



FOOD, HEALTH & MEDICINE

“Global Boycott From Your Own Backyard”

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HOW I GOT HERE

- NURSING, MEDICINE
- BIOCHEMISTRY – CO FACTORS
- PHARMACEUTICAL PUPPETS
- GENERAL PRACTICE
 - COMPLEMENTARY/INTEGRATIVE/FUNCTIONAL/BIOLOGICAL
- PRACTICE FOCUS - pt in context
- NUTRITION/ACNEM. MIND/BODY
- PATIENT DEMOGRAPHIC
- PASSION FOR FOOD
 - WHERE IT COMES FROM
 - HOW IT IMPACTS HEALTH

“The doctor of the future will no longer treat the human frame with drugs but rather will cure and prevent disease with nutrition”

-Thomas Edison

WHANAU

WHAT YOUR CHILDREN EAT
IS ALL ABOUT WHAT YOU
EAT!

CHANGE STARTS AT HOME!



WHAT I'VE FIGURED OUT

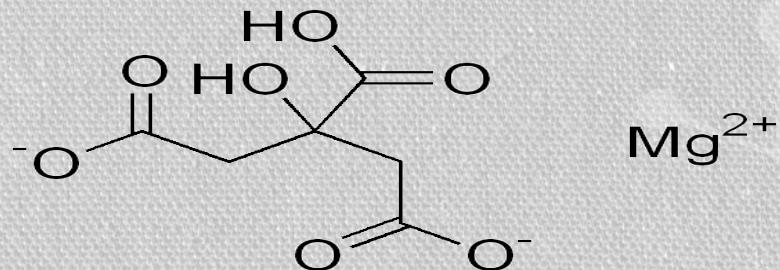
- WHERE WE SIT AND WHAT GOES IN DETERMINES WELLBEING
- ALWAYS EXCEPTIONS TO THE RULE - “OLD FRED SYNDROME”
- RISE IN BMI, CHRONIC DISEASE (HTN IHD, DM), CANCER
 - CORRELATES WITH DIET & LIFESTYLE CHANGES
 - WHICH CORRELATES WITH CHANGES IN FOOD SYSTEMS
- NOT ROCKET SCIENCE!! WE’RE GETTING BIGGER & SICKER!!
- THE SOLUTION IS NOT PHARMACEUTICAL
- IT IS RETURNING TO WHAT WE’RE DESIGNED FOR

BIOCHEMICAL HEALTH

- ORGANIC FOOD MORE NUTRIENT DENSE
- LOCAL, SEASONAL FOOD
 - RIPE = higher mineral/antioxidant/polyphenol levels
 - LOCAL = smaller carbon footprint
 - SMALLER SCALE = greater biodiversity
- OWN GARDEN
 - SOIL MICROBIOTA, GARDEN TO TABLE
 - PSYCHOSPIRITUAL WELL BEING
 - CONTROL ENVIRONMENT – SPRAYS, SOIL COMPONENTS, ETC
- LARGE SCALE INDUSTRIALISED AGRICULTURE
 - NUTRIENT DEFICIENCIES
 - TOXIC SPRAYS & GM
 - PLANETARY DESTRUCTION

MAGNESIUM AS AN EXAMPLE

- ESSENTIAL MINERAL
 - 2ND MOST ABUNDANT MINERAL IN THE BODY, 70% IN BONES
 - ROLES – MUSC, ATP, VIT D, SEROTONIN/MELATONIN, ETC
- NATURAL RATIO WITH CALCIUM 3:2
- IF Ca²⁺ EXCESSIVE Mg SWAMPED eg dairy 16:1
- CALCIUM PHOSPHATE(SUPER PHOSPHATE) FERTILISERS
- SOIL ACIDITY INCREASED - LESSENS PLANT Mg UPTAKE
- Mg DEFICIENCY AT BEGINNING OF FOOD CHAIN



GARDEN TO TABLE

Oh the

satisfaction!



CONSUMPTION, PLEASURE and POLITICS

- Sassatelli R, Daviolo F (2010). Consumption, Pleasure and Politics
Slow Food and the politico-aesthetic problematization of food,
Journal of Consumer Culture 10(2): 202-232
- ITALIAN PAPER
 - SLOW FOOD MOVEMENT & SIMILAR
 - HOW THEY INFLUENCE THE POLITICAL INVESTMENT OF THE CONSUMER
 - SCOPE OF ALTERNATIVE FOOD NETWORKS
 - MORAL BOUNDARIES OF THE MARKET

THE INFORMED CONSUMER

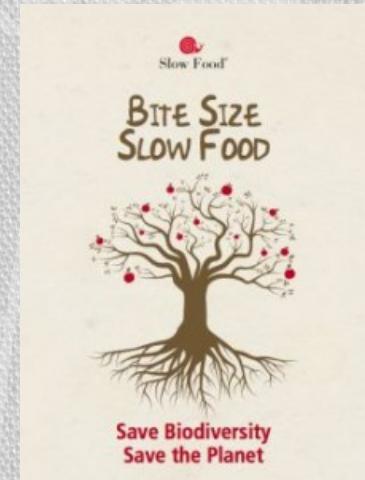
- “...the consumer is an important, indeed major, agent for change.”

Sassatelli & Davolio

- PAPER REFERS TO “the intelligent consumer”
- I PREFER “Informed”
- HOW DO WE INFORM?
 - THE INFORMED MUST ACT
 - INFLUENCE LEGISLATION (Food Councils)
 - EDUCATE
- WE HAVE TO BE ON A MISSION
 - CONGRATULATIONS TO EVERY PERSON HERE FOR BEING ON THAT MISSION!

SLOW FOOD

- MOVEMENT BEGAN ITALY LATE 80's
- FIRST GLOBAL PUSH BACK
- INITIALLY TO SAFEGUARD TRADITION & TASTE
- EVOLVED TO INCLUDE;
NATURAL, LOCAL, TRADITIONAL, SUSTAINABLE & FAIR
- SLOW FOOD PROJECTS;
ARK OF TASTE, SLOW FOOD PRESIDIA, EARTH MARKETS,
SLOW FOOD GARDENS, TERRA MADRE
- NOW A GLOBAL MOVEMENT



“we need to turn to small, artisan food production, to refuse poisonous preservatives and pesticides and to enjoy unpolluted, un-brutalized nature”

Sardo (a founding member of SF) 1989

Terra Madre (2004)

- “...represented an important epiphany for Slow Food eco-engagement.”

Sassatelli & Davolio

- NETWORK OF FOOD COMMUNITIES
- FARMERS, FISHERS, HERDERS, ARTISANS, CHEFS, YOUTHS, ACTIVISTS, RESEARCHERS....all of us!
- PROMOTE NEW FOOD CULTURE BASED ON
 - SAVING BIODIVERSITY
 - PROTECTING THE ENVIRONMENT
 - RESPECTING LOCAL CULTURES AND TRADITIONS

MY ANAGRAM

- **S** = SEASONAL, SUSTAINABLE, SENSIBLE, SHORTENING
(OF THE FOOD CHAIN)
- **L** = LOCAL, LOGICAL
- **O** = ORGANIC (inherent), OBVIOUS
- **W** = WHOLE, “WISDOMATIC”

PARADIGM SHIFT

- “ ..an environmentalist who is not a gastronome is a sad case..today a gastronome who is not also an environmentalist is an idiot..”

Petrini 2005

- “FORKS OVER KNIVES” (Doco Netflix)
 - Dr. T. Colin Campbell and Dr. Caldwell Esselstyn
 - REVERSING DISEASE BY ADOPTING A WHOLEFOOD PLANT BASED DIET
 - NEW BRANCH OF MEDICINE – Dr Matt Letterman
- “PASTURE TO PLATE” (see youtube ref)
 - SUSTAINABLE, ETHICAL AGRICULTURE
 - TRANSPARENCY AROUND HOW THE MEAT ENDS UP ON YOUR PLATE

*“He that takes medicine and neglects his diet,
wastes the time of his doctor”*

- Ancient Chinese Proverb

Thankyou!

REFERENCES

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- <https://youtu.be/FOrMlIDYXs4>
- <http://www.slowfood.com>
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- Sassatelli R, Daviolo F (2010). Consumption, Pleasure and Politics Slow Food and the politico-aesthetic problematization of food, *Journal of Consumer Culture* 10(2): 202-232