many other things in supermarkets. There was one chemical in particular where a face mask and gloves were required. I cannot remember the name. I think it was sodium something... monoxide.. tricarbonat... i don't know. But on some of these bags it actually had the poisonous substance symbol. Shocking" Daniel Strelan

Message from Cyndi – Chemical Assault on Children

I went to school in the 60's and 70's, I went to an all girls school with 600 students. For tuck shop we had meat pies, vanilla slices, chocolate & eclairs and on the way home from school we'd stop at the local fish and chip shop and order 20 cents worth of chips and smother them in salt and vinegar. There was one fat girl in the whole school. I remember her name and her face because she was an oddity. I don't remember anyone with diabetes, one girl in the school got a brain tumour and there was no one that had a peanut or nut allergy. Not one of my friends had a sibling or cousin, for that matter with Autism, Asperges or ADD. Everyone drank 250ml. of milk everyday at morning tea and there wasn't a wheat or dairy allergy to hear about. My Mum was the best cook in town I had three good meals a day with snacks and always dessert. My lunch when I didn't have tuck shop, was a sandwich, homemade cake or biscuit and piece of fruit. I got through my child hood and teenage years without an antibiotic, pain killer or Bonjello, despite getting all my teeth and breaking four bones.

Wow! Did that really happen; just 30 years ago life seemed very different to what it is now. What happened?

In the last 20 years diabetes has increased 300%, Type 1 Diabetes is on the increase amongst children and teenagers. Cancer, in particular brain tumours are the leading form of cancer amongst children in Australia. Heart disease not only affects the elderly but also the young. Autism, Asperges, ADD and ADHD are destroying the basic family unit. Asthma and allergies

restrict young lives.

Science has looked down the barrel of a microscope and looked at the human body and how it works in a very mechanistic (compartmental) way. They have proclaimed over the years that salt causes hypertension, sugar causes diabetes, butter causes heart disease, eggs cause high cholesterol, raw milk is dangerous and should be banned, infant formulas are better than breast, fruit and vegetables don't help prevent cancer and the list goes on. Anything that was natural they saw as a danger to human health. And so in their naivety or was it their arrogance, science and technology believed they could make things better, so they made; margarine, egg substitute, artificial sweeteners, modified milks and many more plastic fantastic foods. For 25 to 30 years the general public who has been bombarded with propaganda, persuasive advertising and untruths, have taken these foods into their homes and mouths without question. Mark Twain says; "What gets us into trouble is not what we don't know it's what we know for sure that just ain't so. Evidence is now mounting about the dangers of these technology foods and parents need to take heed.

At present many people are starved for knowledge amid a glut of information. Who do you believe? I believe many people who do things without too much thought sometimes, feel uncomfortable and unsure of what they are doing but science, government and technology says that this is best for the children, and everyone else is doing it, so it must be right! So despite it not feeling right we continue to feed technology foods, vaccinate heavily, medicate without evidence and compromise because it's easier to go with the flow than to buck the system.

Our children in this decade are compromised, from the day they are conceived. They're never fully able to reach their true potential health wise as they are bombarded with more chemicals than ever before. But this doesn't need to be the case. Education about the food we eat, the vaccinations we give our children, the medications we dish out to them and the product we put on their skin as well as the cleaning products we use in the home, can change the status of their health, for the rest of their lives.

Knowledge and then action is the vital key. Starting right is paramount. If a newborn is given the right start in life then the rest of their life can be without complication, without sickness, mental illness and obesity. The key is to start right and continue to do the right thing.

A blinding fact is that despite all the science and technology our children are not healthy. Disease is ramped amongst our babies, toddlers, children and adolescents. What seems so obvious to me is that if you don't want your children to be like the rest of societies children and you'd rather them like the children of the 60's and 70's, then don't do what the general population is doing today. Do something different!

I believe more and more people are realizing that breast feeding is best, but what about what you feed your baby once they want to eat. The process can be different depending on who you are listening to or reading. In my opinion the most important thing is to feed your baby, child or teenager, foods that nature provides. Back in the 60's and 70's the food I ate including that at the tuck shop was made with real food. My vanilla slice had real milk, sugar, eggs, butter and flour these days a vanilla slice could be made with hydrogenated vegetable oil, egg substitute, milk solids, mineral salts, colours, bakers flour, high fructose syrup, preservative to name but a few ingredients. The food still looks the same a vanilla slice still looks like a vanilla slice but the fundamental ingredients are nothing alike.

There has been scare mongering in the scientific and food industry about food. Butter, sugar, salt, raw milk, breast milk, eggs, red meat were mechanistically looked at, by looking at the

components. For instance, eggs had cholesterol so the conclusion was that they caused high cholesterol, never has then been such an untruth about a food. All foods that were deemed bad were looked at mechanistically through the component parts, so if there was saturated fat present in a food then it was deemed bad for arteries and heart. The food was not looked at wholistically which means that the many components that make up the food work synchronistically in the body to create energy and health.

Health is a step by step process, beginning with an education and an intuition about what is the truth about the foods and health directives we should have for our children. Be aware of everything you put into your babies and children's bodies; food, vaccinations, medications and what you put onto your babies and children's bodies.

Recipe of the Month – Quick Kongee

1 cup brown rice
8 cups filtered water
1 tsp sea salt or 1 strip of kombu cut

Dry roast and brown the rice in a heavy based fry pan. Stir continuously so that the rice doesn't burn, it takes around 10 minutes.

Put the roasted rice into a saucepan and add the salt/kombu and water, bring to the boil and simmer until all the water is absorbed. Takes around 2 hours.

This makes around 3 cups of Kongee.

Serve with stewed fruit, fresh crushed nuts and yogurt for a delicious, energy and health giving breakfast.

Seminar's Coming Up - Cyndi's Public Speaking Around the Country

Go Vita Margate Health & Organics

9th October 2007 – 9:00am

The Golden Ox Restaurant Margate

For more information and bookings contact Lesley Parker (07) 3283 8677 gvmgate@tpg.com.au

Health Awareness Day - Narrabri NSW

October 13th 2007

Narrabri High School Hall

For more information and bookings call 02 67965259

Public Talk – Melbourne

17th October 2007

181 Victoria Parade Fitzroy 3065

For bookings and Inquiries 03 94177222 email@diskinlife.com

Kilcoy Farm Stay for Health and Wellbeing, Kilcoy QLD

23rd October – 25th October

For more information and bookings contact Evelyn McCorkell 0407 624 650

reinigor8@optusnet.com.au

Or visit: <http://re-invigor8.allau.biz>

Sunshine Coast Kids Expo

27th October 2007- 10:00am in the Yandina Room
Ginger Factory Yandina
Free Entry
<http://www.sunshinecoastkids.net.au/>

Thermomix - Sydney

28th October 2007
For more information and bookings call 1 800 004 838

The Essential Woman Lifestyle Expo

2nd November 2007 10:00am
Brisbane Convention & Exhibition Centre
For more information visit: www.theessentialwoman.com.au

Healthy Kitchens Healthy Lives Workshop

Landsborough Recreation Centre, Landsborough QLD
Wednesday 7th November 2007 9.30am-12.30pm
For more information and bookings contact Shayne Will 07 54937249 swill@community-solutions.com.au

Neways Conference Brisbane

13th November 2007

Happy Changing Habits

Cyndi O'Meara

Changing Habits

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