

SPECIAL FEATURE: WATER

BIOPHILE

for the love of our earth, and all who live on her

biophilia: an innate feeling or caring for living forms and systems; for nature

I take this,
the water of life;
I declare it the
water of light...

- EATING FOR PEACE**
a buddhist teacher talks
- FORBIDDEN CURES**
alternative medicine and the drug companies
- THE SWEETEST POISON OF ALL**
why refined sugar is toxic

ISSUE 2 - R19.95



toxic chemicals
are poisoning our planet
and all who live on her



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in this issue

BIOPHILE – Issue 2 – 2005

SPECIAL FEATURE: WATER

10 RUNNING LOW ON H₂O

All 6 billion of us humans and the rest of life on Earth have to make do with less than one percent of all the water available.

12 THIRST FOR CONTROL

Privatising the world's water supplies means that millions of people are losing access to an already scarce resource.

16 HOW TO SAVE WATER

Practical information from the Sustainable Living Centre: save water, save money, save the planet...

18 MORE MESSAGES FROM WATER

Reiko Myamoto Dewey interviews Dr. Masaru Emoto, author of *Messages From Water*.

YOUR HEALTH

22 THE SWEETEST POISON OF ALL

William Dufty explains why sugar is highly toxic in this extract from his book *Sugar Blues*.

46 READ THE LABEL!

Ingredients in your cosmetics: what are they doing to you?

40 FORBIDDEN CURES

Many alternative healing therapies work so well and cost so little that Organized Medicine would rather you not know about them.

ACTIVISM

33 LET THE BOYCOTT BEGIN!

It is the US that depends on the people of the world – on their land, their oil, their skills and labour, their buying power and good will – not the people of the world who depend on the US.

50 ORGANISE TO WIN

Part Two of the Grassroots Organiser's Handbook.

OUR CHILDREN

34 SOMETHING'S GONE WRONG

Dr. Elaine Lee explores the crisis in our education system.

36 THE NEW CHILDREN

Lady Guinevere, through Michelle Eloff, brings a message on the new children being born into our world.

ETHICAL CONSUMERISM

30 EATING FOR PEACE

A talk by the Buddhist teacher Thich Nhat Hanh on the issues surrounding the eating of flesh and mindful consumption.

Invocation to Water

I take this,
the water of Life,

I declare it
the water of Light.

As I bring it within my body,
it allows my body to glow.

I take this water,
the water of Light,

I declare it
the water of the Divine.

I AM a Master in all that I AM.

Archangel Ariel

channelled by Tashira Tachi-ren

By using this invocation over our water and food we will absorb more pure light frequencies into our bodies.

44 ALL FOR THE SAKE OF A TUNA STEAK

Sea turtles have inhabited the Earth for over 100 million years. Now these gentle ocean dwellers may only have 10 years left.

GLOBALISATION

31 EATING JUNK WHILE THINKING YOU'RE IN HEAVEN

An interview with Vandana Shiva on McDonalds, exploitation and the global economy.

REDUCE - REUSE - RECYCLE

47 THE 3 Rs – IN SIMPLE STEPS

Tips to help you easily put the catchphrase “reduce, reuse and recycle” into practice.

GREEN GARDENING

52 SOIL FOR LIFE

Without the soil and its legions of microbes, there would be no life on our planet.

53 WATER-WISE GARDENING TIPS

A look at the principles of water-wise gardening.

REGULARS

02 INBOX

03 FROM THE EDITOR

04 THE BIOFILES

39 READ THE LABEL!

48 EVOLUTION...

54 MAKING A DIFFERENCE

55 REVIEWS

56 THE BACK PAGES

60 ASK ANRITA

62 GREEN ALTERNATIVES

64 SUBSCRIPTION OFFER

Mission Statement

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The Team

Editor: Anthea Torr

anthea@biophile.co.za

Co-Editor: Steve Venter

steve@biophile.co.za

Advertising: Bev Bordalo

bev@biophile.co.za

Assistants:

Des du Plooy, Coral McCallum

Contact us

Tel: (021) 706 6749

Fax: (021) 706 7642

PO Box 817 Constantia 7848

info@biophile.co.za

www.biophile.co.za

Contributors

Glenn Ashton, Michelle Eloff, Trevor Steyn, Geoffrey Lotz, Dr. Elaine Lee, Susan Bryce, Reiko Myamoto, William Dufty, Colleen Huber, Paul Rockwell, Ken Adachi, Elizabeth Arzouni, Anthea Torr, Steve Venter

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Do something about the cover!

Congratulations on a fabulous new publication – may it go from strength to strength.

Just one thing: when I first saw *Biophile* in a shop I declined to buy it: at first glance it looked like an edition of the Jehovah's Witness *Watchtower*.

I only got to read it when a friend passed it on after seeing the value of the content. But please do something about the cover! This is not just my opinion but that of others I have spoken to. It deserves a cool, clean, green, almost "zeni-ish" cover, to match the quality of the content. I'm sure you could come up with something stunning and not this misleading garish image.

Hope you don't mind the comments!

Warm wishes

Deni Brown

We hope you like this issue's cover! Thanks for taking the time to write, all views are valid.

Anthea

Observations and suggestions

What a wonderful, wonderful surprise it was to see your lovely magazine on sale at my local health shop!

I am very impressed with the beautiful publication you have brought into being, and wish you every success.

May I make a few observations and suggestions?

The magazine is truly a thing of beauty, but may I suggest that you include more information of a local nature? Specifically about events and initiatives that are taking place around South Africa?

I found the "Biofiles" pages to be very interesting: perhaps you could include more local information here, or devote a whole new section to local environmental news?

I noticed that your magazine had very few adverts, and I hope that

this is simply because it was your first issue: I would love to see which companies are supporting you and the ideals you espouse; I would also like to find out where I can buy organic foods, shop for cruelty-free clothing and so on.

I wish you great success, and look forward to seeing what the next issue has in store for us!

With my best wishes

Joanne Whyte

Thank you for your lovely, warm and heart-felt encouragement and for taking the time to send us your thoughts.

I agree that having more local information is vital, and I hope that you'll be pleased with what we've managed to include in this issue.

Anthea

Cautious congratulations

How badly I want to enthusiastically rave at discovering your first volume in Exclusive Books (Nelspruit, noga!!).

But something urges caution...

So, slowly and with consideration:

Very, very well done at bringing the idea this far. I can only imagine at the sweat, worry and effort that have gone into the project to bring it to a pile at my feet in a bookstore way across the country from where you are.

I bought it on impulse because I feel with my soul that we need publications like *Biophile* to create and maintain the awareness necessary to make manifest the changes we want to see. I bought it because it 'felt right' in my hands – the paper, the stiffness and the weight of it.

I have been reading it in bites since Sunday, it's a good read. Well done again!!

Yes, I would buy it again if I saw it again.

Here is the crux of my concern – sustainability.

I so badly want you to succeed, but I really worry about the readiness of the SA market for a magazine like this.

People who would buy it are essentially in the know about many of the topics you can write about and love the Web for that; people who should buy it haven't felt enough of a squeeze yet to want to learn more and so couldn't be bothered yet...

If you haven't had to borrow too much to get it to this point, maybe you have a good chance of surviving. I hope so. Getting the ignorant to buy it is something to be worked on.

PeakOil, politics, world economics, the death of democracy and the convergence of these, and global warming are my areas of particular interest. All is connected.

Here's to you – cautious congratulations from Nelspruit!

Regards

Geoff Lotz

You sound like a Thom Hartmann ("The Last Hours of Ancient Sunlight" etc.) fan!

I especially liked your reference to the "feel" of the magazine – there is nothing like recycled paper – it is just "different" and feels so good.

There must be enough in circulation now to recycle and not to have to touch another of our precious trees – and not to have to plant another plantation of alien, mono-culture trees to satisfy the hollow needs of the consumer to "look good" regardless of the devastating chain of events to get it.

You will like this from the Sn'goi Aborigines in Malaysia: "When you cut the forest, and plant one tree, you can grow only that one tree. After that the soil is dead"

As you have so rightly intuited this publication has come from our hearts... and from sweat, tears, joy, laughter, trepidation, and (I hate to admit it!) occasionally terror, to mention a few of the many emotions – but mostly, a deep desire to get people to take responsibility for their actions by knowing what their choices are.

We do realise that the road ahead is going to be a challenge, but SA needs it. In the UK and US there are quite a few similar publications which are hard hitting and to the point.

To answer your question: the over-

heads are low. No fancy offices, cars, hats or carpets! We will do our best to keep the ball rolling; we don't give up easily!

Spread the word, and send us anything that may be of interest – especially local content!

Anthea

Compulsory reading!

A magazine like this has been long overdue, and should be considered compulsory reading in every South African school, corporation and government institution.

It's been well-laid out/designed, easy on the eye and very valuable in its content. It's sad that nothing of a similar nature had been published before, and exciting to see that his gap has finally been closed.

Well done, Anthea, Steve and the team! Keep up the good work!

Helmar

Thanks for your kind words Helmar, and even though we put the mag together, we agree that it should be compulsory reading.

From all accounts, the majority of the South African people are sluggish and prefer to bury their heads in the sand when information such as this – which is hardly new! – is presented to them. Even though the evidence is often so blatantly obvious, people hate the thought of change.

It seems that the only thing that will jog people out of their apathy is a crisis, and we are on a collision course with a crisis looming.

It's a time for action and time for change across the board!

The people hiding behind corporations and Governments need to become accountable for their actions and pay for the clean-up of the planet, and we the people must insist on this happening, by jumping off the bandwagon.

We must look closely at all the dysfunctional systems that govern our lives and make the changes in our own homes with our day to day choices.

Anthea.

thank you

by michael copley

Thank you
is like soft rain
falling on your soul

Thank you's eyes
always
shine gently

Thank you
is the heart's
natural state

Thank you
is your prayer coming
back to you with wings

Thank you
is love's release
to the unknown

Thank you
is the energy
of sharing

Thank you
comes before
and after the lesson

Thank you
is the celebration
of life

This poem can be found on
Michael Copley's CD of poems,
prayers and meditations
called *MESSAGES FROM
TREES*, available at WIZARDS

BOOKS in Cape Town,
Johannesburg and Durban.

Or email

mcopley@lantic.net to order a copy.

Dear reader,

Well... here we are with the second issue! If we take into account the challenges we faced, it was accomplished with amazing ease and grace. Getting advertisers (whose goods or services we would be happy to promote) to support us, has been an interesting challenge in itself. We have managed to secure a few adverts, together with lots of promises and interest for the next issue.

While we are on this topic, I would like to mention, with huge gratitude and appreciation, Denise Maidment of Veridian (S.A.) who courageously supported us by placing an advert in our first issue and who has done so again this time. It is an amazing experience dealing with Denise, as her motivation comes very much from her heart and not from her ego.

Also on the subject of heart, I would like to thank all the incredible people who have helped me put this magazine together, and made the dream a reality. Firstly Steve, the other half of the equation, who beats the same drum and feels the same feelings. The hand fits the glove so well, it never ceases to amaze me how little needs to be said! Bev as also joined us on the sales and marketing side and her passion and enthusiasm are wonderful to feel. Then the people in the Enchantrix office, Des, Coral and Shahied, who help so willingly and lovingly, because they work from their hearts and care. Then there are all the people who contribute, some who are regular and some once off. Their payment comes from being able to help others in the field that they are passionate about. It is such an awesome experience working with all these incredible people. Thank you!

As you will see this time round we have gone for more pages (64) and recycled, quality newsprint paper. There are a number of reasons for this: firstly we needed more pages as we have so much information we want to get out to people – somehow there seems to be a sense of urgency about it.

Secondly, it is not possible for us financially to continue using recycled Reviva paper. Reviva is almost twice the price of virgin paper, and try and buy it for the office/home from a stationary shop? It's just about impossible. Why I wonder? Something we are going to investigate shortly so we can bring you the story, and can all understand what has gone wrong with the system.

And thirdly, we want to demonstrate that recycled newsprint paper does a great job, and it is not hurting anything in the process: no land is being cleared to plant a monoculture of alien fast growing trees, that are then killed when they are still in stages of infancy, and then turned into paper with the use of some toxic chemicals to satisfy some hollow need created by the "glamour consciousness" thrust upon humanity by the people who make money out of it. What better way than to lead by example. I phoned up the re-cycling department of Nampac the other day to get some information and was told that they were **turning away** paper at the moment. I didn't manage to get the full story of what is going wrong, but we will be following up.

I was reading an article the other day by Drunvalo on the Spirit of Maat website (spiritofmaat.com) and a sentence jumped out at me that seemed to sum up so elegantly what we are all trying to reach:

"As long as mind and ego control the direction of creating, there will always be problems in the outer world, for the ego thinks only of itself and lies in duality. But when the heart is in control, everything comes back into balance, for the heart feels and knows only the Oneness of Life."

It just makes so much sense to direct all our energy to making decisions in life that come from the heart and not the ego. We all know that we are not perfect yet, or we probably wouldn't be here, but imagine what sort of world we could have if we thought carefully before we acted or spoke, and got into the habit of doing it from the feelings that comes from our heart? No more competition, jealousy, violence, hatred or lack, only compassion, consideration, co-operation, kindness and love, and not just for human beings but for all life!

Thank you to all the people who have phoned and written with comments and encouragement and to those who have taken out subscriptions. One person liked the magazine so much that she sent through subscriptions for all her friends and family for Christmas! That was exciting!

May we all be wise in our actions, balanced in our emotions and peaceful in our minds.

Anthea Torr

the biofiles

NEWS AND VIEWS FROM AROUND OUR WORLD

Birds in big trouble

By the end of the century, 10 percent of all extant bird species may be extinct, with another 15 percent on the brink, according to a comprehensive new study.

The analysis, reported in Proceedings of the National Academy of Sciences, considered the fate of 9 787 living bird species, modeling the effects of habitat loss, invasive species, and climate change. The grim 10 percent figure is actually a conservative estimate; the study's worst-case scenario bumps the number up to about 17 percent, or one in six species. Birds, the study authors stress, play unique roles in ecosystems and their loss can have unexpected and devastating effects on humans, as when the sharp decline of vulture species in India led to an increase in feral dogs and rats (feeding on carcasses), which in turn yielded 30,000 cases of rabies in 1997 alone. **"Birds are excellent environmental indicators,"** said Stuart Butchart of Birdlife International, **"and what they are telling us is that there is a fundamental malaise in the way we treat our environment."**

SOURCE: USA Today

Study finds mercury in 20% of women

A new Greenpeace-commissioned study on the correlation between fish consumption and levels of mercury in the body has produced interim results, and they may cause you to think twice about your next order of a tuna-salad sandwich.

The study analyzed hair samples sent in by people, many of whom read about the study on the internet, who also reported on their average monthly consumption of canned tuna, locally caught fish, and fresh or frozen fish sold in stores and restaurants. Hair samples from some 1 449 people were analyzed for the interim results; eventually the number will reach 5000. Roughly

20 percent of participating women of child-bearing age had mercury levels exceeding US EPA recommendations, as did one-third of those who consumed canned tuna at least four times a week.

Mercury is a neurotoxin that does bad, bad things to fetuses and young children.

Coal burning power plants are the USA's biggest mercury polluter, releasing 41 percent of the country's industrial mercury pollution. Mercury from these dirty power plants and other sources falls into lakes, streams and oceans, concentrating in fish and shellfish, which are then consumed by people.

"In the samples we analyzed, the greatest single factor influencing mercury exposure was the frequency of fish consumption," said Dr. Richard Maas, Co-director of EQI and author of the report. "We saw a direct relationship between people's mercury levels and the amount of store-bought fish, canned tuna fish or locally caught fish people consumed."

"We need a President who will cut mercury pollution and move us away from dirty fossil fuels by investing in clean, renewable energy."

SOURCE: Greenpeace International

Activists work to form Green Party in Russia

A group of environmental activists and scientists is seeking to create a Green political party in Russia, expressing high hopes despite considerable hurdles.

Since the fall of the Soviet Union, Russia's environmental situation has gone from bad to worse.

Environmental standards are among the world's lowest, the country is a dumping ground for nuclear waste, and male life expectancy is now below 60. The mover behind the nascent party is Alexander Nikitin, who has butted up against the federal government in the past over his publication of a report on

nuclear pollution.

Most of the nation's citizens are concerned about the environment, despite Putin's near-exclusive focus on terrorism, says Nikitin: "Not everybody thinks there's a terrorist hiding behind every tree." The group faces an uphill climb, however, as Putin has been moving in a decisively anti-democratic direction, putting in place new legislation consolidating his control and raising further barriers for new parties.

SOURCE: Grist Magazine

Green light for environmentally smart Packaging

In a first for the UK retail sector, Environment Minister, Elliot Morley MP, has launched a groundbreaking £8 million Innovation Fund to stimulate innovative packaging design.

With the aim of significantly reducing post-consumer household food and packaging waste, the Waste Minimisation Innovation Fund will see WRAP (the Waste & Resources Action Programme), which developed and manages the fund, working closely with major retail partners and their supply chains to deliver real change.

Research undertaken by WRAP shows that

over 40% of household waste which ultimately ends up in landfill, originates from purchases from retail supermarkets and convenience stores.

The aim of the Innovation Fund is to reduce this waste by 310 000 tonnes by March 2006. To put this challenging target into context, this is approximately equivalent to the total amount of household waste collected from the streets of Birmingham annually.

Jennie Price, Chief Executive of WRAP, said: "Many consumers are becoming more aware of how much rubbish they are generating. They are recycling more and more, but there is relatively little they can do to control how the goods they buy

are presented and packaged.

Supermarkets and their supply chains have a major influence on what ends up in the household dustbin. WRAP is looking forward to working with them to develop innovative products and packaging to reduce waste."

SOURCE: BBC News Website

Canadian province moves toward 100% electricity from wind

The Canadian province of Prince Edward Island (PEI) plans to introduce renewable tariffs later this year, the first jurisdiction to do so in North America. The tariffs will be used to develop community-owned wind generation on the island.

The renewable tariffs are part of a comprehensive proposal to produce 100% of the island's electricity with wind energy by 2015. Wind turbines at North Cape currently produce 5% of Prince Edward Island's electricity, the highest percentage of wind generation within a province in Canada.

Prince Edward Island's renewable tariffs are patterned after those used for nearly two decades in Denmark. Germany used renewable tariffs until 2000 when it introduced a more advanced tariff program.

Spain also uses renewable tariffs. The three countries are the world's leading manufacturers and users of wind turbines. Collectively they employ nearly 80 000 in the wind industry. OSEA has proposed renewable tariffs, similar to those planned on Prince Edward Island, for farmer-owned and community-owned wind turbines in Ontario.

PEI is Canada's smallest province; Ontario it's most populous. Relative to the land area in southern Ontario, the province would have to install 12 000 MW of wind turbines by 2015 to rival PEI – nearly 1 000 times the capacity currently operating in Ontario.

SOURCE: Grist Magazine

IS KYOTO THE ANSWER?

by Norm Dixon – *Green Left Weekly*

Thousands of delegates from almost 200 governments around the world converged on Buenos Aires, the capital of Argentina, on 6-17 December 2004 for the latest in the seemingly interminable rounds of talks aimed at implementing the 1997 Kyoto Protocol, the international treaty that aims to reduce emissions of the gases largely responsible for human-induced global warming.

The treaty, which has been stalled for seven years, will finally come into legal effect on 16 February 2005 following the decision by the Russian government to ratify it. The treaty's main significance lies in the fact that it recognises that legally binding international action to tackle global warming is required, by reducing the release of "greenhouse gases" into the atmosphere. There is now no doubt that such action is urgently needed, and is becoming more necessary by the day.

Counterproductive

The news that Russia had decided to sign on to Kyoto has raised hopes among the world's people that governments are now finally going to unite to take meaningful action to prevent this global environmental catastrophe. Is the Kyoto treaty really the answer to the looming crisis? Unfortunately, not only are the treaty's formal greenhouse gas emission reduction targets minuscule compared to what is required, the corporate-friendly, market-based mechanisms contained in the treaty to achieve these cuts are counterproductive.

Under the treaty, industrialised countries (referred to in the treaty as Annex One countries), the major emitters of CO₂, are required to cut their greenhouse gas emissions on average to just 5.2% below their 1990 levels. They have until 2012 to achieve this modest task. However, despite the need to achieve a 60-80% reduction in emissions by 2050, no further reduction targets or timetables are yet established for beyond 2012. The treaty's "flexible mechanisms" provide plenty of scope for rich-country governments to engage in "creative accounting." **These devices allow governments to claim reductions in their country's overall greenhouse gas emissions even though no actual reductions may have taken place. It is even possible that a country could increase its greenhouse gas emissions and still be credited with a reduction.**

Annex One countries that have reduced their greenhouse gas emissions below that required under their own Kyoto targets are allowed to sell their remaining "right to pollute" credits to countries that cannot or don't want to keep their Kyoto promises. While this might make some sense if the countries selling credits had genuinely reduced emissions, it should be remembered that the Kyoto baseline of 1990 conveniently ignores the fact that after 1990-91, the economies of the Soviet Union and Eastern Europe collapsed, resulting in a 40% reduction in emissions from those countries. Russia and Ukraine will soon be able to sell other industrialised countries the right to increase their greenhouse gas emissions by that amount.

Individual corporations will also be allowed to buy and sell the right to pollute when European carbon markets begin official operations in January.

"Carbon colonialism"

The treaty's Clean Development Mechanism (CDM) will allow Annex One governments and corporations to earn emission credits for investing in projects that claim to reduce greenhouse gas emissions in underdeveloped countries. For example, a CDM project might allow the New Zealand government to finance a factory producing energy-efficient ap-

pliances in India, but not do it in NZ; or BHP Billiton might construct wind generators in Mozambique but continue to pump CO₂ into the atmosphere from its operations in Australia and South Africa.

Another favourite will be for the rich countries to plant fast-growing, environmentally suspect tree plantations in poor countries and then count the CO₂ absorbed towards their emissions "reductions".

A further likely result of the CDM will be that rich country governments and corporations will dump obsolete technology on the poor countries as the First World introduces new energy-generation plant and equipment. Because this out-of-date technology may be "cleaner" than existing Third World factories and power plants, the First World will be awarded greenhouse credits, while the Third World will be stuck with obsolete (and uncompetitive) infrastructure considered too dirty to use in the rich countries.

As Belen Balanya from the Corporate Europe Observatory campaign group, note: "These policies would effectively turn greenhouse gases into commodities, locking-in existing North-South inequities in the use of natural resources and opening-up many new and harmful profit-making opportunities for transnational corporations — essentially creating a new market out of thin air. Through these schemes, corporations and Northern governments will be entitled to buy countless cheap emission credits from the South, through projects of an often exploitative nature, thereby imposing on the South what the India-based

Centre for Science and Environment refers to as 'carbon colonialism'. Furthermore, all of the 'low-hanging fruit', or cheap credits, will have been harvested by the North when it comes time for Southern countries to reduce their own emissions, saddling them with only the most expensive options for any future reduction commitments they might make."

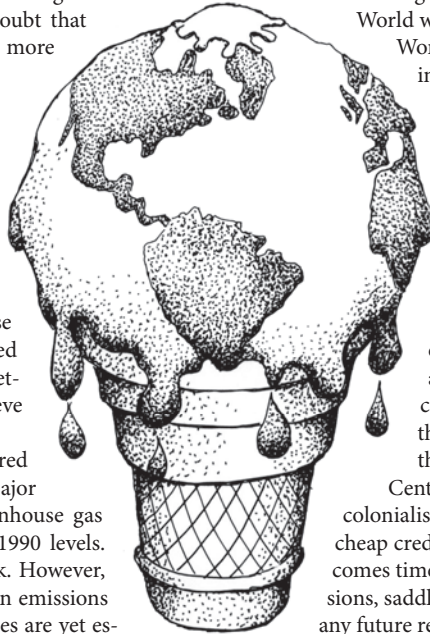
Another accounting scam is the provision that allows Annex

One countries to avoid making genuine industrial emissions cuts is that they are allowed to count CO₂ absorbed by domestic "carbon sinks" — from reduced land clearing, increased natural forest cover, new tree planting and soil conservation methods — towards reduction targets. However, ways to accurately quantify and verify exactly how much CO₂ is removed from the atmosphere through these mechanisms are extremely unreliable. **The sad irony is that these measures were included in Kyoto largely at the insistence of the US and Australian governments as the price for their participation in the treaty's negotiation, but then both governments refused to sign the protocol after delaying its final emergence for almost a decade.** The refusal of the US, by far the world's largest greenhouse gas polluter, to sign Kyoto leaves a gaping hole in the treaty's coverage.

Emissions still increasing

It is unlikely that most Annex One countries will genuinely meet their meagre Kyoto commitments without making extensive use of these accounting tricks. As Joke Waller-Hunter, executive secretary of the UN Framework Convention on Climate Change, conceded in his December 6 opening speech to the Buenos Aires meeting, since 1990 annual greenhouse gas emissions from the "highly industrialised countries" have increased by "more than 7%".

The European Environment Agency reported in May 2003 that emissions of greenhouse gases from the European Union had increased in 2000 and 2001. Under Kyoto, the EU must reduce emissions by 8%. However, total EU CO₂ emissions jumped 1.6% in 2001, while total greenhouse gas emissions increased 1%. □



the biofiles

Bangladesh : tiger population increase

In a press conference, the Environment and Forest Minister revealed that the number of tigers in Bangladesh's mangrove swamps has risen by more than 50 to 419 in the last decade, thanks to the government's efforts to sustain the endangered species.

"The number of tigers in the Sundarbans has risen to 419 from 362 a decade ago," Tariqul Islam said, announcing the result of a census in the mangroves.

The Sundarbans, as the mangrove swamps are known, stretches into India's eastern state of West Bengal, is about 400 km southwest of Dhaka and is home to a wide variety of wildlife, but its chief attraction is the tiger. It forms a fragile ecosystem that is being ravaged by the pressures of population and the weak enforcement of environmental regulations. Forest officials said greater surveillance against poachers and reduced human interference with wildlife had helped the tiger population to recover.

Islam said census takers had scoured the 6 000-sq km wetlands and collected 1,546 tiger paw prints to fix the numbers of the big cats. They said the tiger population fell to about 362 in 1993 from 450 in 1982 because of deforestation caused by poachers and illegal loggers.

SOURCE: Grist Magazine

Rural Tibet makes the move to clean energy

In rural Tibet, solar energy converters are replacing conventional fuel and have become fashionable consumer commodities.

Though Tibetans – who consider themselves "sons and daughters of the sun" because the region abounds in sunlight – relied on conventional fuel until recently, the trend is changing, reports Xinhua (Chinese Press Agency).

Take the case of Purbu, a native of Nyima county who travelled to



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Lhasa to buy a solar energy converter as dowry for his younger sister.

"It's fashionable, pollution-free, and I'm sure my sister will love it," said Purbu, who spent over 2 000 yuan (\$240) on the gift.

For a long time, Tibetans had relied on straw, firewood, cattle dung for fuel, and ghee, a kind of clarified butter, for lighting, and shunned using solar energy despite the fact that Tibet, also known as "roof of the world," abounds in sunlight, which lasts for 3,400 hours a year here.

Some sun-worshipping Tibetans were reluctant, until recently, to use state-subsidized solar ovens for cooking. Five years ago, Zhoima, an elderly Tibetan woman from Dongjiao village of Gyangze county, insisted her daughter return the solar oven to the shop as she feared the sun god might "get tired out".

A region-wide "sunlight scheme" was launched in Tibet in 1990 and another "electricity to township programme" was kicked off in 2002 to make good use of solar energy resources and protect local environment.

Wang Haijiang, deputy head of Tibet Solar Energy Research and Demonstration Centre, said that under the sunlight scheme Tibetans would get a subsidy of 50 yuan to buy a solar energy oven costing 300 yuan. Each solar energy oven can help save about 750 kg of straw and firewood a year. Over the past 14 years, workers with Wang's centre have helped Tibetan farmers and herdsman install 110 000 solar energy ovens at their homes.

Since 2002, the state has also constructed 300 solar energy power-generating stations across Tibet, with the aggregate installed capacity amounting to 8 000 kw.

Dainzin Wangja, head of a village committee, said 247 households in his area had built solar energy ovens and solar energy greenhouses.

Zhoima, the elderly woman, now has one solar oven fixed at her home for cooking. "Solar energy resources will be wasted in vain if we don't use them," she said. "The most important thing is that solar energy is free of charge, pollution-free, and we can use it to grow vegetables in greenhouses and cook and heat."

SOURCE: Science Today

World's first large-scale ecofriendly tourism scheme launched

Work will begin over the next few months on the 6000-house, €1billion scheme in Mata de Sesimbra, just south of Lisbon.

The development is part of an overall project that covers an area of 5300 hectares and brings together sustainable housing, nature conservation, reforestation and ecofriendly transport.

The development, which replaces a proposal to build a conventional tourist resort, will be completely powered by renewable energy, dramatically reduce waste to landfill – to just 5 per cent of the Portu-

US Environmental Campaign Targets Victoria's Secret

A campaign has been launched in the USA against Victoria's Secret for their leading role in forest destruction.

San Francisco-based ForestEthics is directing actions and demonstrations by grassroots environmental groups across the USA, and has also launched an advertising campaign and a website which challenges the company to use recycled and sustainably-harvested paper, and to stop using paper from the world's last remaining endangered forests.

Victoria's Secret prints 395 million catalogs each year, over one million catalogs every day, predominately on virgin paper from these endangered forests.

"The naked truth is that the one million catalogs mailed daily by Victoria's Secret are destroying some of the world's last remaining old growth forests and threatening endangered species," said Tzeporah Berman of ForestEthics. "We're calling on Victoria's Secret to dramatically increase its use of recycled fiber and stop buying paper from endangered forests."

Two years of investigative research has revealed a direct link between Victoria's Secret catalogs and the destruction of old growth and endangered forests in the Canadian Boreal, the third largest forest wilderness in the world. Victoria's Secret's paper usage is also contributing to the demise of endangered forests across the Southern United States, a region that now supplies over 15% of the world's paper.

SOURCE: ForestEthics

WHAT ARE YOU DOING?

Contact the companies which send you junk mail, and tell them to STOP!

Get together with your neighbours and friends to collect the junk mail you receive, and drop it off at the companies' offices – then demand that they stop sending it to you.

VICTORIA'S DIRTY SECRET



Victoria's Secret mails out more than a million catalogs a day, and the cost of these catalogs isn't sexy—they're printed on paper made from some of the world's last remaining Endangered Forests.

Victoria's Secret isn't so interested in full exposure when it comes to revealing where its catalogs come from. They are printed on paper from the Canadian Boreal, a forest wilderness larger than the Brazilian Amazon. And Victoria's Secret uses hardly any recycled paper in the more than 370 million catalogs that it mails out every year, making it a leader in forest destruction.

The Canadian Boreal is a key buffer protecting us from global warming and is home to more than a million indigenous people, billions of North America's migrating birds, as well as grizzly bears and threatened caribou. It's being cut down at a rate of two acres a minute, 24 hours a day, mainly for paper.

Victoria's Secret is not satisfied with just stripping the Boreal—it is also destroying forests in the Southern U.S., one of the most biologically diverse regions of our country and the unfortunate source for 15% of the world's paper. If Victoria's Secret were as dedicated to demanding environmentally-responsible paper from its suppliers logging endangered forests, like the Alberta Foothills, as it is to décolletage, it could make a significant contribution to turning around the environmentally devastating paper industry.

Tell Leslie H. Wexner, the CEO of Victoria's Secret's parent company, The Limited Inc., that when it comes to our last remaining forests, less is not more! Insist that the company stop buying paper that comes from endangered forests, that it increase its use of recycled paper to 50%, and that it stop sending so many darn catalogs!

Get involved in ForestEthics' campaign to revolutionize the catalog industry:

www.VictoriasDirtySecret.net

the biofiles

guess national average — and use rainwater collection and waste water recycling systems to achieve huge cuts in domestic water consumption and irrigation. More than half the food served in tourist facilities will come from local sources.

There are also plans to create a sustainable transport network, featuring shared and non-petrol vehicles and a cycle route encompassing the entire site. The aim is to eliminate the need for private cars in the area.

The project includes a 4 800-hectare nature reserve in which habitat corridors, linking surrounding protected areas will create safe havens for vulnerable nesting birds such as Bonelli's eagle.

The site will also be home to one of Europe's biggest privately financed forest restoration projects which aims to recreate native indigenous woodland — mainly cork oak and umbrella pine — replacing the existing eucalyptus and non native pine forest.

The Mata de Sesimbra project is the first of a series of ambitious sustainable development schemes to be launched by One Planet Living, a joint initiative of WWF and BioRegional. The initiative aims to set up "One Planet" living communities of some 5 000 people in the US, China, South Africa, Australia, and other European countries, such as France. SOURCE: WWF

Airlines start cutting emissions and raising efficiency

Once considered burdensome headaches, techniques to cut pollution and increase efficiency are now being embraced by many large airlines.

Why?

"It turns out that good environmental behavior is also cost-effective," said Bengt-Olov Nas of Norway's Scandinavian Airlines System.

The principal driver is rising fuel costs: The price of refined jet kerosene has risen by about 60 percent since January, eroding airlines'

already-slim profit margins.

In response, airlines are pushing to increase fuel efficiency and taking a number of steps to decrease waste: polishing planes to reduce scratches that increase drag, painting planes lighter colors to reduce heat absorption, and reducing weight via lighter seats and less onboard water and fuel.

Also, various airlines are lobbying for more direct flight paths and the opening of some military flight space, and trying to reduce taxiing and in-flight delays.

Unlike other cost-cutting measures — like, say, firing people — these measures are supported by just about everybody, including passengers and unions.

SOURCE: Grist Magazine

Transform your house into a windmill

A Welsh inventor has come up with what he thinks is the perfect way to harness wind power without the need for hideous turbines.

Leighton Evans, from Maesteg, has already patented a door security device used in hotels in Britain and America. Now he claims his system of "power mills" could help supply our future energy needs.

His invention combines the use of tidal energy power mills with small windmills placed on the roof of every home. He also proposes the erection of relatively inconspicuous windmills on farming land.

His plan involves:

Parallel rows of water power mills sited along rivers and tidal flows without causing any environmental or visual impact;

Large numbers of wind power mills similar in size and appearance to farm buildings that could be built in environmentally acceptable areas fitted with screens to protect birds and animals, and

Chimney-size rooftop power mills fitted with screens to minimise visual impact and protect garden birds from the rotary blades.

"Wind farms cannot be considered as the main source of energy because

wind is erratic and unpredictable. They will not reduce the need for a 100% back-up of power, making them pointless and unnecessary.

"Wind could be used as a source of energy to provide supplementary power, and by installing a small chimney-size power mill on every rooftop throughout the country, the demand for electricity for domestic use would reduce by 30%."

Most farmers would benefit financially by building power mills to the size and appearance of farm buildings that blend into the countryside, fitted with screens to protect birds and other wildlife from the blades and reduce the visual impact.

SOURCE: Grist Magazine

Global warming to make Arctic "unrecognizable"

Global warming has disrupted the lives of dozens of types of animals, birds and insects in the United States and will soon make the Arctic nearly unrecognizable, according to two reports released in November 2004.

The reports document sweeping "you-can-see-them-with-your-own-eyes" ecological changes underway and offer dire predictions of massive species extinctions, an elevation of sea level by 1 meter and widespread disruptions to Earth's life-support systems.

Half of the approximately 150 wild plants, animals and insects the scientists examined have been affected by global warming. Many wild plants and animals are going extinct in the southern edges of their ranges, but doing better at the northern edge. Edith's checkerspot butterfly, for example, is in sharp decline near the Mexico-California border where it has become too warm and dry. But its numbers are expanding in British Columbia, which used to be too cold for the butterfly.

In a similar fashion, the red fox is heading north and can now be found in Arctic regions where winters have become less severe. That's bad news for the cold-hardy arctic fox, because it can't compete with its

larger, more aggressive cousin.

But it could get much worse: as much as a third of all species will be extinct by 2050 by some estimates. Entire ecosystems are being affected, which could disrupt soil creation, plant pollination and the natural cleaning of water and air. Climate change has the potential to affect all those benefits that we get for free.

The reports also warn that polar bears, walrus and some seals are on their way to extinction. Summer sea ice may disappear entirely and, combined with a rapidly melting Greenland ice sheet, will likely help raise the world's sea levels 1 meter by 2100, swamping homes from Florida to Bangladesh.

SOURCE: Galbraith Environmental

Greenpeace: 2 million hectares of Amazon saved!

The Brazilian government has stood up to the powerful forces of illegal loggers and greedy soya and beef barons in the Amazon by creating two massive reserves.

This means increased sustainable use of the forest by local people and added protection against environmental devastation. Greenpeace has been working with the local communities of Para State for four years for the formation of the Verde Para Sempre Extractive Reserve. This is part of their work to stop the deforestation led by cattle and soya farming.

Last year Greenpeace had two ships in the area where local communities and forest are being destroyed for profit at any cost. It is a lawless frontier where greed, corruption, slavery and even murder are common place as loggers and ranchers trash the forest for short term profits. Along with local people, Greenpeace confronted the powerful forces behind the destruction such as mayors of the region who also own logging companies. Realities such as this mean unsustainable development and environmental destruction go hand in hand with human rights abuses and the total disregard for law and order.

SOURCE: Greenpeace International

GMO WATCH

Around the world, people are participating in a genetic experiment without their knowledge or consent. Genetically Modified Organisms have been released into our food and environment without adequate testing of their effects, or proper labelling.

Pope gives thumbs-down for GM food

In a message for World Food Day, Pope John Paul II stressed the need for biodiversity, suggesting reservations about the production of GM foods.

The US Embassy to the Holy See has been lobbying to secure Vatican endorsement for GM foods. Church experts have cried foul, accusing the US Government of profiteering under the guise of fatuous claims that GM food is the solution to world hunger.

Biological diversity, wrote the Holy Father, is needed to ensure the supply of a wide variety of foods, and also to preserve the rights of farmers engaged in widely different types of agricultural progress. He also said that that mankind has a "God-given duty of stewardship over creation", and our respect for the created world should forbid "challenges to the natural order".

"Unfortunately there are today many obstacles that are placed in the part of international action undertaken to safeguard biodiversity," the Pope writes. He calls for a proper balance between the rights of developers and those of societies, arguing that control of "the resources present in different ecosystems cannot be exclusive nor can it become a cause for conflict."

SOURCE: Catholic World News

Bayer terminates GMO work in India

Bayer has pulled out of GMO research in India after sustained pressure from Greenpeace; this was the biotech giant's third defeat last year, proving just how unwanted GMO agriculture is.

Bayer conceded to Greenpeace India that ALL its projects on genetically engineered crops have been "discontinued" in a letter sent by Alope V. Pradhan, head of Bayer's Corporate Communications in India.

"We don't need genetically engineered crops to feed India," said Divya Raghunandan, GE campaigner for Greenpeace India.

"In fact globally, the promises made by the genetic engineering industry have been unfulfilled, whether increasing crop yields or reducing pesticide use." She continued: "It doesn't surprise us that Bayer is giving up in India as they saw the writing on the wall – the Indian public was not going to accept their manipulated cabbages and cauliflowers and they cut their losses. It's time for the rest of the industry to give up on this misguided and inappropriate technology."

This retreat follows other decisions by Bayer last year. In March 2004, the company announced it would be pulling out of GE crop research in the UK. A few months

later, in June, it announced it would not pursue commercialisation of GE canola in Australia.

"It is clear that popular resistance to genetic engineering is not diminishing as hoped for by the industry," said Doreen Stabinsky, of Greenpeace International.

"No matter what country we're talking about, consumers are on the same page. They don't want to eat genetically engineered food. That's good news for farmers and good news for the environment."

SOURCE: Greenpeace



Traditional farming methods in India are safer from the biotech threat now that Bayer has terminated its GE projects. ©Greenpeace/Jaenicke, Florian

Fight over "Frankenfish"

They are swimming lazily in a few fish tanks right now, but Atlantic salmon that were developed in Canada may soon be the focus of the next big fight over genetically modified food.

To critics, the salmon designed to grow up to six times as fast as ordinary farmed salmon, are freaks of nature – Frankenfish that shouldn't be allowed out of the lab.

Proponents say they're a remarkable creation that will help feed an increasingly hungry world and can reduce the environmental impact of fish farming by producing bigger fish, in less time, with less food.

"There's no question that this is the way things will go . . . this is the way salmon and many other fish will be grown in the future," says Joseph McGonigle, the vice-president of Aqua Bounty Technologies.

The first genetically modified fish approved in the US appeared on the market in 2004. The GloFish™, a pet fish that glows in the dark, was cleared for sale in the US with little opposition. But the AquaAdvantage salmon is a more complicated product; it is meant for human consumption, and it could survive in the wild.

"If these salmon get into fish farms, it will only be a matter of time before they get out," the Sierra Club's Vicky Husband said. "All you need is to have one escape and then they are interbreeding with the wild populations. It's horrific. We say absolutely no way to these fish."

AquaAdvantage salmon are found only in experimental fish tanks in the company hatchery in Prince Edward Island and at Memorial University in Newfoundland. A similar type of genetically modified salmon is also under study in a federal government lab in Vancouver.

SOURCE: Globe And Mail

GM Soya beans smuggled into Zambia

The Zambian government is setting up stiff surveillance measures at all entry points on its borders following reports that banned genetically modified soya beans entered the country illegally.

Zambian Minister of Agriculture and Cooperatives Mundia Sikatana told Xinhua in an interview in December that GM soya beans were entering the country using the southern border entries, a situation he described as "most unfortunate."

"The policy of the government is that we will not allow any genetically modified products to enter into the country and we are following up the reports that genetically modified soya beans is being smuggled into the country," he said. However, the Zambian minister could not state from which country the soya beans was coming from, saying "we have since launched investigations to find out from which country the soya beans is coming from but all I can tell you is that it is entering the country from the southern part."

He said the government is going to improve phytosanitary surveillance measures at all border posts to inspect all agricultural products coming into the country.

Zambia banned genetically modified products from entering the country in 2002 at the height of severe hunger when genetically modified maize was brought into the country.

This brought a lot of debate on the safety of this maize to both the human beings and the environment, a situation that led government to stop the distribution of the maize to hunger stricken areas. Currently the country is developing a policy as well as legislation on the handling of genetically modified products.

"The government's policy on genetically modified products is that we are not going to allow any such products until we put in place proper measures on the handling of these products," he said.

SOURCE: Xinhua News

“Water, water, everywhere,
And all the boards did shrink;
Water, water, everywhere
Nor any drop to drink.”

The Rime of the Ancient Mariner
Samuel Taylor Coleridge (1772 – 1834)

Of all the water on this planet, 97.5% is in the oceans, two percent is frozen, three quarters of a percent is in the ground as groundwater, and a mere quarter of a percent makes up our surface water. The rest is in clouds and living organisms. So there is not much water available for us to live on. All 6 billion of us humans, all the trees, animals, and the rest of life that make up the biosphere and keep natural biological functions working have to make do from the less than one percent that is available.

But, just like everything else, we use water seriously wastefully. In South Africa we face particular challenges: we live in a hot, dry climate with a suckingly massive evaporation rate, more than twice as much as the rainfall overall. We constantly face a water deficit. Beside this we have tapped into almost every major available water resource and it is up to us to save what precious little we have left. Damming rivers prevents wetlands, river systems – the ecosystem as a whole – from functioning properly.

So it's not just a matter of our survival or the survival of the industrial sector; water is a major part of the big picture.

And just what can we do to change the way we impact on the big picture?

Well, quite a bit really.

For a start we can do sane things and not have a kikuyu lawn that wallows in water, plant plants that don't need watering, reuse what we can in the home and garden and harvest rain water through roof tanks. Rainwater always makes

better tea anyway, as long as you have a diverter for the first 50 litres or so of runoff. But we must also look at the fundamental waste of water that modern cities use.

Ever since Thomas Crapper invented the flush toilet in England, we have been pouring good after bad, right down the sewer. And its not even as if our bodily wastes are that bad. After all, dust to dust, ashes to ashes and all that. Manure to plants and so on.

Why do you think there are all of those pictures of Chinese people carrying two buckets, one on either end of a pole? It wasn't because they were always getting flooded out, or irrigating fields. Farmers selling produce at market would make sure that they went back home with the fertiliser to feed their next crop.

And what was the fertiliser? You guessed it.

Humanure. Maybe that's why Chinese food is so tasty. Seriously though, we have ways and means to make our waste safe. It's called a composting toilet and we make some of the best right here in South Africa. For five grand you get a toilet, complete with seat, vent, the whole shooting match, that never needs one drop of water. In fact it works better without water. And after a year or two you dig out the end product and put it in your garden and it will make your plants grow like a Chinese cabbage.

Of course there are squeamish folk out there saying: “dude, what are you on about, how do you expect me to dig out what I poohed?”

Well, if you have ever planted a tree you will have been closer to pooh that was not even yours, it was from an animal: a pig, cow, horse, chicken, but not good old humanure. What you get out of composting toilets is what had fed your body and made you and it is in turn what you give back to nature. If you are really squeamish, you can get someone else to do it for you!

Seeing that residential use of water in South

Africa accounts for around 15% percent of total water use – a lot more in the cities – and, given that toilets use about 30% of household water, South Africa would save about the equivalent of the Gariep Dam in water savings every year if we all used composting toilets. Lets ignore that about 3 meters of the Gariep will evaporate anyway every year, but hey, we are still ahead. So there's one way to make a start.

All the rest of the water we use can be recycled into our gardens or vegetable patches, to wash cars or even to share a bath with someone else. It is entirely feasible: Dr Guy Preston, head of Working For Water, the chief alien-clearance man (begone you water-gobbling aliens!) uses 6000 litres of water a month for a suburban family in a suburban home, with a swimming pool. His pool is topped up by rainfall runoff, the garden is water-wise hardy indigenous, and water saving showerheads and toilets (no, he does not as yet have a composting toilet) keep his families water below to the cut-off for free water on average.

So his water is free. It can be done, and done in style too. Well done Guy!

Now, everyone else, copy Guy; okay?

At the moment we have an insane system where we collect water for hundreds of kilometers outside of cities (thousands in some cases in South Africa), then we use the water once, have a crap and effectively pollute perfectly good water. Then we pour phosphates down the drain. Well we don't really know they are phosphates, we call them soap, but the reality is that soap is poison to the ecosystem.

Phosphates make an alkali solution, like soap. Remember those phosphorous experiments at school? I do, with our pleasantly lunatic teacher Duncan chucking huge chunks of phosphorous into the lab basin, causing a fizz and bang as we all ducked behind our desks. At the end of the fireworks and after the smoke had cleared, we measured the water and it was alkali, just like soap.

Anyway, I digress. Phosphorus is a disaster for water. It makes things grow and throws the biological balance all out of kilter. But again, there are alternatives. One can go phosphorous-free for a start. The Enchantrix range of cleaning agents is all phosphorous-free (as well as free of all of the other bad things). Then there is the Golden Products range, Ecosoft soaps, some low-phosphate house brands.

All of the big brands are bad.

B.A.D.

Biologically activating destructors.

What happens when phosphorus builds up in the environment? It tends to concentrate in the watery realms – rivers, streams, wetlands, lakes and aquifers – and other aquatic environments and then causes a phenomenon known as eutrophication (U-trof-ee-kaish-un).

running low on H₂O

by Glenn Ashton, Director: Ekogaga Foundation

Sounds pretty cool but its not. It's the de-oxygenation of water due to algal and plant plankton growth, and usually signals a virtual death knell for the ecosystem. This is why phosphorous and eutrophication are BAD. Biologically activating destructors.

Eutrophication occurs naturally but on much smaller scale than the events now being triggered by human intervention. This is because of high phosphorus soaps, nutrient loads (fertilisers – including phosphorus but also manure and other fertilisers) as well as from the impacts of outflows from water treatment plants and other point pollution.

It really is time for our big brands to clean up their act and remove all phosphates from their soaps and cleaning products. In fact, consider this the start of a concerted campaign to ban phosphates from soaps in South Africa for ever. And you dear readers are amongst the first activists, each in your own small way. Buy smart.

Phosphates are concentrated during the treatment of water in conventional sewage plants. When this wastewater is discharged it inevitably impacts on areas it is in contact with.

In many coastal areas, particularly Cape Town, we simply pump our untreated waste straight into the sea. Phosphate load in the sea is also bad. Pooh in the sea is worse.

We should not be wasting one drop of water in South Africa.

All of the water we use should be recycled and redirected toward either agricultural use or cleaned properly and reused for drinking. This has been done in Windhoek since the 1960s and now happens in many places around the world.

Another problem is that we have destroyed many of our wetland systems in South Africa. Wetlands are essential cleansers of our water. In order to restore the balance, we must see to it that all industries which generate water pollution as part of the manufacturing process use wetland based reclamation projects to cleanse the water before it is either reused or discharged. In this way we both rehabilitate wetlands and cleanse the water, taking responsibility for the full life-cycle.

This is of course a simplistic prescription but it is the principle that underlies it that is important. The value of wetlands is over R100, 000 per hectare per year in water saving, cleaning, ecosystem maintenance and the likes.

Surely business can write this account off against tax? Environmental services are not free but they become part of business. Water is precious; we are water, every living contains water at some stage of its life. Were water readily available on Mars, there would probably be life there; bacteria and amoeba live on earth in similar extremes of temperature but generally rely on water to provide a stable environment.

Even on Earth, our fragile Gaia, our beautiful

water, water, everywhere...

25 liters of water, on average, go down the drain if you leave the tap running while you brush your teeth

135 liters of water, on average, go down the drain if you leave the tap running while you wash dishes

225 liters of water per day can be wasted by a small tap leak

675 liters of water, on average, are used to wash a car with a hose

14% of the water consumed in the average home is used to operate a washing machine

75% of the water consumed in the average home is used in the bathroom

1462 liters of water are consumed per person per day in Las Vegas, possibly more than in any other city in the world

blue spaceship that whizzes around the sun at over 10 000 kilometers per hour, we do have water everywhere but with only one percent available to drink. It is exclusively through the miracle of ecosystem distillation, otherwise known as the water cycle (evaporation, condensation as clouds, rain, snow, ice, hail and sleet growing to rivers, lakes re-entering the sea and evaporating again, so on ad infinitum) that we have any fresh water on this planet.

Water has a profound importance to every living thing on earth. Without we go the same way as Mars. Let's do something about using it wisely. Together. 🌱

If you have comments, suggestions or feedback please drop me a line: ekogaia@iafrica.com

FACTFILE:

Water in South Africa

South Africa is extraordinarily rich in natural resources – except for water.

Water is a vital, but scarce resource, distributed unevenly in time (frequent droughts alternate with periods of good rainfall) and space (the eastern half of the country is markedly wetter than the western half). Increasing demand for water, and decreasing water quality, make careful water management a priority in our country.

Rainfall

Our average rainfall is less than 500 mm a year, with the driest part of the country receiving less than 200mm/year and the wettest receiving more than 2500mm/year! Rain does not always fall where it is most needed, and some areas of high demand, such as Gauteng, receive less water than they need. Most rain falls in the narrow belt along the eastern and southern coasts. The rest of the country receives only 27% of South Africa's total rainfall.

Rivers

There are few natural lakes in South Africa. We depend on rivers, dams and underground water for our water supply. Approximately 75% of the water flowing from South Africa into the sea occurs along the eastern and southern seaboard where many short rivers occur. Flowing from east to west is the largest river in the country, the Orange River, which drains most of the rest of the country. Its water comes from sources in the Drakensberg and Maluti Mountains, and it flows into the Atlantic ocean on the west coast.

River catchments

Estuaries are silting up, inland wetlands are disappearing, some perennial rivers are drying up, and rivers, lakes and dams are polluted!

Water bodies in southern Africa clearly suffer from many problems – all of which are linked to the way in which the catchment area of each is used.

The river catchment, or drainage basin, is all the land from mountain top to seashore, that is drained by a single river and its tributaries. Catchments are separated from each other by watersheds. The characteristics of any river (physical, chemical, biological) are determined by the nature of the catchment and the activities, both human and natural, that take place in it.

Catchment areas vary greatly in size – a big river may have a catchment area of several

a thirst for control

This article by Susan Bryce examines the unbelievable reductionist thinking, social ruthlessness, arrogant ignorance and alienating mindset of a group of elite planners and transnational corporations spearheading the drive to commodify our water.

There once was a time when water fell freely from the clouds in the sky and bubbled from the springs in the hills... when the rivers, streams and lakes were full to the brim... when ancient underground aquifers flowed like great veins beneath the continents... when water nurtured our people, like babes sustained by their mother's milk.

Today, water has become a scarce resource. Climate change has wreaked havoc with the weather, and the clouds no longer pour their tears of life upon our great forests. Vast agricultural lands suck rivers and streams dry. Our lakes are choked with dead fish which have been suffocated by industrial pollutants. **The bowels of the Earth are constantly relieved of their waters, millions of years old.** Experts predict that by the year 2025 our world will be suffering from the dramatic effects of hydrological poverty. There will be great disputes and even wars over water. "Failure to act could damage the planet irreversibly, unleashing a spiral of increased hunger, deprivation, disease and squalor." Thankfully, action has been taken – at the highest level – to avert this apocalyptic nightmare. By declaring water a commodity – an economic good, to be measured, apportioned and regulated by corporations – the tide of disaster will be stemmed. This momentous decision has been made for us by a handful of transnational corporations and members of the United Nations system of organisations. This self-appointed group have mandated themselves the custodians of the world's water resources. They concede that the full-cost pricing of water, for domestic, agricultural and industrial use, will be a painful adjustment for humanity. But they argue that this is a small price to pay for water security, for their guardianship of our most precious resource.

With the blessing of national governments, a vigorous and dynamic agenda to privatise the world's water supplies is being pursued. Traditional and indigenous rights are acknowledged, then cast aside. National sovereignty is affirmed, then eroded. Access to water – a God-given or a human right – is recognised, then suspended.

The old economy has been fuelled by oil. The new economy will be fuelled by hydrodollars. A globalised trade in water is being created and we, the people, are to become the consumers in this multi-trillion-dollar market.

The zero hour for water

Academics, scientists, politicians and hydrological experts are today in agreement that the world faces a grave water crisis. Using mathe-

1.1 billion – the number of people worldwide who lack an adequate and safe supply of water for their daily needs; approximately one in five

5 million – the number of people, mostly children, who die each year (that's almost 15 000 every day!) from illnesses caused by poor-quality water supplies

1 – the minimum number of liters of water needed to meet a person's daily needs, according to the World Health Organization

24 million – the number of people in Bangladesh estimated to be drinking water from arsenic-tainted shallow wells

50 – the percentage of people in Africa who suffer from water-related diseases such as cholera and infant diarrhoea

20 – the percentage of the world's freshwater supply that is in Canada, which recently banned bulk exports of water

2 – the number of people who stripped naked during the opening ceremonies of the recent World Water Forum, to protest the construction of a dam in Spain

matical modelling, they have been able to predict that by 2025 at least 40 per cent of the projected world population of 7.2 billion may face serious problems with agriculture, industry or human health if they rely solely on natural endowments of fresh water. Severe water shortages could strike particular regions of water-rich countries such as the USA and China.

Already, 26 countries have more people than their water supplies can adequately support. Tensions are mounting over scarce water in the Middle East and could ignite during this decade. Competition for water is intensifying between city dwellers and farmers around Beijing, New Delhi, Phoenix and other water-short areas.

All the evidence points to the first quarter of the 21st century being the "zero hour" for water in some parts of the world. The possibility of a water scarcity has been raised before, but only in the last few years has the language of crisis become all-pervading.

International discussions about the world's water supplies began in 1977 when the United Nations held the first World Water Conference in Mar del Plata, Argentina. The Conference declared the 1980s to be the "UN International Drinking Water Supply and Sanitation Decade". The altruistic goal was to ensure all people in the world had access to adequate water supplies and sanitation within a decade.

Ten years later, the Brundtland Commission told the world that our approach to development was unsustainable – but it had little to say about water. Then, in 1992, the Rio Conference on Environment and Development, in its "Agenda for the 21st Century" (known as "Agenda 21"), addressed fresh water in chapter 18 of its report.

In 1996, the World Water Council, a private think-tank, was formed. The founding members were Egypt's Ministry of Public Works and Water Resources, the Canadian International Development Agency and the French transnational water corporation Suez Lyonnaise des Eaux.

The World Water Council set about developing its vision for our future: a comprehensive document, *The Long Term Vision for Water, Life and Environment*, better known by its subtitle: *World Water Vision, Making Water Everybody's Business*.

At a 1998 meeting held in Washington, DC, the World Water Council appointed a group of commissioners to turn the World Water Vision into reality.

Crisis or business opportunity?

Awareness of the impending water crisis has



Let's say you take a shower every day... And your showers average seven minutes... and the flow rate through your shower head is 10 liters per minute... You would use, at that rate 25 550 liters of water to shower every day for a year. When you compare that figure, to the amount of water used in the production of every pound of California beef (11 200 liters) you realize something extraordinary: In California today, you may save more water by not eating a pound of beef than you would by not showering for six entire months.

John Robbins – *The Food Revolution: How Your Diet Can Help Save Your Life and the World*

been heightened due to the international World Water Forums, the triennial public meetings of the World Water Council. A number of agreements and principles from the Forums have become the basis upon which corporate control of water is being effected.

More than 4 000 luminaries from around the world attended the World Water Forum at The Hague in March 2000. Scientists, water experts, government and business leaders and greenwash organisations were on hand. The World Water Vision was formally presented to the Forum by Mikhail Gorbachev's organisation, Green Cross International.

The six-day meeting concluded with 130 government representatives issuing "The Ministerial Declaration of the Hague", a four-page document calling for all relevant organisations to get involved in "integrated water resources management" to ensure "that every person has access to enough safe water at an affordable cost". Hidden among the warm, fuzzy, double-speak of the Declaration was the real agenda:

Valuing water: to manage water in a way that reflects its economic, social, environmental and cultural values for all its uses, and to move towards pricing water services to reflect the cost of their provision.

The March 2000 Forum was presented to the world as part of a democratic participative process for water management, when in fact the process was designed by powerful multinationals and elites without taking into account the basic needs of the people.

The world's top transnational corporations were well represented, and they released a three-page special joint CEO Statement during the Forum. Nestlé and Unilever (the world's first and third largest food corporations respectively) joined forces with Heineken, ITT and the global water companies DVH, Azurix, CH2M Hill and Suez Lyonnaise des Eaux to declare:

Water is an economic good and its economic value should be recognised in the allocation of scarce water resources to competing uses. While this should not prevent people from meeting their basic needs for water services at affordable prices, the price for water must be set at a level that encourages conservation and wise use.

Water is already a US\$400-billion global business, yet privatised water so far only accounts for 10 per cent of the world's water utilities. The World Water Commission argues that only private firms can provide the enormous capital, which it estimates at US\$180 billion a year, needed to fix the world's water problems. This entails eliminat-

ing generalised subsidies for water and replacing them with prices which offer an attractive return on investment.

The world bank: "a world full of poverty"

Several years ago, Dr Ismail Serageldin, Vice-President of the World Bank, said that the wars of the 21st century will be about water. To respond to the escalating crisis, the World Bank has adopted a policy of water privatisation and full-cost water pricing. The basis of the Bank's policies are outlined in the 1992 paper "Improving Water Resources Management", which discusses the importance of pricing and other incentives which encourage consumers to adopt efficient water use practices based upon the relative value of the water:

Charging fees for domestic and industrial water supplies is generally straightforward. In most cases, use can be metered and fees can be charged according to the volume and reliability of water used.

Economic efficiency would be obtained by setting water charges equal to the opportunity cost of water. However, immediate adoption of such prices often proves to be politically difficult. Thus, given the low level of cost recovery at present and the extent of underpricing, fees that establish the water entity's financial autonomy would be a good starting point to ensure the entity's independence and the sustainability of operations. Both public and private entities should pay for the costs of the water and sanitation services they receive.

The World Bank believes that making water available at no cost, or low cost, does not provide the right incentive to consumers. Its research and experience indicate that:

"...when water services are reliable, the poor are willing to pay for them, and that when service is not reliable, the poor pay more for less, typically from street vendors."

As pointed out in the *World Development Report 1992*, the poor need to be provided with a wider range of options so they can choose the level of water services for which they are willing to pay, thereby giving suppliers a financial stake in meeting the needs of the poor. Fee schedules can be structured so that consumers receive a limited amount of water at a low cost and pay a higher fee for additional water.

Fees set in this manner can correspond to efficiency prices for incremental consumption, even as they provide low base rates that benefit the poor. However, the schedule in aggregate should provide for full-cost recovery; otherwise, the financial viability of the water entity is endangered.

FACTFILE: Water in South Africa

thousand square kilometres, whereas a smaller tributary will have a catchment area of only a few hectares.

Dams

About half of South Africa's annual rainfall is stored in dams. We have 550 government dams in South Africa, with a total capacity of 37 000 million square metres.

Dams have both positive and negative ecological impacts. They can be beneficial in that they regulate the flow of a river, reducing flood damage, and contributing to a perennial rather than seasonal flow. In addition, sediment is deposited in a dam, and the growth of aquatic plants means that excess nutrients are removed from the water. Thus water leaving a dam might be cleaner than water entering it. Negative ecological impacts include a reduction in strong water flow, which reduces the river's scouring ability. This, in turn, can lead to silting of estuaries.

South Africa's landscape is not well suited to dams. There are few deep valleys and gorges, with the result that most dams are shallow with a large surface area. Together with the hot, dry, climate, this results in much water evaporating from dams. In addition, the high silt load (a result of an arid climate, steep river gradients and poor farming methods) of our rivers means that the capacity of South Africa's dams is quickly reduced as they become silted. The rivers of the western Cape are an exception, and carry relatively little silt.

Water abstraction

A growing problem for South Africa's rivers is a lack of water. Reduction in river flow, owing to abstraction, (removal), and damming, has affected many of our rivers, for example, those flowing through the Kruger National Park.

Intercatchment transfer

This involves the movement of water from catchments with good supplies and low demand, to those where demand is high and supply poor. There are seven intercatchment transfer schemes in operation, and a further eight are under construction or proposed. The largest operational scheme

a thirst for control

Another form of subsidy to the poor, which may be handled through one-time budgetary transactions, is a subsidy for connecting households to the water supply and sanitation network.

The World Bank's matter-of-fact approach to the full-cost pricing of water is a testament to its grandiose illusions, bloated budget and quest for control of people and their resources. Apart from its funding to support water privatisation, the Bank is the world's greatest single source of funds for large dam construction. It has

provided more than US\$50 billion (1992 dollars) for the construction of more than 500 large dams in 92 countries. The importance of the World Bank in major dam schemes is illustrated by the fact that it has directly funded four of the five most significant dam projects in developing countries outside China, three of the five largest reservoirs in these countries, and three of the five largest hydro-electric plants.

Engineering crops to be less thirsty

In the early 1970s, there was a global surge in irrigation development. Irrigation was the lead factor in the Green Revolution, which resulted in the high-yield rice, wheat and maize varieties which are dependent upon the liberal use of inorganic fertilisers. The new crops of the Green Revolution displaced local foods, and the diets of many people in the world became dangerously low in iron, zinc, vitamin A and other micronutrients. Transnational chemical companies which supplied the petrochemical-based fertilisers, pesticides and herbicides that fuelled the Green Revolution expanded their control and influence in the agricultural sector.

Today, 70 per cent of the world's water is used for crop irrigation. As the population grows, irrigated land is expected to become increasingly significant in feeding people.

But the impending water crisis will push many croplands to the brink of disaster, as there will be insufficient water to irrigate our food crops. Compounding the problem is the fact that further expansion of agricultural lands cannot be sustained due to the effects of agrichemicals (soil erosion, salinity, poisoning of water, etc.).

Over the last 10 years, agrichemical companies

have been shifting their interests from chemicals to the life sciences, where the future profits lie.

The revolution in biotechnology has been dubbed the "Double Green Revolution" by its advocates, who

claim that it will not only provide more food for more people (the same argument that fuelled the original Green Revolution), but that seeds can be genetically engineered to be less thirsty.

This is a critical development which will see corporations turn the crisis of pollution and depletion of water resources

(which they helped create in the first place) into a business opportunity, as control of the world's seed stock and water resources becomes the new frontier for private investors.

The chemical giant Monsanto has already positioned itself as a major player in the life sciences via its control over seed, the first link in the food chain.

In a report for the organisation Corporate Watch, Dr Vandana Shiva describes Monsanto's new interest: water. She cites a Monsanto strategy paper which outlines the company's plan for corporate control of water:

First, we believe that discontinuities (either major policy changes or major trend-line breaks in resource quality or quantity) are likely, particularly in the area of water, and we will be well positioned via these businesses to profit even more significantly when these discontinuities occur. Second, we are exploring the potential of non-conventional financing (NGOs, World Bank, USDA, etc.) that may lower our investment or provide

local country business-building resources.

For Monsanto, "sustainable development" means the conversion of an ecological crisis into a market of scarce resources:

The business logic of sustainable development is that population growth and economic development will apply increasing pressure on natural resource markets. These pressures and the world's desire to prevent the consequences of these pressures if unabated will create vast economic opportunity.

When we look at the world through the lens of sustainability, we are in a position to see current and foresee impending resource market trends and imbalances that create market needs. We have further focussed this lens on the resource market of water and land.

Monsanto projects revenues of \$420 million and net income of \$63 million by 2008 from water resource developments in India and Mexico alone. The Monsanto paper states: We are particularly enthusiastic about the potential of partnering with the International Finance Corporation (IFC) of the World Bank to joint-venture projects in developing markets. The IFC is eager to work with Monsanto to commercialize sustainability opportunities and would bring both investment capital and on the ground capabilities to our efforts.

The perils of privatisation

According to Maude Barlow, author of *Blue Gold: The Global Water Crisis and the Commodification of the World's Water Supply*: "The privatisation of municipal water services has a terrible record that is well documented. Customer rates are doubled or tripled; corporate profits rise as much as 700 per cent; corruption and bribery

are rampant; water quality standards drop, sometimes dramatically; overuse is promoted to make money; and customers who can't pay are cut off...

When privatisation hits the Third World, those who can't pay will die."

This summary demonstrates the extent of commodification so far, and highlights some of the failures.

Developing World

Programs which transfer existing government-managed

Mexico City is sinking – in some areas, by as much as 30cm a year, and altogether by about 10m over the past 100 years. The sprawling, smoggy metropolis – more than double the size of greater London – has been depleting the aquifer on which it was built, and that aquifer is now collapsing. To meet current demand for 10.5 million gallons of water a day, the city pumps water from two nearby river basins at a cost of some \$50 000 a day for water rights alone. The sinking city also puts massive stress on the network of water distribution and drainage systems that spiderweb beneath it, which routinely crack, leading to a loss of around 40 percent of potable water. The city must also now pump its sewage uphill before it can be drained into the Gulf of Mexico. The smog-shrouded city's water troubles are a sign of things to come for the world's metastasizing megacities.

On March 20, 2000, a group of monkeys, driven mad with thirst, clashed with desperate villagers over drinking water in a small outpost in northern Kenya near the border with Sudan. Eight monkeys were killed and 10 villagers injured in what was described as a "fierce two-hour melee." The fight erupted when relief workers arrived and began dispensing water from a tanker truck. Locals claimed that a prolonged drought had forced animals to roam out of their natural habitats to seek life-giving water in human settlements. The monkeys were later identified as generally harmless vervets. The world's deepening freshwater crisis—currently affecting 2.3 billion people—has already pitted farmers against city dwellers, industry against agriculture, water-rich state against water-poor state, county against county, neighbor against neighbor.

The standard diet of a person in the USA requires 20 000 liters of water per day (for animals' drinking water, irrigation of crops, processing, washing, cooking etc.) A person on a vegan diet requires only 1350 liters a day.

Richard H Schwartz in *Judaism and Vegetarianism*

water systems to private firms, financially autonomous utilities and water user associations are being implemented in Latin America (Argentina, Colombia, and Mexico); Asia (Bangladesh, Indonesia, Nepal, Pakistan, The Philippines and Sri Lanka); Africa (Côte d'Ivoire, Madagascar, Morocco, Niger, Senegal and Tunisia); and Eastern Europe (Hungary).

In some countries, such as Indonesia, Nepal, The Netherlands and Sri Lanka, the tradition of farmer-managed water service systems is centuries old.

Argentina

The state-run water company Obras Sanitarias de la Nación was sold to Aguas Argentinas, a private company owned by Suez- Lyonnaise des Eaux of France. Aguas Argentinas expanded the water network to 600 000 new residents. Aguas Argentinas has promised to cut prices by 27 per cent and to invest US\$4 billion in improving services over a 30-year period. The International Finance Corporation (a subsidiary of the World Bank) provided a \$172.5 million loan to Aguas Argentinas in 1994.

Some people in the centre of Buenos Aires have benefited from the privatisation, but those outside the capital say water is more expensive and the service has not improved.

"On many days there is no water," says Marcelo Paoletti, an activist from an Argentine group called the Ecologist Workshop. He lives in Rosario, the country's second largest city. Paoletti's bills add up to 24 pesos (R140.00) a month, more than when the water supply was publicly managed.

Aguas Argentinas has also been criticised a number of times by the state regulatory authorities for corporate misconduct and failure to provide acceptable service standards.

Bolivia

As Maude Barlow explains, in 1998 the World Bank: "...refused to guarantee a US\$25-million loan to refinance water services in Cochabamba, Bolivia's third-largest city, unless the government sold the public water system to the private sector and passed on the costs to consumers. Only one bid was considered, and the utility was turned over to a subsidiary of a conglomerate led by Bechtel – the giant engineering company implicated in the infamous Three Gorges Dam in China, which has caused the forced relocation of 1.3 million people.

"In January 1999, before it had even hung up its shingle, the company announced the doubling of

A new report warns that businesses should start preparing for severe water shortages, and warning their shareholders of the risk such shortages pose to their operations. The report – from independent California-based think tank Pacific Institute for Studies in Development, Environment, and Security – focused on businesses that depend on high-volume water use. That group includes the makers of soft drinks and microchips. Pepsi and Coca-Cola both had major factories shut down in southwest India last year due to drought. Among the report's recommendations are working more closely with local communities, carefully measuring water use, and accounting for water availability at proposed factory sites. Meanwhile, in August 2004, scientists at the World Water Week conference in Stockholm warned that an increasing global population and widespread complacency are making wars over water more and more likely; they recommended a doubling of investment in water infrastructure.

water prices. For most Bolivians, this meant that water would now cost more than food; for those on a minimum wage or unemployed, water bills suddenly accounted for close to half their monthly budgets.

To add insult, the World Bank granted monopolies to private water concessionaires, announced its support for full-cost water pricing, pegged the cost of water to the US dollar, and declared that none of its loan could be used to subsidize the poor for water services. All water, even from community wells, required permits to access, and peasants and small farmers even had to buy permits to gather rainwater on their property."

On 10 April 2000, hundreds of thousands marched to Cochabamba in an anti-government protest. The government backed down, ordered Bechtel out of Bolivia, and revoked its water privatisation legislation.

Developed Nations: Australia

A report, *A Vision for Australia's Water Resources 2025*, was prepared for the World Water Forum 2000 by Integrated Resource Management Ltd under contract from UNESCO. The Australian report recommends water pricing related to volume and timing, as well as the elimination of subsidies.

Australia has already undertaken a program of far-reaching changes in the way the water sector is organised and managed, with an increasing role for the private sector.

In 1994, the Council of Australian Governments (COAG) declared that "business as usual" in the rural water industry was not a viable option for irrigators – or the environment.

They are now implementing changes which will affect pricing, water allocations, institutional

FACTFILE: Water in South Africa

is the Orange-Fish River scheme where water gravitates from the Orange River at the Verwoerd Dam, and is piped through tunnels and canals to the Sundays and then the Fish Rivers in the eastern Cape. Tentative plans have been put forward to buy water from neighbouring states, e.g. from the Okavango River in Botswana and the Zambezi River in Zimbabwe.

As yet, little research has been carried out to establish the ecological consequences of intercatchment transfer.

Water pollution

Industrial and agricultural pollutants common in South Africa are: agricultural fertilizers, animal farming waste, household cleaning products, silt, toxic metals, litter, hot water, and pesticides. However, some of the most common pollutants come from urban waste water, particularly from informal settlements which lack sewage and water purification facilities.

The future: recycling and desalination

Some large industries, such as Sasol and Eskom, already recycle water for use in their plants. Regional water suppliers recycle limited amounts of water e.g. water supplied by the Rand Water Board contains less than 2% recycled water, but this is likely to increase as the demand for increases. Desalination, currently too costly and thus not practised in South Africa, is an option for the future.

How we affect water quality:

Informal settlements

The constant rise in the number of people who live in the areas around streams and other water sources places an increasing pressure on these water sources, especially when people use the river for washing and bathing.

When latrines are placed on the banks of rivers, human faeces can contaminate the water. This gives rise to water-borne diseases such as cholera, gastro-enteritis, hepatitis, dysentery and typhoid.

Agriculture

Water quality can be affected when farmers spray their crops with chemical pesticides and hormonal chemicals. These chemicals seep into the ground water and eventually

a thirst for control

“The very future of humanity on Earth has been gravely imperilled by greedy, dishonest, power-hungry politicians and corporations. They have succeeded in reducing every component

arrangements and environmental management. These reforms are to be implemented together, as a package, this year.

The reform package includes a COAG agreement to introduce full-cost recovery pricing in rural areas by 2001. This means current prices paid for water are likely to rise. In some cases, prices have escalated already. Many local governments in Australia have made rainwater tanks and recycling of grey water illegal.

Britain

Since the privatisation of water services in Britain during the Thatcher Government, prices skyrocketed by up to 450 per cent, averaging an increase of 67 per cent. Thousands of people, unable to pay their bill, had their water service cut.

As a result, dysentery increased sixfold, leading the British Medical Association to condemn privatisation because of the related health risks. While the companies are hugely profitable and executive incomes soar, no effort has been spared in maximising revenues. In one instance, a water

company began billing a rural resident who was serviced by a well. The company argued that the rain falling on the resident's property was making its way into the storm drainage system and therefore the resident should pay a fee.

Canada

Water is becoming a commodity to be traded and sold. Pressures within Canada to privatise control of municipal water services and treat water resources as an export commodity are increasing. French and British companies are vying with American firms to control Canada's water services. Many municipalities have entered into “partnerships” with private organisations. Moncton, for example, has entered into a 20-year agreement that will see the city's water filtration plant maintained and operated privately.

The company, US Filter, will build the plant and sell it to the city upon completion, in exchange for a guarantee that it will have exclusive rights to sell Moncton its drinking water. The company has sought status as a municipality for tax purposes,

arguing that it should be exempt from GST.

France

In France, private companies have been prosecuted for providing water that's polluted and unfit to drink. A French Government report revealed more than 5.2 million citizens received “bacterially unacceptable” water.

Corruption is also rampant, with water-related bribery schemes resulting in convictions of municipal officials and water company board members under investigation.

French cities with private water charge 30 per cent more than cities with public water. In France as well as Germany and the Czech Republic, municipalities guarantee payments to companies if consumption or prices are not sufficient to ensure a profit.

USA

In the past five years, privatisation of water utilities in the US has expanded. The major utilities, Consumers Water Co., Dominguez Services,

how to save water

It is surprisingly easy (and cost-effective) for households to reduce water consumption by between 30% and 60%.

Why save water?

South Africa is generally a water-scarce country, and it is predicted that demand for water will exceed supply within the next 15 to 20 years. It is inevitable that we will need to be more efficient in our water use. In addition, providing water for households is expensive and environmentally damaging (e.g. involving changing natural water systems, depleting groundwater

reserves, using resources in huge dam and pipeline construction, and consuming energy for pumping water). If effort was put into water saving rather than accommodating increased consumption, all the energy, resources and money that goes into developing such mass supply water systems could be saved, and natural water systems left intact.

How to save water

Studies show that an average suburban house can reduce their water consumption by 30-40% without sacrificing any comforts (from about 250 l/

person/day to 150 l/person/day). In addition, if grey water is recycled for garden use, household water use can be reduced by an astounding 60% or more with ease.

1. Reduce the toilet flush volume – this alone can save you 20% of your total water consumption with no reduction in convenience. Older toilets have cisterns of around 11 litres, where in fact only half of this water volume is ever necessary. Modern toilets have more sensible cisterns of around 6 litres, and even this is unnecessarily wasteful for flushing liquids - you can save a lot of water by installing a dual-flush or multi-flush device in your toilet. The dual flush device has two fixed settings – a light setting for urine and a heavier one for solids. The multi-flush device lets you flush any amount you want – just lift the handle back up and the flush stops. To reduce the flush volume without any new installations, you can put a displacement container in the cistern - try a 2 litre coke bottle filled with water, and a little sand as ballast.

2. Recycle grey water to the garden – By installing a system to pump grey water (i.e. from the washing machine, basins, shower and bath) to the garden, most households will eliminate the need for any additional garden watering. This alone will reduce your consumption by 35%. These

Annual savings estimates for different water savings measures

Kilolitres of water used per month	20% water use reduction *	55% water use reduction **	80% water use reduction and water heating electricity savings ***
12 kl	R144	R396	R786
24 kl	R288	R792	R1467
36 kl	432	R1188	R2148
48 kl	R576	R1584	R2934
60 kl	R720	R1980	R3720

* e.g. by installing more efficient toilet flushing mechanisms

** e.g. by efficient toilet flushing devices and greywater recycling

*** e.g. by efficient toilet flushing, greywater recycling, low-flow showerheads and kitchen tap aerators

Assumes water cost of R5.00/kl on average, and 50% of water heating electricity saved from low-flow showerheads.

of Nature to an economic commodity. They have have abrogated the ethics and spirit of life preservation and replaced them with the values of corporate consumerism.”

Southwest Water, Connecticut Water and E'Town Corp have seen returns of more than 20 per cent for investors.

World water nightmare

The very future of humanity on Earth has been gravely imperilled by greedy, dishonest, power-hungry politicians and corporations.

They have succeeded in reducing every component of Nature to an economic commodity. They have abrogated the ethics and spirit of life preservation and replaced them with the values of corporate consumerism.

The commodification of water... genetic engineering and patenting of traditional seed stock... control water, control food, control people...

A truly dark age is upon us. 🌐

systems cost around R4500 installed, but will pay themselves back in water savings in one or two years.

3. Use a low-flow showerhead – fitting such showerheads will reduce shower water used by 50 - 75%. Showering is in any case more water-efficient than bathing, even without these showerheads (unless you take long showers, or share your bath).

4. Install tap aerators – these simple devices reduce the flow in kitchen taps by around 50-75%. Normally, much water from these taps flows straight down the sink without being used.

Remember that reducing hot water useage through more efficient showering also saves on the electricity required to heat the water – it is estimated that a water-efficient house would save well over R1000 per year in reduced water and electricity costs.

5. Check for, and fix leaks - a dripping tap could waste about 10 000 litres per year, a leaking toilet can waste as much as 300 000 litres per year! 🌐

Source: Info Sheet: Water Saving, by the SUSTAINABLE LIVING CENTRE
www.sustainable.co.za

FACTFILE: Water in South Africa

flow into streams and rivers.

When heavy rains fall on overgrazed lands, the rich top soil in which plants grow is washed away into rivers.

Domestic animals such as cows, goats and sheep can also contaminate water with their faeces.

Wetland destruction

Wetlands absorb, filter and store large quantities of rainwater, then slowly feed it into groundwater and streams during drier times.

By changing the course of rivers through the building of farm dams and channels or by interfering with the ecology of the wetlands, these important areas can dry up, seriously affecting the quantity and quality of water available to replenish groundwater and feed our rivers and streams.

Commercial forestry

Planting exotic trees in large numbers can be a drain on the water supplies in the area. Pine trees, for example, can each absorb about 200 litres of water a day. Therefore, planting forests near wetlands and streams can result in the water flow being restricted and eventually drying up.

Littering

Rubbish, like plastic bags, bottles, paper and tins, which is carelessly thrown on the ground in the city or in the country can cause pollution when it is blown into rivers or washed down storm-water drains.

Oil/chemicals/medicine

Chemicals, medicines and oil (both cooking and vehicle) should never be flushed down the toilet or poured down a drain, as they contaminate water and make it costlier to treat.

These products should be taken to a depot which can dispose of them in the correct way.

Industry

Some industries are allowed to discharge their effluent into nearby streams. However, there are some industries which do not adhere to the standards set or which have not obtained permission to discharge into the river.

Where necessary, those companies which pollute the river are prosecuted, but by then it is usually too late and the damage to the water has already been done. 🌐

Source: UMGENI WATER

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more messages from water

REIKO MYAMOTO DEWEY INTERVIEWS **DR. MASARU EMOTO**, AUTHOR OF *MESSAGES FROM WATER*

REIKO: You mentioned in your book *The Message from Water* how you would type out words on a piece of paper and paste these written words onto a bottle, and see how the water reacted to the words – what kind of crystals were formed from the words.

From your research, are you able to discern whether the reaction of the water came from the vibration of the actual words that were pasted onto the bottles, or whether the intention of the person who was pasting the words onto the bottle influenced the experiment in any way?

DR. EMOTO: This is one of the more difficult areas to clarify. However, from continuing these experiments we have come to the conclusion that the water is reacting to the actual words.

For example, for our trip to Europe we tried using the words “thank you” and “you fool” in

water. We have not yet tried further experiments from a long distance.

However, my feeling is that distance would not make much of a difference. What would make a difference is the purity of intent of the person doing the praying. The higher the purity of intent, the less of a difference the distance itself would make.

REIKO: Have you seen any difference between one person praying over water versus a whole group of people praying over water?

DR. EMOTO: Since the water reflects the composite energy of what is being sent to it, the crystalline structure reflects the composite vibrations of the group. So one person praying reflects the energy or intention of that one person. In terms of how powerful the effect can be, if you have one person praying with a deep sense of

DR. EMOTO: In these cases we would freeze the water right away, so we could say that the water is changed instantaneously.

REIKO: Have you ever tested other human body fluids, such as saliva, blood, urine etc?

DR. EMOTO: Yes, we certainly have. However, fluids with other elements in them, like seawater, blood and urine, do not form crystals. However, we can dilute them with distilled water to something like 10 to the power of -12 or -20 or so. This dilutes the component of other elements in the fluid to the point where we can freeze the sample and obtain crystals.

REIKO: Could you then see the effect that energetic healing or prayer has on a person by looking at the crystals formed by their blood or urine?

“Beautiful words have beautiful, clear vibrations. But negative words put out ugly, incoherent vibrations... Language is not something artificial, but rather is something that exists naturally. I believe that language is created by nature.”

German.

The people on our team who took the actual photographs of the water crystals did not understand the German for “you fool,” and yet we were able to obtain exactly the same kind of results in the different crystal formations based on the words used.

REIKO: Have you found that distance made any difference when people were praying over water? For example, if people in Japan were to pray over water in Russia, would this be different from people praying over water that is right in front of them?

DR. EMOTO: We have only experimented once with that in the book. But from that experiment, distance did not seem to matter. The intention and prayers of the person still influenced the

clarity and purity, the crystalline structure will be clear and pure. And even though you may have a large group of people, if their intention as a group is not cohesive, you end up with an incohesive structure in the water. However, if everyone is united together, you will find a clear, beautiful crystal, like one created by the prayer of a single person of deep purity.

In one of our experiments, we had some water on a table, and 17 participants all stood in a circle around a table holding hands. Then each of the participants spoke a beautiful word of their choice to the water. Words like unity, love, and friendship. We took before-and-after shots and were able to obtain some beautiful crystalline structures as a result of this.

REIKO: Is the water influenced immediately, or is there a time lag?

DR. EMOTO: As far as experiments related to the human body are concerned, there are a lot of subtle influences that also need to be taken into consideration. So although we are looking at this, we have not publicized any information yet. However, you can look forward to hearing about our findings on this in the future

REIKO: If we could imbue water with the energy of various words, for example, with the word, “health,” could we then use the water that has that vibration in it and use it to do things like grow food, water plants, etc?

DR. EMOTO: We have not tried this, but some people who have read the book are experimenting with bottling tap water and taping words like “love” and “appreciation” on the bottle and using

“Love needs to be based in gratitude, and gratitude needs to be based in love. These two words together create the most important vibration. And it is even more important that we understand the value of these words.”

that water to water their plants, or to put cut flowers in. They are finding that their cut flowers are lasting much longer, and that the plants in the garden are much more radiant.

REIKO: Once a certain vibration is introduced to the water, how long does the water “remember” that crystalline structure?

DR. EMOTO: This will be different depending on the original structure of the water itself. Tap water will lose its memory quickly. We refer to the crystalline structure of water as “clusters.” The smaller the clusters, the longer the water will retain its memory. If there is too much space between the clusters, other information could easily infiltrate this space, making it hard for the clusters to hold the integrity of the information. Other microorganisms could also enter this space. A tight bonding structure is best for maintaining the integrity of information.

REIKO: What kind of words would create smaller clusters and what kind of words would create larger clusters?

DR. EMOTO: Slang words like “you fool” destroy clusters. You would not see any crystals in these cases. Negative phrases and words create large clusters or will not form clusters, and positive, beautiful words and phrases create small, tight clusters.

REIKO: You say that some negatives do not form clusters, but we see from your photos that they do still form characteristic patterns. How would you classify these patterns?

DR. EMOTO: Think of it in terms of vibration. It’s easy to understand that language – the spoken word – has a vibration. Well, written words also have a vibration. Anything in existence has a vibration.

If I were to draw a circle, the vibration of a circle would be created. Drawing a cross would create the vibration of a cross. So if I write the letters L O V E, then these letters put out the vibration of love. Water can be imprinted with these vibrations.

Beautiful words have beautiful, clear vibrations. But negative words put out ugly, incoherent vibra-

tions which do not form clusters. Language is not something artificial, but rather is something that exists naturally. I believe that language is created by nature.

REIKO: Does that mean that every word has its own signature vibration or cluster that is unique to itself?

DR. EMOTO: Yes. During our evolution, we learned what sounds were dangerous, what sounds were soothing and safe, and what sounds were pleasurable, and so on. We slowly learned about various vibrations of the laws of nature. We learned this through instinct and through experience. We accumulated this information over time. We started out with some simple sounds like “a” or “u” or “e,” which evolved into more complex sounds like “love.” And these positive words create “natural” crystalline structures – which are all based on the hexagon.

In fact, the structure of all evolution in nature, from an informational perspective, is based on the hexagon. The reason hexagons are formed has to do with the chemical reaction of the benzene ring.

I believe that anything that lacks this basic hexagonal structure is out of accord with the laws of nature and holds a destructive vibration. So when we look at things that do not exist naturally – things that have been created artificially – many of them lack this hexagonal structure and so they have, I believe, a destructive vibration.

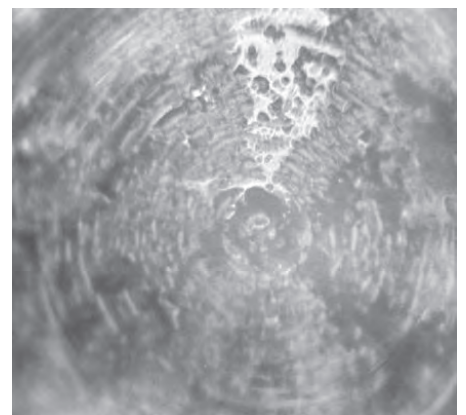
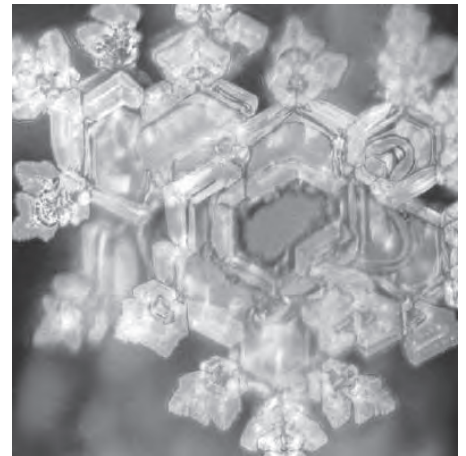
This principle is what I think makes swearing and slang words destructive. These words are not in accordance with the laws of nature.

So, for example, I think you would probably find higher rates of violent crime in areas where a lot of negative language is being used. Just as the Bible says, first there was the Word, and God created all of Creation from the Word.

So words actually convert the vibrations of nature into sound. And each language is different. Japanese has its own set of vibrations that differs from American. Nature in America is different from nature in Japan.

An American cedar is different from a Japanese cedar, so the vibrations coming from these words are different.

In this way, nothing else holds the same vibrations as the word *arigato*. In Japanese, *arigato*



From top to bottom:

- The crystal formed by water exposed to:
- music by Bach
 - traditional Japanese music.
 - heavy metal “music.”

more messages from water

means “thank you.” But even when there is this mutual underlying meaning, arigato and thank you create different crystalline structures.

Every word in every language is unique and exists only in that language.

REIKO: Have you come across a particular word or phrase in your research that you have found to be most helpful in cleaning up the natural waters of the world?

DR. EMOTO: Yes. There is a special combina-

DR. EMOTO: I think that would be a wonderful thing, and for the sake of preserving Mother Nature it is the direction that we need to go. However, since water is the mirror reflecting our level of consciousness, a large percentage of the people on the planet, at least 10 percent of the people, need to have the love and the kan-sha awareness.

When they do, then the time will come when water can be used to replace gasoline. And the reason I say 10 percent is that this ratio is mirrored in nature. When we look at the world of

on Earth to be the caretakers for this Creation of God. I believe that water held the consciousness of God until then, but that after the caretakers were placed on Earth, water became an empty vessel to mirror and reflect what was in the heart. It became a container to carry energy and information.

Therefore, since this time, I think water has taken on the quality of simply reflecting the energies and thoughts that it is exposed to; that it no longer has its own consciousness. Water reflects the consciousness of the human race.

“I believe that prior to Adam and Eve water itself held the consciousness of God – that God’s intention was put into the medium of water, and that this was used in the creation of Earth and Nature. In other words, all of the information needed for God’s Creation was reflected in the water.”

tion that seems to be perfect for this, which is love plus the combination of thanks and appreciation reflected in the English word gratitude. Just one of these is not enough.

Love needs to be based in gratitude, and gratitude needs to be based in love. These two words together create the most important vibration. And it is even more important that we understand the value of these words.

For example, we know that water is described as H₂O. If we were to look at love and gratitude as a pair, gratitude is the H and love is the O.

Water is the basis that not only supports but also allows the existence of life. In my understanding of the concept of yin and yang, in the same way that there is one O and two Hs, we also need one part yang/love to two parts yin/gratitude, in order to come to a place of balance in the equation.

Love is an active word and gratitude is passive. When you think of gratitude – a combination of appreciation and thankfulness – there is an apologetic quality.

The Japanese word for gratitude is *kan-sha*, consisting of two Chinese characters: *kan*, which means feeling, and *sha*, apology. It’s coming from a reverential space, taking a step or two back.

I believe that love coming from this space is optimal love, and may even lead to an end to the wars and conflicts in the world. Kan-sha is inherent in the substance H₂O – an essential element for life.

REIKO: So if we were to develop a car that could run on water instead of gasoline, and return the water to the atmosphere and subsequently back into space in this way, would that be one way of fulfilling our task?

bacteria, for example, there are 10 percent good bacteria, 10 percent bad, and a majority of 80 percent opportunistic bacteria that could go either way.

In looking at the various environmental issues we are faced with, and the tasks that we need to fulfill for the planet, if we could get more than 10 percent of the people consciously aware, than I believe we could pull the 80 percent in that direction, too.

And so I believe that the people who are following a spiritual path are promoting peace for the planet and for other people. If we could only unite on this level of consciousness, then we will be there.

I feel that my book *The Message From Water* has given birth to a convincing message through a common language for the whole world. Not because I wrote it, but because I know it was birthed through *kan-sha* toward mankind.

I think this is why so many people from other countries want to interview me about the book.

REIKO: Do you believe that water itself is conscious and is reacting to the words?

DR. EMOTO: I understand that many of your readers are people interested in spiritual matters, and I would like to answer this question from that perspective. I believe that prior to Adam and Eve water itself held the consciousness of God – that God’s intention was put into the medium of water, and that this was used in the creation of Earth and Nature.

In other words, all of the information needed for God’s Creation was reflected in the water.

And then we – Adam and Eve – were placed

REIKO: Would you tell us your philosophical thoughts about what you believe these water crystals really are?

DR. EMOTO: After the book was published, I was wondering about this, and I came to the realization that these crystals are spirits. There are many parallels.

When ice melts, the crystalline structure becomes an illusion. It’s there – and yet it’s not there, because you can no longer see it.

Similarly, when a person dies their body loses several grams of weight – what some people think of this as the weight of the soul. But then we can often visually see them.

I think that the soul has mass, and that it returns to water molecules. And because it has mass, it is affected by the gravitational pull of the earth. And so sometimes the soul cannot transition over to the other side.

In Buddhism, we talk about attaining satori, or reaching enlightenment. People who attain satori do not become ghosts. They are able to achieve a certain stage of development at the soul level and return to God for a while before they move on to their next assignment.

We traveled here to Earth on the water crystals of spheres of ice. Earth is not our native home. There was nothing here. So these souls can return to their native homes for awhile. That is satori, or enlightenment.

However, most people on the planet are not able to attain enlightenment. To reach enlightenment means to be able to completely let go of the ego and our worldly attachments.

In the past 100 years the world’s population has increased from 1 billion to 6 billion. During these

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“Love needs to be based in gratitude, and gratitude needs to be based in love. These two words together create the most important vibration. And it is even more important that we understand the value of these words.”

100 years, war and capitalism has dominated the planet.

Rather than being able to detach from our desires, the opposite has been true. Our desires have grown and grown.

Very few people have been able to attain enlightenment in this environment. Few souls have been able to go “home” and I believe they have remained on Earth in the form of water. This connects into the concept of reincarnation, where these spirits keep falling back to Earth and need to redo their lives here.

REIKO: So when a person dies, if they are unable to attain satori at that time, their soul remains on this planet as water?

DR. EMOTO: That is what I believe, yes. The Japanese character for spirit is a combination of the words “rain” and “soul.”

People who have seen ghosts report seeing them in water or in places where there is a lot of humidity. It’s as if the imprint of the soul, which is in the form of water, suddenly takes form when surrounded by water or moisture – much like a mirage.

And so, looking at the pictures of the water crystals and the impact they are having, I came to the realization that these themselves are

ghosts. Up until now, I had thought of ghosts as something to be frightened of, something that we could do nothing about.

But watching these crystals, I realized that by simply projecting beautiful music and words onto them, the crystals or ghosts become beautiful.

If that’s the case, there’s nothing to be frightened of. We need to let everybody know about this, and all use beautiful words and offer beautiful music, and create beauty in the environment.

By receiving beautiful thoughts and feelings and words and music, our ancestral spirits get lighter and are now able to make the transition “home.”


When we consider this, we can see the importance of traditions like *Obon* [a Japanese summer tradition where ancestral spirits are invited back to spend time with the family, and the ancestors are taken care of and respected].

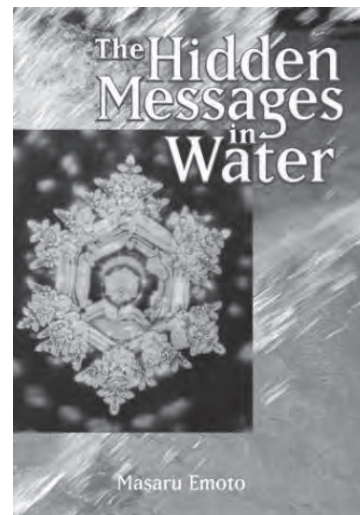
When we are alive, the human body is at approximately 36 degrees Celsius. This is the temperature of the fluids in the body.

When we die and go to the other side, crossing the river, we are no longer able to move our bodies.

But the crystalline structure of our soul

emerges. It’s like water. When water turns to ice, the crystalline structure becomes visible, but it also becomes immobile.

So “crystal” equals “spirit.” 



Dr. Emoto’s most recent book, ***The Hidden Messages in Water***, is available on our website: www.biophile.co.za/books

the sweetest poison of all

In 1957, Dr. William Coda Martin tried to answer the question:

When is a food a food and when is it a poison?

His working definition of "poison" was:

"Medically: Any substance applied to the body, ingested or developed within the body, which causes or may cause disease.

Physically: Any substance which inhibits the activity of a catalyst which is a minor substance, chemical or enzyme that activates a reaction."

The dictionary gives an even broader definition for "poison": "to exert a harmful influence on, or to pervert".

Dr. Martin classified refined sugar as a poison because it has been depleted of its life forces, vitamins and minerals.

“What is left consists of pure, refined carbohydrates. The body cannot utilize this refined starch and carbohydrate unless the depleted proteins, vitamins and minerals are present. Nature supplies these elements in each plant in quantities sufficient to metabolize the carbohydrate in that particular plant. There is no excess for other added carbohydrates. Incomplete carbohydrate metabolism results in the formation of ‘toxic metabolite’ such as pyruvic acid and abnormal sugars containing five carbon atoms. Pyruvic acid accumulates in the brain and nervous system and the abnormal sugars in the red blood cells. These toxic metabolites interfere with the respiration of the cells. They cannot get sufficient oxygen to survive and function normally. In time, some of the cells die. This interferes with the function of a part of the body and is the beginning of degenerative disease.”

Refined sugar is lethal when ingested by humans because it provides only that which nutritionists describe as “empty” or “naked” calories. It lacks the natural minerals which are present in the sugar beet or cane.

“...sugar is lethal when ingested by humans because it drains and leaches the body of precious vitamins and minerals...”

In addition, sugar is worse than nothing because it drains and leaches the body of precious vitamins and minerals through the demand its digestion, detoxification and elimination makes upon one’s entire system. So essential is balance to our bodies that we have many ways to provide against the sudden shock of a heavy intake of sugar. Minerals such as sodium (from salt), potassium and magnesium (from vegetables), and calcium (from the bones) are mobilized and used in chemical transmutation; neutral acids are produced which attempt to return the acid-alkaline balance factor of the blood to a more normal state.

Sugar taken every day produces a continuously overacid condition, and more and more minerals are required from deep in the body in the attempt to rectify the imbalance. Finally, in order to protect the blood, so much calcium is taken from the bones and teeth that decay and general weakening begin. Excess sugar eventually affects every organ in the body. Initially, it is stored in the liver in the form of glucose (glycogen). Since the liver’s capacity is limited, a daily intake of refined sugar (above the required amount of natural sugar) soon makes the liver expand like a balloon. When the liver is filled to its maximum capacity, the excess glycogen is returned to the blood in the form of fatty acids. These are taken to every part of the body and stored in the most inactive areas: the belly, the buttocks, the breasts and the thighs.

When these comparatively harmless places are completely filled, fatty acids are then distributed among active organs, such as the heart and kidneys. These begin to slow down; finally their tis-

sues degenerate and turn to fat. The whole body is affected by their reduced ability, and abnormal blood pressure is created. The parasympathetic nervous system is affected; and organs governed by it, such as the small brain, become inactive or paralyzed. (Normal brain function is rarely thought of as being as biologic as digestion.) The circulatory and lymphatic systems are invaded, and the quality of the red corpuscles starts to change. An overabundance of white cells occurs, and the creation of tissue becomes slower. Our body’s tolerance and immunizing power becomes more limited, so we cannot respond properly to extreme attacks, whether they be cold, heat, mosquitoes or microbes.

Excessive sugar has a strong mal-effect on the functioning of the brain. The key to orderly brain function is glutamic acid, a vital compound found in many vegetables. The B vitamins play a major role in dividing glutamic acid into antagonistic-complementary compounds which produce a “proceed” or “control” response in the brain. B vitamins are also manufactured by symbiotic bacteria which live in our intestines.

When refined sugar is taken daily, these bacteria wither and die, and our stock of B vitamins gets very low. Too much sugar makes one sleepy; our ability to calculate and remember is lost.

Sugar: harmful to humans and animals

Shipwrecked sailors who ate and drank nothing but sugar and rum for nine days surely went through some of this trauma; the tales they had to tell created a big public relations problem for the sugar pushers. This incident occurred when a vessel carrying a cargo of sugar was shipwrecked in 1793. The five surviving sailors were finally rescued after being marooned for nine days. They were in a wasted condition due to starvation, having consumed nothing but sugar and rum. The eminent French physiologist F. Magendie was inspired by that incident to conduct a series of experiments with animals, the results of which he published in 1816. In the experiments, he fed dogs a diet of sugar and water. All the dogs wasted away and died.

The shipwrecked sailors and the French physiologist’s experimental dogs proved the same point. As a steady diet, sugar is worse than nothing. Plain water can keep you alive for quite some time. Sugar and water can kill you. Humans [and animals] are “unable to subsist on a diet of sugar”. The dead dogs in Professor Magendie’s laboratory alerted the sugar industry to the hazards of free scientific inquiry. From that day to this, the sugar industry has invested millions of dollars in behind-the-scenes, subsidized science. The best scientific names that money could buy have been hired, in the hope that they could one day come up with something at least pseudoscientific in the

Natural Sweeteners

The array of products in the sweetener aisle of your health food store might seem rather mystifying to the natural foods novice, but with a little help, sweeteners like rice syrup, barley malt syrup, and date sugar, among others, can be used with great effect in baked goods of all kinds.

While the detrimental effects of refined sweeteners such as white sugar and corn syrup are still being debated, there’s little doubt that we consume far too much of it. While natural sweeteners aren’t nutritional bell ringers, they are generally considered to produce less of a shock to the body’s blood sugar level because among the nutrients found in whole food sugars are necessary minerals that help with sugar metabolism.

From a culinary standpoint, natural sweeteners offer bolder, more complex flavors than sugar, adding delectably different dimensions to baked goods and other treats.

Barley Malt: Dark, sticky and boldly flavored, barely malt sugar is nonetheless neither as assertive as blackstrap molasses nor as sweet as honey.

Primarily maltose, a complex sugar that enters the bloodstream slowly. This sweetener offers trace amounts of eight vitamins and several minerals. Barley malt syrup is a wonderful addition to squash and pumpkin breads, bran muffins, and hearty rye or pumpernickel breads. Use it to glaze sweet potatoes and to make winter “malted” combined with bananas and soy milk.

Date Sugar: Not actually a sugar in the conventional sense, date sugar is ground from dehydrated dates. What a great source of sweetness.

Dates are high in fiber, and rich in a wide variety of vitamins and minerals. Date sugar can be exchanged measure for measure for sugar in baking, for cakes, muffins, and quick breads.

Use it in place of brown sugar to make crumb toppings for pies and fruit crisps. It can’t be used to sweeten beverages,

the sweetest poison of all

way of glad tidings about sugar.

It has been proved, however, that (1) sugar is a major factor in dental decay; (2) sugar in a person's diet does cause overweight; (3) removal of sugar from diets has cured symptoms of crippling, worldwide diseases such as diabetes, cancer and heart illnesses. Sir Frederick Banting, the codiscoverer of insulin, noticed in 1929 in Panama that, among sugar plantation owners who ate large amounts of their refined stuff, diabetes was common. Among native cane-cutters, who only got to chew the raw cane, he saw no diabetes. However, the story of the public relations attempts on the part of the sugar manufacturers began in Britain in 1808 when the Committee of West India reported to the House of Commons that a prize of twenty-five guineas had been offered to anyone who could come up with the most "satisfactory" experiments to prove that unrefined sugar was good for feeding and fattening oxen, cows, hogs and sheep.

Food for animals is often seasonal, always expensive. Sugar, by then, was dirt cheap. People weren't eating it fast enough. Naturally, the attempt to feed livestock with sugar and molasses in England in 1808 was a disaster. When the Committee on West India made its fourth report to the House of Commons, one Member of Parliament, John Curwin, reported that he had tried to feed sugar and molasses to calves without success. He suggested that perhaps someone should try again by sneaking sugar and molasses into skimmed milk. Had anything come of that,

you can be sure the West Indian sugar merchants would have spread the news around the world. After this singular lack of success in pushing sugar in cow pastures, the West Indian sugar merchants gave up.

With undaunted zeal for increasing the market demand for the most important agricultural product of the West Indies, the Committee of West India was reduced to a tactic that has served the sugar pushers for almost 200 years: irrelevant and transparently silly testimonials from faraway, inaccessible people with some kind of "scientific" credentials. While preparing his epochal volume, *A History of Nutrition*, published in 1957, Professor E. V. McCollum (Johns Hopkins university), sometimes called America's foremost nutritionist and certainly a pioneer in the field, reviewed approximately 200 000 published scientific papers, recording experiments with food, their properties, their utilization and their effects on animals and men. The material covered the period from the mid-18th century to 1940. From this great repository of scientific inquiry, McCollum selected those experiments which he regarded as significant "to relate the story of progress in discovering human error in this segment of science [of nutrition]".

Professor McCollum failed to record a single controlled scientific experiment with sugar between 1816 and 1940. unhappily, we must remind ourselves that scientists today, and always, accomplish little without a sponsor. The protocols of modern science have compounded

POLIO LINKED TO SUGAR

Polio outbreaks are associated with the consumption of refined sugar. According to one researcher, a substance produced during the sugar refining process, such as deoxysugars, may be responsible for polio. Further, poliovirus may be present in a population but may not occur unless large quantities of refined sugar are consumed.

Polio is often described as a "disease of the fit and well-fed," and at one time shifted from a sporadic disease to an epidemic disease. According to the researcher, sugar consumption can explain both anomalies. People who are well-nourished are more likely to eat sugar-rich diets, and the shift from a sporadic to an epidemic disease corresponds to the global increase in consumption of refined sugar. *Medical Hypotheses* March, 1992;37(3):171-8

the costs of scientific inquiry. We have no right to be surprised when we read the introduction to McCollum's *A History of Nutrition* and find that "The author and publishers are indebted to The Nutrition Foundation, Inc., for a grant provided to meet a portion of the cost of publication of this book". What, you might ask, is The Nutrition Foundation, Inc.? The author and the publishers don't tell you. It happens to be a front organization for the leading sugar-pushing conglomerates in the food business, including the American Sugar Refining Company, Coca-Cola, Pepsi-Cola, Curtis Candy Co., General Foods, General Mills, Nestlé Co., Pet Milk Co. and Sunshine Biscuits-

QUITTING SUGAR IN 3 STEPS

By Colleen Huber, Naturopathyworks.com

Giving up sugar can be even harder than giving up tobacco. The biggest problem is that most people are sugar-addicted and there is no strong aroma that causes others to chase sugar eaters outdoors, as happens with smokers.

This makes eating sweets easy, clean and socially feasible in the home and in public places. Further, the social isolation of smokers has forced them to acknowledge their addiction and the difficulties that tobacco creates in a smoker's life. This acknowledgement is a crucial threshold to cross in their healing journey.

The showering of sugar on our children and an almost universal addiction to sugar allows a comfortable blanket of denial to settle over our minds and lifestyles. This denial blinds us to the growing problems accumulating in our arteries, heart, nervous system, kidneys and other internal organs. Sugar is not seen as a public health problem, although it is the most entrenched, widespread and relentless one.

1 Substituting whole grain bread for white bread, steel-cut oats for other cereals, sweets with protein for sweets alone and similar substitutions makes the important first step of taking the sugar addict from the volatile glucose-insulin roller coaster of extreme highs and lows to a more moderate fluctuation of biochemicals and hence moods, cravings and sensations.

2 After these transitional foods, and once in the more moderate rhythm of blood analytes, the dieter is in a much stronger position to handle a reduction, then elimination of simple sugars.

3 The final step of giving up sugar with the help of chromium supplementation has been established as beneficial.¹ It is also useful for the dieter to understand which other nutrients are affected by high sugar states and low sugar states (both of which are visited by the sugar addict on a daily basis), and to know how to substitute healthier foods that contain those same needed nutrients.

For example, sugar cravings and sugar rebound involve deficiencies of the following nutrients:

Chromium, which may be found in broccoli, cheese, dried beans, calf liver and chicken .

Carbon, which is found in fresh fruits.

Phosphorus, which is found in chicken, beef, liver, poultry, fish, eggs, dairy, nuts and legumes.

Sulphur, which is found in onions, cranberries, horseradish and cruciferous vegetables.

Tryptophan, which is found in cheese, liver, lamb and spinach. In the case of chocolate cravings, **magnesium** is often also deficient, and may be found in raw nuts, seeds, legumes and fruits.

NATURAL SWEETENERS

about 45 such companies in all. Perhaps the most significant thing about McCollum's 1957 history was what he left out: a monumental earlier work described by an eminent Harvard professor as "one of those epochal pieces of research which makes every other investigator desirous of kicking himself because he never thought of doing the same thing".

In the 1930s, a research dentist from Cleveland, Ohio, Dr. Weston A. Price, traveled all over the world—from the lands of the Eskimos to the South Sea Islands, from Africa to New Zealand. His *Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects*, which is illustrated with hundreds of photographs, was first published in 1939. Dr. Price took the whole world as his laboratory. His devastating conclusion, recorded in horrifying detail in area after area, was simple. People who live under so-called backward primitive conditions had excellent teeth and wonderful general health. They ate natural, unrefined food from their own locale. As soon as refined, sugared foods were imported as a result of contact with "civilization," physical degeneration began in a way that was definitely observable within a single generation. Any credibility the sugar pushers have is based on our ignorance of works like that of Dr. Price.

Sugar manufacturers keep trying, hoping and contributing generous research grants to colleges and universities; but the research laboratories never come up with anything solid the manufacturers can use. Invariably, the research results are bad news. "Let us go to the ignorant savage, consider his way of eating and be wise," Harvard professor Ernest Hooten said in *Apes, Men, and Morons*. "Let us cease pretending that toothbrushes and toothpaste are any more important than shoe brushes and shoe polish. It is store food that has given us store teeth." When the researchers bite the hands that feed them, and the news gets out, it's embarrassing all around. In 1958, *Time* magazine reported that a Harvard biochemist and his assistants had worked with myriads of mice for more than ten years, bankrolled by the Sugar Research Foundation, Inc. to the tune of \$57 000, to find out how sugar causes dental cavities and how to prevent this. It took them ten years to discover that there was no way to prevent sugar causing dental decay. When the researchers reported their findings in the *Dental Association Journal*, their source of money dried up. The Sugar Research Foundation withdrew its support. The more that the scientists disappointed them, the more the sugar pushers had to rely on the ad men.

Sucrose: "pure" energy at a price

When honey is labeled pure, this means that it is in its natural state (stolen directly from the bees who made it), with no adulteration with sucrose

to stretch it and no harmful chemical residues which may have been sprayed on the flowers.

It does not mean that the honey is free from minerals like iodine, iron, calcium, phosphorus or multiple vitamins. So effective is the purification process which sugar cane and beets undergo in the refineries that sugar ends up as chemically pure as the morphine or the heroin a chemist has on the laboratory shelves.

What nutritional virtue this abstract chemical purity represents, the sugar pushers never tell us.

Beginning with World War I, the sugar pushers coated their propaganda with a preparedness pitch.

"Dietitians have known the high food value of sugar for a long time," said an industry tract of the 1920s. "But it took World War I to bring this home. The energy-building power of sugar reaches the muscles in minutes and it was of value to soldiers as a ration given them just before an attack was launched."

The sugar pushers have been harping on the energy-building power of sucrose for years because it contains nothing else. Caloric energy and habit-forming taste: that's what sucrose has, and nothing else.

The "quick" energy claim the sugar pushers talk about, which drives reluctant doughboys over the top and drives children up the wall, is based on the fact that refined sucrose is not digested in the mouth or the stomach but passes directly to the lower intestines and thence to the bloodstream.

The extra speed with which sucrose enters the bloodstream does more harm than good.

Much of the public confusion about refined sugar is compounded by language. Sugars are classified by chemists as "carbohydrates". This manufactured word means "a substance containing carbon with oxygen and hydrogen".

If chemists want to use these hermetic terms in their laboratories when they talk to one another, fine. The use of the word "carbohydrate" outside the laboratory—especially in food labeling and advertising lingo—to describe both natural, complete cereal grains (which have been a principal food of mankind for thousands of years) and man-refined sugar (which is a manufactured drug and principal poison of mankind for only a few hundred years) is demonstrably wicked. This kind of confusion makes possible the flimflam practiced by sugar pushers to confound anxious mothers into thinking kiddies need sugar to survive.

The use of the word "carbohydrate" to describe sugar is deliberately misleading.

Since the improved labeling of nutritional properties was required on packages and cans, refined

though, as the tiny pieces won't dissolve.

Fruit Juice Concentrates: Made from the juice of fruit that has been reduced about one quarter by slow cooking. Note that some commercial fruit juice concentrates have been stripped of flavor and nutritional value.

Granular Fruit Sweeteners: White grape juice and grain sweeteners that have been dehydrated and granulated.

Honey: A whole food made by bees from flower nectar.

Maltose: Sprouted grains and cooked rice, heated and fermented until starch turns to sugar. Available in Chinese markets.

Maple Syrup: Boiled-down sap of maple trees. It takes 40 liters of sap to make one liter of syrup. Maple syrup has twice as much calcium as milk. Not all maple syrup is pure; some contains traces of formaldehyde, a carcinogen, so it is best to buy organic maple syrup.

Molasses: Unsulphured molasses is made from the juice of sun-ripened cane; sulfured molasses is a byproduct of refined sugar; blackstrap molasses is the residue of the cane syrup after the sugar crystals have been separated. It is very nutritious, with high levels of calcium, iron, and potassium.

Natural and Organic Sugar: These sweeteners are minimally processed sugar cane. The syrup is dehydrated, then milled into a powder.

Rice Syrup: A traditional Asian sweetener, brown rice syrup is made from rice starch converted into maltose, a complex sugar. Rice syrup is the mildest-flavored of the liquid sweeteners and contains trace amounts of B vitamins and minerals. Use it interchangeably with honey in cooking and baking, to sweeten hot or cold beverages and cereals, or as a spread for fresh breads.

Stevia: Stevia is derived from an herb native to Paraguay. It is extremely sweet, and a little goes a very long way. This herb is controversial as a sweetener. The FDA has approved it as a dietary sup-

the sweetest poison of all

carbohydrates like sugar are lumped together with those carbohydrates which may or may not be refined. The several types of carbohydrates are added together for an overall carbohydrate total. Thus, the effect of the label is to hide the sugar content from the unwary buyer.

Chemists add to the confusion by using the word "sugar" to describe an entire group of substances that are similar but not identical. Glucose is a sugar found usually with other sugars, in fruits and vegetables. It is a key material in the metabolism of all plants and animals.

Many of our principal foods are converted into glucose in our bodies.

Glucose is always present in our bloodstream, and it is often called "blood sugar".

Dextrose, also called "corn sugar", is derived synthetically from starch.

Fructose is fruit sugar.

Maltose is malt sugar.

Lactose is milk sugar.

Sucrose is refined sugar made from sugar cane and sugar beet.

To use the word "sugar" to describe two substances which are far from being identical, which have different chemical structures and which affect the body in profoundly different ways compounds confusion. It makes possible more flimflam from the sugar pushers who tell us how important sugar is as an essential component of the human body, how it is oxidized to produce energy, how it is metabolized to produce warmth, and so on. They're talking about glucose, of course, which is manufactured in our bodies. However, one is led to believe that the manufacturers are talking about the sucrose which is made in their refineries. When the word "sugar" can mean the glucose in your blood as well as the sucrose in your Coca-Cola, it's great for the sugar pushers but it's rough on everybody else.

People have been bamboozled into thinking of their bodies the way they think of their check accounts.

If they suspect they have low blood sugar, they are programmed to snack on vending machine candies and sodas in order to raise their blood sugar level. Actually, this is the worst thing to do. The level of glucose in their blood is apt to be low because they are addicted to sucrose. People who kick sucrose addiction and stay off sucrose find that the glucose level of their blood returns to normal and stays there. Since the late 1960s, millions of Americans have returned to natural food. A new type of store, the natural food store, has encouraged many to become dropouts from the supermarket. Natural food can be instrumental in restoring health. Many people, therefore, have come to equate the word "natural" with "healthy".

So the sugar pushers have begun to pervert the word "natural" in order to mislead the public.

"Made from natural ingredients", the television sugar-pushers tell us about product after product. The word "from" is not accepted on television. It should be. Even refined sugar is made from natural ingredients. There is nothing new about that. The natural ingredients are cane and beets. But that four-letter word "from" hardly suggests that 90 per cent of the cane and beet have been removed.

Heroin, too, could be advertised as being made from natural ingredients. The opium poppy is as natural as the sugar beet. It's what man does with it that tells the story. If you want to avoid sugar in the supermarket, there is only one sure way. Don't buy anything unless it says on the label prominently, in plain English: "No sugar added". use of the word "carbohydrate" as a "scientific" word for sugar has become a standard defense strategy with sugar pushers and many of their medical apologists. It's their security blanket.

Correct food combining

Whether it's sugared cereal or pastry and black coffee for breakfast, whether it's hamburgers and

CANCER LINKED TO SUGAR

According to a study, women who consume a high dietary glycemic load may increase their risk of colorectal (colon) cancer. Glycemic load is a measure of how quickly a food's carbohydrates are turned into sugars by the body (glycemic index) in relation to the amount of carbohydrates per serving of that food.

The study consisted of 38,451 women who were followed for almost eight years. The participants filled out questionnaires about their eating habits, so researchers could examine the associations of dietary glycemic load, overall dietary glycemic index, carbohydrate, fiber, non-fiber carbohydrate, sucrose, and fructose with the subsequent development of colon cancer. Researchers found that women who ate the most high-glycemic-load foods were nearly three times more likely to develop colon cancer.

This study shows that not only can a diet rich in sugar boost the risk of type 2 diabetes and contribute to obesity, but it may also lead to colon cancer.

Journal of the National Cancer Institute
February 4, 2004;96(3):229-233

Coca-Cola for lunch or the full "gourmet" dinner in the evening, chemically the average American diet is a formula that guarantees bubble, bubble, stomach trouble. unless you've taken too much insulin and, in a state of insulin shock, need sugar as an antidote, hardly anyone ever has cause to take sugar alone. **Humans need sugar as much as they need the nicotine in tobacco. Crave it is one thing-need it is another.**

From the days of the Persian Empire to our own, sugar has usually been used to hop up the flavor of other food and drink, as an ingredient in the kitchen or as a condiment at the table. Let us leave aside for the moment the known effect of sugar (long-term and short-term) on the entire system and concentrate on the effect of sugar taken in combination with other daily foods.

THE DANGERS OF ASPARTAME

The dangers of aspartame poisoning have been a well guarded secret since the 1980s. Aspartame is a dangerous chemical food additive, and its use during pregnancy and by children is one of the greatest modern tragedies of all.

Why haven't you heard about aspartame poisoning before? Partly because the diet industry is worth billions of American dollars to corporations, and they want to protect their profits by keeping the truth behind aspartame's dangers hidden from the public.

After more than twenty years of aspartame use, the number of its victims is rapidly piling up, and people are figuring out for themselves that aspartame is at the root of their health problems.

There are over 92 different health side effects associated with aspartame consumption. It seems surreal, but true. How can one chemical create such chaos?

Aspartame dissolves into solution and can therefore travel throughout the body and deposit within any tissue. The body digests aspartame unlike saccharin, which does not break down within humans.

Source: Dr Janet Hull, author of *10 Steps To Detoxification*

For a lot more information on aspartame, other sweeteners and the dangers of refined sugar, please visit our website:
<http://biophile.co.za>

NATURAL SWEETENERS

When Grandma warned that sugared cookies before meals “will spoil your supper”, she knew what she was talking about.

Her explanation might not have satisfied a chemist but, as with many traditional axioms from the Mosaic law on kosher food and separation in the kitchen, such rules are based on years of trial and error and are apt to be right on the button. Most modern research in combining food is a labored discovery of the things Grandma took for granted. Any diet or regimen undertaken for the single purpose of losing weight is dangerous, by definition. Obesity is talked about and treated as a disease in 20th-century America. Obesity is not a disease. It is only a symptom, a sign, a warning that your body is out of order. Dieting to lose weight is as silly and dangerous as taking aspirin to relieve a headache before you know the reason for the headache.

Getting rid of a symptom is like turning off an alarm. It leaves the basic cause untouched. Any diet or regimen undertaken with any objective short of restoration of total health of your body is dangerous. Many overweight people are undernourished. (Dr. H. Curtis Wood stresses this point in his 1971 book, *Overfed But Undernourished*.)

Eating less can aggravate this condition, unless one is concerned with the quality of the food instead of just its quantity. Many people-doctors included-assume that if weight is lost, fat is lost. This is not necessarily so. Any diet which lumps all carbohydrates together is dangerous. Any diet which does not consider the quality of carbohydrates and makes the crucial life-and-death distinction between natural, unrefined carbohydrates like whole grains and vegetables and man-refined carbohydrates like sugar and white flour is dangerous.

Any diet which includes refined sugar and white flour, no matter what “scientific” name is applied to them, is dangerous.

Kicking sugar and white flour and substituting whole grains, vegetables and natural fruits in season, is the core of any sensible natural regimen. Changing the quality of your carbohydrates can change the quality of your health and life. If you eat natural food of good quality, quantity tends to take care of itself. Nobody is going to eat a half-dozen sugar beets or a whole case of sugar cane. Even if they do, it will be less dangerous than a few ounces of sugar.

Sugar of all kinds-natural sugars, such as those in honey and fruit (fructose), as well as the refined white stuff (sucrose)-tends to arrest the secretion of gastric juices and have an inhibiting effect on the stomach's natural ability to move. Sugars are not digested in the mouth, like cereals, or in the stomach, like animal flesh. When taken alone, they pass quickly through the stomach into the small intestine. When sugars are eaten with other

foods-perhaps meat and bread in a sandwich-they are held up in the stomach for a while.

The sugar in the bread and the Coke sit there with the hamburger and the bun waiting for them to be digested. While the stomach is working on the animal protein and the refined starch in the bread, the addition of the sugar practically guarantees rapid acid fermentation under the conditions of warmth and moisture existing in the stomach. One lump of sugar in your coffee after a sandwich is enough to turn your stomach into a fermenter. One soda with a hamburger is enough to turn your stomach into a still. Sugar on cereal-whether you buy it already sugared in a box or add it yourself-almost guarantees acid fermentation.

Since the beginning of time, natural laws were observed, in both senses of that word, when it came to eating foods in combination.

Birds have been observed eating insects at one period in the day and seeds at another. Other animals tend to eat one food at a time.

Flesh-eating animals take their protein raw and straight. In the Orient, it is traditional to eat yang before yin. Miso soup (fermented soybean protein, yang) for breakfast; raw fish (more yang protein) at the beginning of the meal; afterwards comes the rice (which is less yang than the miso and fish); and then the vegetables which are yin. If you ever eat with a traditional Japanese family and you violate this order, the Orientals (if your friends) will correct you courteously but firmly. The law observed by Orthodox Jews prohibits many combinations at the same meal, especially flesh and dairy products. Special utensils for the dairy meal and different utensils for the flesh meal reinforce that taboo at the food's source in the kitchen.

Man learned very early in the game what improper combinations of food could do to the human system. When he got a stomach ache from combining raw fruit with grain, or honey with porridge, he didn't reach for an antacid tablet. He learned not to eat that way.

When gluttony and excess became widespread, religious codes and commandments were invoked against it. Gluttony is a capital sin in most religions; but there are no specific religious warnings or commandments against refined sugar because sugar abuse-like drug abuse-did not appear on the world scene until centuries after holy books had gone to press.

“Why must we accept as normal what we find in a race of sick and weakened human beings?” Dr. Herbert M. Shelton asks. “Must we always take it for granted that the present eating practices of civilized men are normal?... Foul stools, loose stools, impacted stools, pebbly stools, much foul gas, colitis, hemorrhoids, bleeding with stools, the need for toilet paper are swept into the orbit

plement, but not as a sweetener. Available as a greenish or white powder, Stevia imparts a powerful sweetness with an herbal undertone. As sweeteners go, it is quite expensive, though a little goes a very, very long way.

NOTE: Aspartame (brands Nutrasweet or Equal), and saccharin, are artificial sweeteners. A significant body of evidence suggests that artificial sweeteners can cause health problems. Many doctors now warn pregnant women to avoid any products containing Aspartame.

Sweetener Equivalents for 1/2 Cup of Sugar

Barley Malt: 1 1/2 cup
Date Sugar: 1 cup
Fruit Juice Concentrate: equal to sugar
Granular Fruit Sweeteners: equal to sugar
Honey: 1/3 cup
Maltose (from sprouted grains): 1 1/4 cup
Maple Syrup: equal to sugar
Molasses: 1/3 cup
Rice Syrup: 1 1/4 cup
Sorghum Syrup: 1/3 cup
Sucanat: equal to sugar
Organic sugar: equal to sugar

Tips for the Tradeoff

When a recipe doesn't call for any liquid, such as for cookies, choose a dry, granular sweetener such as date sugar, or the cookies will be too bread-like from the additional flour needed for proper consistency. When you substitute liquid sweeteners for dry, you will need to reduce or eliminate the liquid content of the recipe, and increase the flour.

For breads and pies, flavorful fruit juice concentrates and other liquid sweeteners work wonderfully well.

of the normal.”

When starches and complex sugars (like those in honey and fruits) are digested, they are broken down into simple sugars called “monosaccharides”, which are usable substances-nutriments. When starches and sugars are taken together and undergo fermentation, they are broken down into carbon dioxide, acetic acid, alcohol and water.

With the exception of the water, all these are unusable substances-poisons. When proteins are digested, they are broken down into amino acids, which are usable substances-nutriments. When proteins are taken with sugar, they putrefy; they

the sweetest poison of all

are broken down into a variety of ptomaines and leucomaines, which are nonusable substances-poisons. Enzymic digestion of foods prepares them for use by our body. Bacterial decomposition makes them unfit for use by our body. The first process gives us nutrients; the second gives us poisons.

Sugar and mental health

Today, pioneers of orthomolecular psychiatry, such as Dr. Abram Hoffer, Dr. Allan Cott, Dr. A. Cherkin as well as Dr. Linus Pauling, have confirmed that mental illness is a myth and that emotional disturbance can be merely the first symptom of the obvious inability of the human system to handle the stress of sugar dependency. In *Orthomolecular Psychiatry*, Dr. Pauling writes: "The functioning of the brain and nervous tissue is more sensitively dependent on the rate of chemical reactions than the functioning of other organs and tissues. I believe that mental disease is for the most part

"Why must we accept as normal what we find in a race of sick and weakened human beings?"

caused by abnormal reaction rates, as determined by genetic constitution and diet, and by abnormal molecular concentrations of essential substances. Selection of food (and drugs) in a world that is undergoing rapid scientific and technological change may often be far from the best."

In *Megavitamin B3 Therapy for Schizophrenia*, Dr. Abram Hoffer notes: "Patients are also advised to follow a good nutritional program with restriction of sucrose and sucrose-rich foods." Clinical research with hyperactive and psychotic children, as well as those with brain injuries and learning disabilities, has shown: "An abnormally high family history of diabetes—that is, parents and grandparents who cannot

handle sugar; an abnormally high incidence of low blood glucose, or functional hypoglycemia in the children themselves, which indicates that their systems cannot handle sugar; dependence on a high level of sugar in the diets of the very children who cannot handle it.

"Inquiry into the dietary history of patients diagnosed as schizophrenic reveals the diet of their choice is rich in sweets, candy, cakes, coffee, caffeinated beverages, and foods prepared with sugar. These foods, which stimulate the adrenals, should be eliminated or severely restricted."

"In more than twenty years of psychiatric work," writes Dr. Thomas Szasz, "I have never known a clinical psychologist to report, on the basis of a projective test, that the subject is a normal, mentally healthy person. While some witches may have survived dunking, no 'madman' survives psychological testing... there is no behavior or person that a modern psychiatrist cannot plausibly diagnose as abnormal or ill."

In the 1940s, Dr. John Tintera rediscovered the vital importance of the endocrine system, especially the adrenal glands. In 200 cases under treatment for hypoadrenocorticism (the lack of adequate adrenal cortical hormone production or imbalance among these hormones), he discovered that the chief complaints of his patients were often similar to those found in persons whose systems were unable to handle sugar: fatigue, nervousness, depression, apprehension, craving for sweets, inability to handle alcohol, inability to concentrate, allergies, low blood pressure. Sugar blues!

Dr. Tintera finally insisted that all his patients submit to a four-hour glucose tolerance test (GTT) to find out whether or not they could handle sugar. The results were so startling that the laboratories double-checked their techniques, then apologized for what they believed to be incorrect readings. What mystified them was

SUGAR CAUSES ENVIRONMENTAL CATASTROPHES

A high-sugar diet is slowly fattening and sickening us, but we're getting off easy: it turns out that sugar is killing endangered Florida panthers, not to mention the ecosystem in which they live. Almost 700 000 acres of the **Florida Everglades** have been drained to create the Everglades Agricultural Area, about 80% of which is used by the state's powerful sugar industry to grow cane. Phosphorus and nitrates from fertilizers drain from farms into the Everglades, causing grasses to grow rapidly and choke out wading birds, keeping them from feeding while also altering water chemistry so that algae – the base of the food chain – can no longer support species that feed on it.

The **Great Barrier Reef** suffers similar effects from Australia's sugar industry. Fertilizer causes massive growths of plankton which support an increase in species that compete with coral for space on the ocean floor. Add in the up to 150 tons per acre of topsoil that can wash from the cane fields into waterways, and sugar looks like the main ingredient in a recipe for disaster.

SOURCE: Grist Magazine

the low, flat curves derived from disturbed, early adolescents.

These conditions might seem to arise or become aggravated at puberty, but probing into the patient's past will frequently reveal indications which were present at birth, during the first year of life, and through the preschool and grammar school years. Each of these periods has its own characteristic clinical picture.

This picture becomes more marked at pubescence and often causes school officials to complain of juvenile delinquency or underachievement.

FRUCTOSE: NOT THE ANSWER

If you consider fructose a safe, natural sugar, think again. You've been had by one of the biggest nutritional bait-and-switch ploys in years. Fructose and high-fructose corn syrup (HFCS) have been aggressively promoted as natural sugars.

"Fructose is not from fruit. It's a commercial, refined sugar," asserts Robin Rogosin, research coordinator at Mrs. Gooch's Natural Foods Market in Beverly Hills.

"People should avoid fructose," urges John Yudkin, M.D., Ph.D., professor emeritus at Queen Elizabeth College, London, and an expert on the

health effects of sugar.

FRUCTOSE FACTS

- Fructose has no enzymes, vitamins, and minerals and robs the body of its micronutrient treasures in order to assimilate itself for physiological use.
- Fructose interacts with oral contraceptives and elevates insulin levels in women on "the pill"
- Fructose-fed subjects lose minerals. They had higher faecal excretions of iron and magnesium than did subjects fed sucrose.

- Fructose converts to fat more than any other sugar.
- Fructose inhibits copper metabolism. A deficiency in copper leads to bone fragility, anemia, defects of the connective tissue, arteries, and bone, infertility, heart arrhythmias, high cholesterol levels, heart attacks, and an inability to control blood sugar levels.

Reprinted from www.nancyappleton.com.

Dr. Appleton is a clinical nutritionist, researcher, lecturer, and author of *Lick the Sugar*, *Healthy Bones*, *Heal Yourself With Natural Foods* and her new book *Lick the Sugar Habit*.

A birthday party for a 4-year old... without sugar

By Colleen Huber

Now that my son is four, he is old enough to have figured out that he must have a birthday party and invite his friends over.

A Happy Healthy Birthday Treat

1.5 kg fresh fruit, especially berries or peaches, cut into chunks.
3 Granny Smith or other tart apples, peeled and diced (to provide pectin for thickening)

Simmer all the fruit together over medium heat for about 50 minutes or until boiled down. While the fruit is cooking, stir often to avoid burning the bottom of the pan and be sure to mash the fruit chunks. The apple will need extra mashing to combine thoroughly. Cool thoroughly before using.

To layer the cake, take a salad bowl or serving bowl and spread about a 1.5cm thick layer of mousse (boiled sweet potatoes mashed together with just enough carob powder to darken it) on the bottom. Then, layer about a half-inch of the cooled preserves.

Then, top with another layer of mousse. Finally, layer thin banana slices for the last layer. Next, put a serving plate on top of the bowl and turn the whole thing over. With a knife, gently ease the mousse cake away from the sides and bottom of the bowl.

Once the bowl is free, use the knife to smooth any rough edges on the cake caused by the transfer.

You could decorate the top with more banana slices or berries.

The finished product holds candles well.

Summer Substitutes

For a summer-time birthday party for children you could make watermelon-only popsicles. These are made by stuffing small chunks of watermelon into popsicle molds and freezing for a couple of hours. Peach and plum chunks also work well.

A Peaceful Party With Four and Five-Year Olds

The eaters ate quickly. The small-quantity eaters considered eating. The fidgeters fidgeted. But, when presents were announced, all food was quickly forgotten about as the five boys rushed into the living room. Most parents have seen once sweet and obedient children turn into cranky misbehaved rascals after eating sugar, but this party was quite different. It started at 5 pm, and ended around 8 pm, with only one incident of tears after too much roughhousing and one case of sleepiness.

The last hour was actually the most peaceful time, as the children quietly worked together completing a big floor puzzle.

Parents Can Have Fun Too

Most of us have been a part of a social event that was brought to a halt when a kids' behavior became intolerable to the point of having to remove them from the party. However, the good behavior displayed by all the children at my son's birthday party was enough to make one think, "Gee, if kids can act this good without sugar, then maybe they should never have it at all!"

A glucose tolerance test at any of these periods could alert parents and physicians and could save innumerable hours and small fortunes spent in looking into the child's psyche and home environment for maladjustments of questionable significance in the emotional development of the average child.

The negativism, hyperactivity and obstinate resentment of discipline are absolute indications for at least the minimum laboratory tests: urinalysis, complete bloodcount, PBI determination, and the five-hour glucose tolerance test.

A GTT can be performed on a young child by the micro-method without undue trauma to the patient. As a matter of fact, I have been urging that these four tests be routine for all patients, even before a history or physical examination is undertaken.

In almost all discussions on drug addiction, alcoholism and schizophrenia, it is claimed that there is no definite constitutional type that falls prey to these afflictions.

While Egas Moniz of Portugal was receiving a Nobel Prize for devising the lobotomy operation for the treatment of schizophrenia, Tintera's reward was to be harassment and hounding by the pundits of organized medicine. While Tintera's sweeping implication of sugar as a cause of what was called "schizophrenia" could be confined to medical journals, he was let alone, ignored.

He could be tolerated-if he stayed in his as-

signed territory, endocrinology. Even when he suggested that alcoholism was related to adrenals that had been whipped by sugar abuse, they let him alone; because the medicos had decided there was nothing in alcoholism for them except aggravation, they were satisfied to abandon it to Alcoholics Anonymous.

However, when Tintera dared to suggest in a magazine of general circulation that "it is ridiculous to talk of kinds of allergies when there is only one kind, which is adrenal glands impaired...by sugar", he could no longer be ignored.

The allergists had a great racket going for themselves. Allergic souls had been entertaining each other for years with tall tales of exotic allergies-everything from horse feathers to lobster tails. Along comes someone who says none of this matters: take them off sugar and keep them off it. Perhaps Tintera's untimely death in 1969 at the age of fifty-seven made it easier for the medical profession to accept discoveries that had once seemed as far out as the simple oriental medical thesis of genetics and diet, yin and yang.

Today, doctors all over the world are repeating what Tintera announced years ago: nobody, but nobody, should ever be allowed to begin what is called "psychiatric treatment", anyplace, anywhere, unless and until they have had a glucose tolerance test to discover if they can handle sugar.

So-called preventive medicine goes further and suggests that since we only think we can handle sugar because we initially have strong adrenals, why wait until they give us signs and signals that they're worn out?

Take the load off now by eliminating sugar in all forms and guises, starting with that fizzy drink you have in your hand. The mind truly boggles when one glances over what passes for medical history.

Through the centuries, troubled souls have been barbecued for bewitchment, exorcised for possession, locked up for insanity, tortured for masturbatory madness, psychiatrised for psychosis, lobotomised for schizophrenia.

How many patients would have listened if the local healer had told them that the only thing ailing them was sugar blues? ☹

VISIT OUR WEBSITE
for links to much more
information on the dangers
of refined sugar, and healthy
alternatives:
www.biophile.co.za

All things need food to be alive and to grow, including our love or our hate. Love is a living thing, hate is a living thing. If you do not nourish your love, it will die. If you cut the source of nutriment for your violence, your violence will also die. That is why the path shown by the Buddha is the path of mindful consumption.

The Buddha told the following story:

There was a couple who wanted to cross the desert to go to another country in order to seek freedom. They brought with them their little boy and a quantity of food and water. But they did not calculate well, and that is why halfway through the desert they ran out of food, and they knew that they were going to die. So after a lot of anguish, they decided to eat the little boy so that they could survive and go to the other country, and that's what they did. And every time they ate a piece of flesh from their son, they cried.

The Buddha asked his monks, "My dear friends: Do you think that the couple enjoyed eating the flesh of their son?" The Buddha said, "It is impossible to enjoy eating the flesh of our son. If you do not eat mindfully, you are eating the flesh of your son and daughter, you are eating the flesh of your parent."

If we look deeply, we will see that eating can be extremely violent. UNESCO tells us that every day, forty thousand children in the world die because of a lack of food. The grain that we grow in the West is mostly used to feed our cattle. Eighty percent of the corn grown is used to feed cattle to make meat. Ninety-five percent of the oats produced in the USA is not for us to eat, but for the animals raised for food. Of all the agricultural land in the US, 87 percent is used to raise animals for food.

More than half of all the water consumed in the US whole purpose is to raise animals for food.

It takes 25 000 liters of water to produce a kilogram of meat, but only 200 liters to produce a kilogram of wheat. A totally vegetarian diet requires 1500 liters of water per day, while a meat-eating diet requires more than 20 000 liters of water per day.

Raising animals for food causes more water pollution than any other industry in the USA because animals raised for food produce one hundred thirty times the excrement of the entire human population. It means 40 000 kilograms per second. Much of the waste from factory farms and slaughter houses flows into streams and rivers, contaminating water sources.

We are eating our country, we are eating our earth, we are eating our children.

And I have learned that more than half the people in the USA overeat.

Mindful eating can help maintain compassion within our heart. A person without compassion cannot be happy, cannot relate to other human beings and to other living beings.

And eating the flesh of our own son is what is going on in the world, because we do not practice mindful eating.

The Buddha spoke about the second kind of food that we consume every day – sense impressions – the kind of food that we take in by the way of the eyes, the ears, the tongue, the body, and the mind. When we read a magazine, we consume. When you watch television, you consume. When you listen to a conversation, you consume. And these items can be highly toxic. There may be a lot of poisons, like craving, like violence, like anger, and despair. We allow ourselves to be intoxicated by what we consume in terms of sense impressions. We allow our children to intoxicate themselves because of these products. That is why it is very important to look deeply into our ill-being, into the nature of our ill-being, in order to recognize the sources of nutriment we have used to bring it into us and into our society.

The Buddha had this to say: "What has come to be – if you know how to look deeply into its nature and identify its source of nutriment, you are already on the path of emancipation." What has come to be is our illness, our ill-being, our suffering, our violence, our despair. And if you practice looking deeply, meditation, you'll be able to identify the sources of nutriment, of food, that has brought it into us.

Therefore the whole world has to practice looking deeply into the nature of what we consume every day.

And consuming mindfully is the only way to protect our world, ourselves, and our society. We have to learn how to consume mindfully as a family, as a city, as a nation. We have to learn what to produce and what not to produce in order to provide our people with only the items that are nourishing and healing. We have to refrain from producing the kinds of items that bring war and despair into our body, into our consciousness, and into the collective body and consciousness of our nation, our society.

Nowadays, I enjoy places where people do not smoke. There are nonsmoking flights that you can enjoy. Ten years ago they did not exist, nonsmoking flights. And on every box of cigarettes there is the message: "Beware: Smoking can be hazardous to your health." That is a bell of mindfulness. That is the practice of mindful consumption. You do not say that you are practicing mindfulness, but you are really practicing mindfulness. Mindfulness of smoking is what allowed you to see that smoking is not healthy.

Many people are very aware of the food they eat. They want every package of food to be labelled so that they can know what is in it. They don't want

eating for peace

to eat the kind of food that will bring toxins and poisons into their bodies. This is the practice of mindful eating.

But we can go further. We can do better, as parents, as teachers, as artists and as politicians. **If you are a teacher, you can contribute a lot in awakening people of the need for mindful consumption, because that is the way to real emancipation.** If you are a journalist, you have the means to educate people, to wake people up to the nature of our situation. Every one of us can transform himself or herself into a bodhisattva doing the work of awakening. Because only awakening can help us to stop the course we are taking, the course of destruction. Then we will know in which direction we should go to make the earth a safe place for us, for our children, and for their children. 🌱



Thich Nhat Hanh (pronounced Tick-Naught-Han) is a Vietnamese Buddhist monk. During the war in Vietnam, he worked tirelessly for reconciliation between North and South Vietnam.

His lifelong efforts to generate peace moved Martin Luther King, Jr. to nominate him for the Nobel Peace Prize in 1967. He lives in exile in a small community in France where he teaches, writes, gardens, and works to help refugees worldwide. He has conducted many mindfulness retreats in Europe and North America helping veterans, children, environmentalists, psychotherapists, artists and many thousands of individuals seeking peace in their hearts, and in their world.



Dr. Vandana Shiva is the founder and Director of The Research Foundation for Science, Technology and Natural Resource Policy, a network of researchers specialising in sustainable agriculture and development.

She is also Ecology Adviser to the Third World Network, which aims to bring about a greater voice for people in the Third World, a fair and ecologically sustainable distribution of world resources.

Her books include:

- Water Wars: Privatization, Pollution, and Profit
- Stolen Harvest, the Hijacking of the Global Food Supply
- The Violence of the Green Revolution: Third World Agriculture, Ecology and Politics
- Biopiracy: The Plunder of Nature and Knowledge and many others.

Q You are a leading opponent of fast food chains' expansion into India. What is the present situation?

V.S. Pepsi subsidiary Kentucky Fried Chicken is supposed to by now have opened 30 outlets. They have only managed to have 2 running for a short while because both – the one in Bangalore and the one in Delhi – faced long-term protests from people. The way Kentucky Fried Chicken managed to get its outlets open despite the protests, was through changing standards, getting the Government of India to change those standards and the permissible level on MSG – Mono-sodium Glutamate – which is now recognised worldwide to be a health hazard and which has wrongly

been called a food additive when it is really a drug – which fools us by sending signals to our brain that there is taste in the food when there is none. We are definitely going to continue our campaign against KFC and McDonald's. I think they are waiting for the feeling with KFC – the chicken is not as sacred as the cow in India so they thought that if Kentucky Fried Chicken can spread then they'll come in behind.

They have recently signed a contract with the largest slaughterhouse in India, which has been facing protest because of the slaughter of cattle, the export of meat – the conversion of India from a culture of sacred and living cows to being an exporter of cattle meat.

McDonalds, signing up this contract, will face not just the old protests against junk food chains, but will also face the campaigns against the slaughterhouse, and we are basically planning to have very major road blockades – liberating the cattle on their way to the slaughterhouse – ensuring that we really articulate the campaign around the freedom of animals and the freedom of people, and not just the freedom for capital the way it is currently.

Q Will McDonald's be able, through advertising, to sell the "McDonald's Experience" in India?

V.S. The McDonald's experience, which is really the experience of eating junk while thinking you are in heaven, because of the golden arches, which is supposed I guess to suggest that you enter heaven, and the clown Ronald McDonald, are experiences that the majority of the Indian population would reject – I think that our people are too earthy. First of all it would be too expensive for the ordinary Indian – for the

peasant, or the person in the slums – it's an experience that a very tiny elite would engage in, and most of that elite – which knows what good food is about – would not fall for.

We do have one of the largest, most diverse food cultures – a very sophisticated food culture. But there is a small middle class and a tiny elite section that I believe feels inferior about what they are, that has been so subjected to the pressures of Westernisation that they feel second-rate Westerners, and people would go in for the experience not because of what the experience is, but for what it symbolises.

There will definitely be a tiny, tiny fragment in our population, but since we have a large population it will be a large market which is why McDonald's want to enter it.

Q Do you think the McLibel case in the UK has wide significance?

V.S. I think the case is a very, very significant case – not just because of the unaccountability of chains like McDonald's, that misuse and exploit labour, misuse and exploit the environment, and misuse and exploit consumers. I think it's also important because there are new structures of unaccountability being created.

For instance I used the McLibel case in evidence I was giving to our Parliament on the formulation of new trade-mark laws, which actually had clauses – because they were written under the pressure of GATT and free trade and the protection of capital – that actually had clauses that said that if anyone was to use the name or the symbol of any company that had a protected trade-mark in ways that could hurt the image and the product of that company then it would be treated as a trademark infringement, and under the new

version of law would be treated as a criminal act – as an act allowing arrest without warrant.

And I cited the case of the McLibel suit to show that what is now an opening that people have in terms of challenging a company would not be an opening if these new laws were created.

And we can't afford it, because in democracy unless citizens have the right to bring systems of accountability into the relationship of corporations with people, democracy is a farce – it is empty.

Q Is the information that is coming out through the McLibel case useful to your campaigning?

V.S. The information that has been made available to the world by a handful of activists, making transparent the workings of a globally-operating corporation like McDonald's, is extremely important because the advertising.

The golden arches advertising makes it look as if here is a wonderful system coming to your doorstep, superior to anything you have had – superior to your food, superior to your production, superior to your culture, your economy – and the McLibel campaign has actually brought out to the front the underside of the workings of a fast-food chain like McDonald's, the working conditions under which people operate, the hazards people face – the health hazards.

I think it is a particularly important case, in today's time where with free trade there is a lot of talk about how labour is exploited in the Third World, about child labour making carpets in India.

I think it is very important to see that McDonald's is probably the most important exploiter of child labour in the world.

eating junk while thinking you're in heaven

Q What do you see as the connections between the use of resources by multinationals and Third World poverty?

V.S. The takeover of the global economy by global corporations based on wasteful production and based on actually destruction of livelihoods and jobs,

Q At the Beijing Conference in 1996 there was an anti-McDonald's demonstration. Can you tell us about it?

V.S. If someone was to ask me what was the highlight of Beijing, I would definitely not say it was Hillary Clinton's speech. I would say it was the demonstration

it should end – that child labour should also end in McDonald's outlets.

I have met with people who started their community organising in different parts of the world, around the way McDonald's hires school-children at below wage levels – they start doing badly in school, they of course don't make enough money

an inevitable outcry against their operations and they know it.

Therefore to maintain business in the face of deception they have to control dissent in all kinds of ways. As long as operations like this exist – coercive measures, authoritarian measures, using the legal system, against people will be inevitable.

The way McDonald's works sounds so much like the pre-perestroika Soviet Union to me, except that the whole world was outraged by the centralised control of communist regimes – we don't get so outraged with the authoritarianism of corporations which have no accountability.

I really think that citizens have started to recognise that the freedom of citizens is inconsistent with the freedom of corporations like McDonald's have of using legal means in irresponsible ways.

Q Do you think McDonald's expansion into India will have an adverse effect on people's diet and health?

V.S. I think across the world the evidence is so strong that any society that shifted its eating patterns to meat-based fast-food chains has had problems – Singapore is having to set up new obesity clinics, Japan has had a 70% increase in food-related illnesses because of the kind of problems fast food chains like McDonald's are bringing.

I was recently reading a *New Scientist* article which says the biggest source of epidemics and disease is now the hamburger, including all the backward chains into Mad Cow Disease, beef and the rest – how factory farming and the processing jointly combine such a potent health hazard for people.

I think that the evidence is clear across cultures and across races – McDonald's is doing no good to people's health, and in a country like India where first of all we are not a meat culture, and therefore our systems are ill-adapted to meat in the first place, and where people are poorer – shifting to a diet like this will have an enormous impact. 🌐

“The way McDonald's works sounds so much like the pre-perestroika Soviet Union to me, except that the whole world was outraged by the centralised control of communist regimes – we don't get so outraged with the authoritarianism of corporations which have no accountability.”

is definitely becoming a very very major threat to the peoples of India. If we just take the case of the companies who will supply the meat to McDonald's – just by buying up cattle and leading to a slaughter of the living economy of cattle-based agriculture, where cattle pull the ploughs, provide the energy, provide the organic manure – are literally the support base of sustainable agriculture.

Within a few years we've had the destruction of 300 000 livelihoods, with peasants losing their only source of economic survival. That's a very direct attack on the survival of people.

But there's a second level of attack on the survival of people, which is the fact that food which today goes towards feeding the poor and the hungry in India will get diverted to feed the animals which will then go into fast food chains to feed, in India definitely, the elite.

There is a third component related to it – that the land and water that today meets the survival needs of the people of India will get diverted to factory farms, will get diverted to producing the meat base for these chains.

We are declaring that the resources of India are for the sustenance of the Indian people and not for the profits of irresponsible corporations.

of the women against the McDonald's outlet at the NGO Forum, and the protest really was an initiative of the younger women at a lecture I was giving on how the control over the food system is shifting, through various mechanisms, into the hands of a few corporations.

And one of the young women stood up and said: 'Did you know that Ronald McDonald is here without a visa? Do you think he should be here?' I said well if they can make such a fuss about the Tibetans not getting visas I think we should make a lot of fuss about Ronald McDonald here without the permission of the NGO Forum – after all McDonald's is not an NGO! What's it doing in the NGO Forum? The younger women started the march and asked if I would join and I was only too happy to join.

Q What do you mean when you say that McDonald's is the most important exploiter of child labour in the world?

V.S. There's so much fuss in the world about the exploitation of child labour and I think it would be helpful if Western countries focused as much on the exploitation of child labour by McDonald's as they do on the carpet industry of India – where of course there should be no child labour and we are absolutely determined that

– and has introduced a culture of displacing adult workers – getting away from labour laws – while destroying children's educational opportunities.

And at every level – the way they work without minimum wages, without labour standards, shows how unaccountable the corporate world is becoming.

I don't think we should worry as much about applying labour standards to governments of the world – we need to be thinking about how to apply labour standards to the corporations of the world.

Q What strategies might McDonald's use in India to suppress criticism of themselves?

V.S. I think the way new intellectual property rights regimes – like the trade-mark laws – are evolving, where they are widening beyond infringement in terms of competitive production – using names and symbols in a deceptive way – into an encroachment into criminalisation of civil liberties, are some of the new mechanisms that corporations like McDonalds could actually use to suppress criticism.

And I think that corporations, like McDonald's, who are on the one hand destroying entire food cultures of the world and on the other hand not giving safe and healthy food to people, there is going to be

let the boycott begin!

By Paul Rockwell

The US election is simply unacceptable. No president, no matter how large the vote, has any authority to commit war crimes, to destroy cities from the air, to create inhuman prison systems beyond the rule of law, to violate the sovereignty of states.

No franchise anywhere entitles any leader to subjugate foreign peoples, or to violate international law. Far from being a democratic "mandate" for Bush, the 2004 US election was a mandate for world-wide resistance.

No country is more market-driven, more intertwined with foreign commerce and trade, more dependent on the good will of workers and consumers, than the United States. Its war machine depends on parts produced in foreign countries, and there is growing feeling throughout the world that farmers, entrepreneurs, workers and consumers should do unto the US what the US does unto others.

As peace organizations formulate strategy and co-ordinate actions, the teachings of Arundhati Roy, the most visionary and sagacious strategist on the world stage, take on immediate significance.

In her address at the World Social Forum in Porte Allegre, Brazil, in 2003, Roy put out a call for a new strategy of non-cooperation. Steeped in the traditions of Gandhi, Roy's books and speeches emphasize the economic vulnerability of the US empire.

"The US economy," she writes, "is strung out across the globe. It's economic outposts are exposed and vulnerable. Our strategy must be to isolate Empire's working parts and disable them one by one. No target is too small. No victory too insignificant."

"We could reverse the idea of economic sanctions imposed on poor countries by Empire and its Allies. We could impose a regime of **People's Sanctions on every corporation that has been awarded a contract in post-war Iraq. Each one of them should be named, exposed and boycotted-forced out of business.** It would be a great start."

Weekend protests, Roy tells us, are not enough. "What we need to discuss urgently are strategies of resistance...Gandhi's salt march was not just political theatre.

In a simple act of defiance, thousands of Indians marched to the sea and made their own salt. It was a direct strike at the economic underpinning of the British Empire."

"The Internet is buzzing with elaborate lists of American and British government products and companies that should be boycotted...They could become a practical guide that directs and channels the amorphous but growing fury in the world."

The Pending World-wide Boycott

All over the world, peace and anti-globalization movements are preparing to put Roy's concepts into practice. They are calling for a new kind of strategy to end the occupation of Iraq: a well-organized, sustained boycott of US and British goods.

In its range and scope, the coming boycott (including divestment from US corporations) could resemble the historic boycott of South African apartheid.

The theme of the boycott, unencumbered by riders or secondary demands, is clear and simple: end the heinous occupation of Iraq. The boycott will not subside until

all US and British troops are withdrawn from the sovereign soil of Iraq; until all US military bases are dismantled; until all US corporations on Iraqi soil are closed down.

Spontaneous Boycotts Are already Happening

Sporadic and spontaneous boycotts, local in form, have been taking place in cities throughout the globe. National Public Radio (US) reports that thousands of Europeans, repulsed by the election of Bush, are refusing to buy American goods. One placard in a Paris window says: "Promote peace. Don't buy American."

According to Pulitzer Prize-winning journalist Seymour Hersh, Europe is simmering. "You're going to see American profits disappear. American corporations are going to be in big trouble. It's going to be a mantra not to buy American. All our major manufacturers are reporting major slowdowns in Europe. You're going to see the dollar disappear."

The boycott is spreading.

Greenpeace is already involved in a boycott against Exxon-Esso and Mobil Oil.

Fermiamo La Guerre, a coalition of peace groups in Italy, called for a boycott of Esso when the US invasion commenced.

Sales of Pepsi and Coca Cola have plummeted in the Mideast during

the occupation, and Islamic nations are creating alternative cola drinks called Zam Zam and Mecca Cola. Iran banned ads for US-manufactured goods.

South African protesters in Cape Town demanded that Denel, a South African contractor, cancel all its contracts to supply military components to the US war machine. The people of South Africa are well aware of the power of boycotts.

As South Africa's Indymedia put it: We must "take aim at the only thing that can bring Bush to his knees – the American economy."

Fast-food chains-Pizza Hut and Kentucky Fried Chicken – are under a boycott in Pakistan. As one member of the Islamist Party said: "We must stop buying anything American or British. We must hurt American interests as much as possible."

The Myth of US Invincibility

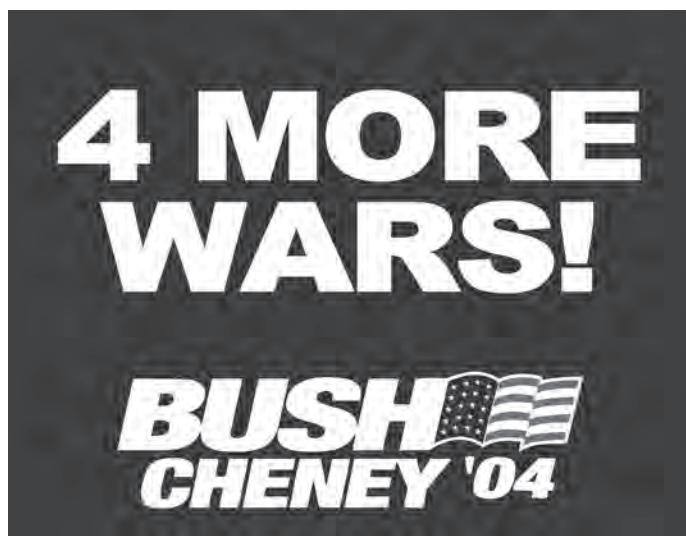
Mussolini once said there is no greater sin than looking weak. All empires sustain themselves through a mystique of invincibility. The US is no exception. Its leaders now choose their words – "Shock and Awe," "Operation Iron Hammer" – to cow the timid.

But all of its nuclear weapons, all of its attack helicopters and B-52s, its power to turn mosques, hospitals and cities into rubble; all of its tanks, cluster bombs, computers and depleted uranium, cannot protect the US empire from the ubiquity and power of non-cooperation.

The US may post soldiers at its foreign bases. It may continue to bribe foreign officials, to blackmail foreign governments.

But its economic outposts, from Starbucks to Disneyland, from Hollywood films to corporations that advertise on Fox "News," are open and vulnerable.

It is the US that depends on the people of the world – on their land, their oil, their skills and labour, their buying power and good will – not the people of the world who depend on the US. ☉



something's gone wrong

What do we want from our educational system? A reasonable guess at an answer would be that we want our children's talents to be developed; we want them to know something about the world they will move into as they mature, and we want them to have the skills to cope with that world: we want them to learn to 'think': to reason, analyse and evaluate. We want them to come out with a good school-leaving certificate.

What do we expect our children to learn?

The usual curriculum contains subjects, languages and the sciences and humanities, but careful reading of the syllabi shows that schooling is intended to develop far more than content knowledge. Children should be developing the thinking skills.

What are we actually getting?

Very little of any of the above. Something has gone horribly wrong.

Children are bored out of their minds (literally – hence the epidemic of the so-called Attention Deficit Disorder!) My son asked me why he had to go to school, it was so boring. He was in Grade 3! This results in a rapid loss of interest in learning. How many teachers leave the profession because of their disillusionment with 'the system', because of the conflict in the classroom?

Children in Grade 0 are being put on mind-altering drugs to make them 'concentrate' – don't we learn best when we are having fun? Children in Grade 1 are being told to repeat so that they can cope with the 'rigours' of Grade 2. They are given homework, and tests. They live in fear of failure.

Fear is a real biochemical event: it's called the 'fight or flight' syndrome.

Your thalamus and hypothalamus sense anxiety and assume there is some real physical danger present, hence respond with adrenalin, to give you the ability to cope physically. In addition, lactic acids go to your stomach, in order to slow the digestive process, so the child (and many adults) develop "butterflies", or stomach cramps – even spastic colon. Later: ulcers. A third chemical, cortisol, floods the brain, and

stops the normal neural processing there, so than brain cells (neurons) can no longer make their 'connections'. Why? Because we are not supposed to fight and philosophize at the same time! So we 'forget' what we have learned. Then we say, "I'm stupid; I have a poor memory. I'm really no good at maths/science/afrikaans (whatever)." Once we have said this, it becomes true!

The emphasis has been so left-brained that we forget that children have right brains as well. The young genius learns to walk, talk, (and manipulate adults) by exploring the environment, and using all the senses: everything is touched, tasted, smelled – and repeated ad infinitum until mastered! The baby is learning by having fun. When did your child last have fun at school? Instead of developing the mind, it would appear that we are doing the reverse. A research project in the UK found that children aged 6 are several points higher on the IQ scale than children ten years back – but this declines over the next ten years! It then goes up several points when they reach their 20s. What does this tell us about the effectivity of schooling?

Schools have your child for most of the day – and then give piles of homework, which further depletes 'free' time, and leads to conflict with Mom and Dad. More stress is created within families by this than any other cause! Yet how much learning is actually taking place during the school hours? Many of the youngsters brought to me with educational 'problems' admit that they can sit in a class and not hear a single one of the 'words of wisdom'. Some can emerge from the

by Dr. Elaine Lee

Elaine has taught at a number of schools and institutions over the past 30 years, including lecturing at Wits University, JCE and Promat colleges. She has an Honours degree in History, and a Ph.D from London University; an M.Ed. from Wits, and an H.Dip. Ed (Post-Grad) from UNISA.

In addition she has studied Accelerated Learning, Photo-reading, Educational Kinesiology, NLP, PNI and Reiki. She has written many articles on educational issues, and has worked as an independent Education Consultant since 1994. She works extensively with Indigo and Crystal children.

system barely literate, with a hatred of reading.

Why?

There are so many pressures on the average teacher that real relationships with their 'learners' (is that an appropriate term under the circumstances?) do not develop. It's frightening to think how many of us went into teaching because we wanted to help in some way, only to find that we were stuck in a nightmare situation where we teach subjects, not people! We "have to get them through the syllabus". In my first year of teaching, I covered the syllabus – but not many of the children in my classes did.

Today's children are different.

You and I, we more-or-less tolerated the long hours in the classroom. **Some of the 'new' children are less discreet, less tactful, and less tolerant. If they are bored, they tend to say so!**

They do not give automatic 'respect' to their elders, if they feel it is not deserved. These forthright youngsters are punished, but with no apparent effect. We risk turning them into real rebels. These are the children described as "indigo".

There are other children who are less obstreperous, but who rebel in quieter ways. They are the "crystal" children. Given sympathetic



An open letter to doctors, teachers and educators

Allan Wohnitz (BSc), National Coordinator, The Rights of Children Project in Education

circumstances, these youngsters are centred, and spiritually-attuned.

I have heard teachers deny that there is any change in children, but after more years than I care to remember of being involved in education, teacher-training, and helping these youngsters, oh yes, there is a change!

These are innovators, they have enormous leadership potential, they are not here to become sheep, and learn to conform in institutions that are more akin to the military than anything else.

What do they need?

They need enthusiastic teachers who are passionate about education and the subjects they teach, and passionate about using methods that will result in interest, hence success.

I have not 'taught' if my students have not 'learned'!

They need more flexible time-tables which allow for the brain's natural rhythm – we CAN-NOT 'concentrate' for hours on end!

The brain's rhythm is a 90 minute cycle, alternating between left and right hemispheres, and moving between alpha and beta every 45 minutes. So, they in fact need much more time 'out' – to allow new information to soak in! Parents too need to know that it is not possible to study effectively for hours on end without a break, or two, or three...

NLP practitioners know that we have a preference for one learning mode above others, and most children are kinesthetic/visual rather than auditory learners. They NEED to fidget, to move. They are not designed to 'sit still and listen'.

Talking is not teaching. If only more 'teachers' knew that!

They need to discuss life, spiritual and other issues. They need to explore the complexities of relationships. They need love and acceptance. They also sometimes need to question and challenge – and we should not be threatened by this!

Therefore, to refer back to the questions initially posed: to get the benefits you expect for your child, you are going to have to change the existing system!

We have begun a series of learning centres which use the approaches sketched above. These will remain small and personalized, to avoid the 'military' approach of ranked age groups. We pay attention to body, mind and spirit.

We teach the three R's – respect for self, respect for others, and responsibility.

Hey, we also teach them to pass exams successfully! 🌱

For further information, or to start a similar centre in your area, contact Dr Elaine Lee at 011 783 5661, or email: melee@global.co.za

After 2 years of thorough research, I have discovered that the problem of children being prescribed mind-altering and addictive drugs because they are inattentive or hyperactive is being allowed to continue because no one has stood up to make the truth known about learning and behavior problems.

Parents have been led to believe that learning problems (like ADHD) are genetically inherited neurological problems and that medication is the correct treatment. The medication commonly used is methylphenidate (trade name: Ritalin™).

Here are some facts to consider before attempting to suspect, diagnose and prescribe mind-bending drugs for ADHD.

ADHD is not a disease.

It has been invented by psychiatrists and voted into existence in 1987. One cannot diagnose ADHD from a psychological assessment. A psychologist or whoever does those tests is not trained and qualified to diagnose neurological diseases, not even a GP or paediatrician.

If a doctor uses the assessment results as the basis of diagnosis, he is not doing his job as a doctor.

If there is a suspicion of a disorder or disease, the doctor is bound by the health act to follow very specific procedures of diagnosis before even suggesting drugs as a treatment. He even has to advise the patient that there exist options of other treatments before the patient can consent to any treatment he/she chooses. The child must also have the risks (and treatment options available to it) clearly explained.

ADHD is not a neurological disease.

There are no valid tests to prove the disease exists. There is only speculation that there are neurotransmitter imbalances, but these cannot be measured and cannot be shown how much and what are the correct neurotransmitter balances.

For a neurological disease to exist, only a neurologist is trained to diagnose such diseases and this he does by accepted physical tests of the nervous system and will identify defects in the nervous system. If he cannot show physical defects, then by definition there is no disease: **no disease = no treatment.**

Methylphenidate has the same chemical structure as the street drug speed. It has highly addictive properties and UN reports published in 1971 carried warnings of its highly addictive properties and high abuse potential. At that time it became classified as a schedule ii drug (in the same class as amphetamines and cocaine).

ADHD is not genetic.

To show a genetic problem or identify a

gene, one has to show and demonstrate the "sequence of nucleotides (codons) that is tied to a specific behavior". To date, no-one has come up with any specifics. The conclusion that ADHD is genetic is based on speculation even though it has now become a "well-known fact" that ADHD is "80% genetic". And yet no codons have been identified!

Advocating such as "facts" is misleading the public.

In holland it is forbidden to promote ADHD as a brain disease due to inadequate evidence of the existence of such a "disease".

At the ADHD consensus conference in november 18, 1998, the panel, in its final statement announced: "... we do not have an independent, valid test for ADHD, and there are no data to indicate that ADHD is due to a brain malfunction."

Therefore, to promote the "fact" that ADHD is a disease and suggesting, recommending or prescribing drugs for this non-existent disease can be construed as negligence in legal terms and anyone found doing so could be committing a criminal offense.

I urge you to treat this open letter with seriousness and responsibility. The majority of parents do not want to drug their children. The majority of teachers want to be able to educate the children.

But if any are encountering problems with children, there exist drug free solutions that can handle the condition. One does not have to accept or cope with the problem. The problem can be handled. If a parent refuses to drug their child, one can look to the drug free options available.

The rights of children project in education has found solutions in the area of nutrition, study skills, tutoring, morals and parenting which anyone can reach for and use. Those solutions are being used by thousands of people with outstanding results.

It is time to acknowledge that using mind-altering, highly-addictive drugs to treat children is a very dangerous option and a high risk. We need to advocate and promote the use of workable drug-free options. Recommending drugs as treatment can also be a violation of the child's and parents human rights.

Visit the website www.childrensrights.co.za or get a copy of the book *"The Rights Of Children In Education"* to find out the drug free options.

A practitioner is bound by the law to let the patient know of available options. Parents who do not wish to use drugs on their children as treatment should be advised to get a copy of the above mentioned book to find the options that they feel will be best for their child.

Drug free solutions work – know them and use them. 🌱

I am Guinevere, Lady of Camelot, and I come to bring to you the understanding and the message of the new children. There have been a number of new children coming to the Earth plane over the last 25 years, approximately. All of these souls bring light and new energy to your planet. These children have been named many different things. Some of them are called Indigo children. The others are named Crystal children, and the new ones are called the Golden children.

Their names are derived from the colours that swirl in their energy fields. The Indigo children came first. They are the forerunners in the great

*Lady Guinevere,
through Michelle Eloff*

the new children



change. They have come to break certain systems that do not support the awakening of consciousness. They have come to break the systems of fear and control. Some have labelled them the “system-busters” of your realm.

These children – many of them adults now – have had to deal with very intense experiences. Their experience has allowed them to bring new consciousness, as they have broken away from the old ways, shifting paradigms at an accelerated rate.

The Indigo children are here to assist the Golden children who are arriving in their droves. The Crystal children also have a very special and very powerful vibration. Their task here is to awaken the mind – to stretch it beyond the parameters that society has become accustomed to. They are adjusting energy at an accelerated rate, forcing the mind to accept concepts that were previously not even spoken of.

A combination of the Indigo and the Crystal children is evident in the breakthrough of a lot of wisdom being utilised to carry messages through

your media. It has been very inspiring to see how the media are using words and texts that have been brought by the wise sages and masters of your world.

The Crystal children hold the frequency that forces one, in a way, to move out of victim consciousness – to break out of denial.

They are not very tolerant of “stories” in the sense of not telling them the truth of your feelings; of not being clear in your intentions or of the motivations behind your actions. The Golden children are the ones we have come to speak about specifically this evening. These souls come in service to support the grounding and full coming of the Golden Age. And Kuthumi has said that children do not have blueprints as you know it; they have “goldprints”.

Their task here is of vital importance, because many of the Golden children are highly evolved, ascended beings, taking human form once more to support Gaia on her journey of transformation.

And this journey of transformation is part of your plan – part of what you have come to experience in order to further evolve, and to understand the world that will be left behind when you choose to move forward.

Your children have all chosen you for specific purposes – not only your qualities as a soul or your characteristics as a person, but for your genetic coding. As these children choose to come into form, they also support their parents-to-be in the intense processes of reconstructing the genetic programmes with which you came into this life.

These souls have very specific plans. Therefore, they need a very solid foundation from which to build the structure of their own lives.

Those who do not understand the energy of the new children – Indigo, Crystal, as well as Golden children – have adopted a label for these children, and they are labelled either as hyperactive, or what you may be familiar with – Atten-

tion Deficit Hyperactivity Disorder, or Attention Deficit Disorder. We can safely say that at least 92% of these children have been misdiagnosed. Their energy is so different to what the older generation is accustomed to that they are being totally misunderstood.

This has caused severe disruptions in their energy fields.

However, there is always method in madness, and these souls are also offering the gift of enlightenment to humanity by showing them that they are not dysfunctional, but are, in truth, simply different.

They have come to show the world that a new way needs to be found – must be found

15 to 25 years gap in age; and in time, believe me, this is a very small gap.

The new children are already – many of them – speaking words quite clearly before they are 18 months old. Their ability to conceptualise ideas is quite phenomenal. Their motor skills are highly developed, and their senses even more acute. These children are so in touch with who they are that they do not allow others in their environment to deny their own truth.

Those of you who are parents to these children will notice that your child will show you exactly when you are denying your own truth.

society looks upon street children. Through the influence of their energy, many people will be inspired and motivated to erect centres where these children can be brought in and supported in truly understanding the science of life, to heal themselves, and find the divine qualities within to sustain their lives and to make a future for themselves.

These children are here to change the masses, and are being born all over the world.

However, there are a number of them coming in to South Africa at this time, as well as the UK. It is part of the process of supporting the base chakra and the crown chakra. The ancient story

“these children... emit very pure vibrations of light and of energy, and their capacity to love is beyond what you could imagine.”

– for the consciousness of humanity to survive the changes that you are all facing at this time. These children have very strong wills, especially the Golden children. They come into this world knowing precisely who they are and why they are here. The next time you are in the company of a small child – a baby or a toddler – take some time to connect visually with this child. Look deeply into his or her eyes, and make the contact. You will be amazed at what you see within these children’s eyes: their wisdom, their wholeness, their confidence, and of course, their power.

The Golden children are here to close the door on the old age; to take the whole of humanity into the new age – the Golden Age.

All of you present in this room, besides the children, have prepared for these children to come – the Indigos, the Crystals, and the Golden children. It has been a very difficult path for many of you, especially where you have been raised in homes where there has been darkness with regard to religious beliefs.

However, it has been worth the effort, and it is due to your efforts – the efforts of your generation to survive – that these souls are coming in their numbers, connected as they are.

As more of these children come to your Earth, the more energy you are able to observe. They emit very pure vibrations of light and of energy, and their capacity to love is beyond what you could imagine. These children are far more advanced than you were at the same age, and the Crystal and Golden children are observed to be even more advanced than the Indigos were – and that is not a very big difference in age – approximately

Their tantrums and their moods are not only because they may be uncomfortable or sad; they will act out what you are not. They will show you what you have forgotten about yourselves, and remind you of the truth of the divine plan that you agreed to – to come in service.

And as each day passes, you move closer to even further awakening. And these souls are coming in, quite “unexpectedly” to many of their parents-to-be.

In truth, no form of contraceptive can stop these souls from coming in.

There have even been accounts of mothers conceiving after their husbands have had a vasectomy, or their own tubes have been tied. There are even cases that have been recorded in your medical journals: one case, specifically, where a woman conceived without even having ovaries. She did not conceive only one child – she conceived three on separate occasions. This shows you the determination of these souls.

There is also an incident in Mexico City. An earthquake tore down a hospital. In this hospital was a maternity ward with a number of newborn babies. The search party searched for days on end.

Eight days later, they gained access to what was the maternity ward, and removed 19 babies from the rubble – alive.

Their power – their will to survive, to be here, is an example to the rest of the world on what a blessing the gift of life is.

The Golden children will also be activating a whole new consciousness with regard to how

of Camelot is being reactivated within the consciousness of humanity, and these new children are connected to the time of Camelot, and many of them had incarnations at that time, or were in some way involved in the creation of the energy, and still hold many of those templates of truth encodings of the systems of light within their bodies. The reason for this is that King Arthur allowed humanity at that time to explore life – to find their truth and to live their truth without any judgement; without anyone imposing their will upon another. And this honourable system needs to be rebirthed again.

Everybody needs to be honoured in their truth of who they are and what they believe. The killings that take place as a result of what one does or does not believe in must come to an end, and just as thousands upon thousands of people lost their lives during the time of Camelot and its fall, hundreds of thousands of people are still losing their lives because of religious intolerance; because egos are threatened by those truths.

The Golden children are showing the Golden Way, and that the Golden Way is the way of all truths – not just one.

Whatever your truth is, is in truth, at one with the Universal truth. So, many people speak different languages, yet speak the same language. The Golden children will bring this to the conscious realisation of humanity. They are here to turn everything around. They are the future leaders of the world, and they need to be supported in a very different way to what you were used to. The Indigo children prepared many people for this, and as the Crystal and the Golden children move

the new children

together hand in hand, so the systems can now finally change for once and for all.

Many of these children have offered themselves to science in order to show humanity what the old systems have done, and we'll touch briefly on some of these. The human body is a miracle. It performs magic every single day.

These souls are showing humanity that their inner technology has also evolved, and that which was used in the old days can no longer be used, and many of these children's bodies are rejecting these substances. Inoculations are one of them. It has been shown that certain after-effects of inoculations are quite lethal, and certain cancers have been traced back to vaccinations.

As your world has grown and become faster, so people have come to indulge in fast foods. This is also detrimental to the systems of these new children, because their constitution is so sensitive that they cannot tolerate the amount of chemicals and preservatives in the foods that you adults are able to consume.

I would like to add that many of you who have been on your path for some time now are finding your own bodies rejecting certain substances that previously you could consume in vast quantities. This is as a result of the development of the energy systems of your bodies, and of the energy that is accompanying these magnificent souls into your world.

These children need to be honoured, and need to be respected.

If you expect these children to respect you, you have to lead by example. This is the only way that these children can be disciplined.

Discipline – as Kuthumi has explained on numerous occasions – is not punishment. It is teaching. And if you want to teach your child how to value himself, you have to value your self. The



boundaries that you set need to be honoured, and you need to ensure that the souls to which you have been assigned to act as guardians respect these boundaries.

These children will test your boundaries – pushing them to the very limit, because they need to understand exactly what you are all about. They cannot feel safe in their world with you if they do not know you. So be prepared for this. Be firm. Always be truthful, and above all, always be loving in your families.

Children need boundaries to develop a strong sense of self. This allows them to explore the world and themselves in a safe environment.

These children are very in touch with the worlds beyond the one that you are in, and they will come with ideas and experiences that will really stretch your imagination.

But please – do not be so hasty to shut them out. Allow them to share their world with you. Adults are very quick to impose the adult world and experience onto children. Adults have become miserable and closed because they have forgotten the magic of being a child. They have forgotten the reality of a child's world and get caught up in the adult illusion.

When you honour a child's truth, you begin to honour your own inner child's truth, and your world transforms.

healthy diet = good behaviour

Imagine a high school were students actually behave – no discipline problems, no acting out, no violence to speak of.

Now imagine a high school were students actually concentrate on their schoolwork. Though it seems impossible, such is the case at one Wisconsin high school, and there is only one factor separating them from other high schools in the country – diet.

In 1997 the school instituted a

healthy lunch program. No longer were the cafeterias filled with fast-food nachos and French fries; instead they were filled with fresh salads, whole grain bread and fruit. At the same time, vending machines were removed and good drinking water added.

The program is based on work done some 30 years ago by Dr. Feingold. He recommended that eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ, would be beneficial to health, learning and behavior

problems in children. However, his findings were not accepted by most medical professionals at that time. Now that the healthier diet has been in effect for close to five years, the school shows amazing results. In annual state reports, the school's incidence of dropouts, expulsion, drug use, weapons and suicide is zero. On top of this, reports say that grades have improved. This from a school that previously reported having discipline problems and students carrying weapons.

Critics have argued that healthy

meal programs are too expensive for most high schools. However, costs for vandalism, litter, and high security have gone down at the Wisconsin high school, which offsets costs of the nutritional meals.

The healthy lunch program is catching on, and a Wisconsin middle school has already reported favorable results. This scenario represents a real solution, one that could potentially wipe out, or at least decrease, many of the behavior, violence, and learning problems associated with the common high school. 🌱

“These children will test your boundaries – pushing them to the very limit, because they need to understand exactly what you are all about. They cannot feel safe in their world with you if they do not know you. So be prepared for this. Be firm. Always be truthful, and above all, always be loving in your families.”

This allows you to find a new truth which automatically changes your old so-called reality, and you recognise the illusion that you have been living in. And as your truth continues to change, so you move from one illusion into a new reality. That reality then becomes another illusion, and so you move into a new reality.

The Golden children speed up this process, and bring new cycles within cycles.

They have come to change the medical world; they have come to change religion into spirituality; they have come to show the world that a new system of education is imperative, and that learning your ABC and divisions and fractions is not the beginning and end of everything.

These souls come to teach that a certain quality of life must be experienced in order for a certain consciousness to be present, and this is why you are finding that these children are having learning difficulties. Many of them are also being labelled dyslexic, or perhaps they spell phonetically.

The reason for this is that the old education systems have never been balanced.

They are showing a new way through their responses to the old systems. It is vital that you honour this. Because they are in a smaller body than your own does not mean for one minute that they are less intelligent than you are.

They are still in touch with so much of their truth that, in fact, many of them do know more than you do, and they have more Earth wisdom. And they certainly have far more soul wisdom – which is sorely lacking in this arena.

This is not a judgment; this is a fact – due to the systems that you have been raised in.

And we celebrate the opportunity for this to change. Put your pride aside and let them show you a new way. The children are even choosing new systems in birthing their physical bodies, and this has become more common. More and more people are choosing to give birth to their babies at home.

More and more women are insisting on having midwives present at the birth, using yoga and breathing techniques to ease the pain of labour and childbirth.

All of this are signs that things have already changed, and are changing even more. As adult consciousness merges with the consciousness of these new children, especially the Crystal and Golden children, you will find that the whole is turned upside down, but in a very beneficial manner.

You will be amazed at how different your world looks when you are standing on your head, and you will realise that there are things to see that you have never noticed before.

The little one is quite amused at getting you to be on your head and seeing the world from a new perspective. Or perhaps your little one will have you running around in circles that will have you so dizzy that you will realise that the world will not stop for you. And as you head spins, so the new insight comes.

The story of Harry Potter is a powerful one.

The woman who has written these stories has channelled wonderful information, showing

the world their potential; showing the world how easy it is to change one's reality simply by implementing a different truth, leaving the world of illusion behind that most call the world of normality and reality, and venturing into a new system, and seeing what that world holds.

There are a number of people who also believe that I, Guinevere, Lady of Camelot, King Arthur and all the knights are simply a myth, a marvelous story that someone conjured up. Lord Merlin is a part of you.

Many would be horrified to hear me say that Merlin, Jesus, Maitreya, God – are all the same “people”. You don't have to believe this; this is my experience. You can feel this for yourself.

The energy that these new children are bringing is being drawn from Sirius and from the great Central Sun.

Many of them are drawing in energy from Venus, Andromeda, and Cassiopeia. These energy systems of light synchronise in the reconstructing of the genetic grid of Mother Earth.

As you have a genetic system, so does she, and as she has chosen to change her consciousness, so that is shifting and changing. The Sirian energy is being held by the dolphin kingdom presently, and this is why so many people are being drawn to these creatures, and more and more children want to connect with dolphins.

They recognise the dolphins as their brothers and sisters of the Star realm that they are so familiar with. By being able to interact with their dolphin family, they are able to build their own energy in a more subtle way. They are also able to access codings that have been dormant until such time as they connect with the dolphins. So if your children ask you to take them to the dolphins, honour this.

If you are inspired to take children to dolphins, follow your heart – please. They need this. The new children are able to telepathically communicate with these creatures, and could tell you stories if you would listen to them.

They will allow the world to reunite with the nature kingdoms of animal, mineral and plant, and re-educate humanity in how to live in perfect harmony with the Earth. 🌍



Michelle Eloff is Founder/Director of The Lightweaver & The Lightweaver Childrens Fund [www.thelightweaver.co.za] and is a well-known metaphysician, lecturer, clairvoyant, teacher, trance voice channel, author, counsellor, conflict management mediator.

Michelle can be contacted on 083 478-6777 or michelle@thelightweaver.co.za

forbidden cures

There are a number of alternative healing therapies that work so well and cost so little (compared to conventional treatment), that Organized Medicine, the Food & Drug Administration, and their overlords in the Pharmaceutical Industry (The Big Three) would rather the public not know about them.

The Big Three have collectively engaged in a medical conspiracy for the better part of 70 years to influence legislative bodies on both the state and federal level to create regulations that promote the use of drug medicine while simultaneously creating restrictive, controlling mechanisms (licencing, government approval, etc) designed to limit and stifle the availability of non-drug, alternative modalities.

The conspiracy to limit and eliminate competition from non-drug therapies began with the Flexner Report of 1910.

Abraham Flexner was engaged by John D. Rockefeller to run around the country and 'evaluate' the effectiveness of therapies taught in medical schools and other institutions of the healing arts. Rockefeller wanted to dominate control over petroleum, petrochemicals, and pharmaceuticals (which are derived from 'coal tars' or crude oil). He arranged for his company, Standard Oil of New Jersey to obtain a controlling interest in a huge German drug cartel called I. G. Farben. He pulled in his stronger competitors like Andrew Carnegie and JP Morgan as partners, while making other, less powerful players, stockholders in Standard Oil. Those who would not come into the fold "were crushed" according to a Rockefeller biographer (W. Hoffman, David: Report on a Rockefeller {New York:Lyle Stuart, Inc., 1971}page 24.)

The report Flexner submitted to The Carnegie Foundation was titled "Medical Education in the United States and Canada". Page 22 of the report said: "the privileges of the medical school can no longer be open to casual strollers from the highway. It is necessary to install a doorkeeper who will, by critical scrutiny, ascertain the fitness of the applicant, a necessity suggested, in the first place, but consideration for the candidate, whose time and talents will serve him better in some other vocation, if he be unfit for this, and in the second, by consideration for a public entitled to protection from those whom the very boldness of modern medical strategy equips with instruments that, tremendously effective for good when rightly used, are all the more terrible for harm if ignorantly or incompetently employed".

All too often, politicians are prepared to enact laws that rob citizens of yet another constitutional freedom under the banner of "public protection".

Needless to say, congress swallowed the

THE REASON IS OBVIOUS: alternative, non-toxic therapies represent a potential loss of billions to pharmaceutical companies.

By Ken Adachi

recommendations of this report hook, line, and sinker. It was decided that the American Medical Association (AMA), would be the "doorkeeper". The AMA was now empowered to certify or de-certify any medical school in the country on the grounds of whether that school met the AMA's standards of "approved" medicine.

The AMA came into existence in 1847. It is a private organization of allopathic physicians which serves the interests of its members, especially when it comes to influencing favorable legislation. It functions in every sense of the word as a union, although its members wear white collars instead of blue. Giving the AMA the power over the certification of medical schools is the equivalent of giving the Teamsters Union the exclusive right to decide on the laws of interstate commerce and transportation. Is it any wonder that the total number of medical schools in the United States went from 160 in 1906 (before the Flexner Report) to 85 in 1920 and further down to 69 schools in 1944? A little like putting the fox in charge of the hen house, no?

Not surprisingly, Flexner 'found' that any discipline that didn't use drugs to help cure the patient was tantamount to quackery and charlatanism.

Medical schools that offered courses in bioelectric Medicine, Homeopathy or Eastern Medicine, for example, were told to either drop these courses from their curriculum or lose their accreditation and underwriting support. A few schools resisted for a time, but eventually most schools cooperated (or were closed down). A similar scenario was played out in Canada. It was attempted in England against Homeopathy, but it failed due to the personal intervention of the Royal Family who had received much relief and healing at the hands of Homeopathic healers in the 19th century. By the way, the AMA was found guilty of conspiracy against chiropractors in 1987 by a federal judge and fined a couple of million dollars. Here in America, a relentless campaign of misinformation, fraud, deception, and suppression of alternative therapies and healers has been in place for the better part of this century in

order to keep highly effective alternative therapies from reaching any significant plateau of public awareness. Control is exerted through "news items" and propaganda from pro-establishment organizations like The American Medical Association, The American Cancer Society, The Diabetes Foundation, etc.; local medical boards; and government agencies like the FDA, The National Institute of Health (NIH), and The National Cancer Institute (NCI), The National Academy of Science, etc. with the full cooperation of main-stream media of course .

Over the past decades, hundreds of caring, concerned, and conscientious alternative healers have been jailed and abused like common criminals for the "crime" of curing people of life-threatening diseases in an "unapproved" manner by heavy-handed government agents who swoop down on clinics with drawn guns, flax jackets, and Gestapo manners.

All the while, these same agents and agencies posture themselves before TV cameras and the public under the ludicrous pretense of being servants of the people and protectors of the common good.

The medico-drug cartel was summed up by J.W Hodge, M.D., of Niagara Falls, N.Y., in these words: 'The medical monopoly or medical trust, euphemistically called the American Medical Association, is not merely the meanest monopoly ever organized, but the most arrogant, dangerous and despotic organization which ever managed a free people in this or any other age. Any and all methods of healing the sick by means of safe, simple and natural remedies are sure to be assailed and denounced by the arrogant leaders of the AMA doctors' trust as fakes, frauds and humbugs. Every practioner of the healing art who does not ally himself with the medical trust is denounced as a 'dangerous quack' and impostor by the predatory trust doctors. Every sanitarian who attempts to restore the sick to a state of health by natural means without resort to the knife or poisonous drugs, disease imparting serums, deadly toxins or vaccines, is at once pounced upon by these medical tyrants and fanatics, bitterly denounced, vilified and persecuted to the fullest extent.'

(see The Drug Story for more revelations about the AMA, the House of Rockefeller and the pharmaceutical industry)

At long last, however, the public's consciousness seems to have finally reached a critical mass and is now beginning to seriously question the

Non-cooperation with evil is as much a responsibility as co-operation with good. *Mahatma Gandhi*

efficacy and appropriateness of using orthodox therapies and allopathic medicine in general. Thank God. It's been too long overdue.

Understanding the Nature of Ill Health and Disease

The entire approach and foundation of Orthodox Medicine is based on Luis Pasteur's Germ Theory, a flawed concept. A disease condition is viewed by the orthodoxy as an isolated event, confined to the area in which it manifests itself (E.g. an ear infection, eye infection, gum infection, lung cancer, skin cancer, etc.). Under this theory, for unknown reasons, microbes or tumors indiscriminately grow in the patient and must be cut (surgery), burned (radiation), or poisoned (drugs) out of the body. In the orthodox model, the solution is sought through mechanical and chemical means. Seeking to understand WHY the infection or disease condition appeared in the first place, is not seriously explored. The quick fix with a prescription for drugs to smother the symptoms is the typical orthodox 'answer'.

A contemporary of Pasteur, Antoine Beauchamp, had a different opinion as to why disease conditions 'took hold'. Beauchamp felt that the ENVIRONMENT, or the ECOLOGY of the blood played the critical role in deciding whether disease conditions would manifest or not.

Alternative medicine explores the stressors (environmental, biological, chemical, psychological, and emotional) in a patient's life that cause a weakening of a particular energy field; which in turn allows the manifestation of a disease condition in a weakened area. In order to maintain a state of health, all energy systems within the body need to exist in a state of balance or equilibrium. Imbalance leads to conditions of discomfort (disease) which eventually spirals into ill health if not corrected. The Chinese and Indians (Ayurvedic medicine) had worked all of this out thousands of years ago.

Orthodox or Allopathic Medicine utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms in an affected area.

This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient. Rather, the use of drugs often will temporarily mask the outer manifestations of the malady, while at the same time, drive the disease deeper into the body...only to reappear at a later date, as a more serious, and chronic health threat. One of the many flaws of the orthodox approach is that it focuses on the disease condition itself, rather than the patient. The term wholistic (or holistic) originally sprang up to distinguish those physicians whose diagnostic gestalt considers all

of the physical, emotional, and spiritual energies interacting with the patient.

Do not assume that the only difference between allopathic and alternative medicine, however, is an honest difference of opinion in the philosophies and views on the origin of disease states. Hardly!. There is, in truth, a concerted, organized agenda -concocted, planned, and contrived by the international pharmaceutical companies and organized medicine to suppress any and every alternative, non-drug therapy that WORKS. Why?

Because they want people to keep on coming back for more treatments and more drugs.

A cured patient is a lost source of income. A sick patient who is marginally "improved" is a manageable patient.

Managing patients means routine office visits and renewing of drug prescriptions. Therefore, a manageable patient is a continuing source of income; a cash cow if you will. Multiply that by a few hundred million people and you get an idea why this deceit is being put upon you. The profits from the so called "health-care" industry are staggering!

The thrust of the orthodox pharmaceutical agenda is to provide temporary relief, while never addressing the cause of the disease condition. This agenda insures regular visits to the doctor's office and requires the patient to routinely return to the pharmacy to refill his prescriptions. This is what the game is all about folks, plain and simple. Deny it or Deal with it,...Stick with it or Get Out of it! ... your choice.

Natural Healing

The patient's immune system and the immune system alone is responsible for healing and recovery from ill health. The use of drugs and vaccines represents an assault on the immune system. In some cases, the use of a particular drug might be a wise choice to speed healing and recovery for the patient, but the use of natural, orthomolecular therapies and substances (substances normally found in Nature) that can more effectively address the cause of the disease should be considered first because natural substances work in harmony with Nature. They aid and stimulate the body to truly cure itself, without the terrible millstone of drug side-effects.

The human body is predisposed to heal itself and to exist as a healthy, thriving organism. We inhibit that process by ingesting unhealthy foods, fouling our inner environment with toxins, and relying upon poisonous substances to treat disease conditions.

Unlike 'miracle drugs' and other 'drug break-

throughs', you will never see or hear anything from mainstream media about most of the therapies described here. The Big Three see to that, but you can still glean this information from the alternative health press, books, web sites, and at health expos.

Some of these alternative therapies require high-tech equipment and specialized knowledge, but many, many others can be done at home without third party intervention or supervision. It's amazing, but true, that many of the most effective healing therapies (even for grave, life-threatening disease conditions) are simple things that you can do for yourself at home. You simply have to educate yourself and take responsibility for your own health.

The following is a brief overview of some alternative therapies that have demonstrated themselves to be effective and readily obtainable, usually at a low to modest cost.

This list is far from complete. As time permits, the description and scope of these and other therapies will be added to, and expanded upon.

Oxygen Therapies

Hyperbaric Oxygen Therapy (HBOT)

Oxygen therapies encompass more than the application of regular oxygen (O₂), although regular oxygen can speed and assist healing; especially when used in higher-than-normal concentrations and under pressure, such as used in Hyperbaric Oxygen Chambers. Hyperbaric Oxygen Therapy (HBOT) has been traditionally used for rapid detoxification in acute situations, but it also has shown to be extremely efficacious for new stroke victims. It has been found that almost all of the usual conditions (paralysis, slurred/ no speech, etc.) associated with a stroke can be minimized or eliminated entirely by subjecting the patient to a hyperbaric oxygen treatment within the first 36 hours of a stroke. The quicker the patient can be treated from the onset of the stroke, the better the results. Even cases started a few days or even weeks after a stroke have shown remarkable results. HBOT has also proven helpful in cases involving other forms of brain damage as well.

Singlet Oxygen Therapies

Oxygen atoms can be configured into certain quasi-stable arrangements that will allow a single oxygen atom to be released. This atom is called a singlet oxygen (O₁).

For therapeutic purposes, single atoms of oxygen can be released from hydrogen peroxide (H₂O₂) which breaks down to water (H₂O) and a singlet oxygen (O₁), and also from ozone (O₃), which reduces to oxygen (O₂) and a singlet oxygen. When a singlet oxygen atom is released within the body, it is highly reactive and will

forbidden cures

oxidize (reduce or break down) the molecular structure of undesirable and harmful organisms (bacteria, foreign proteins, etc.) and diseased tissue (e.g. cancer cells).

This high-energy form of oxygen (O_1) possesses a greatly enhanced healing capacity than that exhibited by regular oxygen (O_2).

show increased stomach cancers from ingesting H_2O_2 . By promoting this 'study', the cartel wants you to draw the conclusion that you will get stomach cancer from ingesting hydrogen peroxide without actually saying it. No additional details such as the concentration of the peroxide administered, frequency of dosage, quantity given

be ingested as often as desired. The effects of drinking ozonated water on a regular basis can be very healthful. People with serious disease conditions will notice more-pronounced effects in a shorter space of time than those who are in good health, but the benefits of ozonated water are realized by all who use it, whether you have a

“Like most cheap, unpatentable natural solutions, the pharmaceutical/organized medicine cartel will try to frighten you off with scare stories of exaggerated dangers, the omission of relevant data and misleading statements.”

Hydrogen Peroxide

A bottle of 3½ % Hydrogen Peroxide is available in any pharmacy for very little and can be used daily to keep the mouth and gums germ-free (always use full strength and try to retain in the mouth as long as possible). It should also be conscientiously applied to disinfect any type of oral infection, cut, sore, or wound that one may encounter. For external use, the drug store variety of hydrogen peroxide is OK, but it does have some low levels of contaminants in it. For internal use, it's wiser to use Food-grade hydrogen peroxide. You can make your own 3½ % hydrogen peroxide by diluting 35% food-grade hydrogen peroxide by a ratio of 10:1 with distilled water. However, that should not stop you from using pharmacy-grade hydrogen peroxide externally- if you are in normal health. People trying to recover from serious diseases such as AIDS or cancer need to be more concerned about ingesting contaminants. 35% Food-Grade Hydrogen Peroxide is available at many farm supply outlets and by mail order. Since it's more concentrated, 35% hydrogen peroxide can produce spectacular results when intelligently applied. Hydrogen peroxide can also be applied either internally as injections (directly into a cancerous tumor for example) or intravenously into the blood stream. If properly diluted, hydrogen peroxide can also be ingested.

Medical Cartel Sponsored 'Studies'

Of course, you have to know what you're doing. At higher concentrations, H_2O_2 is powerful and can burn tissue, but look to the alternative health press for information from practitioners who are actually using this therapy. Don't expect an honest assessment from the allopathic crowd.

Like most cheap, unpatentable natural solutions, the pharmaceutical/organized medicine cartel will try to frighten you off with scare stories of exaggerated dangers, the omission of relevant data and misleading statements.

For example, they will point to rat studies that

vis a vis body weight etc., are provided about the 'study' in these press reports-only the bottom line conclusion.

Of course, most knowledgeable researchers know that rat studies don't equate to people studies. Rat studies, in fact, have an extremely limited range of applicability for purposes of human extrapolation. In addition, most studies are funded by pharmaceuticals or government agencies and they have an agenda that has nothing to do with sincere scientific inquiry. Ralph Moss and Linus Pauling are two individuals who come to mind who looked at different cartel sponsored 'studies' and clearly demonstrated that the Big Boys can and will skew a 'study' in any direction they wish it to go. Scientific honesty among cartel sponsored investigative groups is a myth. All medical schools, teaching universities, and government health organizations such as the National Institute of Health (NIH), National Cancer Institute, National Academy of Science, etc., are all under the cartel's propaganda umbrella.

Ozone

Ozone (O_3) is composed of three atoms of oxygen lightly bound together. One of those atoms can easily break away and form regular oxygen (O_2) and a singlet oxygen atom (O_1). Through oxidation, the singlet oxygen atom is capable of producing amazing healing results. Ozone can be produced with a hot or "cold" spark, with ultraviolet light, or with a method invented by Nikola Tesla called cold plasma ozone production.

The cold plasma method produces much larger quantities of ozone and is the preferred means of production for therapeutic purposes. Larger, cold plasma ozone machines can only be legally purchased outside of the United States, but there are underground 'suitcase' size units being manufactured clandestinely in the US. Smaller cold plasma ozone generators, however, are legally available in the US as water purifiers.

All cold plasma ozone generators can easily produce high quality Ozonated Water, which can

serious health concern or not.

The ozone from the ozonated water passes into the bloodstream via the stomach/small intestines and provides the benefits of ozone without the need for expensive equipment. Some people notice a very slight sensation of light headedness the first time they drink ozone water. It's temporary and usually only happens the first time- if at all. The reaction is due to slightly more oxygen reaching the brain than normal. Ingested daily, ozone water will progressively send ozone into deeper tissues of the body, oxidizing non organic drug residues and hidden, dormant pathogens.

You might be surprised to learn that the virus that gave you chicken pox as a child or herpes as a young adult is still hidden deep within the body such as in the nerve ganglion at the base of the spine. Your immune system developed antibodies which normally hold these residual bugs in check, but that doesn't mean that the bugs are gone, as any person who suffers recurrent bouts of herpes will attest. But if you hit them long enough and hard enough with ozone (or certain other alternative therapies), they will be gone-for good.

Another useful product that can be applied topically is called Ozonated Olive Oil. It is made by bubbling ozone through olive oil for a considerable period of time (weeks) until the olive oil eventually becomes saturated with the ozone molecules and becomes much thicker. Afterwards, the product can be applied as a balm to infected areas and will often greatly promote and/or speed healing.

Methods of Ozone Application

Medically, ozone can be applied in different ways. One of the oldest methods, used in Germany for over 60 years, is called Autohemotherapy. This technique involves removing about a pint of blood, ozonating it, and return it intravenously to the patient. It works, but it's rather limited in the amount of ozone applied.

Another method has the patient hooked up to a

dialysis type machine with blood coming out one arm, going through the machine for ozonation, and returned via tubes hooked up to the other arm. You get a lot more ozone into the body with this technique, but the pumping mechanisms used to push the blood around can damage the membranes of the red blood cells somewhat.

A third technique is called Ozone Injection. Like its name implies, the ozone is carefully and slowly injected into the patient. Ozone, remember, is composed of oxygen atoms. Oxygen dissolves into the blood; it does not form bubbles in the bloodstream like air, which is composed of oxygen and 80% nitrogen.

Bioelectro Medicine

There are a number of devices that use specialized electric fields to alter the function or condition of targeted tissue, organisms, or cells within the body. These electric fields can be programmed to promote the healing of healthy tissue or inhibit the growth of undesired organisms.

Where there are electric fields, there are also magnetic fields, usually rotated at 90 degrees to each other. The interplay of the electric and magnetic fields play a role in this therapy, but the frequency, the shape of the wave, the duration and polarity of the pulse, etc., all play into the mix and can make the difference between success or failure depending on the care and attention given to these parameters.

This is not necessarily a new technology. At the turn of the 19th century, Nikola Tesla patented many Electro-inventions that demonstrated incredible health-promoting attributes; some of them based on the use of his high frequency, high voltage DC pulse generator circuits which produced a new ether-derived form of energy called Radiant Energy. Tesla had even patented a highly efficient cold plasma ozone generator by 1893.

Dr. Royal Rife

In the late 20s and early 1930s, Dr. Royal Raymond Rife from San Diego, California, developed a high powered microscope which he used in conjunction with a frequency generator. Using special UV light, Rife's microscope was capable of 60 000x magnification! This degree of magnification allowed him to observe LIVE virus and bacteria organisms while he applied the MOR (Mortal Oscillatory Resonance) frequency from his frequency generator via plasma tube radiation of the energy. He was able to destroy all manner of disease organisms (including cancer related organisms) by merely 'tuning' the generator to the correct resonant frequency of these organisms and applying the oscillating electric fields via the plasma driven, "Beam Ray Tube". Everything in the universe, living or dead, and its own resonant frequency. If you apply this exact resonant frequency to the object or organism, it

will begin vibrating until it literally shatters itself. You've all seen the wine glass and the opera singer demonstration. Same deal for microbes.

60 000x magnifications is an unheard of degree of magnification in a light microscope, even by today's technical standards. Today's electron microscope can deliver high magnification, but it can only view DEAD organisms. The ability to view micro organisms in a LIVING state is of great importance to diagnostic and therapeutic goals. This is an extremely important point to understand.

Rife's microscope played no role in the actual destruction of the pathogenic organisms, but it allowed him to view the effects of the electric fields from the Beam Ray Tube upon the organism itself. As Rife adjusted and tuned his frequency generator to the correct frequency, he was able to observe the disintegration of the bacteria, parasite, or virii under the influence of the resonant electro-magnetic fields exerted by the Beam Ray Tube.

At first, Rife's enormous accomplishments were ballyhooed in the press. He was feted and hosted by the local medical elites of the day who were hoping to climb onto the Glory Bandwagon with him and get their mug published in the newspaper as a supporter and cohort of the "man who could finally end cancer".

But the Big Boys finally caught up with him. I'm referring to the string pullers in organized medicine and the pharmaceutical industry. Needless to say, once word of Rife's success began to spread too wide, he was quickly 'neutralized' by organized medicine and demoralized into obscurity (unending court litigation, charges of quakery, intimidation of financial supporters, the burning down of laboratories, etc... the "usual" routine).

His principle persecutor was the head of the American Medical Association and chief editor of the Journal of the American Medical Association. His name was Dr. Morris Fishbein and he never treated a patient in his life. He was motivated more by an unmitigated lust for greed and power, and less by a desire to save lives. Failing to convince Rife to sell him the exclusive rights to his technique and therapy, Fishbein set out to crush Rife with a vengeance. The outrageous injustices against Rife by Fishbein and the medical establishment are explained in great depth in a book by Barry Lynes called *The Cancer Cure That Worked*.

Fortunately, we have physicist Gary Wade, a specialist in Rife technology, available to readers of this web site. He will explain to you exactly how Rife achieved his amazing results and how YOU can learn how to apply Rife's hard earned technology yourself. You should waste no time in examining Gary's extraordinary and generously shared insights in Rife technology. Some of the best books about Rife were written by Barry

Lynes (E.g. *The Cancer Cure That Worked*).

Geroges Lakhovsky

Another brilliant observer and thinker was the Russian-born engineer, Georges Lakhovsky. Lakhovsky theorized that the genetic filaments stands within the nucleus of a living cell acted as a coil and exhibited all the properties properties required of an oscillator; namely: inductance, capacitance, and resistance.

Lakhovsky postulated that all living cells, including disease organisms, could act as both an emitter and receiver of very high frequency oscillations.

According to his theory, a state of health or disease was dependent on whether the oscillations from healthy cells were maintained (a state of equilibrium) or were overtaken by the oscillations of disease-causing cells (disequilibrium). He found that he could boost the oscillatory level of weakened cells and overcome disease by attaching a simple coil-shaped 'antennae' to the affected area and leaving it in place. Lakhovsky referred to these antennae as oscillating circuits and they were worn by people as collars, belts, or bracelets. He claimed that his 'antennae' captured and focused sympathetic waves from the cosmos (cosmic waves) which resonated with harmonics of the fundamental frequency at which the weakened cell oscillated.

Whenever additional oscillating energy (from cosmic waves), of the same frequency or harmonics of that frequency, are introduced into an oscillating circuit (the nucleus of the cell), the oscillations within that cell will be strengthened through a phenomena of physics called resonance. According to Lakhovsky, the now-strengthened oscillations emanating from the formerly weakened human cell could now overtake the oscillations of the disease-causing organisms and cause them to diminish in strength and subsequently die off.

Lakhovsky conducted an experiment with plants in 1924 to establish the validity of his theory. He inoculated ten potted geranium plants with a plant disease that causes cancerous tumors. Coiled around the stem of one of the geraniums, he affixed an open ended coil of thick copper wire about 30 cm in diameter. It was held in place by an ebonite stake stuck into the pot. While the other nine inoculated geraniums quickly succumbed to the cancerous disease, the one geranium with the attached coil (the 'antennae') sloughed off the cancerous growth and thrived into a robust and healthy plant. Lakhovsky had similar success when these antennae coils (the 'oscillating circuits' mentioned above) were used with people and animals. He later expanded his research with the development of the Multi-Wave Oscillator.

>>> CONTINUED IN THE NEXT ISSUE

all for the sake of a tuna steak

By Elizabeth Arzouni

Sea turtles have inhabited the Earth for over 100 million years. Now, as a result of harmful fishing practices, these gentle ocean dwellers may only have 10 years left.

Sea turtles are often swept up in nets with tuna, swordfish, shark, tilefish and king mackerel, all of which contain a high methyl mercury level. Mercury is a potent neurotoxin that can cause nervous system and brain damage in developing fetuses, infants and young children.

The exploitation of ocean resources and destructive industrial fishing technology has created severe and irreversible effects on the sea turtle population. When long line fishing occurs in areas where sea turtles migrate with tuna and other targeted fish, they are often hooked as well.

“Six out of the seven species of sea turtles are endangered or threatened. The primary reason is

80 000 in the 1990s. The leatherback is only one of the six endangered sea turtle species. Ovetz feels the turtle is a striking example of the carelessness of human actions. STRP is committed to preventing further devastation to sea turtles and ocean ecosystems.

“Sea turtles are really an indicator of the state of the health of our oceans, and how we treat our oceans, and we’re seeing a dramatic decline in their survival,” said Dr. Ovetz. “Primarily because we’ve intensified our effort to exploit the ocean and, as our world population grows, there’s an increasing demand for seafood to supplement other sources of protein.”

The bait on long-line fishing hooks sometimes tempts sea turtles. In turn, they get caught, and

“tive,” he said, in reference to the United States, Japan, Taiwan, South Korea, Chile, and Spain. “Each of these countries has very large industrial long-line fishing fleets and is causing the largest threat to our survival.”

There will always be a call for help somewhere



from industrial fishing in which they get caught on the hooks trying to eat the bait,” said Dr. Robert Ovetz, a marine species campaigner for the USA’s **Sea Turtle Restoration Project (STRP)**. “Or they’re caught by accident, which is the case with the leatherback sea turtle.”

Worldwide, the leatherback sea turtle population faces the largest threat of extinction since suffering a 95 percent decline in 1980, and now nesting females number only 3 000 – down from

then down. By the time the lines are pulled up, they are already dead.

Destruction of habitat, the poaching of their eggs and the negligence to protect our marine resources are factors leading to extinction of their population as well.

Dr. Ovetz identifies the problem as under-recognition of the importance of ocean resources.

“There are six main countries that use long-line fishing in the Pacific that are the most destruc-

and Dr. Ovetz found his call from the ocean. As a marine species campaigner, his passion is aimed at protecting the livelihood of the leatherback sea turtle.

“I have a very strong spiritual connection with the oceans and I’ve always had a very strong connection with turtles,” he said. “The majesty of the way they move and their sense of time and how they walk lightly on the earth has always been something that’s really inspired me.” 🌍

100 million years old... 10 YEARS TO LIVE?

More than 250 000 loggerhead and 60 000 leatherback turtles are estimated to be inadvertently snared each year by commercial longline fishing, with up to tens of thousands dying, according to the first global assessment of the problem last year.

Named for its smooth, leathery skin, the leatherback has graced ocean waters from the tropics to the Arctic since the time of the dinosaurs more than 100 million years ago. Leatherbacks are the oldest, largest, and widest-ranging marine animals ever to swim through our global ocean. 3 meters long, 2 meters wide, and weighing almost a ton, they dive as deep as 800 meters. Scientists have documented a precipitous decline of the Pacific leatherback in the past two decades.

“On land, the canary in the coal mine warns humans of impending environmental danger,” said Roderic Mast, Conservation International Vice President and President of the International Sea Turtle Society. **“Sea turtles act as our warning mechanism for the health of the ocean, and what they’re telling us is quite alarming. Their plummeting numbers are, unfortunately, symptomatic of the ocean as a whole.”**

Leatherback sea turtles are declining rapidly – especially in the Pacific Ocean – and are the world’s most endangered sea turtle. There are probably fewer than 3000 nesting females left.

Although the leatherback may be the world’s best-known sea turtle, five of the other six sea turtle species are also at risk of extinction. The Kemp’s ridley and hawksbill turtles are classified by the IUCN Red List as Critically Endangered, as is the leatherback. The green, olive ridley and loggerhead turtles are all considered Endangered.

Sea turtles face threats ranging from destructive fishing practices such as long-lining and the poaching of turtle eggs, which some cultures regard as a delicacy. Long-lining is a practice in which ships extend up to 150 km of fishing line with as many as 8 000 hooks, many of which unintentionally capture and kill sea turtles instead of their intended targets of fish.

Source: *Conservation International*

- According to a US government advisory panel, pregnant women who include too much tuna in their diet may expose their unborn babies’ brains to possibly harmful levels of methyl mercury, a toxic compound long known to disrupt the nervous system in children and the unborn. **Source:** Oceanic Resource Foundation

- Mercury is a well-known neurological poison that causes all the symptoms of ADHD, such as hyperactivity and poor concentration. Ironically, tuna contains essential fatty acids that are crucial for proper brain function – deficiencies of omega-3 fatty acids have been linked with ADHD. Yet, in a catch-22, an increase in fish consumption may lead to brain damage from mercury poisoning. **Source:** Oceanic Resource Foundation

- “...what gets killed alongside the tuna that finds itself in your tin? Let’s start with the turtles, as those are the most endangered. There was a full house of the ocean-going turtles, loggerhead, green sea turtle, leatherback, hawksbill and gulf ridley. Then there were the whales: minke, humpback and one the observer could not identify...”

tuna is *healthy*
& *dolphin-*
friendly, so
it’s *OK* to eat
it, right?
wrong!



Then we come to the fish. There was quite a list, topped by the great white shark, which is now officially recognised as vulnerable. Canned (purse-seined) tuna is scary for two reasons – the fact that it may contain endangered bigeye and involves an awesome, but unquantified by-catch. We urgently need to know more about how much by-catch there is and whether it can be avoided... Until then, there is reason to feel deeply uncomfortable about eating a tuna

sandwich. There is no reason to feel any happier that your can is marked dolphin-friendly. Long-lining for tuna may have an even worse by-catch of endangered and slow-growing species than purse-seining. There again it may not – the evaluations do not exist. One thing is for sure, it kills a heck of a lot of sharks and turtles.” **Source:** Environment Editor of The Daily Telegraph, Charles Clover in his book *The End of the Line* (Random House). 🌐

ingredients in your cosmetics

WHAT ARE THEY DOING TO YOU?

by Trevor Steyn

By their very nature, preservatives are designed to kill cells or prevent them from multiplying. They are, therefore, potentially harmful cosmetic ingredients and the vast majority of preservatives have restrictions on their use.

Parabens are a group of preservatives that are used in more than 90% of personal care products on the market. They kill the microorganisms that would proliferate in these products if they were not preserved.

In late 1998 John Sumpter's group at Brunel University, UK, published a paper that showed that parabens mimic the hormone estrogen in the body with butyl paraben being the most potent*.

Estrogen is a hormone that is essential for normal sexual development and functioning of female organs like the ovaries and uterus. The body uses it to regulate breast development and the timing of menstrual cycles.

According to an article in *The Independent*, a British publication, Professor Sumpter believes that the results of the paraben study could be significant due to the widespread use of parabens over several decades in the cosmetic industry. Professor Sumpter has concerns that sperm counts have been falling by half over the past 50 years and breast cancer cases have increased by more than 30% since 1980. These chemical preservatives could be playing a role. In 2004, Dr Philippa Darbre of Reading University published a paper in the *Journal of Applied Toxicology*, showing that parabens were present in tumour

samples taken from women with breast cancer. The majority of breast tumours depend on the hormone oestrogen for growth.

Estrogen mimics have also been linked to breast cancer, uterine cancer, fibrocystic breast disease, ovarian cysts, endometriosis, premature sexual development and uterine fibromas. Some research indicates that a mother's exposure during pregnancy could affect her male child's fertility later in life. Early onset of puberty is also a concern. In 1971, 1 percent of 8-year-old girls showed signs of puberty (either breast development or signs of pubic hair or both). Last year a similar study found that 1 percent of 3-year-old girls are showing signs of puberty.

The industry response has been that these chemicals have been cleared for use by the relevant authorities (FDA and ECC) and have been used for decades. The effect of daily exposure to these hormone disrupters for long periods is not easily determined. Research into this has just



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begun and it will be many years before we see any resolution on this issue. In the interim there is a strong consumer demand for products that don't contain paraben preservatives. ☘

*Edwin J. Routledge, Joanne Parker, Jenny Odum, John Ashby, and John P. Sumpter. "Some Alkyl Hydroxy Benzoate Preservatives (Parabens) Are Estrogenic." *Toxicology And Applied Pharmacology* Vol 153, (1998), pp. 12 - 19.



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the three Rs

in simple steps

SOURCE: Global Steward

First: reduce

This critical first step has been overshadowed by a focus on recycling.

- **Simplify your life as much as possible.** Only keep belongings that you use or enjoy on a regular basis. By making the effort to reduce what you own, you will naturally purchase less and create less waste in the future.
- **Switch from disposable to reusable products:** food and beverage containers, cups, plates, writing pens, razors, nappies, towels, shopping bags, etc.
- **As much as possible, create a tree-free home:**
 - replace paper napkins with cloth napkins
 - replace paper towels with a special set of cloth towels/napkins which you can wash and reuse
 - purchase bleach-free toilet paper that is made from the highest post-consumer waste content you can find
 - if you print documents, print on once-used paper and/or bleach-free, recycled paper with the highest post-consumer waste content available (or hemp/alternative-source paper, if you can find it)
 - leave messages for family members/roommates on a reusable message board
 - if you will be doing construction on your house, search out alternatives to using new wood:
 - straw bale, bamboo, previously used wood, cob etc.

• **In general, think before you buy any product: do you really need it?** How did the production of this product impact the environment and what further impacts will there be with the disposal of the product (and associated packaging materials)?

When you are thinking about buying something, try the 30-Day Rule: wait 30 days after the first time you decide you want a product to really make your decision. This will eliminate impulse buying.

- **Avoid products that are packaged for single use** (drinks, school lunches, candy, cat and dog food, salads, etc.). Instead, buy in bulk and transfer the products to your own reusable containers.
- **Instead of buying these items new, save and reuse all:** bags (plastic and paper), rubber bands, twisties, boxes, and packaging material.
- **Buy products in bulk to save on packaging.** Many health food stores have bulk bins where they sell everything from grains to cereal to cleaning products.
- **Avoid creating trash wherever possible:** when ordering food, avoid receiving any unnecessary plastic utensils, straws, etc. (ask in advance specifically not to be given these items), buy ice cream in a cone instead of a cup, don't accept "free" promotional products, buy products with the least amount of packaging. Every little bit of trash avoided does make a difference!
- **When shopping, always bring your own shopping bag.**

Second: reuse

The media has done a wonderful job of selling us on the attractiveness and benefits of buying "new", "improved", "special", etc. products. However, we already collectively own so much that we could all survive for

quite a while on the existing products – if we just re-used them a few times!

- **Shop at and hold garage sales** – this is a great way to reuse products.
- **Donate your old clothes, furniture and other products to charity.**
- **Donate your old computer equipment** to needy schools and organisations.
- **Donate your old eyeglasses to the local Lions Club.**
- **Organize a community swap program.**
- **Buy products that will last and take care of them.**
- **Teach your children the value of thrift.**
- **Be creative about how to reuse products.**
- **Create and use note pads from once-used paper** and make your own cards/letters from once-used products or handmade paper.
- **Buy second-hand books** from your local library or used book store.
- **Join in with neighbors to purchase infrequently used products** such as lawn mowers, ladders, etc.

Third: recycle

- **Learn about the recycling centres in your area.** Check your local phone directory and the Biophile website: www.biophile.co.za
- **Create designated holding "bins" for each type of recycled product** and place in convenient locations in your home/garage.
- **Create a fact sheet on recycling centers in your area** for yourself and interested neighbors. Find out where you can recycle newspapers, glass, styrofoam, corrugated paper, plastic, aluminum, paper, cardboard, tin cans, scrap metal, junk mail, and alkaline batteries.
- **In general, try to buy products/containers made from recycled material** as often as possible to support the recycled product market. When purchasing paper products (toilet paper, etc.), look for paper that has been recycled using a minimum of 50% post-consumer waste. Also, purchase from companies that do not use chlorine to bleach their paper products (which creates dioxin waste).
- **Tell your local retailers you want them to stock more products made from recycled materials**
- **Leave grass clippings on the lawn as fertilizer.**
- **Start a compost pile** with garden trimmings and kitchen waste.
- **Purchase rechargeable batteries** and a battery recharger (some battery rechargers will also recharge regular alkaline batteries).
- **When you buy new tires,** ask if your old tires will be recycled – if not find out if there is a tire recycling center in your area.
- **If you are travelling** and no recycle bins are available, take your recyclables home with you whenever possible. ♻️

■ For more information on reducing, reusing and recycling, and for a list of recycling centres in your area, please visit our website: www.biophile.co.za

Why Reusing Beats Recycling

Reusing is often confused with recycling, but they are really quite different. Reusing in the broadest sense means any activity that lengthens the life of an item. Recycling, on the other hand, is the reprocessing of an item into a new raw material for use in a new product – for example grinding a tire and incorporating it into a road-surfacing compound. Reusing is nothing new. What is new is the need to reuse. Reusing is accomplished through many different methods: purchasing durable goods, buying and selling in the used marketplace, borrowing, renting, subscribing to business waste exchanges and making or receiving charitable transfers. It is also achieved by attending to maintenance and repair, as well as by designing in relation to reuse. This may mean developing products that are reusable, long-lived, capable of being remanufactured or creatively refashioning used items.

Why is reusing so important? Because at the same time that it confronts the challenges of waste reduction, reusing also sustains a comfortable quality of life and supports a productive economy. With few exceptions reusing accomplishes these goals more effectively than recycling, and it does so in the following ways:

- Reusing keeps goods and materials out of the waste stream
 - Reusing advances source reduction
 - Reusing preserves the "embodied energy" that was originally used to manufacture an item
 - Reusing reduces the strain on valuable resources, such as fuel, forests and water supplies, and helps safeguard wildlife habitats
 - Reusing creates less air and water pollution than making a new item or recycling
 - Reusing results in less hazardous waste
 - Reusing saves money in purchases and disposal costs
 - Reusing generates new business and employment opportunities for both small entrepreneurs and large enterprises
 - Reusing creates an affordable supply of goods that are often of excellent quality.
 - Unique to reusing is that it also brings resources to individuals and organizations that might otherwise be unable to acquire them.
- Adapted from *Choose to Reuse*, by Nikki & David Goldbeck.

In the last issue we looked at how we must engage with those who are responsible for threatening the safety and integrity of our world and its inherent support systems. It is essential to remember that when we do this we must bear in mind our common humanity and work from a position of empathy and understanding.

The temptation to get into a scrap, be it literal or figurative, with those who transgress the goodness of our world, who despoil its beauty, is sometimes immense. George “the imbecile” Bush has

Certainly we face some serious challenges with four more years of that misbehavin’ Bush boy. But the neo-conservative corporate pillaging of the US economy for their own narrow ends may just backfire and cause the whole system to come tumbling down around their ears. As a US commentator, Charley Reese, recently wrote, he ‘sees a storm a-coming’. In order to protect yourself he urges that you get out of debt and stay out of debt. This would be equally good advice for those who are trying to run an empire under false pretences, but lets not tell them, okay?

The US leadership is in a real bind, even if all the indications are

by Glenn Ashton
 Director: Ekogaia Foundation
 ekogaia@iafrica.com

living consciously

been re-elected, much to the disgust of almost everyone outside the US of A. Bush is the neo-conservative choice of leader, sympathetic to corporate interests, but not to the personal interests of humankind. He is enough to tempt any sane person to want to rap him about the head, but this is clearly the wrong way to deal with this challenge. We must empathise with the others in order to understand them.

The leader of the world’s richest and most powerful nation has already clearly indicated in his previous four years that he is no biophile. But it is not our place to hate him; it is for us to find ways to minimise the damage he and his minions seek to wreak. It is for us to build a better system from the bottom up, just as we must simultaneously work to make redundant the destructive system he and his wish to impose upon us.

You see, as soon as we let this get personal we diminish our own humanity and our own personal integrity. And once we give that up, we have nothing left. More importantly we lower ourselves to the same level as our opponent. We use the same primitive, violent male energy.

In order to transcend this we have to move away from the energy that is both causing and perpetuating the problems and tensions that manifest in the world. In order to properly interface with the world we have to restore the balance between male and female energy. This has been lacking since the demise of the cult of the goddess, some 8000 years ago, in western civilisation.

In order to deal with the massive problems we face, we have to turn things around. Instead of opposition and power, we move toward flexibility and inclusiveness; instead of violence and aggression we shift our focus toward peace and understanding. By so doing we disarm and undermine the very aspects of power that the present imbalance perpetuates. We create spaces to move ahead in far more creative, innovative ways.

that they utterly fail to perceive the hole into which they have dug themselves. It is not just the war in Iraq and against any other axis of evil; it is more that the US economy and its people are mired in debt like never before. The global, US led economic system is teetering on a precipice that it may or may not fall into.

If the system does crash it could put 1932 and the great depression to shame. But it may just be necessary to have to endure the collective hardship of such a fall in order to redeem our collective humanity and to rebuild a co-operative future. Perhaps this could provide a catalyst to re-establish our links with the natural systems to which we are intrinsically linked. It may be one of the only ways available to save ourselves from ourselves.

But this is all mere speculation; if it fails to happen, what other options are open to us? How do we deal with our present challenges? Short of relying on cliché and homilies, a great place to start is to work on the maxim of think global, act local. And it’s not just a matter of talking about the problem, something we do an awful lot of in South Africa. It’s about putting concepts and ideas into action.

Many problems we face lie at the global level of governance. The Washington consensus, the WTO, World Bank and other undemocratic multilateral organisations all conspire against the public interests, despite vague statements to the contrary. The US, the UK, the EU as a whole, the entire Organisation of Economic Democracy, the so called First World Nations, the rich of the world; all of these wish to only enter into agreements that stand to further benefit themselves in monetary or economic terms. It therefore follows that they wish to ensure our part of the world never reaches its full potential, so that it maintains its dismal and unequal status quo.

The developing world is the producer and supplier of cheap raw products and it has historically been prevented from adding

sufficient value to dig itself out of its hole. For instance: Britain destroyed India's burgeoning textile industry in the 19th Century, when it was challenging Britain's own. Although most of the world's cocoa is produced in West Africa, not a single globally recognised brand of chocolate has facilities based in that region.

Coffee producers around the world get less than the price of a cup of coffee on Mainstreet USA for each kilogram of beans they produce. Most of the profit goes to the multinationals; Nescafe and Nestle are prime examples in coffee and cocoa respectively. This

and institutions, so we can see what is being agreed in our collective names.

We must watch out for symptoms of corporate take-over of, for instance, our water services, of transport infrastructure, of government supply and of public and private services by transnational corporations. If we look at what happened to an estimated 10 000 jobs at Telkom and more at Iscor when they were sold off to private interests, we can see the potential for further hardship.

These two companies, built on the sweat and taxes of our people, now monopolistically charge the maximum rates that they can for

- ✓ Buy food that is **grown organically** and preferably locally; food miles cause massive amounts of pollution in transport around the world.
- ✓ Buy food that is grown in a healthy way, using less chemicals or pesticides for instance; **organic** may cost more sometimes but it has far more goodness in it.
- ✓ Grow **your own** food; it's healthy, fun and provides a good use for your old bath

water!

- ✓ When you buy **clothes**, think about how your clothes were made and who made them; were they made in a sweatshop or by a fair trade employer?
- ✓ **Car pool**; share your wheels if you have them! Use public transport if you can.
- ✓ Ride a **bicycle**.
- ✓ Instead of watching TV, which tells you to buy, buy, buy, **read a book** on how

you can save the world; speak about it with your family. **Get a real life and turn the TV off!**

- ✓ **Recycle** whatever you can; don't buy things that have lots of packaging. Buy things that are made using sustainable resources wherever possible.
- ✓ Put a **solar panel** on your roof; it saves the same amount of CO₂ every year that a small car produces.
- ✓ When you want **exercise**, walk, climb a mountain, run

down the beach, go surfing; these are much better than sitting in a room and sweating, unless of course you are a masochist and actually want to go to gym!

- ✓ Make **compost**, even if you have a flat! Adopt a tree around the corner or even better **plant some** more in the parks around you or along the roads on wherever there is a space! Plant lots of trees every year.

Swiss based multinational is the world's biggest food company; this from a nation that is too small to produce much at all as far as feeding the world goes. Instead it relies on skewed international trading agreements to cut its cloth.

It is essential that the developed world produce and market products that add sufficient value to keep us ahead in the trade game. Why should we be buying milk from a Swiss company, for instance? Is there something wrong with our own milk? If we do not change this, we are destined to remain nothing more than a cheap supplier of goods and services for the already rich, with no end in sight of emerging into the light and warmth of our collective sun, of shaking off the chains of debt that continue to enslave us all.

The first step to rectifying this imbalance and correcting the proportion of wealth that stays in developed nations is to institute proper democracy, on a global level. George Monbiot, in his recent book 'The Age of Consent' clearly sets out a path to achieve this end. He explains in detail how we can regain the global, individual democracy that has been usurped by the world's monetarist powers, like the WTO, the World Bank and the International Monetary Fund, as well as by transnational corporations.

Monbiot points out how what passes for modern democracy is really a sham. Conspiracy theories aside, it appears from all accounts that there was a lot wrong with the most recent US election. Globally, things are no better; for any attempt by a dissenting nation to try to break the pattern of dominance and neo-colonialism is swiftly crushed by well-funded interests.

We must also demand transparency. When, for instance, our government enters into bilateral and multilateral agreements with other nations and trading blocs, we must demand public oversight of those documents. Such important agreements cannot be kept secret and must be commented on by knowledgeable people

their products. This is not in our collective, national interest. We are allowing ourselves to be robbed twice, in each of these examples. And things could get worse if we do not remain vigilant.

And this leads to another major problem. That the majority of us have urgent matters of survival to deal with on a daily basis. We feel that we lack any capacity to become as involved as we should with these complex and apparently far-removed realities.

We are constantly made to feel that we cannot do anything about the reality we are in, usually by the very institutions that have it in their interest to maintain the status quo. But we can become the change we want to see.

We make choices every day about what we purchase, what we do, eat, listen to and consume. By making each and every of our decisions about how we interact with the world a conscious one, we are going some way to living as aware, responsible members of an interdependent society.

For instance, we may choose to buy something we need for price alone. But it is incumbent upon us to decide, firstly if we really need the product and our purchase is going to have damaging consequences on the world.

And secondly, whether it would not be a wiser choice to pay a premium to purchase an alternative product that has less of an impact, that may last twice as long or may be made in such a way that the benefits are more fairly distributed.

We can make a difference. But we can only make a difference if we are aware of what we do. To be an activist it is critical that we live consciously. Only by realising our impact on the world and only by taking active steps to reduce that impact can we embark on a sane and rational path toward becoming better planetary citizens.

This is a heavy burden, certainly. But it is one we should bear with joy, with hope for the future and for our children. We can change the future; determined people are the only creatures that ever have. 🌍

organise to win

PART TWO OF THE GRASSROOTS ORGANISER'S HANDBOOK

Decide on the goal of your campaign.

Identify the goal of your campaign. Put it in writing. Know and state the specific relief you seek.

For example:

- Agency X must withdraw proposal Y.
- A deadline should be extended to another date.
- Don't cut those fifty trees.
- A zoning change must be denied, etc.

Every person who deals with people who are officially "complaining", from customer service representatives to personnel officers, will tell you that people who present grievances and complaints almost never state the exact relief they seek. Being very specific about your goal helps everybody understand what you want – including your own volunteers.

Decide at the beginning of the campaign exactly what outcome you seek. It is often not enough to just be against something. You may also need to present an alternative, for example: we do not want an industrial park there; we want a nature preserve.

Choose one person to be your spokesperson.

Deciding on the exact relief you seek also helps solve the "Who will be our spokesperson?" problem.

A campaign without a spokesperson is just a well-intentioned mob. Select one person to represent your campaign. Don't have two or three different people tripping over each other and contradicting themselves with different stories, positions and opinions.

In any campaign, the politics and facts of the situation change constantly. What may be a sound strategy on Monday may require revision on Friday. Serious problems arise when one person decides to change a strategy without informing others. This can lead to bad feelings and public confusion. And when the public gets confused about your issue, your campaign and credibility become muddled. Changes in strategy must be cleared with the group.

The same dynamics that make it difficult to choose a single spokesperson at the beginning of a campaign, may make it impossible to do so later. It may be hard to choose a spokesperson when your campaign is just a half-dozen folks sitting around doing planning. But that's nothing compared to choosing one when the pressure of the media, demands for witnesses at hearings, offers to compromise, actions of groups organized to oppose you, or other fast-breaking events demand clear and concise reactions from your campaign. If you ignore the vital step of choosing one spokesperson, your group may find itself, as others have, at a public hearing where two allies

take totally different public positions on your issue.

Do your homework.

Before you begin lobbying against the substance of any project, master the details of the administrative processes it must proceed through. Collect paper copies of all relevant laws, regulations, and planning documents. Mastering the process will allow you to monitor the administrative processes from beginning to end. If possible, perform your legal "scoping" before you have openly declared your opposition. Agency staff may be very forthcoming about the details and mechanics of their administrative processes until they know you are opposing their project.

Do not fail to take appropriate action, file documents, testify, lodge objections, etc. at every point. Discover all the approvals, permits, and processes an agency, commission or developer has to go through.

All private or public projects, whether to cut down forests or build industrial parks, must take place on an actual, physical piece of land. All land, and anything to do with it including any projects built upon it, is governed by some regulatory process(es) open to the public. The exact processes will depend on who owns the land, where it is located, and where the financing comes from. But all actions involving land will have formal processes that create public records that provide one or more entry points for activist intervention.

The vast majority of bad projects proceed successfully only because no one shows up to object at key points in the permit process where projects are the most vulnerable. Often a single citizen simply filing or voicing an objection can stop or delay a project for months or years.

In general the more public funds are involved, the easier it is to stop a project. Public funds are increasingly being used to finance private development schemes and hybrids like private/public partnerships on public and quasi-public land are becoming the norm. Usually the more environmentally flaky a project is, the more economically risky it is, and so unfortunately the more public funds are involved. This is because investors hate to put their own money in risky projects. The rules and laws have been made very simple for developers to operate successfully. The underlying premise of most public processes is: "If no one formally objects, then there must not be any problems."

Or: "If there had been any problems, certainly we would have heard." If you do your homework, learn the rules and laws, and show up for meetings, foiling bad schemes can be a whole lot easier than you might think.

Find an angle that motivates people to take action.

Every campaign is unique. No two campaigns are exactly the same. What worked in a past campaign may not work in the next. Decide what makes your campaign special and find a creative angle or insight that encapsulates it. Reduce that insight to a metaphor, a slogan, a graphic or a memorable phrase with a creative slant that people will be able to remember.

For example, if your mayor refuses to consider evidence from biologists who prove an industrial park will destroy a wetland and increase air pollution near a school, you could take a variety of different approaches. You could make a graphic of a group of small children playing in a schoolyard wearing gas masks. You might create a cartoon caricaturizing the mayor as the monkey that heard, saw, and spoke no evil. If a large corporation was behind the industrial park, you could do a "Don't let XYZ Corporation decide our future." campaign. If the wetland contained a rare endangered lily, you could get garden clubs involved to launch a "Don't Destroy The Last Lily!" campaign.

The ways you can slant into an issue, or "position" a bad project is limited only by your imagination and creativity. Create your campaign to craft an angle to motivate, engage, and enrage the target audience. Amuse, amaze and confound. Humor, caricature, and exaggeration all have their place in any effective campaign.

But remember, a campaign theme that might work in a rural area with 15% unemployment and lots of open space, may not work in a large city. A "don't let government ram this down our throats" campaign might work in a rural conservative community, while before and after pictures showing how a beautiful place will be reduced to asphalt might work best in an urban area. Do your homework. Understand your target audience and the ecological, political, and demographic realities of your community and what will and won't resonate with them. Don't be afraid to change or abandon your message or tactics if the ones you initially choose don't work.

Know who owns the land.

If you want to oppose over-development and sprawl, your chances of success will improve if you determine first exactly who and what you are up against. This requires some special kinds of research and data gathering, including determining who owns the land where the proposed development will occur. Fortunately, it is often very easy to find out who owns the land, when they bought it, and the purchase price.

Checking public records of land ownership can also alert you to conflicts of interest within your

All successful environmental campaigns resemble one another. All unsuccessful ones fail in their own unique way.

own organization. Once I was shocked to find the underlying mortgages on land involved in a project we were opposing were held by a core member of our own group.

Always know what and who you are dealing with before you begin any campaign, but particularly campaigns that involve private land and development.

Assume that whenever you are dealing with any arm of local government, or any planning or economic development agency, that you are involved with a real estate speculator support group.

Build your campaign on a sound foundation.

A. Create a file.

Every campaign begins with someone opening a file. This is a repository for your original correspondence, names and addresses of supporters, political contacts and resources, copies of newspaper stories, position papers, and chronological notes summarizing reports of conversations.

B. Inventory your human resources.

Create a list of your supporters. Include the name and phone number of every person who agrees to do anything. Your goal is to get a handle on the people available and how they can contribute to your campaign. You want to be able to tap, at a moment's notice, those who can write letters, go to meetings, make phone calls, and contribute money.

As your campaign progresses these lists can become lengthy. Annotate your contact's name with any unique or identifying information about that person and what their particular assets might be. Later when you use your lists, you will find that these short remarks have added considerable value.

C. Raise some initial seed money.

Out-of-pocket expenses must be covered. If you have a good cause and need money, people will always give it to you, but only if you ask. Asking for money to protect and defend a community is NOT like asking for money for yourself. Find someone who understands this (most people don't) and make that person your fund-raising captain. Simply ask every one of your early supporters to put in some money for photocopying, phone calls, etc. Give receipts. Keep track of who gave what. Later you can hold bake sales, raffles, and make direct appeals.

D. Create an organization.

Give it a name and put the name on a letterhead. Call it Friends of the XYZ Forest (or whatever your cause may be), Save the Whales

(or whatever you wish to save), etc. Letters on an organization's letterhead to local elected officials or agencies are taken far more seriously than one from a citizen. A name shows there is a real organization behind the campaign.

E. Ladies First!

Get women – particularly mothers – involved to the maximum possible extent. Motivated women make the best organizers and activists.

F. Canvass.

If you need to build community-wide support, gather your forces and do a door-to-door canvass. Hand out your materials, ask for support, and record the names of those who are interested in helping in any way. Use the good leads you get to create a data base to invite these people to public meetings and recruit them to become active volunteers.

Do not let people canvass alone. For security and moral support it is best to work in pairs. Stay on the doorstep. DO NOT go inside a house. You will waste too much time, get bogged down, and expose yourself to potential security problems.

Wait until after 1pm on Sunday as people will be in church (or wonder why you are not). Never use hippies or folks with dreadlocks for canvassers as they may turn conservative people off.

There are far more people than you may think who are simply waiting for somebody – anybody – to ask them to become involved or show them how they can do something useful. Canvassing provides connections for such people to become involved. No matter how long you have lived in a place or how well you think you understand it, the only way to fully understand a community and what the people there really think is to perform a door-to-door canvass of every single house.

G. Tabling.

Organize a basic table to display pictures, flyers, petitions, and written materials. Tables at supermarkets, fairs, and public events are always effective in getting your message out. Sometimes national or regional environmental groups have conferences where you can display and hand out your literature. Use these opportunities to educate, collect signatures on petitions, solicit donations, and find new volunteers. Working a table will strengthen and deepen the commitment of your volunteers and alert you to their hidden talents.

Create a well-designed one-page Alert.

Every campaign needs a basic call to action that clearly and dramatically summarizes your issue. You cannot have a serious campaign without one. Your alert must be compelling, well-written,

accurate, and persuasive. It must contain a wealth of information condensed into one page.

Your alert should give a brief background explaining what you want people to do so anyone with no prior knowledge of the issue has enough information to:

grasp the issue.

know why it is important that they act.

understand what specific action you want them to take: phone, write, fax, email, attend a meeting etc.

Your alert should include names, addresses and phone numbers so people know where to write and who to call.

The best brains in your campaign must be involved in crafting your alert because presentation is important. Once created, it can be revised slightly to serve a variety of needs: a press release, a meeting handout, or a poster to announce public meetings. If possible, get someone with graphic artist capabilities to choose the fonts and do the layout. It should be in black and white so it can be photocopied.

A good alert takes data and converts it into information, then takes that information and presents it as interesting information. Alerts highlight, from all the things there are in the world, the one thing you want people to pay attention to and then it shows them how to think about that one thing. The principles governing the creation of an alert are like those of flower arranging: the final product is elegant, it stands alone, complete, and needs nothing else to be understood.

Seize unexpected opportunities.

Attacks on the environment by developers and extractors can be wonderful new opportunities to do things that would not have been possible absent the threat in the first place.

A successful campaign may not just defeat a bad proposal, it may provide an opportunity to achieve new goals and environmental protections that would never have happened if the threat never arose. I remember one timber sale appeal where, after the Forest Service withdrew the sale, the activists asked for the land to be reclassified and withdrawn from the timber base and the Forest Service agreed. Not only was the sale stopped, but the reclassification of the land meant that a sale in that area would probably never be attempted again.

If I had to distill everything I have learned about environmental activism into one sentence, it would be this: Never think Mother Nature loves you, but when you do her work, she does hers, and will never fail to provide you with the strength and courage to cope with anything or anybody, anywhere. 🌍

soil for life

BUILD THE SOIL, HARVEST THE PLANTS, FEED THE PEOPLE, HEAL THE PLANET

The astronauts who first circled the Earth in their spacecraft likened our planet to a blue pearl in space. The living world, or biosphere, forms a fragile film over the planet, separating the surface from the vacuum of space, and the living soil forms the foundation of the biosphere. It covers about one third of our planet's land surface and is one of our most precious natural resources. Without the soil and its legions of microbes, there would be no life. How many of us understand its critical role in our health and well-being, and in the very future of life as we know it on Earth?

In Southern Africa our soils are under severe human pressure; soil erosion is one of our most serious environmental problems. Our annual loss of soil is estimated at 300 to 400 million tonnes. Under natural conditions soil is formed at a rate of 0,2 to 0,3 tonnes per hectare per year, or 1 mm of soil per hectare per one hundred to four hundred years. If the vegetation cover is damaged by human activities, agriculture or natural disasters, the rate of soil loss can be accelerated to as much as 30 tonnes per hectare per year.

Soil is a vital support system, since the bulk of all food production depends on it.

In South Africa less than 14% of the land surface is suitable for agriculture, and much of this land has been severely degraded by soil erosion.

The ever-thinning layers of soil that cover the

unhealthy soil, our spirit will lack the stamina to free itself from the prison of the body.

These are sobering thoughts, and, for those who extend their minds a little further, it leaves one feeling somewhat vulnerable having to rely on other people and dwindling soil resources to produce our most basic needs.

For many of us the rising cost of all foods, especially vegetables, makes it difficult to eat something fresh and green every day.

So the best way of cutting costs, and taking responsibility for ones own diet is to spend a few rands on seeds and a spade, and to reap the benefits of a variety of crisp, safe and



To all who must eat to live, there is hope:

GROW YOUR OWN FOOD.

It's the simplest (and cheapest) way to good health.

Soil For Life

is a Cape Town-based NGO which teaches people to grow their own organic food.

For more information about Soil for Life membership, and organic methods for growing vegetables, herbs and fruit, please phone Pat on (021)794 4982.

“Many scientific studies, done to disprove the claims of organic farmers that their produce has a higher nutritional value, have proved the worth of eating food grown in healthy soils.”

landmasses are in a sorry state. Alexis Carrel – Nobel Prize winner and author of the classic *Man, the Unknown* – warned in 1912 of the consequences to our health of growing our food on tired and depleted soils; overworked by poor agricultural practices and the extensive use of artificial fertilisers and poisonous chemicals to boost crop production.

Directly, or indirectly, all food comes from the soil. All of life will be healthy, or unhealthy, according to the fertility of the soil, he said.

In other words, healthy soil, healthy plants, healthy people.

Many scientific studies, done to disprove the claims of organic farmers that their produce has a higher nutritional value, have proved the worth of eating food grown in healthy soils. Even the guinea pigs at the German Federal Institute for Consumer Health Protection, when given a choice of conventional and organic carrots, would only consume the organic product!

On a spiritual level, it was Rudolf Steiner who said that so long as we feed on food from

nutritious produce from your own home garden. Even with a very small piece of land one can grow a variety of vegetables by following the simple, low-cost methods that will be appearing in this column.

You will slowly become aware of the rubbish that your household generates.

Roughly half of it is actually food for the soil, and can be turned into beautiful rich humus which not only helps to conserve soil water, but also holds soil particles together preventing erosion by wind and water, and actively promotes healthy plant growth. Other household waste can be re-used by fashioning it into simple garden tools and equipment, or recycled. Landfill sites around our cities are groaning under the massive amounts of urban waste; many are nearing exhaustion. What then?

Set a trend in your area: join the food-growing culture.

Instead of a visit to the gym for muscle-toning and aerobic exercise, pick up your spade and a

Water-wise Gardening Tips

bucket, and head for the garden. An hour or so outdoors gives you plenty of fresh air, sunshine and exercise to boost your immune system and keep you trim.

It takes your mind off all those pressures in life; gardening is a great stress-releaser. Not only this, you will have something to brag about when you grow the biggest 'cauli' in the street, and you may even make a whole batch of new and interesting friends. Ooh, don't forget, you'll always have something good and tasty to eat, even in the middle of the month.

WHAT YOU NEED TO START A FOOD GARDEN

The most important things are free...

- Lots of enthusiasm and, in the beginning, some hard work.

- A small piece of ground - from as little as twenty square metres to provide your family with something fresh to eat everyday. If you do not have this space, speak to the people who live around you, find some vacant land and start a community garden. And, if this is not possible, you can try growing vegetables in containers on your balcony, or outside the kitchen door. A little bit of fresh food is better than none at all.

- Plenty of sunshine, water and fresh air.

Some things that you can share or borrow...

- A spade, a garden fork and a rake. If your soil is very hard you may need a pick

Some things just lie around waiting to be used.

You can save a lot of money by using rubbish to create what you need in the garden.

- **Watering cans** made out of jam tins or plastic bottles with small holes punched in the bottom.

- **Shadecloth** made by cutting open plastic mesh bags (the type that vegetables are sold in) and sewing them together to form protective covers for your vegetable beds

- A **wheel-less barrow**, made from a drum cut in half lengthwise and nailed to two pieces of wood

- **Old kitchen forks and spoons** for transplanting seedlings

- **Hard plastic bottles** used for spray bottles, or cut to make scoops for compost.

- A **measuring stick** made from a straight piece of wood - one metre long and about 3cm in

Because gardens are often so water-intensive, it is important to look at the principles of water-wise gardening.

Water-wise gardens are also lower maintenance than normal gardens.

The following tips are taken from *Water-wise gardening* (Department of Water Affairs and Forestry and National Botanical Institute, 1998).

- **Grow water-wise plants** - generally the best suited plants are those indigenous to the area, as they seldom need additional watering.

- **Group plants according to their water needs** - this avoids wasting water on plants that don't need it.

- **Consider the quality and type of your lawn.** Lawns guzzle water, so consider reducing your lawn area. At least use tougher, low-water lawn types such as Buffalo (coastal areas) or Kweek (inland) rather than Kikuyu.

width. Make lines across it with spacings of 5cm, 10cm, 20cm, 30cm, 40cm and 50cm.

This stick can be used to measure out the length and width of a bed and to mark out the rows for seeds and seedlings. If you do not have a measuring stick, use your spade, which is about one metre long

- A **dibber** which is used to transplant seedlings and to plant big seeds. You can make your own from a broken spade or fork handle, or a piece of stick, cut to 30cm and the end shaved to a point

- A **garden line** is used for marking lines and areas for digging. It is made of two sticks and a length of string.

Other things that are good to have but are not really necessary, and they're expensive...

- Hose pipe, watering can, wheelbarrow

A little bit of effort and imagination will give you large rewards and loads of fun. Your vegetable garden could be the start of a great new life for you and your family.

YOU WILL ALSO NEED LOADS OF PLANT FOOD

Feed your soil well, and you will be well fed

Growing plants take food from the soil and the soil becomes poorer. Therefore the plant food must be replaced before growing another crop.

- **Maintain your garden** - remove unwanted plants, plant more perennials than summer annuals, as they have deeper root systems and so need less watering.

- **Improve the soil and mulch.** Soil water-holding capacity is improved by higher organic matter content. Mulching (covering the soil with a thick layer of bark, compost, straw etc) keeps the soil much more moist.

- **Plant in the right season** - For winter rainfall areas this is in autumn and early winter so the plants have a chance to develop their root systems before the dry season. In summer rainfall areas it is spring and early summer for the same reason.

- **Water correctly** - avoid watering during the heat of the day or in windy conditions.

- **The best irrigation system is drip irrigation** - it uses 25% of water used by normal irrigation systems with the same effect, and can even be placed under lawns.

All waste that comes from living things should be put into the soil to replace this lost food. This kind of waste is called organic waste.

Where does it come from?

- Your kitchen's vegetable waste - cabbage leaves, banana skins, orange peels, squash skins. Things like turnip, radish and carrot tops and beetroot leaves should never be thrown away as they make delicious and nutritious additions to the soup and stew pot. Turnip leaves are the richest source of Vitamin A of all the green vegetables.

- Garden waste - dead branches, weeds, remains of harvested plants, fallen leaves, dead flowers

- Feathers, bones, egg shells, egg boxes, cotton and wool rags, cardboard, paper, manure, old leather

Organic waste is free, and can be found easily. Don't ever throw it away. Nature turns all waste into food. So ...

- Start collecting as much organic waste as possible. Ask your neighbours, your family and your friends to save their waste for your garden. They may think you're crazy, but just wait till they see what comes out of your well-fed soil. They'll turn green with envy, and want to know how you did it.

- Examine your rubbish with new eyes, and design your own garden equipment. ♻️

NEXT ISSUE:

Choosing a site, planning your garden, digging and preparing the beds for planting.

Sheila Hofmeyr

“If you really believe in something and are prepared to work hard and get your hands dirty (literally) you can get a whole community behind you to make a difference!”

**Sheila Hofmeyr,
Kronendal Recycling
Centre Volunteer
Coordinator**

South Africans produce 566 million tons of waste per year and more than 90% of this is disposed of in landfill sites. The growing population of the City of Cape Town alone produces roughly 1.8 million tons of waste a year – about 4 500 tons of waste every day.

Sheila Hofmeyr is helping to tackle the problem, by facilitating the recycling of waste in Hout Bay. Sheila took over as coordinator of the Kronendal Recycling Centre in 1997. At the time, the Centre was being run by parents of Kronendal Primary School, and collected recyclables brought to the school by the learners and school parents, in order to raise funds for the school.

Sheila started out driving around Hout Bay herself, collecting recyclable rubbish – tons of it – and through her hard work, dedication and heart-centered belief in the project, the amount of waste collected has grown from 173 tons to 755 tons every year! She has got the whole community behind her and between them they make it work.

With the increase in refuse levies in Hout Bay, local businesses had been looking for alternative methods of reducing waste. Sheila has built up relationships with these local businesses as well as housing estates and provides them with a solution to their high levy costs.



Visit our website to view a short video documentary of the work Sheila Hofmeyr is doing in Hout Bay.

Sheila has a few simple “sorting at source” tips for businesses:

- Ensure that there are two dustbins standing side by side. Sorting is less successful when people have to walk from one side of the room to the other in order to put things in the correct bin.
- Ensure that clear and simple signs are visible above both dustbins (“wet waste only” and “dry waste only” – signs can have more detail e.g. plastic, bottles, paper)
- A staff meeting must be called in order to discuss the new system and to provide staff with an understanding of how recycling benefits the environment and creates employment.
- When the dustbins are taken outside it is important to keep bags of wet waste and the bags of dry waste separate. Note that some organizations do not use bags for the dry waste which is another cost saving. Using different color bags for different types of waste is an effective method.
- Ensure that the recyclable products are not put with the municipal waste as the municipal collection staff often removes the recyclable products for dumping at the landfill.

Providing employment

The Centre now collects recyclables from over 75 businesses and housing estates in Hout Bay and also has around 100 “regulars” – people who drop off their waste paper, cardboard, plastic and bottles every week. As the recycling program has grown, Sheila has had to hire people to sort the materials. Currently, the Centre provides permanent jobs for 13 people. Since Sheila took over, the centre has raised nearly R 165 000 for the school and saved over 2800 tons of paper, plastic, glass and cans from landfills (about 15.7 tons every week). Half of the Centre’s income comes from recycling competition prizes, and the other half from profits made by sorting and selling the raw materials they collect.

Thinking outside the box: the Swap Shop

Sheila, in conjunction with Imagine Hout Bay, has also started a Swap Shop at the Centre. The Swap Shop encourages children from disadvantaged areas to pick up recyclable litter, and families who are better-off to donate school stationary, toiletries, non-perishable foods, used clothing or household goods. The children are paid for the waste they deliver to the Centre with tokens, which they can then use to buy any of the donated goods in the Swap Shop. 🌱

Sheila can be contacted via email: sandmhofmeyr@iafrica.com

BOOK: Wild Law: Protecting Biological and Cultural Diversity

Author: Cormac Cullinan

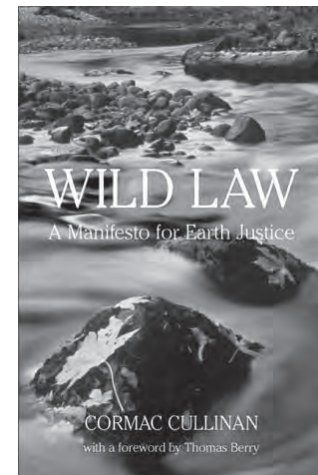
Publisher: Green Books

ISBN: 1903998352

"Wild Law is a stimulating, eminently readable response to our governance crisis." Dr Vandana Shiva

We are rapidly destroying our only habitat, Earth. It is becoming clear that many of the treaties, laws and policies concluded in recent years have failed to slow down, let alone halt or reverse, this process. Cormac Cullinan shows that the survival of the community of life on Earth (including humans) requires us to alter fundamentally our understanding of the nature and purpose of law and governance, rather than merely changing laws. In describing what this new 'Earth governance' and 'Earth jurisprudence' might look like, he also gives practical guidance on how to begin moving towards it.

Wild Law fuses politics, legal theory, quantum physics and ancient wisdom into a fascinating and eminently readable story. It is an inspiring and stimulating book for anyone who cares about Earth and is concerned about the direction in which the human species is moving.



BOOK: Thirsty Planet: Strategies for Sustainable Water Management

Author: Constance Elizabeth Hunt

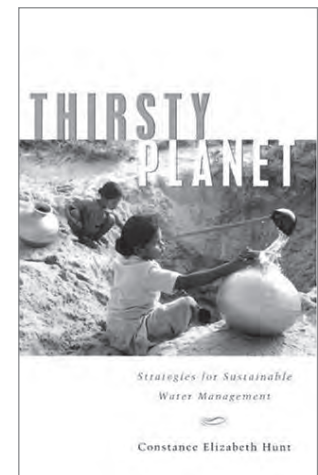
Publisher: Zed Books

ISBN: 1842772430

By the year 2025, nearly 2 billion people will live in regions or countries with absolute water scarcity. Given this global water crisis, how should the planet's water be used and managed? Current international water policy sees nature competing with human use: the task for humanity is to divide the planet's water between human needs and protecting the environment.

Hunt takes issue with this perspective. She suggests that nature is the source of water and only by making the conservation of nature an absolute priority will we have water in the future to apply to human uses. It is essential to manage water in ways that maintain the water cycle and the ecosystems that support it.

This book looks at the complexity of the problem and provides a wide array of ideas, information, case studies and ecological knowledge - often from the remote corners of the developing world - that could provide an alternative vision for water use and management at this critical time.



GAME: Mahakala Destiny Cards & Game

Publisher: Findhorn Press

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Mahakala Destiny, originally called the Destiny Cards and Game, were created by four friends who were guided by a vision to create a card game that would bring illumination to those who played. The vision came in the form of an instruction to make ancient wisdom accessible to all and a picture of four people playing a card game, surrounded by a halo of golden light. Seventy two teachers present their wisdom for contemplation on the 72 Mahakala Destiny cards. The cards have been arranged according to the aspects we tend to divide the content of our lives into; Spirit, Love, Sex, Work and Money. Each card has a name, as listed below, and the words on the cards resonate with the number, suit and graphic. There are many ways of using the cards on your own and with others. When we contemplate a question by referring to one card, we concentrate on one aspect of the question. When we draw a number of cards we contemplate our question through the aspects presented by all these cards.

We are being asked to make choices in all aspects of our lives. To fulfil our potential, our reason for being and our purpose in life it is vital to make each step of our journey count. When we live thoughtfully we realise that for every action there is a reaction, for every cause an effect and for each person a destiny. We create the world in our thoughts, words and deeds. Mahakala Destiny serves as a clear reflection of what we are called to do on our own and with others.

The cards were created in South Africa, published by Findhorn Press (Scotland) and distributed by New Horizon Distributors (Cape Town).



THESE BOOKS – and many more – are available for purchase on our website: www.biophile.co.za

You could win a Mahakala Destiny Cards & Game set by subscribing to our free email newsletter. Visit www.biophile.co.za/newsletter for more information.

the back pages

Heal Yourself, Heal Our World

Step-by-Step Guide to Imaging

The belief that your imagination can help cure your ills isn't a new one.

Imagery has been considered a healing tool in virtually all of the world's cultures and is an integral part of many religions. Navajo Indians, for example, practice an elaborate form of imagery that encourages a person to "see" himself as healthy.

Ancient Egyptians and Greeks, including Aristotle and Hippocrates, the father of modern medicine, believed that images release spirits in the brain that arouse the heart and other parts of the body. They also thought that a strong image of a disease is enough to cause its symptoms.

The power of the mind to influence the body is quite remarkable.

Although it isn't always curative, imagery can be helpful in 90 percent of the problems that people bring to the attention of their primary care physicians, says Martin L. Rossman, M.D., author of *Healing Yourself: A Step-by-Step Program for Better Health through Imagery*.

Imagery became more popular in the United States when O. Carl Simonton, M.D., a radiation oncologist in Los Angeles, began using it in the early 1970s to help cancer patients. Dr. Simonton claimed that activity of the immune system could be boosted by visualizing strong white blood cells attacking weak cancer cells. Those in the study lived twice as long as those who received medical care alone.

Step-by-step Guide

* Take a few moments to relax. Studies indicate that imagery works best when it is used in conjunction with a relaxation technique.

* Loosen your clothing, take off your shoes, lie down or sit in a comfortable chair and, if you'd like, dim the lights.

* Close your eyes and take a few deep breaths. Picture yourself descending an imaginary staircase. With each step, notice that you feel more and more relaxed.

* When you feel totally relaxed, imagine a favorite scene. It could be a beach, a mountain slope or a particularly enjoyable moment with friends or family. Try to go to this scene each time you practice your imagery.

* Once you feel comfortable in your favorite scene, gradually direct your mind toward the ailment you're concerned about.

* If several images come to mind, choose one and stick with it for that session. Let the image become more vivid and in focus. Don't worry if it seems to fade in and out.

* If several images come to mind, choose one and stick with it for that session.

* If no images come to mind, try focussing on a different sensation. For instance, imagine hearing fish frying in a skillet or smelling wildflowers in a meadow.

* If all else fails, think about how you feel at the moment.

Angry?

Frustrated?

What color is that anger?

What image is evoked?

Use these feelings to forge images.

* Each time you do this, imagine that your ailment is completely cured at the end of the session. "That creates an internal blueprint that your body can follow to help heal you," says Patricia Norris, Ph.D.

* At the end of your session, take a few more deep breaths and picture yourself climbing the imaginary staircase and gradually becoming aware of your surroundings. Open your eyes, stretch, smile and go on with your day.

* In the beginning, practice this imagery exercise for 15 to 20 minutes at least once a day.

As you become more skilled, you will probably be able to do it at will for just a few moments at a time several times a day and still receive the benefits.

Adapted from *New Choices in Natural Healing*, by Bill Gottlieb.

Twelve Tips to Stretch a Tank of Petrol

We can conserve petrol with some basic car maintenance.

For example, we can get 6 to 20 percent higher mile per gallon (mpg) with a properly tuned engine. Keeping a mileage record will tell us when our gas mileage is slipping, which is a signal for a tune-up.

Here are 12 more tips to stretch a tank of petrol.

* You can easily take care of a few items without going to a service station. One of them is the air filter. A clogged air filter leaves your engine gasping for breath and means you're probably running with a "rich" mixture, that is, more gas and less air. Many department and auto stores carry air filters, and they are simple to change. A clogged air filter can cost you 1 mpg. Replace your air filter regularly.

* Dirty oil cuts back engine efficiency, so make sure your oil is changed according to the car manufacturer's recommended schedule. You can change your own, and buying your own oil is much cheaper. There's a drain plug under your engine that will come out readily with a wrench. Have a bucket ready to catch the dirty oil, and remember to dispose of it safely.

* If your fan belt is too tight, your engine is working too hard and wasting gas. The belt should give a little to finger pressure when the engine is not running. If it doesn't, you can easily adjust the tension with a wrench.

* Badly worn spark plugs can cost you as much as 2 mpg. This is probably a job for a trained technician.

* The car has been a way of life for most Americans. There are alternatives. These include mass transit, bike paths, and car pools.

* Heavier cars are more costly to run. A reduction of 200 pounds in automotive weight typically improves fuel economy by nearly 5 percent.

* Use the air conditioner in your car as little as possible. It uses a lot

of gas. Roll down the windows and get some fresh air!

* Using cruise control can save gas. If you drive on the open road often, staying at a constant speed will save fuel.

* If you are taking a trip, start early in the day while traffic is light. Plan to stop for meals at times when traffic is heavy.

* Don't let your car idle for a long time to warm it up. Also, don't let your car idle for more than a minute after it is warmed up – this idling wastes more gas than restarting your car.

* Do not rev the engine and then quickly shut your car off. This wastes gas. It also pumps raw gasoline into the cylinder walls. This can wash away a film of oil that protects the cylinders and will increase engine wear.

* Check your tires. Your owner's manual has important information on your tires, including the correct air pressure that should be in them. Underinflation of your tires can cost you as much as 1 mpg. Radial tires have 50 percent less road resistance, so they give you 3 to 19 percent better mpg. Adapted from *547 Ways to be Fuel Smart*, by Roger Albright.

Nail Polish Risk: Harming Unborn Boys

A chemical known to harm the male reproductive system is found in many nail and cosmetic products.

The plasticizer, dibutyl phthalate (DBP), causes birth defects of testicular atrophy, reduced sperm count, and defects in the structure of the penis.

Not just a powerful reproductive toxicant but causing developmental problems as well, DBP was found in every single person tested by the Centers for Disease Control and Prevention (CDC) in October, 2000. The findings also showed the disturbing fact that women of childbearing age have 20 times

more exposure to DBP than the rest of the population. CDC researchers speculate this is because of their higher use of cosmetics and beauty products. Whatever the cause, pregnant women are exposing their fetuses to DBP in utero.

The Environmental Working Group's (EWG) powerful new report, "Beauty Secrets: Does A Common Chemical In Nail Polish Pose Risks to Human Health?" by Jane Houlihan and Richard Wiles, names brands of 37 nail products including polishes, enamels, hardeners, and colors, that contain DBP. These include Chanel Nail Colour, Max Factor Diamond Hard Nail Enamel, Maybelline Ultimate Wear, and Oil of Olay Nail Lacquer.

After finding DBP in so many cosmetic products, the EWG recommends that all pregnant women avoid all personal care products with the word phthalate on the label.

Artificial Nails a Fire Hazard

If, after reading this, you are thinking of switching to artificial fingernails, beware of open flames! Long artificial fingernails are a fire hazard. In a study at Lamar University in Beaumont, Texas, 87 percent of the sample nails tested ignited in one second or less. All of the synthetic nails burned completely. Common ways for nails to catch on fire is from open flames such like birthday candles, lighting cigarettes, and open gas flames on stoves or in chemistry labs.

Purity Test for Essential Oils

Essential oils, used for everything from insect repellents to aromatherapy and fragrance, are very strong and need to be used with care, but they can cause environmental health problems if the brand doesn't provide pure oils.

Some oils have petroleum-based solvents added, which can be very toxic. Petroleum-based solvents are often long-lasting in the environment, are stored in our fat, and are a source of volatile organic chemicals

(VOCs) that negatively affect indoor air quality.

Do an easy blotting paper test to see if your oils are pure. Put a few sample drops of your oils on a blotting paper. Pure essential oils will not leave any residue once they have evaporated, whereas petroleum solvents will.

by Annie Berthold-Bond, Care2.com Producer, Green Living Channels

Homemade Tiger Balm

In most modern cities in Thailand today, traditional cosmetic recipes enjoy more popularity than the latest brand-name items.

People there easily see the benefits of using homemade natural remedies instead of mass-produced chemical alternatives. Herbs are commonly used for their natural tonifying, rejuvenative, and antibacterial properties, and the people in Thailand seem to understand this in a way that many Westerners don't.

A favorite topical application for soothing sore muscles, Tiger Balm is also great for colds, congestion, and sinusitis, when applied to the chest and throat. Try out this pure and totally natural recipe:

Ingredients

- 10 drops peppermint essential oil
- 10 drops eucalyptus essential oil
- 5 drops clove essential oil
- 60ml extra-virgin olive oil
- 15g beeswax

Heat the olive oil and beeswax in a double-boiler over low heat. Stir until wax is melted. Remove from heat. Stir in essential oils, and pour into small glass or metal containers to cool.

Note that commercial Tiger Balm is available in several strengths, and that you may adjust quantities of essential oils in this recipe. This recipe calls for essential oils, but extremely strong decoctions of fresh herbs may be used as well by following the directions here:

Combine fresh herbs in a pan with a pint of water; boil to reduce water.

Strain. Combine liquid with oil and wax, and continue cooking over low heat until water has evaporated, making sure not to boil the oil. Remove from heat and cool in glass or metal container.

Adapted from *A Thai Herbal*, by C. Pierce Salguero (Findhorn Press, 2003)

Tips for Natural Mouth Care

Dentistry may not seem to fall under the realm of organic self-treatment, but there are plenty of natural ways to get your mouth in good condition.

Tea tree toothpaste, for example, is one of the best antiseptics – promoting healthy teeth and clean breath. The taste is strong, but if you persevere, you'll eventually get used to it.

Propolis is a sticky, resinous substance gathered by bees, and it has remarkable antibiotic qualities – it is by far and away the best treatment I know for mouth ulcers – and has been used as a healing agent for thousands of years. It is generally effective for any infections of the mouth or throat. You can find it in most good health-food stores.

Certain herbs are more prevalent than others in natural toothpastes: **horsetail**, which contains silica (a mineral that is vital for healthy teeth); **echinacea**, which fights infections; **myrrh**, which is very useful for gum infections; and **sage**, which stimulates the mucous membranes and the gums. In the Middle Ages, women used to rub fresh sage leaves on their teeth to make them whiter and improve their gums. Follow their example and put a sage plant in your window box.

To counter bad breath, chew **mint** leaves, **parsley**, **tarragon**, or **fennel** – all of which can be grown organically in your own garden or in pots on your windowsill. Or chew **cardamon pods** or **cumin seeds** to clear your palate.

Mouth Treatments

* For an effective mouth disinfectant, add 3 to 4 drops of tincture

of myrrh (which you can find in health-food stores) to a glass of water. Be prepared: It is very bitter.

* To make a tea tree mouthwash, add 3 to 4 drops of tea tree oil to 6 ounces of water and swish gently around your mouth before spitting out.

* Make your own sage or horsetail toothpowder by crushing 2 teaspoons of fresh leaves in a pestle and mortar and putting them in a small ovenproof dish with a tablespoon of sea salt. Put the dish in a warm oven until the leaves are crisp and dry, and then grind them to a powder. Make a batch and keep it in an airtight container.

Excerpted from *Organic Living*, by Michael Van Straten

The Natural Manicure

Steps 1-4

File, wash and soak nails, soften cuticles, clean and shape cuticles

File in one direction only, and always do this when your nails are dry. Wash your hands and soak in warm water or a fruit acid solution such as buttermilk or organic apple cider vinegar, before applying a cold-pressed fruit or nut oil into the cuticle area near the half-moon at the base of the nail. Use the blunt end of an orangewood manicure stick to gently push the cuticles back from the nails.

Step 5

Sand and buff nails

Dry your hands completely. Sand and polish the top of each nail with a fine pumice-stone sand stick to remove any ridges.

Do the same thing with a fine-grit block. Once the ridges are removed, smooth the top of the nail with a smoothing file and a buffing cham-ois.

You'd be amazed at how shiny your nails will look following these steps, almost as if you were wearing a clear polish. You can choose a more natural, less-shiny matte finish if preferred, by not using the finest grade buffing files.

the back pages

Step 6

Moisturize

Massage your hands with a moisturizing cream or lotion.

Homemade Dog Bones

By making your own dog bones you are providing your pet with wholesome food and are assured that you are not feeding them animal byproducts of unknown origin.

Keep your eyes out for dog bone cookie cutters; they are frequently sold in kitchen supply stores.

2 cups whole wheat flour

1/3 cup corn meal

1/2 cup soy flour

1/2 cup ground seeds

1/2 teaspoon salt

1 tablespoon linseed oil (available in health food stores)

1 tablespoon vegetable oil

1/4 cup unsulfured molasses

2 eggs

1/4 cup milk

Combine dry ingredients in a bowl. Mix to blend. Add the liquid ingredients. Stir, adding more milk if necessary to make a ball that can be kneaded and rolled out on a cutting board. Roll out dough, and cut out dog bone shapes using a cookie cutter or knife. Place on a well-greased baking pan, and bake at 350 F for 25 to 35 minutes, or until browned.

Adapted from *Rodale's Book of Practical Formulas*

How Color Feels in the Home

It helps to choose the colors you plan to live with in your home with awareness of how different colors affect your emotional and physical states. Every color has a unique vibration all of its own, and this can significantly affect how you feel in a room.

Using this simple chart, you can choose a room's color to be in balance and harmony with the role you want a room to have in your and your family's life:

Red A room that is painted red will energize, inspire activity and movement, help passion, be powerful and stimulating. A red room can also be exhausting and overpowering, and stressful for those who are anxious. Pink is less demanding. Choosing a red bedroom would not be restful, although some red can be used to enhance sensuality. A red exercise room would be energizing! In Feng Shui red means luck.

Orange rooms encourage happy, joyful, social gatherings. While an orange dining room or family room can stimulate the appetite, it is a great choice for such gathering places. Orange enhances parties, communication, positive feelings, and general good cheer.

Yellow rooms inspire intellectual clarity, organization, clear headed articulate thinking, and happy energy. Yellow is considered a color for the logical left side of the brain. Yellow is also very bright and somewhat energizing, so one needs to choose its placement with care. A yellow office might be intellectually beneficial, but not allow restful downtime, for example, so one might want to choose to include yellow accents instead of painting each wall yellow.

Green rooms are very restful but combine with an energizing quality. Green is the color of outdoors, calm and active at the same time. Green brings balance and harmony, healing, and rejuvenation to a room, and can be used as a calming place for people who are troubled or in need of refreshment.

Blue rooms are often chosen for bedrooms and meditation rooms because its cool energy is very calming, restful, peaceful, and spiritual. Blue helps inspire a quiet meditative quality, and color therapy with blue has been found to reduce blood pressure. Blue is also useful to soothe one to sleep.

Purple/Indigo is very comforting, protective, spiritual, and calming. It is a rich color which inspires faith, intuition and trust. Entire rooms painted purple could be overpowering, but a light violet could provide a very healing and calming atmosphere.

White rooms work anywhere combined with accent colors. White is very purifying, uplifting and cleansing, although too much white can reflect a sterile, isolating quality. White ceilings are recommended because they reflect light and brighten any room.
by Annie Berthold-Bond

Take a Medicine Walk

One of the oldest ways that human beings have sought insight and self-awareness is by turning to the living world. The medicine walk is a simple technique to help you do the same.

Traditionally, the medicine walk might last a full day or longer and include fasting from food in order to increase personal clarity. But you can learn the process in a much shorter time – even under an hour – and get satisfying results. And you can always consider doing a more extensive version in the future.

Learn the simple principles of the medicine walk, here:

1. Place. For your medicine walk, go to a natural area that feels strongly inviting. It's better to be away from human activity as much as possible, but if that isn't possible, do what you can. Before you begin, take some time to get centered and aligned both inside yourself and with your surroundings. Focus your intention by following your breath until you feel quiet and ready. Tune in to the energy of the place and ask it – verbally or silently – if it would be willing to help you. The positive feeling you get in response will be your sign to continue. If you have any doubt about the response, choose another place that feels really good.

2. Intention. The most important part of your medicine walk is the

clarity of your intention. To set your intention clearly, think of a question around which you'd like insight. IT could relate to any area of your life. The more specific you make your question, the clearer the answer you'll get.

When you've chosen your question, turn your attention back to the living environment around you. Either aloud or silently, ask this place and the creatures within it to help you gain insight around your question. Say the question aloud, at least once, to help yourself be as clear as possible.

3. Listen. When you feel ready, start to walk. Take all the time you like. Keeping silent will help you to maintain your focus on the question.

As you walk, release any expectations about what you think you should find. Follow your impulses and let them guide you to whatever calls you. When something attracts your attention, sit with it. See what it has to share with you about your question. How do you feel when you're with it? What insights come to you?

The medicine walk draws on your imagination and symbolic awareness. The answers you receive probably won't come verbally or literally. Instead, approach this communication as you might approach a dream of a painting. Let it speak to the intuitive, nonverbal parts of your awareness.

Example: Randy talked about the trees: "The trees all felt so self-contained. None of them seemed to have any question about whether they were doing things right or whether they had a right to be there. I realized I might try to be that way myself and just do what feels right instead of worrying what people say all the time."

4. Gratitude. When you feel complete with your medicine walk, take a few moments to thank the place for the insights you've received. If you like, use a simple, symbolic gesture to communicate your gratitude. This helps to complete your process and lets you return to the rest of your life with greater clarity. Breathe consciously and take a few moments to re-center yourself before you return to normal awareness.

If you've received answers, write them into your Nature journal. If your experience was less focused, record it anyway. In either case, allow yourself to stay open. Sometimes, the most dramatic insights come to people after they've completed their medicine walk – either in dreams or at other times.

Adapted from *The Findhorn Book of Connecting with Nature*, by John R. Stowe (Findhorn Books, 2003)

Are Your Beliefs Limiting You?

Most of us have very rigid ideas of who we are and how life is for us; this is our drama. When our view of life is distorted by these narrow perceptions, the freedom and opportunities we have can become very restricted.

Stop for a moment and consider the wide and vast array of potential experiences that you have available in your life. Think about how each new experience you have ever had has opened the door to even more new experiences and opportunities. Now consider the immense range of likes and dislikes, wants and don't wants, can and can't dos, that you carry within you. Which, if any, of these beliefs would you be willing to question and possibly give up? Who are you? Ask yourself the following 10 questions:

1. What kind of a person do you believe yourself to be?
2. Are you good-looking, ugly, or somewhere in the middle?
3. Are you too skinny, too fat, or just right?
4. Are you smart, dumb, or average?
5. Are you a very hard worker, or do you think of yourself as generally unfocused?
6. Are you capable of great things, or pretty average in your potential?
7. Is life unfair or good to you?
8. Are you receiving all that you deserve from life?
9. Are people in your life generally trustworthy?
10. Do you "fit in" when in social situations or are you an outsider?

Take a moment and consider this: Any answer you gave was a belief. It was based solely on your perception

of yourself and on your drama. How might your beliefs limit you? If any of those beliefs were to change, how could that improve your life? What would it take to begin to let go of those beliefs?

Adapted from *Present Moment Awareness*, by Shannon Duncan (New World Library, 2003).

Make Your Fridge Efficient

The refrigerator is likely to be the largest single power-user in your home aside from air conditioning and water heating.

Here is a checklist of things that will help any fridge do its job more easily, and more efficiently:

- **Cover liquids and wrap food stored in the fridge.** Uncovered foods release moisture (and get dried out), which makes the compressor work harder.
- **Clean the door gasket and sealing surface on the fridge.** Replace the gasket if damaged. You can check to see if you are getting a good seal by closing the refrigerator door on a dollar bill. If you can pull it out without resistance, replace the gasket. On new fridges with magnetic seals, put a flashlight inside the fridge some evening, turn off the room lights, and check for light leaking through the seal.
- **Unplug the extra fridge or freezer in the garage.** The electricity the fridge is using costs you far more than the six-pack or two you've got stashed there. Take the door off, or disable the latch so kids can't possibly get stuck inside!
- **Move your fridge out from the wall and vacuum its condenser coils at least once a year.** Some models have the coils under the fridge. With clean coils the waste heat is carried off faster, and the fridge runs shorter cycles. Leave about 15cm of space between the coils and the wall for air circulation.
- **Check to see if you have a power-saving switch or a summer-winter switch.** Many refrigerators have a small heater (yes, a heater!) inside the walls to prevent condensation build-up on the fridge walls. If yours does, switch it to the power-saving (winter) mode.

- **Defrost your fridge if significant frost has built up.**

- **Turn of your automatic ice maker.** It's more efficient to make an ice in ice trays.

- **If you can, move the fridge away from any stove, dishwasher, or direct sunlight.**

- **Set your refrigerator's temperature between 38 F and 42 F, and your freezer between 10 F and 15 F.** Use a real thermometer for this, as the temperature dial on the fridge doesn't tell real temperature.

- **Keep cold air in.** Open the fridge door as infrequently and briefly as possible. Know what you're looking for. Label frozen leftovers.

- **Keep the fridge full.** An empty fridge cycles frequently without any mass to hold the cold. Plain water in old milk jugs works well.

Excerpted from *Real Goods Solar Living Source Book*, edited by Doug Pratt

Find Therapy in the Kitchen

Maybe you already know how therapeutic kitchens can be: after all, cooking is a soothing and soul-fortifying act for many of us.

But anybody – even the cooking-challenged – can learn these fun and sometimes wacky ways to feel better by acting out in the kitchen. Find out how these simple (and sometimes silly) kitchen activities can help you if you're sad or mad, spacey or scared, or wanting to feel more peaceful, right here:

To Feel More Peaceful

Nothing beats slow stirring to calm you down. Try making a risotto or a slow-cooked soup or stew: the steamy fragrance is soothing and the languid, repetitive stirring motion will help you to unwind.

If You're Angry

My favorite method for dealing with anger is the Samurai Chef approach: hold a large knife in one hand, resting the flat of the blade on a clove of garlic.

Whap the flat of the blade with your other fist and shout HI-YAH! This is a great way to peel a clove of garlic and let out some pent-up

aggression all at the same time – but it's hard to stay seriously angry when you do it!

If You're Sad

Wish you could have a good cry? Chop some onions. When the tears start to flow, make exaggerated crying noises. This will probably end up making you giggle, which is always a good thing.

Need More Energy?

Put on some loud salsa music, pour the ingredients for salad dressing in a lidded jar, and then shake shake shake – jar, hips, everything.

Shedding Old Stuff?

When you're ready to let go of old, outworn ways of being, try peeling root vegetables (which is a good idea if they're not organic). As you peel away the dry, dead-looking outer skin, imagine your life emerging as fresh and new as the flesh underneath the peel.

If You're Feeling Spacey or Confused

If you're feeling a little out-of-control or over your head, cleaning out kitchen cabinets and drawers is a great way to feel more focused. You could also try playing with your food: make patterns with the chopped vegetables on your chop board. See what images emerge.

When You're Scared or Stressed

Put some warm soapy water in your sink. (Please be sure to use all-natural soap so you don't add more stress to your body or the environment with toxic chemicals!) Send calming and supportive thoughts into the water. Now put your hands into the water and gently wash them. When you're ready, pull the plug and imagine your fear and stress slowly going down the drain. Rinse your hands with fresh water.

Inspired by *Witch in the Kitchen*, by Cait Johnson (Inner Traditions, 2001).

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www.biophile.co.za

ask Anrita

A ROUGH GUIDE TO PLANET EARTH

Your conditions are worsened on windy days due to the south easterly wind, which brings with it positive ions, disturbing the natural ion flow within the body.

The north westerly wind brings the rain, and negative ions, which is why we generally feel really revitalized after a good downpour, walking along the beach, swimming in the sea, and so on.

Ideally, the body should have a balance of both negative and positive ions, with more negative ions.

The effects of low frequency electromagnetic energies such as computers, televisions, cell phones and so on, will also disturb the body's natural energetic balance. In the work environment, this often leads to the so-called "office syndrome," particularly if there is no natural ventilation,

and the re-circling of the stale air is caused by air conditioning units. To restore a balanced energy flow to the body, face approximately north (true north), and exercise for a few minutes, then face approximately south, and repeat this exercise, preferable in good weather. Exercise vigorously for a few minutes in each direction, jumping up and down, or using a rebounder, which is also very stimulating for the lymphatic system. The theory behind this is that the mineral magnesium flows along in a northern direction, and enhances negative ions, and phosphorous flows in a southern

direction, stimulating the positive ions. In the home environment, you can also consider wetting the net curtains, which acts as a shield to the effects of the positive ions. Bathing in sea salt and bicarbonate of soda assists in balancing the energy levels, and correcting atmospheric static within and around the body.

An office environment, with all the computers, cell phones, pollutants, incorrect lighting, and unbalanced energies may also cause you to feel energetically unwell. A radar device, found at most superstores, health stores, and so on, will offer some

electromagnetic protection, and is useful for computers and cell phones in particular.

Another technique, particularly if using a computer or watching TV, is to visualize a satellite dish above your head in a concave shape, with a royal blue colour on the inside of the satellite dish, and a silver colour on the outside of the dish. This is a psycho-energetic technique, which I have found very useful to alleviate the effects of electromagnetic frequencies.

Also, if you work behind a computer for long hours, look at investing in a negative ionizer. 🌐



I suffer from allergies, particularly hayfever, and feel worse on a windy day. Is there anything I can do to alleviate my symptoms?
Gail S.



We recently feel in love with, and bought a beautiful old house in the country. The problem is I haven't felt well in the house, and wondered if I should consider cleansing my house, or if there was possibly negative energy lines affecting the house and the land. Can you give me any suggestions? Sue C.

It is a good idea for any house to be cleansed, preferably on a regular basis, and particularly when you move in, or leave the house, so you can create an environment of warmth and nurturing.

The ritual of a house warming when moving in, should also be about acknowledging the house, and land, and inviting the Deva of the property, the Angelic presence overshadowing the property to be welcomed into your new home. So, the first thing would be to give the property a name, and to welcome in the Deva and other nature spirit intelligence working with the garden and land. You can energetically tune into this Nature Intelligence, and thank it for its presence and protection.

In terms of house clearing, there are several energy techniques you can do. The first is very common, using sage or dried lavender leaves bundled

together, which you light, and then go from room to room, clearing the energy and inviting in new energies to create a sacred space. There are also some wonderful energetic feng shui techniques, such as visualizing a white sheet coming up through the property, and tying it in a bundle above the property, taking with it any disharmonious energies that need to be released. Surrounding the property in a violet flame is very powerful in transmuting negative or lower frequencies into neutral frequencies. Sound is very magical and healing, and getting together with some friends, having an evening of drumming, singing, and so on, can really shift the energies in a home.

You never mentioned what your physical symptoms were, but a feeling of general unwellness may be caused by geopathic stress. This term covers both manmade and natural

problems within our environment, such as underground watercourses, oil deposits, the intersections of the Hartmann and Curry grids, power lines, satellite dishes, microwave transmitters and so on. The most common problem seems to be underground watercourses, which can extend diagonally through an entire house and property. A water diviner or dowser will obviously be able to assist you in checking this, but if you would like to do something yourself, the first step would be to inactivate any harmful vibrations of modern buildings and toxic manmade substances. In other words, you will need to first inactivate the furniture in the house, and then following this, look at inactivating the underground watercourse. Fill a clear plastic bag with half a kilogram of organic wheatbran, and a heaped tablespoon of calcium ascorbate, making sure that you se-

curely fasten the bag. Move across the room, swinging the bag over all furniture, fittings and so on to deactivate any toxin chemicals. Once this is done, dowse or use kinesiology to find out if you have cleared all negative and toxic energies, and/or if you have a watercourse beneath the house. An underground watercourse is usually a metre wide. If you need to continue, move the furniture free of this disturbance, and place a tablespoon of calcium ascorbate on the energy layer or layers. Then take the calcium ascorbate and place it in a jar, sealing it tightly. Now bury the jar in the garden outside the house and in line with the underground watercourse. The theory behind this is that Vitamin C has been scientifically proven to be sensitive to energy transfer, as it is involved in the electron transfer of the cell. This may sound pretty complicated, but following your intuition will guide you in the right direction. Even if you are unsure, these powerful energy techniques will greatly assist you in clearing negative energies and feeling much better in your home. As a general rule, get a diviner to come to the property prior to purchasing, so you know what you may be in for! 🌐

Seven Native American Truths

We may not always have control over what happens to us, but we always have a choice over what happens inside us. These clear and simple truths illuminate the values underlying the Cherokee vision of the Full Circle, and they can help us begin living our lives in more connected, healed, and whole ways.



I have heard of dowsing, but am not very familiar with the technique. Can you tell me more?
Paul J.

Pendulum dowsing is a method of testing that has been used for centuries to access knowledge or information through the universal mind.

It can be considered a divination tool that if used wisely will allow access to information that is beyond the rational mind.

The scientific theory is that dowsing works with the tiny magnetic crystals in the brain, (magnetite crystals, also found in dolphins and whales) and a connection to the pineal gland, which receives Light from Source. The pineal gland also influences the electromagnetic field and the hence the nervous system.

Dowsing can be used for anything, and is usually only limited by our belief systems. We can dowse for food intolerances, supplement deficiencies, to find ley lines or geopathic stress lines, and so on.

In order to dowse, you need a pendulum. A pendulum is any small weighted object suspended on the end of a string or chain by the finger and thumb. Pendulums can be made from various materials including wood, glass, metal or quartz.

If you want to try this now, and you don't have a pendulum, make one with a ring and some thread. Put the string through the ring so it hangs down at a length of five to six inches.

Hold the string between the thumb and forefingers, with the fingers pointing down. The heavier the object, the longer the string.

You now need to determine a "search," a "yes" and a "no" position or response of your pendulum. The "search" response indicates that the pendulum is ready to be used and for most people this is indicated by a stationary position. A "yes" response

usually has the pendulum swinging in a vertical or clockwise direction and the pendulum swinging in a horizontal or counter clockwise direction indicates a "no" response.

If you are using a pendulum for the first time, the easiest way to define your test positions is to program this information into your pendulum. Keeping the pendulum in a stationary position let it know "this is my search position, I am ready to use the pendulum." Now swing it in a vertical manner or in a clockwise direction and say "this is my yes position."

Next, swing the pendulum in a horizontal manner or in a counter clockwise direction and say "this is my no position."

Practice this a few times until the pendulum is swinging in a vertical or clockwise direction for "yes" and horizontally or counter clockwise for "no" and remaining motionless for the "search" position.

Now hold the pendulum in the search position and say "show me my yes" and "show me my no." It should move vertically or clockwise for "yes" and horizontally or counter clockwise for "no" respectively. If it does not happen at first, keep trying.

When using dowsing rods, which are bent at right angles to one another, hold the rods out in front, with the horizontal arm of the rod parallel to the ground.

The rods will move in one direction for a "yes" answer, and in another direction for a "no" answer, and will generally be unique to each person, so play around for a while to get the best response. Questions can only be of a "yes" or "no" nature.

Please remember to only ask questions that are for your own higher good and of the highest integrity. ☯

1. We are our own best experts.

No one knows us better than us. Nobody but us has seen with our eyes the things we've seen, and most importantly, no one but us has experienced our lives in quite the same way that we have. What others do know of us, they know only through what they see and what we tell them. It is our choice whether or not to invite others to see with our eyes or walk in our shoes; it is their choice whether or not to do so.

2. We are our own worst enemies.

No one does a better job of deceiving us or treating ourselves badly than we do. No one can do a better job of finding ways to ignore our innermost thoughts and fears than we can. Certainly, other people may try to make us feel badly, or want us to be different than we are; however, their success depends on our willingness to let them succeed in doing so. Our success in doing ourselves wrong depends solely on intention.

3. The worst thing about having many choices is having to choose.

No one can say for sure who is truly worse off: the one who is forced to do something and wishes she or he could do something entirely different, or the one who freely chooses to do something and later regrets it.

4. Imagination is the one true measure of freedom.

It's not a matter of what you can or cannot do, but what you think you can or cannot do that matters. Inevitably, the rest will follow in time. Being open to experience or the possibilities of every situation reflects the inner strength of one who has established harmony within oneself.

5. Wisdom is having more questions than answers.

The one who has found all the answers to his or her questions has run out of questions. The one who has run out of questions has run out of learning. A person who ceases to learn has also ceased to experience. And a person who has run out of experience cannot be wise.

6. Search long and hard enough for something and you'll surely find it.

Sometimes we look for something when there is nothing. However, if we keep looking for it to be there, almost miraculously it will be – this is especially true of limitations. Moreover, the harder we look for a certain quality of limitation, the more likely it is to appear before our very eyes. At the same time, if you look too hard for something you might miss it altogether.

7. Sometimes we try so hard to be what we're not that we may forget who we are.

Our nature provides us with opportunities for becoming something much greater than ourselves. However, if a circle tries to bend by ignoring its center, it's no longer a circle. ☯

Adapted from *The Cherokee Full Circle*, by J.T. Garrett and Michael Tlanusta Garrett (Inner Traditions, 2002)

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Sentient Beings Are Numberless; I Vow To Save Them

This is the first of the four Great Vows, a set of paradoxes that embody the spirit of Mahayana Buddhism, the school of Buddhism whose traditional home is Tibet, China, Vietnam, Korea, and Japan.

For Buddhists concerned about environmental decline, the first Great Vow is taking on a sadder and sadder resonance. Tens of thousands of species are going extinct every year as a result of human activities. We are living at a unique moment in the history of our species. From a Buddhist perspective, you could say that the single greatest issue of our times is: how shall we interpret the first Great Vow?

THE FOUR GREAT VOWS

- Sentient beings are numberless;
I vow to save them.
- Desires are inexhaustible;
I vow to put an end to them.
- The Dharmas* are boundless;
I vow to master them.
- The Buddha Way is unattainable;
I vow to attain it.

*Buddhist teachings

MORNING PRAYER

I invoke Spirit into my presence now.

I call upon my healing angel and all those divine Beings of Light who are connected to me and who work with me and through me.

I thank you for protecting me in my sleep.

I give thanks for your support and for heeding my call.

Today, I ask all of You to divinely assist me, protect me and guide me and to manifest only that which is in accordance with the highest will of my soul and my divine blueprint.

I call upon Saint Germaine, Beloved Saint Germaine, I ask that you manifest your violet, silver and gold flame in me.

I ask that these flames dissolve all conscious and unconscious negatives in me.

I ask that this violet, silver and gold flame manifest around me and that it protect me on all levels and through all dimensions against all negatively projected against me, consciously or unconsciously, from any incarnate or disincarnate being.

I ask my soul, my higher self and my mastered self to step into my being to guide my words, my thoughts and my actions and to assist me to be receptive, to be open and to be willing to receive all communication coming my way from spirit, and that I may also be receptive to respond to all messages from spirit that require me to be of service to others in which ever way their souls require it. May all this manifest under Grace in perfect and miraculous and harmonious ways and in accordance with the highest will of all souls concerned.

I give thanks to Spirit, to my healing angel and all the magnificent Beings of Light who consent to walk with me today and I give thanks for all the blessings I shall receive and for all my prayers being answered.

SO BE IT

(Give thanks throughout the day for EVERYTHING and see how your life changes)

EVENING PRAYER

I give thanks for all the many blessings I have received this day.

I give thanks for the experience I have had whether it be perceived as positive or negative.

I give thanks for the opportunity to learn more about myself and more about life, and I ask that I be divinely protected, supported and guided in my sleep.

I ask that if it is in accordance with the divine will of my soul, that if I am needed by Spirit to serve in any way whatsoever in my light body, that my permission is granted. I also ask that in my sleep state I be taken to the highest levels of wisdom, truth and love, and that I receive instruction and guidance from those of the Highest Orders of Light and the Grand Masters of Light.

SO BE IT

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