Our Forgotten Sacred Relationship with Food

Kaare Melby, OCA’s Organizing Coordinator, writes:

“Over the past several decades, Americans have begun to realize that our food is making us sick. In a quest to understand why, we discovered that our food is filled with synthetic chemicals, preservatives, highly processed ingredients, and even ingredients derived from synthetic biology! At some point along the line, many commodity crops became synonymous with chemicals, GMOs, and junk food. Over time, people began to simply avoid the most common commodity ingredients entirely. People decided that corn, soy, wheat, and even meat (and animal products) were bad for you. I’d like to propose an alternative perspective: it’s not the plants and animals that are bad for us, it’s that we have lost the traditions and agreements that built our mutually-beneficial relationships with these plants and animals.”

Read more: https://orgcns.org/3MXsGqT

Tracking the Pesticide Industry Propaganda Network

US Right To Know reports:

“Since their records do not inspire trust, these companies rely on third-party allies for their PR and lobbying. The fact sheets below shine light on this hidden propaganda network: the front groups, academics and writers the pesticide companies rely on to promote and defend pesticides and the genetically engineered (GMO) seeds designed to increase pesticide sales. Our reporting is based on internal corporate and regulatory documents obtained via public records requests in a years-long investigation by U.S. Right to Know. Our investigation inspired a counter campaign by the pesticide industry which has tried to discredit our work. According to a Monsanto PR plan, “USRTK’s investigation will impact the entire industry.”

Read more: https://orgcns.org/42vSfF

FDA Standing in the Way of Natural Pain Management

From the Alliance for Natural Health, USA:

“The FDA recently held a Stakeholder Call with the hemp industry to provide further information on the agency’s plans to regulate CBD. Recall that the agency has rejected CBD as a supplement and is working with Congress to develop a “new pathway” for CBD. Details on this new pathway are scarce, but the idea seems to be to regulate CBD more than supplements but less than drugs. This will likely drive up the price of CBD and make it less available to consumers. We need to support bills that take this issue out of the FDA’s hands to create a legal pathway to market CBD supplements.

Read more: https://orgcns.org/3J0PTao

Linoleic Acid — The Most Destructive Ingredient in Your Diet

Dr. Joseph Mercola writes:

“Primary sources of linoleic acid (LA) include seed oils used in cooking, processed foods and restaurant foods made with seed oils, condiments, seeds and nuts, most olive oils and avocado oils (due to the high prevalence of adulteration with cheaper seed oils), and animal foods raised on grains such as conventional chicken and pork… Linoleic acid found in vegetables and seed oils may be the biggest contributor to chronic disease in the Western world.”

Read more: https://orgcns.org/3Chz2ML

Fungi Stores a Third of Carbon from Fossil Fuel Emissions

Cell Press, Phys.org writes: “Mycorrhizal fungi have been supporting life on land for at least 450 million years by helping to supply plants with soil nutrients essential for growth. In recent years, scientists have found that in addition to forming symbiotic relationships with nearly all land plants, these fungi are important conduits to transport carbon into soil ecosystems.

Read more: https://orgcns.org/3qxqHl

How to Grow a Permaculture Food Forest in Your Yard (and Why You Should)

Becca Lewis writes on Lifehacker:

“The idea of a food forest is new to many of us, but it’s actually an ancient way of growing food, dating back at least 2,000 years. Rather than strict rows and bare soil between plants, the features of a food forest are layered, looking to an uninitiated observer like a naturally occurring feature in a forest, so it wasn’t until the 1970’s that the idea became popularized as a form of gardening for the urban and suburban gardener...Starting a permaculture food forest requires enough space for at least a few trees and shrubs so that you can plant your forest from tall to short. For maximum sun exposure, plant your tallest trees first—from south to north in the northern hemisphere, and north to south in the southern hemisphere. You might start with nut trees; then fruit trees like pear, cherry, and apple; then shrubs like blueberries, raspberries, hazelnuts, and rosemary; then herbs like oregano, thyme, and sage; and finally use a cover crop that will help attract pollinators and add nutrients, like clover, vetch, bush beans, or other nitrogen fixing plants.”

Read more: https://orgcns.org/43O2buV

Understanding Food, Acidity, Alkalinity, and Net pH

When it comes to food pH and health, there is a lot of confusion. If a lemon is acidic when it’s outside of the body, can it have an alkalinizing effect on the body when eaten? And why does it matter? The answer may be simpler than you think, but it does require a change in how we think about our food and its effect on the cells and systems of our bodies. In this special episode of Good Vibes Healing, Dr. Henry Ealy of the Energetic Health Institute and Alexis Baden-Mayer of the Organic Consumers Association explore the confusing topic of food pH and how it can affect your health.

Watch more: https://orgcns.org/43PaXJa