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Hi All

This instalment of Food for thought is a little different from previous issues.

I am wanting to bring to you a very condensed version of other's works that I feel is not just food for thought but incredibly confronting and controversial.

Due to my type of work I have many hours after my shift where I can read many books and speak with other people whom many are far more worldly and educated than I and have found many share my passion for honest un-complicated and non engineered food.

These discussions and publications have inspired me to tell you about these experiences and to hopefully encourage you to take the time to read and watch what I will discuss here and hopefully you will be so enraged, so shocked that like me you all will feel compelled to tell everyone.

Having read some very good books on Natural sequence farming and Bio and Organic farming methods, I happened upon a DVD out of the US that is making waves around the world called Food Inc.

This documentary shows what companies can do to our food, its manufactures and farmers from conception to consumption. It highlights the horrific potential consequence of these actions and the devastating impact on human health. All the while concentrating on profit and efficiency at the expense of food nutrition and in many cases human lives¹. By the patent on plant genetics being able to control the farmers entirely and its impact on their livelihood.

One man stands out in this; a man who is incredibly intelligent and refuses to change how he produces food and proves that profitable and sustainable agriculture business can be achieved keeping ethical treatment of animals and humans intact.

It is very scary stuff; don't let this happen in Australia!