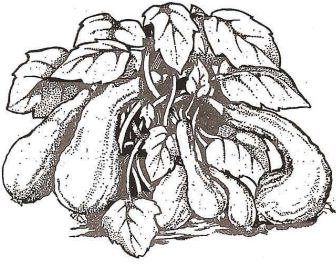


Let's Be Well, Inc

ink spots: *opinions, news, and reviews from an inkjet*

How shall we DO SUMMER? Shall we shop the farmer's market, or eat like we eat all year-round? "The Food and Nutrition Board says to reduce degenerative diseases like heart disease and cancer, we can consume up to 35% of our calories from fat, up to 35% of our calories from protein, and up to 25% of our calories as added sugars. **Here's a daily diet that meets those nutritional guidelines.** Breakfast: 1 cup Fruit Loops, 1 cup skim milk, 1 package M&Ms, fiber and vitamin supplements. Lunch: grilled cheeseburger. Dinner: 3 slices of pepperoni pizza, with a 16-oz soda, and one serving of Archway sugar cookies. This helps explain why 12-year-old school children develop thickening of their carotid arteries to the brain..." T.Colin Campbell PhD, "Federal 'Guidelines' Are Too Fatty," *EarthSave News*, June 2009.

Carol and Dick Cover / 507-645-7202 **Send e-mails to letsbewellinc@charter.net**

You are what you eat? Try this variation: "You are what *what you eat eats*"

If you have been traveling in wellness circles for any length of time, you have probably heard, **You are what you eat.** There are variations. Gerald Phillips, who spoke for us last October, prefers **You are what you digest and assimilate.**

That's a good reason for using some AIM supplements, especially Barley-Life®, the granddaddy of all alkaline foods, and Prepzymes®, without which I cannot swallow or digest food such as bread or meat. AIM's proprietary formula has 177 mg of cultured enzymes that go to work in the body to digest protein, carbs, fats, fiber, dairy, and sugars. Please ask us to send you a brochure, if you do not use the internet, or download a Prepzymes data sheet from the AIM website <www.theaimcompanies.com> Don't forget there are real people describing their favorite products at <<http://www.youtube.com/aimusers>>

Author Michael Pollan's variation, "**You are what what you eat eats,**" may be original with him. But I found a similar headline in *Consumer Reports*, January 2005: "**You are what they eat.**" The article begins, "Humans are at the top of the food chain. As a result, we're vulnerable to pathogens, drugs, and contaminants consumed by the animals we eat. And we

eat a lot: an [annual] average of 137 pounds of beef, chicken, fish, and shellfish per American...Farm animals used to eat what grew naturally—grass and grain for cows and chickens, small fish or other sea life for big fish. But life on today's farm—often a 30,000-cow feedlot, or a 60,000-chicken coop—isn't so simple."

Two needs came together: Huge quantities of high protein rations were needed for these facilities. Slaughterhouses needed a cheap way to dispose of their waste. So a marriage of convenience was arranged between food producers and renderers. Waste was recycled into needed protein. But adding rendered by-products to animal feed "has meant more trouble controlling and monitoring feed production, more vulnerability to problems, and another layer of regulation."

The independent, non-profit Consumers Union "interviewed feed-industry experts and critics; reviewed recent research and spoke to scientists who conducted it; and tested chickens for arsenic, an approved additive in an anti-parasitic drug given to many healthy birds to make them grow faster." Feed-company representatives would not talk with Consumers Union. Fish feed makers and heads of four feed trade associations

did. **The federal government isn't doing enough to protect the food supply.** Following are some concerns their investigation raised: 1) Regulatory loopholes could allow mad cow infection, if present, to make its way into cattle feed; 2) Drugs used in chickens could raise human exposure to arsenic or to antibiotic-resistant bacteria; 3) Farmed fish could harbor PCBs and dioxins.

Cattle. The FDA has been lax in enforcing its ban on the use of the ruminant feed implicated in the UK's mad cow outbreak. Fifty-two companies violated federal rules protecting feed from infectious *prions*, **proteins believed to cause mad cow disease.** Prions are malformed proteins that can get into cattle feed because cows are fed blood and meat scraps from mammals. Cow remains are fed to chickens and pigs, whose remains can be fed back to cows. CU learned that industry compliance with banning this practice has been imperfect.

Chicken. Conventional chickens are fed a corn/soy mix plus rendered animal by-products. CU found 466 ppb levels of arsenic, as well as antibiotics, which are added to kill microbes, in livers of conventionally raised chickens but **none in the livers of certified organic chickens.** According to EPA

standards, the conventional liver samples had enough arsenic to cause neurological damage to a child who ate 2 oz of cooked chicken liver per week, or an adult who ate 5.5 oz. And drugs given to humans may not work if they regularly eat animals fed antibiotics.

Fish. Studies found higher levels of dioxins, flame retardants, and PCBs, which are likely to be carcinogenic to humans, in *farmed* salmon than in *wild*. The probable cause: feed made from small fish from polluted waters. Imported fish and shrimp can test positive for chloramphenicol, (a potent antibiotic and suspected carcinogen), malachite green, and other drugs not allowed in the US.

What you can do. To avoid meat from animals fed animal by-products or grain grown with synthetic pesticides and fertilizers, look for beef or chicken certified organic by the USDA. [Organic beef and chicken account for less than 1% of US sales.] There are no USDA guidelines for fish, but fresh and frozen seafood must be labeled "wild" or "farm-raised" and marked with country of origin. Salmon from open waters, however, may cost \$15 per lb. Salmon may be heart-healthy, but it is sensible to limit exposure to possible carcinogens. Right? +++

“Eat food, not too much, mostly plants”— a review of *In Defense of Food*

“The story of how the most basic questions about what to eat got so complicated reveals a great deal about the institutional imperatives of the food industry, nutrition science, and —ahem—journalism, three parties that stand to gain much from widespread confusion surrounding the most elemental question an omnivore confronts. But humans deciding what to eat without professional guidance...is seriously unprofitable if you are a food company, a definite career loser if you're a nutritionist, and just plain boring if you're a newspaper editor or reporter. (Or, for that matter, an eater. Who wants to hear, yet again, that you should 'eat more fruits and vegetables'?”

“And so like a large gray cloud, a great Conspiracy of Scientific Complexity has gathered around the simplest questions of nutrition—much to the advantage of everyone involved. Except perhaps the supposed beneficiary of all this nutritional advice: us, and our health and happiness at eaters.”

...Michael Pollan, *In Defense of Food: an Eater's Manifesto*, 2008, #1 NEW YORK TIMES bestseller

Chapter 1 of Michael Pollan's *In Defense of Food*, is called “The Age of Nutritionism.” If you are inherently suspicious when there is an *-ism* on the end of a word, you should be. This author is wary of foods that are now marketed as *nutrients*. More important than the foods themselves, apparently, are the constituents of foods: protein, fat, and carbohydrates, for example, which were identified in the early 1900s by William Prout, an English doctor and chemist. Justus von Liebig, a German scientist credited as one of the founders of organic chemistry identified macrominerals in the soil—nitrogen, phosphorus, and potassium.

Pollan says that in 1842, Liebig, “the father of nutritional science, had driven food into a corner and forced it to yield its chemical secrets.” But the first baby formula ever produced, by Liebig, contained only cow's milk, wheat flour, malted flour, and potassium bicarbonate; babies fed his formula failed to thrive. He had overlooked some essential ingredients found in *plant* foods—a lesson that the British Admiralty finally learned by 1795 after watching their sailors die of scurvy for hundreds of years. They ordered that lime juice and citrus fruits be included in shipboard rations.

Polish biochemist Casimir Funk discovered these micronutrients in 1921 and christened them “vitamines.” Although the middle class was unlikely

to be afflicted with scurvy or beriberi, “the belief took hold that these magic molecules also promoted growth in children, long life in adults, and, in a phrase of the time, ‘positive health’ in everyone.”

The science of nutrition had a kind of glamour that resulted in “a shift from eating food to eating nutrients,” especially after 1977 when the Senate Select Committee on Nutrition and Human Needs, chaired by Senator George McGovern, held hearings to discuss “**an alarming increase in chronic diseases linked to diet: heart disease, cancer, obesity, and diabetes.**” [Can we really have known that link for more than 30 years?]

When the committee issued its “straightforward dietary guidelines, calling on Americans **to cut down on their consumption of red meat and dairy products,**” Senator McGovern's South Dakota cattle rancher constituents engulfed the committee with a “firestorm of criticism.” Instead of “plain talk about actual food-stuffs,” the guidelines were rewritten to say “**choose meats, poultry, and fish that will reduce saturated fat intake**”...

“With these subtle changes in wording a whole new way of thinking about food and health underwent a momentous shift.” Pollan says: **Don't ever again look for any official government dietary pronouncement that tells you to “eat less” of a particular food.** “But there was a

path around this immovable object and it was McGovern's staffers who blazed it: **Speak no more of foods, only nutrients.**”

Eat food. Because real food has disappeared from large areas of our supermarkets, Pollan spends an entire chapter defining food. Rule 1: **Don't eat any thing your great grandmother wouldn't have recognized as food.** This rule will keep many non-food items out of your cart. Rule 2: **Avoid food products containing ingredients that are A) unfamiliar, B) unpronounceable, C) more than five in number, or that include D) high fructose corn syrup.** [Example: Sara Lee's Soft & Smooth Whole Grain White Bread lists fifty ingredients. The 17th one is high fructose corn syrup. And what do you suppose ethoxylated mono- and diglycerides are?] Rule 3. **Avoid food products that make health claims.** Rule 4. **Shop the peripheries of the supermarket and stay out of the middle.** Rule 5. **Get out of the supermarket whenever possible.** “You won't find any high fructose corn syrup at the farmers' market.”

Pollan devotes a third of the book to the Western diet and the diseases of civilization. His cause and effect will not surprise you, but what he says, he says so well. I review books with the hope that you will seek them out, at your local library or at a book store. This one cost less than \$15. It was worth every cent. +++

Suppose you could improve your health with three simple changes?

What if we wrote Michael Pollan's "Eat food, not too much, mostly plants" at the top of our grocery lists, or stuck it to the fridge? Our kitchen is too small for magnet clutter, but maybe I could break my own rule about "no magnets, please."

Page 2, across, introduced **Eat food**. Let's look at the other two directives, which deal with *what to eat* and *how to eat*.

Mostly plants. In the final section, *Getting over Nutritionism*, Pollan first defines food, and then introduces documentation to support his observation that "If you can manage to just eat **food** most of the time, whatever that food is, you'll probably be okay. One lesson that can be drawn from the striking diversity of traditional diets that people have lived on around the world is that it is possible to nourish ourselves with an astonishing range of different foods, **so long as they are foods**. There have been and can be, healthy high-fat and low-fat diets, so long as they're built around whole foods, rather than highly processed food products. Yet there are some whole foods that are better than others, and some ways of producing them...that are worth attending to. For example, *eat mostly plants, especially leaves*."

Pollan interviewed a wide spectrum of nutrition experts, whom he asked, "what are you still sure of?" The benefits of **"a plant-based diet provided the only point of universal consensus."** There are scores of studies demonstrating that a diet rich in vegetables and fruits reduces the risk of dying from all the Western diseases. "In countries where people eat a pound or more of fruits and vegetables a day, the rate of cancer is half of what it is in the United States." Vegetarians are less susceptible to most of the Western diseases, and near vegetarians, or *flexitarians*, are just as healthy as vegetarians. Exactly *why* is not clear. One reason may be that plant foods, with the exception of nuts and seeds, are less energy-dense than other things you might eat, so on a plant-based diet, you consume fewer calories.

What about meat,—"which humans have been going to heroic lengths to obtain...for a very long time"? We cannot live without plants, but we do not *need* to eat meat. Every nutrient found in meat, except for a tiny amount of B₁₂, can be obtained somewhere else. The inexpensive supplement methyl B₁₂ protects nerve and brain cells. Fermented produce can provide it for those who prefer not to take supplements. Meat has both advantages and disadvantages, Pollan says: **"You are what what you eat eats, too"**—see page 1.

Not too much. "If food is more than the sum of its nutrients and a diet is more than the sum of its foods, then it follows that a food culture is more than a sum of its menus...*how* a culture eats may have just as much bearing on health as *what* a culture eats." Some of Pollan's ideas will sound a little foreign to us.

1. **Pay more, eat less.** Pollan believes that the so-called French paradox is grossly misunderstood. "What nutritionism sees...is a lot of slender French people eating gobs of saturated fat washed down with wine. What it fails to see is a people with a completely different relationship to food than we have...They seldom snack, and they eat most of their foods shared with other people. They eat small portions, and they don't come back for seconds."

2. **Eat meals.** Sociologists report that Americans have added to their traditional big three—breakfast, lunch, and dinner—"an as-yet-untitled fourth daily eating occasion that lasts all day long: the constant sipping and snacking that we do while [working], watching TV, driving, and so on." Among 18- to 20-year-old Americans, one fifth of all eating now takes place in the car. Pollan notes that we have re-engineered our cars to accommodate our snacks. In fact, the bulk of our diet over the past twenty years has come in the form of snacks. Portion sizes have swelled, and the snacks themselves "consist mainly of cleverly flavored and configured arrangements of refined carbohydrates, hydrogenated oils, corn sweeteners, and salt."

We also eat fewer meals together. If mom, dad, and the kids prepare entirely different microwaved meals for themselves, we are a long way from Norman Rockwell or *Leave it to Beaver*. People tend to eat more when they can have exactly what they want, which is why major food companies market different entrées to each member of the family.

Here are the rest of his suggestions: 3. **Do all your eating at a table**, and no, a desk is not a table.

4. **Don't get your fuel at the same place your car does.** 5. **Try not to eat alone.** 6. **Consult your gut**; it takes 20 minutes to feel full. 7. **Eat slowly.**

To eat slowly is to eat with gratitude and a fuller understanding of all that is involved in bringing food out of the earth and to the table. 8. If you can, **plant a garden.** Food should *not* be fast, cheap, and easy. "When you are cooking with...gorgeous and semigorgeous fruits and leaves and flesh, you are in no danger of mistaking it for a commodity, a fuel, or a collection of chemical nutrients." Eat food. +++

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Notable Quotables

- **Every valley shall be filled?** Here's how long it takes for the items that end up in landfills to decompose. "Paper: two to five months; orange peels, six months; milk cartons, five years; filter-tip cigarettes, 10-12 years; plastic bags, 10-12 years; leather shoes, 10-20 years; plastic containers, 50-80 years; disposable diapers, 75 years; tin cans, 100 years, aluminum cans, 200-500 years." Styrofoam never decomposes. [Angie Olson, Hastings MN, faxed me this from a column in the *Star Gazette*, June 09.]
- **Cost of grocery waste.** A UN report found that total American food waste, what stores throw away and what we pitch from the fridge, is worth \$48 million a year. "We waste between 1/4 and 1/2 of all food we produce," says a journalist who blogs about food waste. Also, since non-local food travels 1500 miles to reach our tables, some of it spoils in transit. *Parade*, June 20, 2008.
- **Good grilling.** To minimize heterocyclic amines [HCAs] when you grill meat, chicken, or fish, 1) **marinate**; it doesn't seem to matter how long the food sits in the liquid; 2) **keep it moist**; the drier and more well done the meat, the more HCAs you get; 3) **remember—grilling and barbecuing create the most HCAs**. Next comes broiling. Baking, roasting, and stir-frying create less; 4) **flip frequently**. Six minutes per side cuts the HCAs by 70% because the surface temps stay lower; 5) **skip the pan drippings**. If the meat or poultry is well-done, the drippings can have more HCAs than the food; 6) **eat your veggies**. Veggie burgers and cooked vegetables generate few or no HCAs [but watch the sodium in veggie burgers.] Cruciferous vegetables like broccoli and Brussels sprouts may help the liver detoxify the HCAs. *Nutrition Action Healthletter*, June 2009.

Grilling? Yes, there really is a National Hot Dog and Sausage Council

According to *Real Simple*, July 2009, Americans will consume 150 million hot dogs on the 4th of July, not to mention the ones you feed your grandchildren some other times during the summer. Page 172 of the magazine pictures the best beef, best pork and beef, best turkey, best chicken, best vegetarian "dogs." We will probably buy "best uncured": Applegate Farms Organic Uncured Beef Hot Dogs for our grandgirls. Here are the stats: "This uncured (meaning largely nitrate-free pick is made from grassfed beef. Its firm skin offers a satisfying

snap with every bite."

"Nitrites 101: What are they?" Nitrites and nitrates are compounds added to hot dogs and cured meats to extend their shelf life and improve color. They also occur naturally in spinach and some root vegetables.

"Are they bad for you?" Potentially yes, say experts. Once digested nitrites and nitrates can form nitrosamines, which have been linked to cancer in test animals. To reduce their risk, the USDA requires hot dog makers to add antioxidants, like vitamin C, to their products.

"How can I make a hot-dog meal healthier?" Anyone with a hot-dog habit (say, one or more per week) should try pairing their hot dogs with an antioxidant-rich food, like tomatoes or vitamin C-packed orange juice. Or opt for uncured dogs instead."

If you are grilling your dogs, remember that grilling itself creates a source of nitrosamines, so don't do it every day all summer. And include plenty of fruits and vegetables in your on-the-deck meal. The grandchildren will enjoy stacking their own kabob sticks with fresh pineapple, peppers in 3

or 4 colors, olives, mushrooms, cherry tomatoes, baby onions, and summer squash—well, maybe not the squash.

I can send you a copy of a Netscape article about an international study that followed 4,700 adults, ages 40-59. Researchers learned that people who get most of their protein from vegetables have much lower blood pressure than those who eat a lot of meat and dairy products. You don't need to shun all meat to benefit. Any increase in the ratio of vegetable protein to animal protein will lower your blood pressure some. +++

Creating less garbage, because the future matters

There's a Q&A in the July 2009 *Real Simple* with Ari Derfel, owner of Terrain, an organic restaurant in Berkeley CA, who saved every piece of trash he produced for 365 days. He says he did it because he wanted to learn about **what** he consumes, **how much** he consumes, and **where** his consumption impacts him: his body, his wallet, and his quality of life.

Did he literally save every single thing? Yes, except all organic matter, which he composted. He even brought home every piece of trash he created on vacation, including paper table cloths in restaurants.

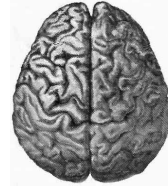
How much did he accumulate? A pile as large as a queen-size mattress, and weighing 238 pounds: 143 lbs of glass; 26 lbs of plastic; 21 lbs of paper; 11 lbs of metal; 6 lbs of Tetra Pak beverage containers; and 31 lbs of miscellaneous waste.

What did he learn? That the majority of his trash came from food packaging. "As a result, I can't buy a single thing without thinking of the energy that went into manufacturing it, how far its parts traveled until it was assembled, and how far it traveled then to get to the store where I purchased it."

What can WE learn? I'd suggest we keep canvas bags in our cars and take them with us into every store when we shop, not just grocery stores. That way the "paper or plastic" question can be answered with the only good answer: neither. Even recycling is suffering from the downturn—fewer countries want our trash, nor are they willing to pay for shipping it to them. Countries like Bangladesh, where everything is reused, do not allow plastic bags at all. Bulk purchasing at co-ops makes good sense, of course. +++

"He who controls the present controls the past, and he who controls the past controls the future."—the underlying principle for the work that Winston Smith did at the Ministry of Truth, in George Orwell's novel, *Nineteen Eighty-Four*.

circle of influence



summer 2009

LET'S TALK ABOUT *FOOD FOR THOUGHT*

Smith is the most common last name in the English language. George Orwell, writing in 1948, spins a cautionary tale about everyman, or anyone, who wants to take a stand for what is right. Winston Smith's job at the Ministry of Truth is to fabricate history. By rewriting history, he helps determine what future generations will think happened.

Winston works day after day in his little cubicle, surrounded by other equally diligent employees, retrieving from a pneumatic tube, over and over, little news items. His job is to rewrite each one of them to say the opposite, convincingly, and return it to the tube. It will then be sent to another set of newspapers for that day. Millions of those will be printed and all of the old copies will be destroyed. There are four great government apparatuses: the Ministry of Truth, which is devoted to lies, the Ministry of Peace, which is devoted to war, the Ministry of Plenty, which is devoted to consciously-controlled poverty, and the Ministry of Love, which is devoted to torture and hate. The world of 1984 is one in which language itself must be controlled, and speech must be constantly revised to reflect the political currents of the time. What the Party wants said must be said in approved language, so there is an elaborate dictionary against which all communication must be judged. Many words from the English language have either been eliminated or redefined, so that any thought of genuine individual liberty or honor is removed. Because Winston has spent his adult life in this atmosphere, he can only vaguely remember when London was **not** a boarded-up little city. Part of his job is to make sure that every brave, honorable person has disappeared from history, so he can just barely remember his mother, who disappeared...

I am not going to pursue this review. Instead, let the following current news stories, written some 60-years later, ruminate in your grey matter.

• **Before and after.** House Speaker Nancy Pelosi, in 1991, unfurled a banner in Tiananmen Square where thousands of student protesters and civilians had died in a massacre two years earlier. "The banner proclaimed: '*To those who died for democracy in China.*'" On her visit to China in May 2009, the twentieth anniversary of the massacre, she "adopted a softer tone, reflecting the Obama administration's evolving approach to foreign relations with severe nations. Her only mention of human rights came in the context of global warming: 'Indeed, protecting the environment is a human-rights issue.'" She added, "One important part of the [environmental] coalition is the faith-based community, including evangelicals, because they believe as many of us do, that this planet is God's creation and it is our moral responsibility to preserve it." Perhaps she might have addressed also the right of Chinese Christians to worship freely. The US Commission on International Religious Freedom names China, a country of "particular concern," where "Religious activities are tightly controlled and some religious adherents were detained, imprisoned, fined, beaten, and harassed." Jamie Dean, "Game Changer," *World magazine*, *WEB EXTRA*, May 28, 2009.

• **A paradigm.** Scott Roeder, the suspect in the murder of Dr George Tiller, a Kansas physician who performed late term partial-birth abortions, is described by his ex-wife as "very religious, in the Old Testament, eye-for-an-eye way." Candlelight vigils and an "outpouring of testimonials witnessed to Tiller the kindly father and grandfather, faithful husband, pillar in his church and courageous defender of women who supposedly had nowhere else to turn. But there's a reason why so few doctors perform late-term abortions: Few have the stomach for a procedure that involves delivering a viable infant feet first and then crushing its head. Though he claimed to persevere in his controversial profession as a matter of principle, Tiller also made a lot of money from his practice, many thousands of which he donated to the campaigns of politicians who defended him (including the former governor, now Secretary of Health and Human Services, Kathleen Sebelius.)...The murder of George Tiller will most likely vault him into martyrdom and obscure the truth even more. It's a paradigm of what a tangled web the issue has become: tragic for both abortionists and their critics, and most of all for the millions of unborn who will never see the light of day." Janie B. Cheaney, "*Bleeding Kansas*," *World*, June 20, 2009.

• **Really organic?** Big business is changing the definition of “organic” and not for the better, according to longtime organic farmers. Small organic dairy farmers complain that Dean Foods is slapping the “organic” label on its Horizon Brand of milk, even though its cows spend as little as five minutes a day outside. “That might be technically organic,” says Mark Kastel of an advocacy group for small organic farmers. Agribusiness giants like General Mills use large-scale industrial farming techniques on their organic farms, undermining the small scale philosophy of the origin of the organic farming movement. “Everybody wants a piece of the pie, says George Siemon, CEO of the Organic Valley farm cooperative. “Kraft and Wal-mart are a piece of the community now, and we have to get used to it.” *THE WEEK*, July 3-10, 2009.

• **Hunger and obesity: symptoms of the same crisis.** “The shantytowns of outer Johannesburg are increasingly becoming a site for one of the most peculiar and disturbing trends in the global food crisis. More and more malnourished children are being raised by adults suffering from obesity-related illnesses. And the circumstance isn’t unique to the Johannesburg slums. In country after country where rates of hunger are already high, obesity related illnesses are on the rise.

“Globally, more than 850 million people are hungry. More than twice that number are at risk of life-threatening diseases resulting from obesity...While the world is producing more food than at any point in history (more than enough to meet the world’s need, in fact), a byproduct of mass production has been a steady decline in the nutritional value of what is being produced. New research is demonstrating that processed food and food grown with industrial fertilizers are often nutritionally inferior. As such foods, high in fat, sugar, and salt, become a large part of the global diet, more and more people are suffering from harmful deficiencies of vital nutrients...While children during the a critical stage of development may go hungry for lack of proper nutrition, adults in the same household struggle from obesity resulting from the calorie-dense, nutrition-poor food they are eating. In addition, fast food and junk food corporations are expanding into low-income countries across the globe...Lacking the means to buy healthier food, families opt for what they can afford.” The industrialized food system is able to reduce costs “by mono-cropping, using chemical fertilizers, planting GMOs, and using high-tech processing to boost efficiency.” As a result, these corporations produce “foods that are the cheapest on the market and high in calories,” but they are lacking in adequate nutrition. “From seed to plate, corporations are manipulating food chains,” said Associate Campaigns Director [of Corporate Accountability] Judy Grant. *Corporate Accountability International*, fall 2008, or visit www.StopCorporateAbuse.org

• **Ranking the big Pharmaceuticals.** “Drug companies like Merck and Pfizer wield a huge amount of influence over federal and state governments, international trade, and patent law, and their corporate behavior is shocking,” says Vickie Kreha, Green America’s Responsible Shopper coordinator. “Pharmaceutical companies have engaged in misleading drug marketing, violating environmental protection laws around the world, and overcharging people—especially in developing countries—for vital medicines.” To see how their researchers rank the big drug companies against each other on their environmental, social, and ethical histories, visit ResponsibleShopper.org *Real Green*, spring 2009.

• **Private profits from health hysteria.** “The proponents of vaccination want you to line up for a series of booster shots every few years...There’s a flu shot you’re supposed to take each winter. But don’t worry. After all, there’s a government agency checking vaccines to make sure they’re safe...

“Not really. Did you know that more than 40 of the vaccines used in this country are manufactured in China? ...Shockingly, the FDA only checks these Chinese factories once every 13 years. It’s not only contaminants and impurities you should worry about...Mutated versions of viruses used in some vaccines can hide in your body for decades...” Russell Blaylock MD, Newsmax.com, May 6, 2009.

• **“It’s poison,”** says Danny Hauser, the 13-year old, who ran away in May, along with his mother, rather than have a second round of chemo. “Danny and his parents credit their alternative therapies, [which they are continuing], rather than chemo for the fact that the tumor is shrinking,” says an ABC reporter. His mother, who agreed to the chemo rather than lose custody of Danny, says the court-ordered treatment is hitting her son hard, “There’s a lot of crying.” He complains of dizziness, lack of energy, and headaches. But the prosecutor in the case, Brown County attorney James Olson, “isn’t buying into the [family’s] claims that Danny’s progress came from alternative therapies.” [The headline of the article is “*Minnesota teen’s tumor has shrunk after court-ordered chemo.*”] Barbara Pinto, et al, *ABC NEWS* online, 28 June 2009. +++