

ANSWERING OUR URGENT NEED

To Adopt An **Eco-Sustainable**
Eating Model!



BY CANDIA LEA COLE
Creator of the **Eco-Intelligent Eating Model™**

Answering Our Urgent Need to Adopt an Eco-Sustainable Eating Model!

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“HELLO, IT'S NICE TO MEET YOU”!



Hello, my name is Candia Lea Cole, and I'm the founder of Eco-Learning Legacies. My passion is creating lifestyle education products for individuals, families, and health educators that support them in learning about (and teaching others about) eco-intelligent living. In my professional work, I am known by my peers as “The Eco-Conscious Cook” and “The Soulful Eco-Lifestyle Mentor.”

As a prize-winning organic cook, and the author of three whole foods cookbooks, my passion for health and wellness began in the early 1970's during my teenage years. At that time, I found myself struggling to understand, manage, and heal the symptoms of “environmental illness.” Because doctors were not yet trained to recognize or treat this condition, I, along with my mother, embarked on a quest to find answers, as well as a new breed of doctors.

While taking it upon myself to study the Natural Healing Arts, including traditional forms of health care that the ancients have employed throughout history, I discovered the importance of living in balance and harmony with the natural world. I realized that I could not be healthy if the Earth and all living things were not healthy. That's when I made the conscious decision to adopt a clean, green, non-toxic, organic lifestyle, one that I imagined would protect and sustain the Earth's health, and protect and nourish my health too!

While learning about the health properties that are contained within whole foods, I was inspired to use food as a form of medicine. I started to experiment in my family's kitchen with the creation of meals, snacks, and beverages (made from whole, organic, plant-based foods), that I imagined would restore my health. My experiments were a success --they supported me in cleansing, detoxifying, and balancing my internal

organs. Before too long, I felt well enough to begin teaching nutrition classes in my community.

During the 1980s, I established two natural foods catering services. *Gourmet Gatherings* provided artistic whole food buffets to the general public as well as a growing community of health professionals. *Meals That Heal* catered to people with special dietary needs. Inspired by the many requests for my recipes that my catering services invited, I began to entertain the dream of writing a cookbook. However, many years would pass before this dream would become a reality, because I found myself quite busy while fulfilling my duties as the single parent of a young child.

In 1989, my mom told me about an opportunity to enter one of my recipes into a local cooking contest (Minnesota's 1st Great Growing Organic Food Fest), one whose aim was to promote the benefits of organic agriculture. That's when my big break came about. My recipe was awarded first prize (\$1,000) and my story was featured in our local newspaper. After sharing the news clipping with a California-based publisher (formerly known as Woodbridge Press), I was offered the opportunity to publish my first cookbook: *Not Milk NUTMILKS!* The global success of my first book led to the publication of two companion books, including: *Gourmet Grains: Main Dishes Made of Nature* and *Super Smoothies! Taste the Nectar of Life!*

Throughout the early-mid 90's, the recipes in my cookbooks garnered praise from the general public as well as prominent doctors, authors, cookbook critics, news columnists, and radio and T.V. talk show hosts alike, who regarded my work with food as "visionary." My work was highlighted in newsletters such as Dr. Julian Whitaker's *Natural Health and Healing*, and my recipes (along with my styled food photos) were featured in popular magazines, such as *Vegetarian Gourmet*, *Woman's World*, and *Veggie Life*. In addition to writing, I also spoke at health expos in my community and co-promoted national grassroots events at my kids' schools, such as "The Great American Meat-Out" and "Celebrate Organics!"

During the late 90s, after being invited by the heads of a nutritional supplement company on the west coast to host an edutainment event for teens and young adults, I was awakened to my true calling. This is the calling to prepare young adults for their future on earth. It is to reawaken what I call their innate "eco-intelligence", and teach them the importance of integrating their personal health needs with the planet's health

needs. The educational tools that I have since created for supporting our youth and their families in doing this include the following:

- The Eco-Intelligent Eating Model™ (Featured in this booklet.)
- The Eco-Intelligent Eating Advocate Training© (Details are included in this booklet.)
- Tabletop TUTORSTM (125+ colorful text-rich info-graphics, that teach about all facets of clean eating and green living)
- Eco-Bites Food Treasure Hunt© and Farm Alarm Crossword Puzzle©
- 3 Cookbooks and Cooking Videos: Nut Milks, Super Smoothies, and Gourmet Grains (Featuring plant-based whole foods recipes)
- Parenting Our Special Needs Youth The Eco-Intelligent Way
- Eco-Intelligent Remedies for Autism Spectrum that Think Outside the Box (Featuring drugless, non-toxic, holistic health solutions)
- Eco-Intelligent Autism Caregiver & Mentor Training©
- Eco-Intelligent Lifestyle Podcasts (Eco-intelligent living)
- Eco-Mentor Feminine Leadership Trainings (Introduces six steps to eco-intelligent living and leadership)

To learn more about these educational tools, and to make a connection with me, I invite you to visit my website: www.ecointelligenteating.com

In the spirit of health and wholeness,

Candia Lea Cole

Founder, Eco-Learning Legacies



TABLE OF CONTENTS

Prelude

Pg. 1

Humans and the Earth Are on a Collision Course (Industrial Agriculture
Isn't Helping!)

Pg. 2

Is the USDA Eating Model the Biggest Exploiter of Our Ecological Health
& Well-Being?

Pg. 16

The Inside Scoop on the USDA Eating Model (Examining the Flaws that
Researchers Have Discovered)

Pg. 20

Meet the Eco-Intelligent Eating Model™

(An Organic, Sustainable Eating Model, whose Time Has Come!)

Pg. 24

Exploring the Traditional Whole Foods that the Eco-Intelligent Eating
Model Endorses

Pg. 31

Why Do Some People and Groups Think the Organic Food Movement is
a Hyped-Up Marketing Gimmick?

Pg. 34

Extolling the Multiple Health Benefits of Organic Foods
(Including their Flavors and Antioxidant-Rich Health Values!)

Pg. 38

Nurturing the Healthy Dietary Instincts You Were Born With

Pg. 41

Feed and Nourish Your Eco-Intelligence!

(An Invitation to Participate in My Eco-Intelligent Eating Advocate©
Training)

Pg. 48

Praise for the Eco-Intelligent Eating Advocate Training

Pg. 60

PRELUDE



We have been taught in our American society to rely on a standardized eating model (the USDA Eating Model) for guidance on what types of foods to eat. We've turned to this eating model for advice about how much of these foods we should eat in order to meet our daily requirement for protein, carbohydrates, fats, and other nutrients. What we haven't been taught is that the recommendations given to us on this eating model are based on the economic interests and biases of the colossal food producing industries--the industries that produce meat, dairy products, sugar, and fat.

Along with our government, these industries have made the decision to place profit before the health of people and the planet. They have made the decision to ignore the warnings of the world's scientists, who have implicated industrial food production in the development of ecological problems such as rainforest destruction, topsoil erosion, species extinction, water and air pollution, and global warming. In the 21st century, we need to do better. We need to get real and get honest about how our industrial food production system is harming the health of the planet. If our planet can't sustain life, our own health and future are in peril! Our health and the planet's health are inextricably linked!

The goal associated with the sustainable eating model that you'll become acquainted with in this book is to eat more organically raised food. It is to stand up against multinational corporations responsible for privatizing seeds and for promoting chemically dependent agriculture. It is to protect the health of land, water, air, plants, animals, fish, and insects from abuse. It is to protect the rights of farmers, farm workers, and other food workers.

HUMANS AND THE EARTH ARE ON A COLLISION COURSE

(Industrial Agriculture Isn't Helping!)

A Warning from the World's Scientists



In 1992, 1,700 of the world's leading scientists, including the majority of Nobel Laureates in the sciences, stated the following: "Human beings and the natural world are on a collision course. Human activities inflict harsh and often irreversible damage on the environment and on critical resources. If not checked, many of our current practices put at serious risk the future that we wish for human society and the plant and animal kingdoms, and may so alter the living world that it will be unable to sustain life in the manner that we know. Fundamental changes are urgent if we are to avoid the collision our present course will bring about."



Has the Warning of Scientists Been Largely Ignored?

Decades have passed since this warning from the world's best scientists was first issued, and it's plain to see that life on our planet continues to be seriously harmed by humanity's choices. Though our Earth still has the

ability to sustain life, there are many indications that it may not be able to keep on doing so, if we don't stop depleting and polluting our natural resources and if we don't reduce global climate change. One of the biggest sources of pollution in our world besides emissions from factories and cars comes from our modern day industrial farming system, the system which feeds the masses.

Agriculture Always Has an Impact on the Environment!



The Union of Concerned Scientists Has Stated the Following:

No matter what methods are used, agriculture always has some impact on the environment. But industrial agriculture is a special case: it damages the soil, water, and even the climate on an unprecedented scale. Intensive monoculture depletes soil and leaves it vulnerable to erosion. Chemical fertilizer runoff and waste from CAFO (Confinement Animal Farming Operations) add to global warming emissions and create oxygen-deprived "dead zones" at the mouths of major waterways. Herbicides and insecticides harm wildlife and can pose human health risks as well. Biodiversity in and near monoculture fields takes a hit, as populations of birds and beneficial insects decline.

Source: <https://www.ucsusa.org/our-work/food-agriculture/our-failing-food-system/industrial-agriculture#.WyPaHVVKiM8>

How Industrial Scale Animal Farming Hurts the Ecology of Living Things (And People, Too!)

Animals: Animals that are used in the production of animal foods are raised in factories versus farms. Like prisons, the animals are confined to tight, overcrowded spaces that are extremely unhealthy and inhumane.

Their diets consist of genetically modified grain and soybean crops and other substances such as feathers, newspaper clippings, and sometimes, the feces of other animals. Pigs suffer from pneumonia at the time of slaughter because they've been standing in their own excrement for months and breathing ammonia fumes. Chickens bite each other's beaks off because they go crazy living in such close proximity to each other. Animals are fed as many as 85 (or more) antibiotics, as well as controversial growth hormones and other drugs.

Source: Diet for a New America, by John Robbins



Antibiotics, hormones and other drugs impact animal health adversely. Cows treated with the growth hormone rGBH exhibit higher rates of mastitis, foot problems and injection site reactions. These problems often lead to increased treatment with antibiotics. Antibiotics are used abundantly in poultry farming, in fact antibiotics along with vaccines are typically injected into chicken eggs before they even hatch. Overuse of antibiotics in animals has led to strains of bacteria that are highly resistant to treatment, a problem that jeopardizes humans as well as animals who contract dangerous bacterial diseases. Pig farmers use beta-agonists, rather than hormones, to stimulate growth and lean muscle production in pigs. The drug Ractopamine has been associated with more adverse reports than any other livestock drug on the market, with pigs exhibiting weakness, trembling, hyperactivity, the inability to walk and even death during treatment. Ractopamine is used extensively in the industry.

Agricultural Waste Contains Chemicals that End up In the Environment (and it Harms Other Living Things!)

Industrial agriculture produces excessive amounts of animal manure, which then pollutes the environment, changing the habitats that belong to other aquatic creatures and causing them to suffer. Frogs, for example, that are born deformed have been exposed to harmful parasites that proliferate when high levels of nitrogen and phosphorus--chemicals found in manure--are present in lakes and ponds.

In addition, large amounts of harsh chemicals reach lakes and rivers due to run-off from industrial farming sites. Fish in numerous parts of the U.S., including several wildlife refuges, have been found to be intersex, an abnormal condition where male fish begin growing eggs. Research has linked this condition to increased exposure to estrogen, and suggests the cause may be estrogenic chemicals, such as Bisphenol-A (BPA) and other compounds commonly used in commercial farming.

Air: According to scientists, we are seeing higher levels of gasses (carbon emissions) in the air as a result of industrial animal farming activities such as deforestation. Another cause of gases in the air is the methane emissions that animal waste produces. Animal manure is not often recycled. For example, pig manure is stored for many months in giant outdoor pits known as lagoons. As it decomposes, the manure gives off harmful gases such as ammonia and hydrogen sulfide. The people living in the vicinity of those outdoor lagoons often get sick from these toxic gases.

Land: Every year, we are said to lose 4 million acres of topsoil. Why is topsoil important? If we don't have it, we can't grow food! We lose topsoil when we clear hundreds of millions of acres (of US forests) to create cropland for livestock production.



Topsoil is affected by the pressure of cattle hooves on the land. We also lose topsoil in other parts of the world where we produce meat for fast food hamburgers, including Central and South America. It takes approximately 55 square feet of rainforest to produce a single hamburger. Some scientists have predicted that most of the tropical rainforests will be GONE before the end of the next century if we keep burning down rainforests in order to produce meat.

Species: As the forests disappear, so do the species that call those places 'home.' Brazil, with 339 threatened species, including 124 bird species, has the highest rate of extinction in the world. This is an unfathomable loss of genetic diversity and beauty. In the United States, estimates range from 500 million to over one billion birds die each year due to human related factors, including pesticides and contaminants, commercial fishing and other ecologically destructive practices.

Source: https://www.fs.fed.us/psw/publications/documents/psw_gtr191/psw_gtr191_1029-1042_erickson.pdf



Water: Half of the world's water supply (used for ALL purposes on our Earth) is reported to be used for livestock production. It takes anywhere between 2500-5,000 gallons of water to produce a single pound of meat. It takes only 25 gallons of water, by comparison, to raise a pound of wheat. *Plant food eaters* play a big role in

‘saving the earth’ from destruction because raising plant foods for people is less energy intensive than raising plant foods that must be fed to animals first, so they can ‘grow’ the meat. Industrial livestock production effects the quality and the cleanliness of the water on our Earth. Livestock production in the US alone produces about 250,000 pounds of fecal waste per second! And, since there’s no sewage treatment plants in livestock confinement operations, about one billion tons of non-recyclable animal waste ends up in the earth each year, in our streams, rivers, and groundwater.

Source: Realities, by EarthSave/ John Robbins

Note: At organic farms where animals are allowed to graze on pasture, much - if not all - of their manure is excreted directly onto the land serving as a fertilizer and recycling nutrients back into the soil. But, on industrial livestock farms, animals drop their manure in the buildings where they live. This adds to the problem of having to clean up, store, and transport the waste. Cleaning out livestock houses can waste huge amounts of water—a dairy operation that utilizes an automatic “flushing” system, for instance, can use up to 150 gallons of water *per cow*, per day.



Image: Courtesy of Eco Watch

Oceans: How do our planet’s oceans stand up to the practice of fish on an industrial scale? A lot of fisheries are showing signs of collapse, particularly in the coastal regions which produce most of the world's edible fish. The total marine catch *is now at, or above*, the maximum sustainable yield. While fish farming increases the availability of seafood, it also brings with it a

whole set of environmental problems. Some of the farmed fish, especially salmon, are fed fishmeal that's made from wild fish, which results in a further decline in wild fish populations. Another problem with industrially produced fish is that they are often raised in crowded underwater pens and tanks and given antibiotics. When fish are confined, they experience stress and diseases (such as sea lice) that farmers use antibiotics to treat. Because the fish in confinement poop in one place, it creates nitrate overload, and this causes algal blooms in the marine environment. .

Sources:

<https://awionline.org/content/fish-farming>

Aquaculture's Troubled Harvest, Barcott, B. (2001), Mother Jones, November/December.

Transgenic Fish Could Threaten Wild Populations: Purdue News, Sigurdson, C. (2000).

Salmon Nation: <http://www.salmonnation.com/fish/gefish.html>

Genetically Engineered Foods May Put the Health of Animals At Risk

The transfer of genetic material from one species to another raises potentially serious health issues for animals. There is a risk that new diseases from genetically engineered animals could be spread to non-genetically engineered animals, and even humans. In many cases the 'selective breeding' of animals is just as effective as genetic engineering and doesn't carry the same health risks.

Embryos that Undergo Genetic Engineering Often Don't Survive!

Genetic modification can put animals at risk of harm. For example, transgenic pigs were found to be arthritic, partially blind and infertile when a human growth hormone was inserted into their genomes to make them grow faster. Cows that are GE engineered to produce more

milk may suffer from foot problems and reproductive problems, according to the group *Mothers & Other*.

Sources:

<https://www.cancer.org/cancer/cancer-causes/recombinant-bovine-growth-hormone.html>

<https://www.npr.org/sections/thesalt/2015/08/14/432102733/a-muscle-drug-for-pigs-comes-out-of-the-shadows>

Disabled World: <http://www.disabled-world.com/fitness/gm-foods.php>

Violating the Rights of Animals



The cost to the animal always outweighs the benefits as, by carrying out genetic engineering, we are violating their rights. Genetic engineering often involves modifying animals for reasons that have no benefit for their species, and could potentially cause them pain and discomfort. Life should not be regarded as a product that can be altered and played with for economic benefit.

Source: <http://www.yourgenome.org/debates/is-it-ethical-to-genetically-modify-farm-animals-for-agriculture#q0>

Health Reasons to Avoid Eating Conventionally Raised Meats

Animals that are fed diets which contain toxins produce food that has an inferior quality. (For instance, animals that eat grains which have been sprayed with glyphosate produce meat that contains this toxic herbicide.) Significant recent studies have shown that red meat (which contains zero fiber and plenty of saturated fat) contributes to conditions such as type 2

diabetes, heart disease and cancer. Due to the extreme overuse of antibiotics, conventionally raised chicken poses a high risk of exposing humans to antibiotic resistant bacteria. Studies have found that almost half of all broiler chicken sold in grocery stores contains the e. coli bacteria, indicating fecal contamination.

Sources:

<https://www.hsph.harvard.edu/news/press-releases/red-meat-consumption-linked-to-increased-risk-of-total-cardiovascular-and-cancer-mortality/>

<https://www.nytimes.com/2012/04/12/health/in-small-sample-e-coli-found-in-48-of-chicken-in-stores.html>



Heat and irradiation is applied to animal foods to sterilize the impurities they contain, such as bacteria and parasites. These are known to destroy living enzymes and create toxic by-products. The resulting food product is a potentially toxic food that when eaten, creates a burden on the digestive system and immune system.

How Industrial Scale Plant Farming Hurts Our Planetary Ecology



Genetically engineered (GE) foods are made from plants and animals that have had changes artificially introduced into their DNA. To make GE foods, scientists are said to use a “GENE GUN” to *shoot* DNA from one or more organisms across species

boundaries, into the reproductive cells of another organism *to create an entirely new genetically engineered organism.*



Terminator Seeds: The producers of GE seeds ASSURE US that GE foods are healthy, safe for the environment, and even necessary to fight world hunger. But, we have to ask ourselves, is this true? Or, are they simply trying to sell farmers more seeds and chemical poisons, while increasing their economic control of the world's food supply? GE seed companies *make farmers sign contracts that do not allow them to save and plant seeds the next year.* These companies invented seeds called '*terminator seeds*' – seeds that have been engineered to be sterile in the second generation, so the farmers must return to the company and pay top dollar for seed every year. So, essentially, the companies want a total monopoly on how food is produced.

Do We Need to Produce GE Food to Feed the World?



Do we need GE food to feed the world? According to Greenpeace in the UK, we don't need GM technology in order to possess future food security. Using sustainable and organic farming methods will allow us to repair the damage done by industrial farming, reducing the excessive use of fertilizer, herbicides, and other man-made chemicals.

Sources:

Genetically Engineered Food: A Self-Defense Guide for Consumers, Ronnie Cummins and Ben Lilliston

Institute for Responsible Technology: <http://www.responsibletechnology.org/>

Whole Health Insider: <http://www.wholehealthinsider.com/general-health/study-confirms-dangers-of-gmo-foods/>

Pesticides Hurt Land, Water, Air, and Insects



Pesticides are a major problem. *Pesticide use* actually increases by 50 million pounds per year in the production of “pesticide resistant” GE crops, making the problem of chemical toxicity in our environment far worse. And, to complicate matters, GE seeds can’t be confined to one area, because winds and insects carry the genetic pollution to non-GMO plants. GE crops engineered to be herbicide resistant survive the application of toxic pesticides. Plants that are grown near these crops, however do not survive. An example is Milkweed, the breeding habitat of Monarch butterflies. Some researchers believe that high levels of glyphosate, a chemical found in Roundup, are contributing to the loss of Monarch larvae and therefore to declining populations of the species.

GE Corn Fed to Rats Cause Health Problems and Even Death

One study performed on rats that were fed GM corn indicated that they suffered kidney and liver damage, as well as problems with the heart, spleen and adrenal glands.



They also had increases in glucose and triglycerides, weight gain and premature death. In addition, it has been reported that food-producing animals that are fed GE grains often develop gastrointestinal disturbances with inflammation and ulceration.

Industrially Raised Plant Foods (Raised with Chemicals) Burden Our Human Ecology, Too!

Foods sprayed with chemical toxins cannot easily be washed off. The contamination often becomes systemic to entire plant, causing toxins to reside deep inside of the food's cellular walls. Children are especially vulnerable to health risks from pesticide exposure. Even very small amounts of pesticides can change a child's brain chemistry during development. Studies have found that 8- to 15-year-olds whose urine indicated very high levels of toxic pesticides were twice as likely to develop ADHD as children with undetectable levels.



The effects of organophosphate pesticide on prenatal development was documented in a 2012 study of American women, which found that higher urine concentrations of organophosphates (due primarily to food and moderate environmental exposure, such as gardening products) were associated with greater risk of pre-term birth and low birthweight. Both of these conditions increase the risk of infant mortality and ongoing health problems. Research at Harvard

Medical school has also found that exposure may be connected to lower IQs, even in children who were neither preterm nor had low birthweight.

The risk for adults is significant as well. Cancer, immune system disorders and neurological degenerative diseases such as Parkinson's, Alzheimer's and ALS have all shown a possible connection to pesticide exposure. Perhaps most worrying is the effect of these toxins on the human endocrine system. Dozens of Endocrine Disrupting Chemicals (EDC's) have been identified in various pesticides. EDCs bind to hormone receptors in the body, causing them to mimic, disrupt or halt entirely the natural processes of hormones. Infertility in both men and women, menstrual irregularities, early menopause, hormone-dependent cancers such as breast cancer, autoimmune disorders and many other conditions have shown some correlation with exposure to EDCs.

Sources:

<https://www.sciencedirect.com/science/article/pii/S0041008X13000549>

https://www.huffingtonpost.com/2012/04/05/pesticides-pregnancy-babies-health_n_1406468.html

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3138025/>

Our Supermarkets Are Filled with GE Foods!



Between 75% - 85% of all non-organic processed foods on U.S. grocery shelves contain genetically modified ingredients. In addition, major crops such as corn, soybeans and canola are

genetically modified. Without food labels on produce and or packaged foods, you have very little chance of keeping potentially dangerous GMOs out of your food.

GE Foods withstand More Pesticides and Herbicides



We don't yet have a full understanding about the impact of genetically modified foods on our human health. However, Dr. Stephanie Seneff, Ph.D., a researcher who has studied this subject extensively, warns us against consuming them. She reports that corn that has been genetically engineered to withstand pesticides with extremely high levels of glyphosate contains levels of the toxin high enough to do significant harm to our bodies when consumed. As GE food gains prevalence in our agricultural system, we will be exposed to more and more glyphosate, and perhaps new and more dangerous chemicals as the industry expands.

Source: <https://people.csail.mit.edu/seneff/2016/SeneffToronto.pdf>

How Do GE Foods Mess with Our Human Ecology System?

According to information posted on the website known as IRT --Institute for Responsible Technology, "Several animal studies indicate serious health risks associated with genetically modified (GM) food (AAEM 2009)," including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system. The AAEM has asked physicians to advise all patients to avoid GM foods.

Source: <http://www.aemonline.org/gmo.php>

THE USDA EATING MODEL: A BIG EXPLOITER OF OUR ECOLOGICAL HEALTH AND WELL-BEING

Most Eating Models Focus Primarily on Food Types, But Neglect Sustainability

There are dozens of attractively designed eating models in existence today from which we can glean dietary guidance. But none of them that I'm aware of--not even the Macrobiotic Eating Model, or the Ayurvedic Eating Model, or the Traditional Diets Eating Models (which highlights global dietary customs)--serve to inform consumers about the importance of sustainable farming and clean cuisine. By omitting this important message, people remain ignorant about where their food comes from, how it is produced, and how it affects the health of their bodies and the Earth.

The USDA Eating Model Is the Biggest Exploiter of Our Ecological Health & Well-Being



Unfortunately, the *USDA Dietary Guideline Committee*, which has actually tried in recent years to include sustainability concepts into its eating model, has met with strong opposition from various food industries.

Here is an article which addresses this topic:

New Dietary Guidelines Will Not Include Sustainability Goal

-Allison Aubrey, NPR, October 6, 2015

When it comes to eating well, should we consider the health of both our bodies *and* the planet?

Earlier this year, as we reported, the Dietary Guidelines Advisory Committee concluded that a diet rich in plant-based foods promotes good health — and is also more environmentally sustainable. And, for the first time, the panel recommended that food system sustainability be incorporated into the federal government's dietary advice. But, it turns out, the idea of marrying sustainability guidance with nutrition advice proved to be very controversial. And now, President Obama's two Cabinet secretaries who will oversee the writing of the guidelines say they will not include the goal of sustainability.

"We will remain within the scope of our mandate ... which is to provide nutritional and dietary information," write U.S. Department of Agriculture Secretary Tom Vilsack and Sylvia Burwell, secretary of Health and Human Services, in a joint statement.

The two secretaries went on to say that "we do not believe that the 2015 DGAs [Dietary Guidelines for Americans] are the appropriate vehicle for this important policy conversation about sustainability."

The statement came just one day in advance of a much-anticipated congressional hearing. Secretaries Vilsack and Burwell are scheduled to testify before the House Agriculture Committee on Wednesday morning on the topic of the dietary guidelines.

Advocates have been pushing for inclusion of sustainability goals. The consulting group Food Minds analyzed 26,643 written, public comments submitted to the federal government on the topic of the dietary guidelines. They found that write-in campaigns by the advocacy groups Friends of the Earth, Food Democracy Now and My Plate, My Planet were the top three sources of comments.

Last week, in an editorial published in *Science* magazine, Kathleen Merrigan of George Washington University and a group of co-authors wrote that adopting a reference to sustainability in the dietary guidelines would "sanction and elevate the discussion of sustainable diets."

Merrigan argues that "by acknowledging benefits of sustainability, the government would open itself up to greater demand for sustainability investments and would signal to consumers that such foods are preferred."

The debate about sustainable diets has focused on meat production. As we've reported, meat production uses lots of land and water to grow grain to feed livestock. It also contributes to methane emissions.

"There are a lot of complex issues around livestock production that suggest — quite strongly — that we need to reduce meat consumption for sustainability reasons," Merrigan told us.

Other foods also have an environmental footprint that we should not ignore. Take, for instance, almonds.

"It takes up to 2.8 liters of water to produce a single 'heart-healthy' almond," Merrigan and company write in the editorial.

"With 80 percent of the world's almonds growing in drought-stricken California, should consumers be advised to limit almond consumption and consider alternatives that consume fewer resources?" Merrigan and her co-authors ask.

The Almond Board of California sent NPR its response Wednesday morning:

"Almond growers have reduced by 33 percent the amount of water they use per pound of almonds grown in the past 20 years," writes Carissa Sauer, communications manager for the industry group, in a statement.

"These days, about 70 percent of almond orchards use water-efficient micro-irrigation. And each year we continue to make more progress in this area."

The meat industry has opposed the idea of including sustainability in the dietary guidelines. "In our view, this is clearly out of scope," Janet Riley of the *North American Meat Institute* told us. She says experts need a more complete understanding of how food production impacts the environment. "If you compare 10 pounds of apples and 10 pounds of meat, the meat surely has the larger carbon footprint, but it also delivers more nutrition, it nourishes more people longer" in terms of calories and protein, says Riley.

She says, going forward, if sustainability is going to be included in the dietary guidelines, there needs to be more data and more experts at the table.

In a statement, the meat institute's president and CEO Barry Carpenter praised the secretaries' decision. He called sustainability "an important food issue," but one "outside of the Dietary Guidelines Advisory Committee's scope and expertise."

The dietary guidelines are updated every five years, so it's possible that this debate will continue. "The compelling science around the need to adjust dietary patterns to ensure long-term food security cannot be ignored," Merrigan told me after the secretaries issued their statement. "If not [in] the 2015 DGA [Dietary Guidelines for Americans], then maybe the 2020 DGAs."

Source: <https://www.npr.org/sections/thesalt/2015/10/06/446369955/new-dietary-guidelines-will-not-include-sustainability-goal>

THE INSIDE SCOOP ON THE USDA EATING MODEL

(Examining the Flaws that Researchers Have Discovered)



The USDA Eating Model is a government designed eating model. The US government (along with the big food industries that produce meat, dairy products, sugar, and processed foods), have essentially exploited the field of nutrition for their own economic interests. This is the reason why the USDA Eating Model has always heavily promoted our consumption of meats, dairy products, sugar, and fat, all of which can be linked to disease conditions such as heart disease, diabetes, cancer, and obesity.



In our country, there is a low priority attached to nutrition education, generally speaking. Our schools do not have access to objective, up-to-date nutrition education materials when you consider the idea that they are using the USDA Eating Model alone for educational purposes. The inconsistencies between government food and eating recommendations (featured on the USDA Food Pyramid) and government actions are evident, when our school students are served lunches prepared with surplus foods of poor nutritional quality! (Think “Pink Slime” and

GMO corn, etc.) Only through constant questioning and critical thinking will we be able to improve the health of people, the planet, and all living things.

Pink Slime Image: <https://www.medicaldaily.com/meat-byproduct-pink-slime-makes-comeback-after-rise-us-beef-prices-what-you-should-know-284834>

Dr. Walter Willet, M.D., Speaks Out About the USDA Eating Model's Shortcomings



Dr. Walter Willet, Chairman of the Nutrition Dept. at Harvard School of Public Health and author of the book *'Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating'* (2005) stated the following about the (former) USDA Food Pyramid:

“The food and eating recommendations made on the USDA Food Pyramid have often been based on out-of-date science and influenced by people with business interests in their messages. For decades, it has deceived and misguided the public with its eating recommendations because of the political and corporate consequences involved. They left out critical information about the foods they recommend we eat.”

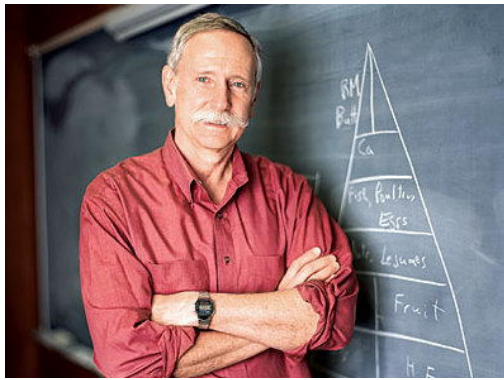
For example, the USDA Eating Model didn't differentiate between:

- Refined grains and whole grains
- Saturated fats and unsaturated fats
- Whole grain bread and processed white bread

- Fruits and vegetables that contain pesticides vs. organically raised
- Dairy products that contain growth hormones and antibiotics vs. organically produced

Furthermore, the model emphasized meat eating over plant-based eating, and promoted dairy products heavily, even though one in two people have dairy intolerances.

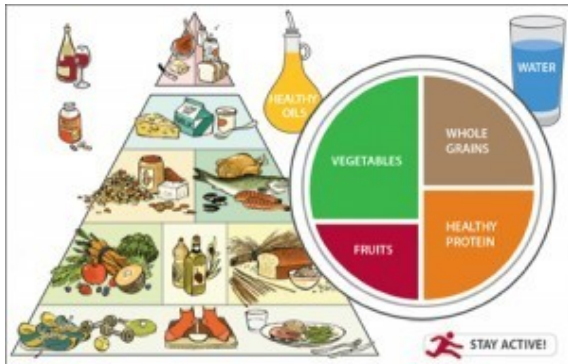
Dr. Willett Explains:



“The Food Pyramid’s blueprint has barely changed over the years to reflect major advances in our understanding of the connection between diet and health. In 2005, the USDA retired the old Food Guide Pyramid and replaced it with *MyPyramid*, a new symbol and "interactive food guidance system." The new symbol is basically the old Pyramid turned on its side. The good news is that this dismantles and buries the flawed Pyramid. The bad news is that the new symbol doesn't convey enough information to help you make informed choices about your diet and long-term health. It recommends foods that aren't essential to good health, and may even be detrimental in the quantities included in *MyPyramid*.”

Dr. Walter Willett M.D., and Harvard Faculty, Created their Own Alternative to the USDA Eating Model

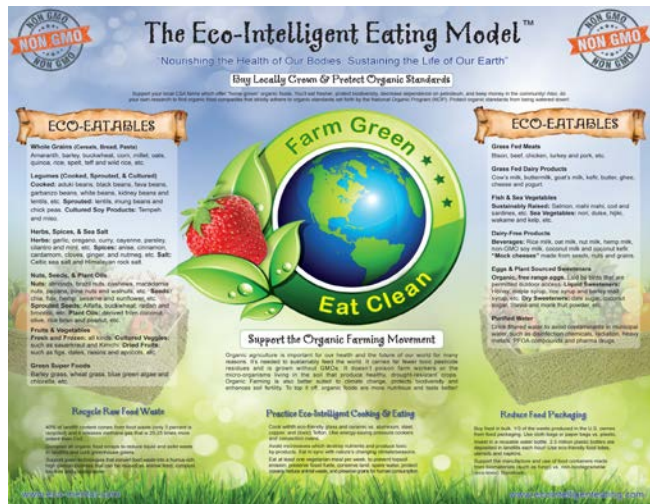
As an alternative to the USDA's nutrition advice, faculty members at the Harvard School of Public Health created first the *Healthy Eating Pyramid* and more recently the *Healthy Eating Plate*.



Just as the *Healthy Eating Pyramid* rectifies the mistakes of the USDA's Food Guide Pyramid, the *Healthy Eating Plate* addresses flaws in the USDA's MyPlate. Both are based on the latest science about how our food, drink, and activity choices affect our health.

MEET THE ECO-INTELLIGENT EATING MODEL™

(An Organic, Sustainable Eating Model Whose Time Has Come!)



The Eco-Intelligent Eating Model's tagline (and core message) is: "Nourishing the health of our bodies, sustaining the life of our Earth." It implies that eating is meant to be a function of keeping life alive in both our bodies and the Earth.

The Goal of the Eco-Intelligent Eating Model



The primary goal associated with The Eco-Intelligent Eating Model™ is to support people in eating more organically raised food. It is to support them in standing up against multinational corporations responsible for privatizing seeds and for promoting chemically dependent agriculture. It is to encourage them to protect the health of land, water, air, plants, animals,

fish, and insects from abuse. It is to remind them of the importance of protecting the rights of farmers, farm workers, and other food workers.

Organic Agriculture is Important to Our Health and Our Future!



Organic agriculture is important for our health and the future of our world for many reasons. It is needed to sustainably feed the world. It carries far fewer toxic pesticide residues and is grown without GMOs. It doesn't poison farm workers or the micro-organisms living in the soil that produce healthy, drought-resistant crops. Organic farming is also better suited to climate change, protects biodiversity, and enhances soil fertility. To top it off, organic foods are more nutritious and taste better.

The Organic Farmer's Mission



The organic farmer's mission is to produce healthful food while causing the least amount of harm to the plants, animals, and eco-systems that are an integral part of its production. Farmers use non-GM seeds as well as soil building amendments, including manure. Crops are rotated for pest control.

The use of non-synthetic fertilizers and pesticides is encouraged, but some synthetic substances are allowed. Farmers provide animals with a healthful diet and outdoor exercise. They are not given drugs and genetically modified hormones. However, it should be noted that some of the large certified organic operations have abused these practices.

Organic Farming Sequesters Carbon in the Soil, which Helps to Curb Global Warming

According to research, the use of cover crops such as beans to enrich the amount of nitrogen in the soil, rather than chemical fertilizers, may help curb global warming. These cover crops contain phenolic compounds, which naturally protect carbon molecules from microbes that transform it into carbon dioxide gas.

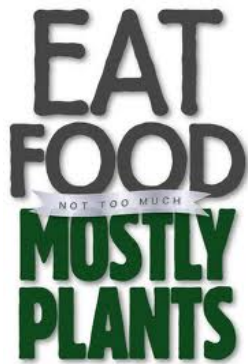
Source: <https://www.scientificamerican.com/article/what-helps-organic-soils-store-more-carbon/>



In A Nutshell, The Eco-Intelligent Eating Model™ Serves To:

- Support the organic movement, a system of agriculture that is designed to work with nature, versus against it.
- Protect organic standards from being watered down by corporations who place profit above the health of people and the environment.
- Buy from food companies that strictly adhere to organic standards set forth by the National Organic Program (NOP).

- Support CSA farms which offer “home grown” organic foods, to eat fresh, protect biodiversity, decrease dependence on petroleum, and keep money in the community!
- Support regional food economies, and save energy and fuel that is used for food transport.
- Increase awareness about the indiscriminate amount of chemicals that are applied to food crops which poison the environment, as well as the people who eat these foods.
- Discourage the public’s consumption of genetically modified foods, which have been shown in studies to harm the health of insects, plants, soil, and human health.
- Reduce food packaging, shop at food co-ops and buy food in bulk bins, when possible.
- Encourage eaters to consume traditional Earth grown foods (including the option of either plant foods, animal foods, or a combination of both), that have fed and nourished people around the globe for centuries.



Increase the public’s awareness about how a plant-based diet and the consumption of one or more vegetarian meals per week can prevent the depletion of land, topsoil, water, and fossil fuels, while reducing animal waste, and preserving grain crops for human consumption.

- Encourage the public to eat in harmony with nature’s changing seasons, so they eat foods that best support their body’s changing seasonal needs.

- Use cooking devices that help to conserve time and energy. Avoid microwaves which destroy nutrients and produce toxic by-products.
- Cook with eco-friendly glass and ceramic vs. aluminum, steel, copper, and (toxic) Teflon.
- Compost all organic food scraps to reduce liquid and solid waste in landfills and curb greenhouse gases.
- Support green technologies that convert food waste into a humus-rich, high carbon biomass that can be reused as animal feed, compost, bio-fuel, and potable water.
- Use paper bags or cloth bags vs. plastic and invest in reusable water bottles.
- Support the manufacture and use of food containers made from biomaterials.

Is the Eco-Intelligent Eating Model Designed to Replace Other Eating Models?



In my thinking, the answer to this question is both, no, and yes. ‘No’, because different eating models can teach us about different dietary customs and different approaches to being fed and nourished. ‘Yes’, because if you are truly passionate about protecting the health of your human ecology system and the Earth’s ecology system, you probably have the desire to subscribe to an eating model that reflects your values!

Championing the Organic Farming Movement

The OFRF (a non-profit) founded in 1990) which is considered a national champion for American organic farmers, has made it clear that the increasing level of interest among organic consumers and health and environmental advocates alike demands a much greater investment in research that would serve to link human health to environmental health.

The Organic Farming Research Foundation has a very clear vision: that organic farming is the leading form of agriculture for people who thrive on a healthy planet. OFRF sponsors organic farming research and education projects that improve farming practices and advocates for organic federal farm policy.



Maureen Wilmot, OFRF Executive Director, says: "Even with the minimal investment made in research today, we know that organic farming is healthier for our soil, our water systems, and represents one of the brightest spots in our economic landscape... Imagine the conclusions we could draw upon correlating organic farming and human health if we had even greater funding for organic research. Bottom line, we must increase investments relative to the opportunity organics deliver to our country and people."

The OFRF Organic Farming for Health & Prosperity Report is a science-based, peer-reviewed report on the multiple benefits of organic farming in North America.

Its sponsors include:

Organic Valley's Farmers Advocating for Organics Fund

Columbia Foundation

Clarence E. Heller Charitable Foundation

Gaia Fund

Wallace Genetic Foundation

Newman's Own Foundation

The Blooming Prairie Foundation

Clif Bar Family Foundation

The report brings together the research of leading scientists and experts in the field of organic agriculture who contribute factual perspectives on the multiple benefits of organic farming. The audience for the Organic Farming for Health and Prosperity report includes policy makers, educators, researchers, healthcare professionals, business leaders and families. For more information, see www.ofrf.org.

EXPLORING THE TRADITIONAL WHOLE FOODS THAT THE ECO-INTELLIGENT EATING MODEL™ ENDORSES



Are you ready to consume a delicious, organic, whole foods diet that includes the Earth's traditional foods? Eating a wide variety of whole foods such as fruits, vegetables, whole grains, nuts, seeds, pastured animal foods and organic spices and herbs, will ensure that you get the fiber, essential fats, proteins, natural sugars, enzymes, water, oxygen, and healing colors, that your body ecology thrives on!

Here are the Foods that The Eco-Intelligent Eating Model™ Suggests We Explore Eating:

Organic Whole Grains (Cereals, Bread, Pasta)

Includes: Amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, spelt, teff and wild rice, etc.

Organic Cooked Legumes & Sprouted Legumes

Cooked: Aduki beans, black beans, fava beans, garbanzo beans, white beans, kidney beans, and lentils, etc. **Sprouted:** lentils, mung beans and chick peas. **Cultured Soy Products:** Tempeh and Miso, etc.

Organic Herbs, Spices, & Sea Salt

Herbs: garlic, oregano, curry, cayenne, parsley, cilantro, and mint, etc.

Spices: anise, cinnamon, cardamom, cloves, ginger, and nutmeg, etc.

Salt: Celtic sea salt and Himalayan rock salt.

Organic Nuts, Seeds, Sprouted Seeds, & Plant Oils

Nuts: almonds, brazil nuts, cashews, macadamia nuts, pecans, pine nuts, and walnuts, etc. **Seeds:** chia, flax, hemp, sesame, and sunflower, etc.

Sprouted Seeds: Alfalfa, buckwheat, radish, sunflower and broccoli, etc.

Plant Oils: derived from coconut, olive, rice bran, and peanut, etc.

Organic Fresh Fruits & Vegetables

Fresh and frozen: all kinds. **Cultured veggies:** sauerkraut and Kimchi.

Organic Green Super Foods

Barley grass, wheat grass, blue green algae, and chlorella, etc.

Organic Grass Fed Meats

Bison, beef, chicken, turkey, and pork, etc.

Organic Grass Fed Dairy Products

Cow's milk, buttermilk, goat's milk, kefir, butter, ghee, cheese, and yogurt.

Sustainable Fish & Sea Vegetables

Sustainably Raised Fish: Salmon, mahi mahi, cod, and sardines, etc. **Sea**

Vegetables: nori, dulse, hijiki, wakame and kelp, etc.

Organic Dairy-Free Products

Beverages: Rice milk, oat milk, nut milk, hemp milk, non-GMO soy milk, coconut milk, and coconut kefir. **“Mock cheeses”** made from seeds, nuts, and grains.

Organic Eggs & Plant-Sourced Sweeteners

Organic Cage-Free Eggs: Laid by birds that are permitted outdoors.

Liquid Sweeteners: Honey, maple syrup, rice syrup, and barley malt syrup, etc. **Dry Sweeteners:** date sugar, coconut sugar, monk fruit powder, Stevia, and xylitol, etc.

Purified Water

Drink filtered water to avoid contaminants in municipal water, such as disinfection chemicals, radiation, heavy metals, PFOA compounds, and pharma drugs.

The USDA Organic Logo on Food Products Is Primarily a Marketing Tool



Large scale farmers using the USDA Organic logo must closely follow the rules of the National Organic Program (NOP). The official USDA logo featured on organic food products is a marketing tool (not a symbol of food safety) backed by federal law and enforced by the USDA.

WHY DO SOME PEOPLE AND GROUPS THINK THE ORGANIC FOOD MOVEMENT IS A HYPED-UP MARKETING GIMMICK?

A report was broadcast in all major media outlets in 2012 called *The Stanford Study on Organics*. This study, conducted by Stanford University scientists, undermined the benefits of organic foods and stated that organic food was not much healthier than non-organic. But what followed the release of this report in the news were several other reports and articles that listed many reasons why the study was flawed and why the analysis behind it simply didn't add up!



In an article titled: *That Flawed Stanford Study*, by Mark Bittman (October 2, 2012, Opinionator, New York Times), it was reported that Susan Clark, the Executive Director of the Columbia Foundation, summed up the flaws of the Stanford approach perfectly in a letter to her colleagues:

“The researchers started with a narrow set of assumptions and arrived at entirely predictable conclusions. Stanford should be ashamed of the lack of expertise about food and farming among the researchers, a low level of academic rigor in the study, its biased conclusions and lack of transparency about the industry ties of the major researchers on the study. Normally, we busy people would simply ignore another useless academic study, but this study was so aggressively spun by the PR masters that it requires a response.”

Source: <http://opinionator.blogs.nytimes.com/2012/10/02/that-flawed-stanford-study/>

Tom Philpott concurs with Susan Clark's findings. In an article titled: *5 Ways the Organic Study Sells Organics Short* by Tom Philpott (September 5, 2012; Mother Jones), Philpott makes the statement: "the study in some places makes a strong case for organic—though you'd barely know it from the language the authors use. And in places where it finds organic wanting, key information gets left out. To assess the state of science on organic food and its health benefits, the authors performed what's known among academics as a 'meta-analysis'—they gathered all the research papers they could find on the topic dating back decades, eliminated ones that didn't meet their criteria for scientific rigor and summarized the results."



He added: "In short, the authors' findings confirm what the Environmental Working Group, crunching USDA data, has been telling us for years; that organic fruits and vegetables harbor significantly fewer pesticide residues than their chemically grown peers.

Summing up the evidence of the studies they looked at, the Stanford researchers found what they call a 30% "risk difference" between organic and conventional food—which to the mind not trained in statistics, sounds like organic foods carry 30% less risk of exposing you to pesticides. And they immediately undercut that finding by noting that the pesticide traces found in both organic and conventional food tend to be at levels lower than the Environmental Protection Agency's maximum allowed limits.

Takeaway: "Conventional produce carries trivially small levels of pesticides, and you might as well save your money and forget organic."



If you're wondering what's wrong with this ("I guess I can feel okay about the issue now") picture, it has to do with 5 essential ideas that Tom's article outlines, including:

1. Conventional produce is much worse (than organic) on pesticide-exposure. While the Stanford Study suggests that organic has a 30% lower risk of pesticide risk, there is actually an 81% lower risk, compared to the conventional samples.
2. To arrive at their "risk difference" metric, the authors didn't distinguish between a single pesticide trace and multiple traces; or between light traces and heavier traces.
3. The Stanford Study ignores a growing body of research that pregnant women's fetuses can be harmed at low exposures of organophosphate pesticides, as can young children.
4. The authors—like the EPA itself—ignore the "cocktail effect" of exposure to several pesticides, say, from a single apple.
5. We probably know more about how exposure to low levels of multiple pesticides effect amphibians than we do about how they affect people. We can't and shouldn't ignore the effect of pesticides on vulnerable populations like pregnant women and kids.

In accordance with the information supplied by Mark Bittman's article, *That Flawed Stanford Study* (October 2, 2012, Opinionater, New York Times), Kirsten Brandt, a researcher from Newcastle University, published a similar analysis of existing studies and unearthed results that were the

opposite of The Stanford Study. Her study concluded that organic foods are actually more nutritious.



In his article, Bittman stated: “In combing through the Stanford study, she’s not only noticed a critical error in properly identifying a class of nutrients, a spelling error indicative of biochemical incompetence (or at least an egregious oversight) that skewed one important result, but also that the researchers curiously excluded evaluating many nutrients that she found to be considerably higher in organic foods.”

Sources:

<http://opinionator.blogs.nytimes.com/2012/10/02/that-flawed-stanford-study/>

<http://www.motherjones.com/tom-philpott/2012/09/five-ways-stanford-study-underestimates-organic-food>

EXTOLLING THE MULTIPLE HEALTH BENEFITS OF ORGANIC FOODS

(Including Their Flavors and Antioxidant-Rich Health Values!)

If you are wondering about the idea expressed by the Stanford Study authors that organic and conventional foods are roughly equivalent in terms of vitamins and other nutrients, you might also find (if you do some research on the subject) that organic foods have been found to be healthier than non-organic foods in a number of studies.



For instance, a 2010 study conducted by PloS ONE, and partially funded by the USDA, found organic strawberries to be more nutrient-rich than non-organic strawberries. *The Organic Center*, reliant on donations and industry funding, has since conducted studies on organic vs. conventional vs. natural grain, which have determined organic grains are more nutritious.

Here's a story that was part of *National Geographic's* special eight-month Future of Food series.

Organic Foods Are Tastier and Healthier, Study Finds
by Mary Beth Albright, July 14, 2014

“Organic fruits, vegetables, and grains have several measurable nutritional benefits over conventional crops, according to a study published in the *British Journal of Nutrition* (BJN) and released Thursday.

Analyzing 343 peer-reviewed publications, researchers from the United Kingdom with the help of American Charles Benbrook of Washington State University found that organics contain 18 to 69 percent higher concentrations of antioxidants. Translation: the organic eater consumes the antioxidant equivalent of approximately two extra produce portions every day, without altering food intake.

“The study likely says more about nutrient decline in conventional food than it does about a miraculous quality of organic food,” Benbrook said when I spoke with him last week. Organic farming prohibits chemical pesticides that are widely used in conventional farming. Without pesticides to guard against harm, an organically farmed plant will produce more of its own compounds, called antioxidants, to fight damage. And when consumed by humans, these antioxidants also protect our bodies from harm.



Notably, when a plant grows organically without pesticides its taste is enhanced as well. Studies considered in the BJN paper show that higher antioxidant levels affect food’s organoleptic qualities—taste, aroma, and mouthfeel—and how the human senses detect a food’s unique flavor. Benbrook explained: “The concept of terroir can be traced to particular biological stresses in a region or soil types that impact how a plant responds to stress. The chemicals that a plant produces to respond to stress become part of that plant’s signature taste. People are yearning for more intense flavors, and there’s good news that organic farming accentuates flavor in fruits and vegetables.”



Conventionally farmed soil also tends to have high levels of nitrogen from synthetic fertilizers, which a plant uses as quick, easy energy to create high levels of sugars and starches (not generally deficient in my diet...yours?) in the fruit or vegetable, at the expense of flavor-producing, healthful antioxidants. The study additionally found cadmium, a toxic metal contaminant, to be about 50% lower in organic crops than in conventional foods.

Raising the \$429,000 required for the study was possible in the UK, according to Benbrook, whereas “it never would have happened in the US. In the UK, funding sources want answers about food safety and the nutritional quality of food.” But with organics as an expanding \$35 billion industry (and even Wal-Mart entering with its recent deal to carry a steeply discounted Wild Oats organics line), that may be changing. The more eaters express concern for scientific food-quality information, the closer our conventional wisdom will come to the truth.”

Source: <https://www.nationalgeographic.com/people-and-culture/food/the-plate/2014/07/14/organic-foods-are-tastier-and-healthier-study-finds/>

NURTURING THE HEALTHY DIETARY INSTINCTS YOU WERE BORN WITH

We Were Born with Healthy Eating Instincts



Animals know how to eat in harmony with their natural environment because they were born with the instinct to do so. They munch on the things in their environment that are available to them at any given time, and they naturally foster nature's cycles of life, death, and regeneration. (They don't destroy the environment that they depend on for their life, health, and survival!) We (human animals) were born with the same healthy survival instincts as other animals. And nature intended for us to find life-giving sustenance in the trees, shrubs, gardens, and fields that yield food.

Unfortunately, Our Taste Buds Have Been Jaded by Processed Foods, and Have Forgotten about Real, Whole Foods



Unfortunately, many people have lost their healthy dietary instincts due to the highly processed foods they've been brainwashed into buying and eating, which have seriously jaded their taste buds. Too many people eat ready-made foods that have been manufactured

with sugar, rather than reach for the organic fruits that have been grown in organic orchards. Likewise, too many people eat greasy, deep-fried fast foods and snacks (that contain genetically modified oils) rather than reach for a handful of nuts that have grown in an organic orchard. Too many people eat salt that has been highly processed and stripped of its mineral content (which is an irritant to the body cells), rather than eat mineral-rich salt that has been harvested from the sea or the Earth's rock formations.

Commercial Food Companies Bring Us Convenience, But They Steal Our Healthy Eating Instincts from Under Our Noses!



Food companies bring us convenience. But remember: Their products are made from the raw (polluted) ingredients of an industrial farming system. Food processing factories further denature and pollute these raw materials with the addition of fake colors, flavors, additives, preservatives, and stabilizers, many of which are known to function in the body and brain as “excito-toxins.”



According to Dr. Russell Blaylock, an author and retired neurosurgeon, these food toxins have the ability to excite brains cells to death! Dr. Blaylock is a nationally recognized, board-certified neurosurgeon, health practitioner, author and lecturer. He has more than a quarter-century of medical experience.

His credentials include 26 years of experience in neurosurgery, editorship of the respected Journal of American Physicians and Surgeons and Journal of the American Nutraceutical Association.



Dr. Blaylock edits **The Blaylock Wellness Report** because he believes that too many Americans are not getting the best advice for preventing and dealing with cancer, heart disease, diabetes, brain diseases such as Parkinson's and Alzheimer's, and dozens of health problems now plaguing the American people.

Dr. Blaylock receives no funding from the pharmaceutical industry. He has no deals to sell you the health products he may recommend. He just gives you the best cutting-edge science that shows how you can improve your health — and possibly live longer. Dr. Blaylock writes **The Blaylock Wellness Report** which can provide you with some of the alternative health answers you may be seeking. You can find this report here:
<http://www.blaylockreport.com/>



Dr. Blaylock Advises Us to Avoid These Health Harming Additives to Look for When You Grocery Shop

- **Aspartame (Fake Sugar)**
Found in: soda pop, low-calorie desserts, gelatins, and drink mixes.

Studies have shown that repeated consumption may increase risk of cancer, weight gain, and neurological issues.

- **Monosodium Glutamate (Salt Flavor)**

Found in: soups, salad dressings, chips, frozen entrees and restaurant food. It has a bad reputation for causing headaches and nausea. (Sea salt is a much healthier alternative!)

- **Olestra (Fake Fat)**

Found in: reduced fat snack chips. Olestra blocks fat absorption in the intestines, but blocks vitamin absorption as well. It can also cause severe diarrhea, cramps and gas.

- **Sodium Nitrate, Sodium Nitrite**

Found in: bacon, ham, hot dogs, luncheon meats, smoked fish, and corned beef. Used to stabilize food color and add flavor. When grilled it transforms into a reactive compound that has been linked to cancer.

- **Potassium Bromate**

Found in: white flour, breads, and rolls. Most bromate breaks down into a harmless form, but small amounts can pose a risk for people. California requires a cancer warning on products with this ingredient.

- **Food Colorings: Blue 1, 2; Red 3; Green 3; Yellow 6**

Found in: thousands of food products! These colorings have been linked to cancer in animals. Yellow 6 has been linked to bladder cancer in humans. (Naturally occurring colors/phyto-nutrients in foods contain medicinal values!)

- **Acesulfame-K**

Found in: baked goods, chewing gum, and gelatin desserts. Not proven to be unhealthy, but studies on this additive are sparse.

- **Trans-Fats (Chemically Hardened Fats)**

Found in: numerous foods, fast food. Trans-fat has been proven to cause heart disease and other serious health conditions. Experts recommend limiting our consumption to 2 grams per day.

- **Sulfur Dioxide**

Sulfur additives are toxic and in the US, the Federal Drugs Administration have prohibited their use on raw fruit and vegetables. Adverse reactions include bronchial problems, low blood pressure), flushing, tingling sensations, or anaphylactic shock. It also destroys vitamins B1 and E. Not recommended for consumption by children.

- **Propyl Gallate**

Found in: meat products, chicken soup base, and chewing gum. Also prevents fats and oils from spoiling. While not proven to cause cancer in humans, it is linked to cancer in animals.

- **BHA and BHT**

Found in: many foods such as cereals, chewing gum, potato chips, and vegetable oils. It prevents fats and oils from going rancid. For some people it can increase their cancer risk.

While it may be a challenge to avoid all of these additives altogether (especially if you dine out often), the key is to be aware of them so you can effectively limit their intake.

Sources:

<https://www.foodmatters.com/article/top-10-food-additives-to-avoid>

<https://www.eatthis.com/worst-food-additives/>

The USDA Eating Model Hasn't Encouraged Us to Listen to Our Healthy Dietary Instincts



In some instances, you might agree, the USDA Eating Models have played a significant role in misguiding our healthiest eating instincts. For as long as I can remember (dating all of the way back to grade school when we learned about the Basic 4 Food Groups from the USDA's educational materials), millions of Americans were advised (by eating model propaganda) to consume several servings (daily) of dairy products and meats. For those who dealt with lactose intolerance and dairy sensitivities, a dairy-rich diet led to misery, because it produced symptoms of cramps, gas, bloating, and diarrhea.

Did the USDA Recently Decide to Take a Step in the Right Direction?



In recent years, thankfully, the USDA has recognized the fact that millions of people can't eat dairy products. Now they use their updated eating model to recommend that people drink lactose-free milk and take digestive enzymes with it as needed or desired. While this is a step in the right direction, I'm inclined to think they might not ever reveal the underlying reasons why some people suffer from dairy sensitivities. When a farmer raises cows on drugs (which are not human friendly), and when they administer hormones to them (which causes health issues in

cows and humans), and when they process the milk product at extremely high temperatures (killing its digestive enzymes and beneficial bacteria), it's not going to be a food product that is friendly to our human ecology system.

FEED AND NOURISH YOUR ECO-INTELLIGENCE!

(An Invitation to Participate in My Eco-Intelligent Eating Advocate© Training)



The Eco-Intelligent Eating Model™ on its own, is a great teaching tool that stimulates new thinking about why we, as consumers, should participate in a healthy, organic food production system. But there's so much more to learn about and share with others, that has not been covered in this little book! That's why I've created a curriculum known as the *Eco-Intelligent Eating Advocate Training*.



I invite you to watch a free 15 minute intro class, here:

<https://www.youtube.com/watch?v=lsqESMnzKdk&t=51s>

Below is a complete written description of the training as it appears here, on my website: <http://www.ecointelligenteating.com/eco-intelligent-eating-advocate>

ECO-INTELLIGENT EATING ADVOCATE TRAINING



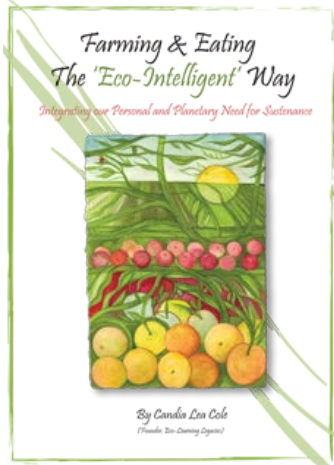
This training is a self-guided, self-study program with the option of having the author's support. It features audios, cooking videos, segmented book/illustrated learning modules, an Eating Model poster series and many other educational tools!

It's Time for a Nutrition Curriculum that Speaks to Our Ecological Needs!

When it comes to learning about (and teaching about) nutrition, it's time to come out of the "dark ages!" That's why I have created an "eco-intelligent" nutrition curriculum that speaks to the ecological health crisis we are facing in the 21st century.

- My curriculum training uses **The USDA Eating Model** to address the ecological health problems that people, plants, animals, and all living things are experiencing due to our reliance on a toxic industrial food production system.
- My curriculum training uses **The Eco-Intelligent Eating Model™** to address the necessity of returning to an organic farming system that works with nature to restore our ecological well-being and encourages conscious eating and cooking habits.

Here's the Book that is Featured along with My Training Tool Kit:
'Farming & Eating the Eco-Intelligent Way: Integrating Our Personal and Planetary Need for Sustenance.'



Defining the Book's Content



In Part 1 of this book, you will understand a way of farming and eating that is not sustainable. You will answer the question: ‘Do I participate as a consumer, in the industrial food production system?’ In this process of questioning, you’ll examine the 3 principles of eco-negligent eating that (in effect) *‘starve’ your innate eco-intelligence*. You’ll discover how eco-negligent eating undermines our personal, social, cultural and environmental health, and you’ll assess how you and others use food and agricultural choices to ‘disintegrate’ (the needs of) our personal and planetary ecology. The typical American diet, you’ll understand, doesn’t just neglect to produce vibrant health; it actually harms both your body and the bodies of other beings, as well as the health of earth’s systems on which we depend for life.



In Part 2 of this book, you will understand a way of farming and eating that is sustainable. You will answer the question: ‘Do I participate as a consumer, in the organic food production system?’ In this questioning process, you’ll meet the 3 principles of eco-intelligent eating which ‘*feed*’ and ‘*nourish*’ your *innate eco-intelligence*. You’ll discover how eco-intelligent eating supports our personal, social, cultural and environmental health, and, you’ll explore how you and others use food and agricultural choices to ‘integrate’ (the needs of) our personal and planetary ecology. You’ll realize that, in our eco-challenged times, we owe it to ourselves, each other, and the earth to find a way that supports us in caring for ourselves and the earth by developing our awareness about how our food choices may or may not create wholeness in our lives.



In Part 3 of this book, you will examine a familiar paradigm for nutritional knowledge: the U.S. Department of Agriculture’s Food Pyramid and MyPlate Eating Models. Though many people have relied for years upon the information in the food pyramid models to get advice about what kinds of foods to eat every day, it actually is deeply flawed according to some experts because its nutritional recommendations have been influenced by agribusiness concerns and economic biases. The USDA food pyramid has advised us for many years, to eat much more meat and dairy products than is healthful, and less fruits and vegetables.

It has not (until very recently), stressed the importance of eating whole grains versus refined grains. The USDA eating models' advice on dairy products and meat gives them a special place in the American diet, but the truth is that *excessive consumption* of animal products can cause an array of health problems in people, ranging from constipation and lactose intolerance to serious illness from bacteria such as E. coli.

The USDA MyPlate Model, its newest model, is an improvement because it recognizes that millions of people cannot eat dairy products due to lactose intolerance. It also now recommends that we eat at least 50% whole grains versus refined grains. However, nothing in the USDA's eating models, past or present, talks about the depleted and toxic soils producing food with lowered nutritive value, as compared with organically grown foods that come from healthy soil. Nothing in the model talks about how the production of meat and dairy products for the masses results in *serious environmental problems* due to the poison chemicals used to grow grain for animal feed and the large amounts of body waste so many animals produce. Factory farm conditions create untold suffering for millions of animals.

Can eating meat and dairy products produced in these ways really be healthful for us and the planet? This dialogue encourages you to look at the USDA Food pyramid and MyPlate Models with a critical eye, helping you to think through the sometimes highly erroneous information available from food companies and government agencies about what is really good to eat. Additional information about the negative effects of many foods that are common in a typical diet, including sugars and other simple sweeteners as well as fats that can be harmful demonstrates how the food pyramid doesn't offer good information.

In Part 4 of this book, you will explore a bold, new paradigm for eating well in today's eco-challenged times, called the *Eco-Intelligent Eating Model*. Though it may seem (after the critique of the USDA Food



Pyramid/MyPlate Models in Part 3) that hardly any of the foods we eat can be part of an eco-sustainable lifestyle, the truth is that there are many wonderful possibilities for eating a whole and nourishing diet that enhances rather than harms the eco-systems of humans and the earth. The *Eco-Intelligent Eating Model*, you will discover, is a source of food and nutritional information that is not influenced solely by the industrial meat, dairy, sugar and fat industries, but instead reflects up-to-date knowledge about how to eat a good and balanced diet (preferably organic) without the negative impacts on the health of humans and the earth, brought about by many of the foods in the conventional pyramid/plate models.



You will make an acquaintance in this section of the book with the Earth's traditional whole foods. These are foods that people in a variety of cultures around the world have eaten for thousands of years, and that have helped them live long and healthy lives. In looking at what the alternative food pyramids advise on the most important nutrients people need every day—protein, fruits and vegetables, carbohydrates and fats—the discussion in **Part 4** highlights some of the food nutrients that are ignored in conventional nutritional analysis but that studies have shown to be important in the human diet, such as phytochemicals.

This part of the book also contains in-depth information about familiar grains such as wheat, rice, barley and oats, as well as some ancient and traditional ones such as spelt, quinoa, millet and amaranth. This part also details the dietary role and nutritional benefits of nuts and seeds, as well as the oils they contain, and proper storage of oils to maintain their maximum freshness. Nut milks, beverages made from nuts, are an excellent way to enjoy the benefits of many nuts and fruits, and to replace some or all of the dairy milk in your diet with something that doesn't have any of the problems related to non-organic dairy production or consumption.

Dairy products and eggs can certainly be part of a healthful, 'whole' foods diet if they are produced by animals that are grass-fed or given organic feed, not given antibiotics or genetically engineered growth hormones, allowed to roam and fulfill their own instinctive behaviors, and treated in a humane manner. A whole diet doesn't exclude sweeteners, either, but rejects refined sugar and high-fructose corn syrup in favor of maple syrup, barley malt syrup, organic cane sugar and other organic and non-refined sweeteners.



A whole diet also does not exclude herbs and spices. It recognizes herbs such as garlic and oregano as dietary germ fighters, and it hails ginger as a digestive aid and cinnamon as a blood sugar balancer. (Are you getting hungry?)

Traditional food diets in some parts of the world have long been associated with legendary longevity, such as the Hunzas of Nepal. In many of these

places, the foods that give great health to people are also regarded as sacred, and treated with utmost respect and care.

What a contrast to the way our industrial agricultural methods treat the earth and the foods themselves! As we raise our awareness of our own diet and make changes to it, we can learn from ancient peoples who have always understood their interdependence with the earth and regarded their food as a GIFT for which they remain grateful.

Additional Training Tools



In addition to the 4 main learning modules that I have culled from my book and offered to you in the form of *illustrated learning modules*, I've also included the following learning tools (in multi-media formats), for your enjoyment.

My Eco-Intelligent Eating Self-Inner-View Podcast Series

This 5-hr. conversation (delivered in parts) highlights:

- Why I created the Eco-Intelligent Eating Model.
- Why health experts say the USDA Eating Model is flawed and misleading.
- The dark side of organic farming: who is not following the rules?
- Saving money on organic foods.
- Health benefits of the 12 food groups that are featured in the Eco-Intelligent Eating Model.
- Meal-making inspiration for the whole family!

- Personal stories and health tips from my journey as a self-healer, nutrition educator, eco-lifestyle mentor, and mom.

My Eco-Intelligent Farming & Eating Model Tabletop TUTORS Info-Graphics

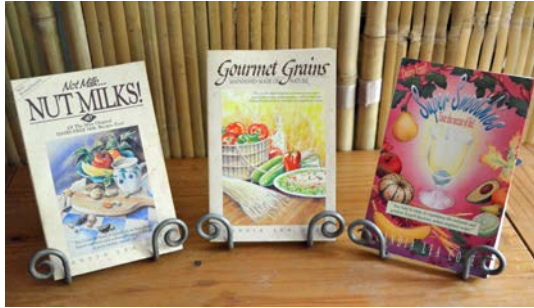


This includes 5 colorful posters that illustrate for you, the difference between *eco-negligent* farming and eating — which creates personal, social, and environmental health problems, and *eco-intelligent* farming and eating — which restores life, and fosters personal, social and environmental restoration.

- The Eco-Intelligent Eating Model
- Eco Intelligent Farming & Eating Philosophy
- Eco-Negligent Farming & Eating Philosophy
- Farm to Table Organic Food Choices & Eco-Integration
- Farm to Table Industrial Food Choices Eco-Disintegration

These graphics will support you in remembering your innate wholeness, and nourishing your body, mind, emotions, and spirit (your personal ecology) as a whole. They will also support you in nurturing the Earth's living ecology as a whole, by making healthy food choices that give you a way to exchange positive energy with the planet.

My 'Candia's Kitchen' Video Series



I'll show you how to make 50 of my favorite cookbook recipes, and share valuable health tips, that'll make you eager to prepare them!

30 Tabletop TUTORS™ Info-Graphics



Topics on the poster/placemats range from 'How to Turn Cooking into an Effort of the Soul', to 'Eco-Friendly Cooking' and 'The Yin & Yang of Healthful Eating', plus many others. These will appeal to eco-advocates, as well as vegetarian and paleo diners.

3 Special Community Bonuses Are Included in My Training, Too!

Organic Info-Hand-Outs

Use these (at home, or at events) to summarize the realities and myths surrounding organic food production and organic food.

A Special Report: 'The Vegetarian Perspective'

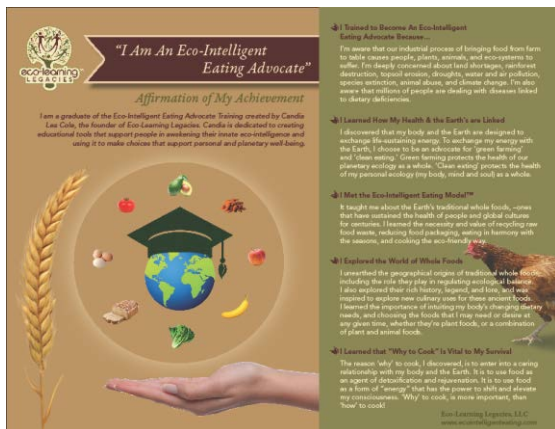


Learn about the 12 original food groups that preceded the Basic 4 food groups. Gain awareness about how the meat and dairy industries created educational campaigns to promote their products, causing a lack of awareness in our schools, and discover the value of plant-based nutrition.

Top Green Colleges

Explore the growing number of colleges in the U.S. which have established green initiatives (including organic food projects) on their campuses.

Graduation Certificate



Choose from 3 beautiful designs! Honor your accomplishment, when you graduate from this training. Option: Correspond with me through email during the course, and speak with me on the phone, prior to completing the course.

If you are interested in purchasing my training, please visit my website: www.ecointelligenteating.com

Thank you!

Candia Lea Cole
Founder, Eco-Learning Legacies, LLC
www.ecointelligenteating.com

PRAISE FOR THE ECO- INTELLIGENT EATING ADVOCATE TRAINING©



Praise for the Eco-Intelligent Eating Advocate Training©

“In Candia’s training (and book), we learn the tremendous values of eating in harmony with the needs of our bodies and the Earth, as well as the many challenges that confront us if we adhere to the standard American Diet. Nutrition is a common thread in our nation's conversation more now than ever, yet big businesses entrenched in old ideologies, profit and politics are a major problem! It's good to know that Candia is out there 'ringing the bell' that will highlight the values of farming and eating the eco-conscious way!” -*Deb Tucker, Founder and CEO, What’s In Your Lunchbox*

“It is obvious from the very first chapter of her book, *Farming & Eating the Eco-Intelligent Way*’ that Candia Lea Cole has a life’s passion for both the environment and conscious, responsible eating and nutrition. I wish this book (as well as her training) was required for all high school and college students. The material is well researched and is absolutely accessible, and her graphics are a marvelous bonus, including the Eco-Intelligent Eating Model which is a primary educational focus. The book is methodical in how the information is presented, and the message is always very positive: Food matters and how and where we get our food is important to us and to the health of the earth.” –*Karla Maree, CNC, Certified Nutrition Consultant*

“The path Candia is taking with her *Eco-Intelligent Eating Model* is very important and I am sure it will find an appreciative audience. We are also working toward the integration of sustainability and nutrition within our curriculum.” -*Dr. Walter Willet, M.D. Chairman of the Nutrition Dept. at Harvard School of Public Health*

“In our country, and much of the developed world, the incidences of chronic illness in children have skyrocketed and continue to advance at a breathtaking pace. At least 54% of children in the United States have chronic medical problems. Although the reasons for this epidemic are complex, there is a path back to health and wellness through nutrition. Unfortunately, sound nutrition practices have all but vanished from our culture and our daily lives. As the Founder and Executive Director of Epidemic Answers, and the author of *A Compromised Generation*, I am acutely aware of the desperate need for a fresh approach to nutrition and wellness, especially for our children. As a society, we need to initiate a food revolution and re-educate ourselves as to the most healthful and ecologically-sound approaches to nutrition. Candia Lea Cole offers this very education through her Eco-Intelligent Eating Advocate Training. Marrying traditional ways of eating with cutting-edge nutrition science, her approach to eating offers a model that, if implemented, could save the health of the next generation.”--*Beth Lambert, Executive Director, Epidemic Answers; Author, A Compromised Generation*

Candia Lea Cole’s Eco-Intelligent Eating Model™ looks very attractive and she is providing important guidance to everyday consumers that is in alignment with our mission. –*Mark Kastel, Co-Founder of the Cornucopia Institute*

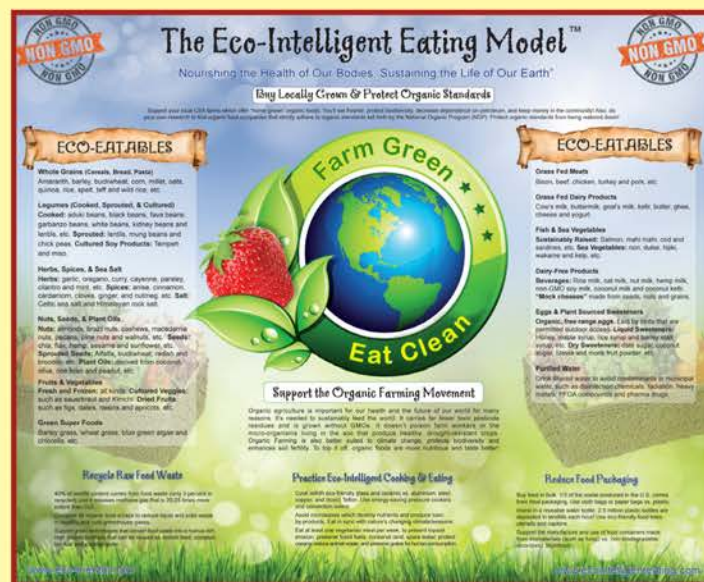
Candia’s Eco-Intelligent Eating Model™, which we learn about in her book, and curriculum training, speaks to our personal and planetary needs

in today's eco-stressed world. I like it because it features the healthy, whole organic foods that build and sustain my energy and vitality for my long ocean rows. This model also presents a healthy and meaningful way of relating our food and agriculture choices to the larger web of life, which I am passionate about protecting. -Roz Savage, *Ocean Rower and Environmental Activist*

INTRODUCING

THE ECO-INTELLIGENT EATING MODEL™

Food is life and life is precious. But if the food you eat is a toxic by-product of our nation's industrial farming system, and if the USDA Eating Model neglects to tell you how that system harms the health of your body and the earth, how will you learn to protect your ecological well-being?



In this book, you'll meet The Eco-Intelligent Eating Model™, an honest and ethical alternative to the USDA Eating Model. This model illustrates the importance of "farming green" and "eating clean." It explains how organic farming methods sustain the Earth's ecology and how organic whole foods nourish your body ecology! It also offers tips for recycling food waste, minimizing food packaging, and practicing eco-conscious cooking. One bite at a time, you can make a difference!