



ORGANIC BYTES

November 2, 2006 · Issue 94
www.organicconsumers.org

Food and Consumer News Tidbits with an Edge... From the Organic Consumers Association
Please forward this publication to family and friends, websites, print it, & post it. Knowledge is power!

Alert: Study Shows Military Pollution Poisoning US Food Supply

A new analysis of data from the US Centers for Disease Control indicates that a toxic chemical in rocket fuel has severely contaminated the nation's food and water supply. Scientists warn that the chemical, known as perchlorate, could cause thyroid deficiency in more than 2.2 million women of childbearing age. This thyroid deficiency could damage the fetus of pregnant women, if left untreated. Perchlorate, the explosive ingredient in solid rocket fuel, has leaked from military bases and defense and aerospace contractors' plants in at least 22 states, contaminating drinking water for millions of Americans. Despite massive complaints, defense contractors such as Kerr-McGee have done little or nothing to clean up the pollution. Perchlorate has also been widely detected in milk, lettuce, produce and other foods. In an alarming study, the CDC found perchlorate in the urine of every person tested. The OCA has mobilized thousands of organic consumers to pressure the EPA and government officials to begin a massive clean up of perchlorate for over a year.

Learn more and take action:
www.organicconsumers.org/perchlorate.htm

Sweatshop Scandal: Wal-Mart, Hanes, JC Penney & Puma

Major US clothing companies continue to exploit children in overseas sweatshops. In the latest in a series of reports from the National Labor Committee (NLC), brand name Wal-Mart, Hanes, JC Penney, and Puma clothes have been traced to a Bangladesh sweatshop. An estimated 200 children, some under eleven years of age, are being forced to work over 100 hours per week and are being paid six and a half cents per hour to make these clothes. "It is time for these US companies to act immediately, today, to guarantee that this does not happen and that the children are returned to school," said Charles Kernaghan, director of the NLC. Check out OCA's Clothes for a Change campaign to learn more about organic and fair trade clothes and textiles.

www.organicconsumers.org/clothes/

Decoding Meat Labels for the Sensitive Carnivore



As animal welfare labeling claims on meat, dairy and eggs continue to proliferate, humane-minded carnivores everywhere are starting to get confused. When a label says "free-range", "grass-fed" or "cage-free", is this really true? Whole Foods Market has recently added a new "animal compassionate" label to meat products in their stores (indicating the animal was treated humanely up until slaughter). The federal government generally does not regulate how farm animals are treated, nor do they verify animal-welfare labels. The government does attempt to require that labels be truthful and has established definitions for common designations like "free range". Yet some third party labeling standards, like Whole Foods new label, are actually more rigorous than the industry norms. Two other highly credible labels

to look for include the "free-farmed" label (overseen by the American Humane Association) and the "certified humane" label (administered by Humane Farm Animal Care).

www.organicconsumers.org/2006/article_3207.cfm

US Industry Still Trying to Force GMOs on Europeans

The pro-biotech American Soybean Association (ASA) is planning to file an international lawsuit against the European Union (EU) to force them to stop requiring labeling and pre-market safety and environmental testing of genetically modified foods and crops. The EU's precautionary approach to genetically modified organisms (GMOs), implemented in the face of mass consumer pressure, has basically closed the door on US soy exports. Ninety-percent of the US soybean crops are now genetically modified. The ASA claims it will enlist members of Congress to support bringing the industry's case to the World Trade Organization.

www.organicconsumers.org/2006/article_3265.cfm

Written and edited by
Craig Minowa & Ronnie Cummins

Anti-Cancer Agency Has Tumors of Its Own

The OCA's International Oversight Board has issued a letter to the newly appointed Chair of the National Cancer Institute requesting a change of policy in matters of advisory committee appointments. Although the highly respected NCI was originally established to serve as a non-biased organization for battling environmental sources of cancer, the agency's advisory committees are routinely stacked with industry representatives. The OCA calls on NCI to address all flagrant conflicts of interest and reestablish a decision-making process based on sound science and involving all stakeholders. Read the letter:

www.organicconsumers.org/2006/article_3199.cfm

Fresh Organic Foods That Fight Cancer

Naturopaths around the world are recommending organic food for detoxification of cancer cells. Although many of the dietary remedies for human ailments have been known for centuries, an increasing number of nutritional scientists have been conducting studies that validate many of these traditional remedies.

www.organicconsumers.org/2006/article_3100.cfm

CANCER-FIGHTING FOODS

- ✿ Eat fresh foods. The live enzymes act as a catalyst for detoxification.
- ✿ Cabbage speeds up metabolism of estrogen and is useful in colon cancer.
- ✿ Beet juice has cancer-fighting properties, as it is rich in sodium, potassium, phosphorus, calcium, sulphur, chlorine, iodine, iron, copper, Vitamin B1, B2, B6 niacin.
- ✿ Citrus fruit juices, like lemon, orange and grapefruit, are used by naturopaths as anti-cancer compounds.
- ✿ Studies also show spinach, lettuce and broccoli juice act as antioxidants.
- ✿ While wheat bran decreases estrogens in blood, wheat grass juice repairs damaged cells in leukemia patients.

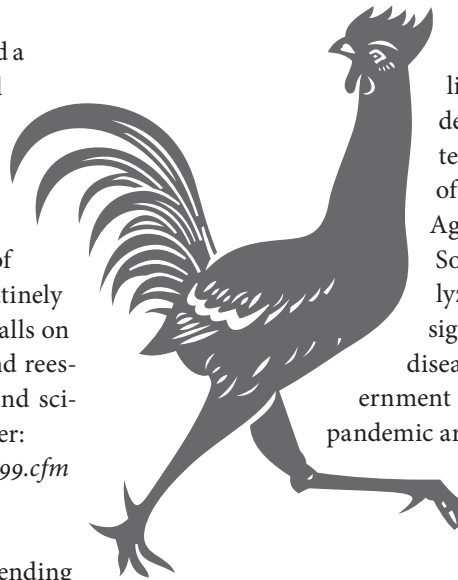
Vote Organic

The November 7 elections are just around the corner. How well do you know the candidates running for office from your area? OCA's allied lobbying organization, the Organic Consumers Fund (OCF), has put together a detailed nonpartisan *Organic Consumers Political Candidate Survey* to identify candidates who support organic agriculture, and are willing to get behind legislation that promotes health, justice, peace, and sustainability. Learn more about your local and Congressional candidates and spread the word about the survey by visiting the OCF website:

www.organicconsumersfund.org

Link of the Week

Dr. Michael Greger's compelling analysis of the Bird Flu pandemic is now available in its full text online. Greger, the director of the Public Health and Animal Agriculture sector of the Humane Society of the United States, analyzes how factory farming plays a significant role in the spread of the disease and how the expensive US government policies regarding the potential pandemic are flawed: www.BirdFluBook.org



Be an OCA State News Scout

We need your help. Become a News Scout! The OCA, with your help, will be unveiling News and Action Centers for all 50 states in the next few weeks. We want to keep your state's news items up to date. Send us news, events, organizations, and campaigns for your state www.organicconsumers.org/state/statecontribute.cfm

Please Donate to the OCA

As a nonprofit, we need your donations so we can continue to move forward. You can donate online at:

www.organicconsumers.org/donations.htm

Or mail your tax deductible donation to the OCA:

Organic Consumers Association

6771 South Silver Hill Drive

Finland, MN 55603

Or by phone: 888-403-1007 (toll free).

For many more food issue daily headlines:

www.organicconsumers.org/log.html

Organic Bytes is a publication of the Organic Consumers Association

6771 S. Silver Hill Drive · Finland, MN 55603

Phone: 218-353-7454 · Fax: 218-353-7652

Note to co-op and natural food store subscribers: *Organic Bytes* is a great tool for keeping your staff and customers up to date on the latest issues. Feel free to print *Organic Bytes* for posting on bulletin boards and staff break tables. You are welcome to use this material for your newsletters.

Subscribe to *Organic Bytes*:

www.organicconsumers.org/organicbytes.htm

