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Is Your Honey Real? and Other Food News - November 8, 2011

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## ***Real Food Houston Newsletter - November 8, 2011***

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The latest posts from [Real Food Houston](#) . . .

### [So You Think You're Eating Honey](#)

If you're eating local, farmers market, or health food store honey, you may actually be eating honey, but, if you're eating supermarket honey or McDonald's packet honey, it may not be real honey. Honey, especially honey imported from China, is often ... [Continue reading →](#)

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### [Michael Schmidt Meets With Ontario Premier, Ends Hunger Strike!](#)

Michael Schmidt has ended his hunger strike in its 37th day. He met with

Dalton McGuinty, Ontario premier, today. Since the government declares it will not change its position on raw milk, it will be interesting to hear Michael Schmidt's reaction ... [Continue reading →](#)

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### [Study Shows Low Cholesterol in Women Is Associated With Higher Death Rate](#)

A Norwegian University study questions the 'common knowledge' that total cholesterol is a strong risk factor for heart disease. The aim of the study was to determine the "strength and validity of total serum cholesterol as a risk factor for mortality as defined by current CVD (cardiovascular ... [Continue reading →](#)

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### [Could You Give Up Sugar?](#)

October 30, 2011, is the first annual Sugar Addiction Awareness Day, appropriately, since the next day is Halloween when most American children are allowed and even encouraged to stuff themselves with candy. Sugar addiction is real, and wide-spread, and, according to ... [Continue reading →](#)

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**Real Food News and Food Issues, presented by topic . . .**

## ***Sustainable Farming***

Chipotle Mexican restaurant has produced a very entertaining video about sustainable farming. Enjoy! Go to [YouTube](#).

## ***Raw Milk and Food Rights***

### **Video of Raw Milk Freedom Ride**

[YouTube video](#) of November 1 ride and rally.

### **FDA Urged to Stand Firm Against Raw Milk**

In response to the November 1 Raw Milk Freedom Ride demonstration at FDA headquarters in Silver Spring, MD, the National Milk Producers Federation (NMPF) is speaking out against raw milk. As usual, they pull out all the old emotional (and false) buzz words—safety, “science-based” research, and concern about children. The real motive behind pasteurization and homogenization is the profit. [See my previous post on [Follow the Profit](#).] Also see my previous post about [the safety of drinking raw milk](#). [More from DairyHerd.com . . .](#)

### **FDA Clarifies Its Stand on Intrastate Sales of Raw Milk**

“However, in light of concerns that have been raised about potential FDA actions, we want to remind the public that FDA does not regulate the intrastate sale or distribution of raw milk. Whether to permit the sale and distribution of raw milk within a state is for the state to decide.” “With respect to the interstate sale and distribution of raw milk, the FDA has never taken, nor does it intend to take, enforcement action against an individual who purchased and transported raw milk across state lines solely for his or her own personal consumption.”

The announcement was made and dated Nov 1, 2011. Could it have been influenced by the Raw Milk Freedom Riders? [More from the FDA . . .](#)  
David Gumpert has an excellent [review](#) of the FDA's announcement on [The Complete Patient](#).

### **Wisconsin Stalls Raw Milk Bill**

A Wisconsin Senate committee has been stalling a raw milk bill since May 26 and has no plans to have a public hearing. A Wisconsin raw milk bill was passed by both houses last year but was vetoed by then Governor Jim Doyle. [More from Food Safety News . . .](#)

### **Ireland Moves to Ban Raw Milk Sales**

Ireland plans to ban raw milk sales by the end of 2011, even though a surge in raw milk sales has not caused any increase in food borne illness. Sarah Pope, the *Healthy Home Economist* says “Clearly marketing control of the grassbased dairy produced in Ireland is a moneymaking opportunity with far too much profit “potential for Big Dairy to pass up. Using the government to secure corporate control of the market by banning raw milk sales under the guise of improving public health is the crucial first step.” [More from the Healthy Home Economist . . .](#)

### ***Genetically Engineered Foods (GMOs)***

#### **Lawsuit Filed to Stop GE Crops on Wildlife Refuges**

Environmental groups filed a lawsuit on November 2, 2011, “against the U.S. Fish & Wildlife Service to end cultivation of genetically engineered (GE) crops on fifty-four national wildlife refuges across the Midwest.” The suit “charges

that the Fish & Wildlife Service unlawfully entered into cooperative farming agreements and approved planting of GE crops in eight Midwestern states (IL, IA, IN, MI, MN, MO, OH, and WI) without the environmental review required by the National Environmental Policy Act and in violation of the National Wildlife Refuge System Administration Act and FWS's own policy." The groups have filed four suits to date, two of which have "successfully challenged approval of GE plantings on two wildlife refuges in Delaware." The refuges had converted to using GE seed "because the agency claims GE seed is the only seed farmers can obtain." [More from the Center for Food Safety . . .](#)

### **U.S. Government Subsidizes Agribusiness by Aid Requirements**

The U.S. government subsidizes agribusiness and promotes GM crops by requiring that aid given to other countries be in the form of commodities, such as corn grown in Iowa or wheat grown in the Dakotas, rather than giving aid with money. Since most of these commodities are genetically engineered, some countries reject the aid. Among these countries' concerns is the extreme reduction in species diversity. For example, "75% of U.S. food comes from 12 plants." In contrast, "Africans . . . eat 2,000 [different types of] plants." "Industrial agriculture is making the genetic base of plants more vulnerable, because of the lack of genetic biodiversity." [More from azdailysun.com . . .](#)

### **Forbes Says GMOs Are All About Profit**

Forbes gets right to the point about why the U.S. government supports biotechnology. It's all about profit. Surprised? Forbes says food activists "seem stunningly oblivious [Are we really oblivious? I don't think so.] to the fact that America's economic interests are aligned with agribusiness at the hip." What does Forbes say the reason for this alignment is? Although Forbes admits the biotech industry has "at least partially" "hijacked the government," the main

reason is that “Big Ag is the only substantial trade surplus America has to counteract the massive trade imbalances in nearly every other trade category.” The article has a chart that graphically illustrates the trade balances. The Forbes’ article leaves the impression that it at least somewhat supports the view that it is okay to endanger the health of the people in the U.S. and the rest of the world with GE products in order to protect America’s economic interests and trade balances. [More from Forbes . . .](#)

## ***Saturated Fats And Cholesterol Are Good***

### **Statin Drugs Are Dangerous**

Tens of millions of American are taking statins. Statins “act by blocking the enzyme in your liver that is responsible for making cholesterol.” They cause many side effects including muscle problems, anemia, acidosis, sexual dysfunction, immune depression, pancreas or liver dysfunction, and cataracts. 99% of people taking statins do not need them. “If your physician is urging you to check your total cholesterol, then you should know that this test will tell you virtually nothing about your risk of heart disease, unless it is 330 or higher.” “If you take statins you must take CoQ10.” Statins deplete the body of CoQ10 which is essential for the heart to function properly. [More from Dr. Mercola on care2.com . . .](#)

### **Public Brainwashed About Heart Disease**

Many believe that the lower their cholesterol, the healthier they will be. Paul Rosch, president of The American Institute of Stress and Clinical Professor of Medicine and Psychiatry at New York Medical College, says “Nothing could be further from the truth.” The brainwashing has been spurred by “speculation, rather than solid scientific proof.” “Many doctors concur based on numerous

scientific studies, that there actually is no relationship between blood levels of cholesterol and the degree of atherosclerotic disease.” “Cholesterol provides more benefits to the heart and body than detriments.” [More from Dr. Holly Carling at cdapress.com . . .](#)

### **Health Guidelines Panelists Have Conflicts of Interest**

Significant conflict of interest has been found on three federal panels that are developing public health guidelines on hypertension, cholesterol, and obesity. Some panel members receive speakers’ fees from drug companies, others consult for pay, and others are doing research funded by the drug companies. The decline in federal financing of medical research has led researchers to rely more on drug companies for funding. “At least eight members of the obesity panel, seven on the cholesterol panel and five on the hypertension panel are taking money in various forms from companies that could profit from their recommendations. The money ranges from small travel reimbursements to more than \$400,000 for years of research.” [More from the New York Times . . .](#)

### **Autism Improved With Cholesterol**

A 3-year-old girl with autism has improved after taking a cherry-flavored cholesterol “yummy sauce.” Her total cholesterol level had been found to be a very low 105. She improved within days of taking the cholesterol “sauce” three times a day. She slept better and “locked eyes with her parents for the first time in her life.” [More from nj.com . . .](#)

### ***Food Safety***

### **Organic Foods From China May Not Be**

Foods imported from China labeled organic may not be organic. A Chinese news agency has reported that “such labels can be easily bought.” Are we careful enough about buying foods imported from China? [More from ChinaDaily.com . . .](#)

## ***Vaccines***

### **U.S. Center For Disease Control Falsifies Study Results**

"The nonprofit group [Coalition for Mercury-Free Drugs (CoMeD)] has obtained critical documents via a Freedom of Information Act (FOIA) request that exposes the US Center for Disease Control and Prevention's (CDC) role in deliberately lying about and manipulating a key Danish study that showed a clear link between vaccines containing mercury and autism." [More from Natural News . . .](#)

## ***Poor Nutrition Advice & Other Bad Food News***

### **How Manufacturers Plan to Avoid Transfats on Labels**

Here's how doughnut makers plan to get around using transfats: Caravan Ingredients have improved their Trancendim range of dicglycerides “to produce solid shortenings or frying oils that have zero trans fat, lower saturated fat than alternatives, and *no need for hydrogenation on ingredient lists.*” [emphasis mine] “Consumers . . . want to see a cleaner label. That's right, they've taken an already highly processed, unhealthy product--vegetable oil--and processed it lots more to “improve” it so that it's no longer necessary to list hydrogenized oil in the ingredients. All because consumers don't want to see hydrogenized on the label. “Food” manufacturers have long chosen to use hydrogenated solid shortenings because they are inexpensive (i.e., more company profit),



have a long shelf life (also more profit), and apparently don't alter the flavor very much. Caravan Ingredients "claims that the Trancendim diglyceride range provides the benefits [?] of hydrogenated fats, but in a healthier [?] form."

Trancendim is primarily intended for frying doughnuts. Does all this make you want another commercial doughnut?? [More from Foodnavigator-usa.com . . .](#)

### **"Seven Steps to a Longer Life"**

Readers are advised to "know and control cholesterol levels . . . High cholesterol can increase your risk for heart disease and stroke." The photo accompanying the story is of women exercising which certainly implies that women should follow their advice to lower their cholesterol; however, as we've seen in other studies, including the Norwegian University study, women have a *lower* mortality rate [yes, they live longer] if their cholesterol levels are high, and there is *no* association between high cholesterol and heart disease. Not all of the advice given here is bad, some tips are good—be active and eat a healthy diet (although, as usual, their healthy diet is poorly defined as eating fruits and vegetable--always in that order--reducing salt and fat intake). Most of the remaining tips—know and control blood pressure, maintain a healthy weight, manage diabetes—though good, wouldn't be necessary if the lifestyle were active and the diet were truly healthy. [More from Technorati . . .](#)

### **"Experts" Review Popular Diet Plans**

An panel of "experts" reviewed and rated several popular diet plans. Although the criteria for evaluating the diets are not listed, we can determine something about the rating system based on the comments given. The scale was 1 to 5 with 5 being highest. The reviewers rated highly those diets that were plant based, high in fruits and vegetables, emphasized whole grains and legumes, and were low in fats and sodium. For example, the reviewers rated at the

bottom—Paleo, raw food diet, and Atkins diet. Even the Vegan diet was rated higher than these three. Where are the most nutrient dense foods, such as meat, eggs, liver, raw milk? Apparently they are all at the bottom of the list.

[More from webmd.com . . .](#)

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