



Restrict Risky mRNA Foods!

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Risky mRNA technology is already being used to produce our food. State legislators are playing catch-up, trying to get ahead of these new GMOs with bills to restrict or label mRNA foods.

Old GMOs modify DNA. These new GMOs modify RNA, but the impact on the eater is the same: they expose us to new proteins that could be toxic or allergenic. As this explainer in the Atlantic puts it:

"People rely on proteins for just about every bodily function; mRNA—which stands for messenger ribonucleic acid—tells our cells which proteins to make. With human-edited mRNA, we could theoretically commandeer our cellular machinery to make just about any protein under the sun. You could mass-produce molecules that occur naturally in the body Or you could request our cells to cook up an off-menu protein...."

What "off-menu" proteins are being produced inside the bodies of food animals receiving mRNA vaccines is anyone's guess.

TAKE ACTION: Tell Your Lawmakers to Restrict Risky mRNA Foods!

<https://orgcns.org/3MlzHwp>

Hemp May Help Solve Native Housing Shortages

Indian Time writes:

"This project could be an example of what the future looks like," Winona LaDuke told Tribal Business News. "We put up walls in a single afternoon. Each of the panels weighs like 400 to 500 pounds – a few guys could lift them. I've never seen anything like it."

Hempcrete, derived from combining unused hemp plant stems or 'herd' with lime, is an energy-efficient building material gaining traction in parts of Indian Country.

According to LaDuke, this unique material offers the possibility of constructing swift, cost-effective housing that boasts reduced energy expenses due to its inherent energy efficiency. Additionally, hempcrete's lightness and ease of use mean that smaller construction teams can efficiently erect new buildings."

Read more: <https://orgcns.org/3sBYllq>

Top Tips to Cope With Seasonal Affective Disorder

* Seasonal affective disorder (SAD) is a form of depression that occurs seasonally, typically ramping up in the fall and winter months and disappearing come spring

* An estimated 20% of Americans are affected by SAD each winter

* Common SAD symptoms include oversleeping, intense carbohydrate cravings, overeating and weight gain. Some people also have trouble concentrating and withdraw socially

* Two of the most important treatment strategies for SAD are optimizing your vitamin D level and sun exposure. Light therapy has been established as the best available treatment for SAD

Read more: <https://orgcns.org/46hqS3F>

U.S. Food Companies Trapped on Pesticide Treadmill

New report from As You Sow:

"As You Sow released its third 'Pesticides in the Pantry' report today, ranking 17 major food manufacturing companies on their progress in pesticide reduction and the adoption of regenerative agricultural practices.

Compared to As You Sow's 2021 report, the overall average scores dropped from a "D" to an "F" due to continued heavy pesticide use in major food supply chains and a lack of progress in reducing harm to farmworkers, fenceline communities, ecosystems, pollinators, farm resiliency, and climate health.

'These companies are at a crossroads that will determine the health of our land, our communities, and their own viability as an industry,' said Dendas. 'All companies need to monitor pesticide use in their supply chain strictly. But they can't stop there. Food companies must ensure that regenerative agriculture policies are adopted to protect farmworkers and nearby communities and reduce harm to soil, waters, ecosystems, and climate.'"

Read more: <https://orgcns.org/40lcfou>

Biodynamics: Farming in Service of Life

The Biodynamic Association writes:

"The Biodynamic Association (BDA) awakens and enlivens co-creative relationships between humans and the earth, transforming the practice and culture of agriculture to renew the vitality of the earth, the integrity of our food, and the health and wholeness of our communities. The BDA is a participatory, membership-based nonprofit organization that works to nurture the North American biodynamic movement as a diverse, collaborative, and thriving ecosystem. We aim to incubate strong leadership in the biodynamic community; grow the community of biodynamic farmers, ranchers, gardeners, and land stewards; communicate the powerful vision of biodynamics and the potential it holds for the Earth; and nurture the deep spiritual roots and insights of biodynamics."

Read more: <https://orgcns.org/40Maabt>

How One Man Single-Handedly Saved A Rare Butterfly Species

By Meghan Cook, Good Good Good:

"One person can make a world of difference. Tim Wong, a senior biologist at the California Academy of Sciences, single-handedly brought a struggling butterfly species back to his home city of San Francisco.

'I became aware of the California Pipevine swallowtail — which is native here to San Francisco — a couple years ago,' Wong said in an interview with The Weather Channel this past summer. 'I was looking into trying to create a pollinator habitat in my own backyard and I found that there were some native butterflies that needed a little extra help.'"

Read more: <https://orgcns.org/3MKzWRa>