

From: Real Food Houston <newsletter@RealFoodHouston.com>
Sent: Saturday, October 27, 2012 9:03 AM
Subject: Great Way to Start the Day - Persimmon Kefir Smoothie - plus other food and health news



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Real Food Houston Newsletter

10-27-12: Welcome to our newsletter! Here are the latest posts from Real Food Houston and other food and health news from around the world.

The latest posts from Real Food Houston . . .

Persimmon Kefir Smoothie

Persimmons are in season here in Texas, and, can you believe it, I had never tried one before! One of my favorite backyard farmers at my local farmers market had some beautiful bright red-orange persimmons and encouraged me to take a few.

[\[continue reading...\]](#)



The USDA ban on raw almonds is a food freedom issue, not a food safety issue!

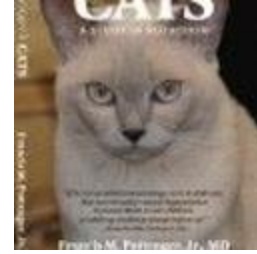
Whether or not you eat, or even like, almonds, you should care about the USDA's ban on raw almonds, because the the ban is most certainly a Food Freedom issue. U.S. organic almond growers are not free to sell their natural raw product and we, as consumers, cannot buy raw almonds grown in the U.S.

[\[continue reading...\]](#)



Pottenger's Cats – an early window on epigenetics

Dr. Francis M. Pottenger was a physician who conducted studies on cats during the 1930s and 1940s. His work was initially devoted to developing adrenal gland extract hormones to treat his sanatorium patients who had respiratory diseases such as tuberculosis, asthma, and allergies.



[continue reading...]

Partners in Paleo – a new restaurant in the Houston area

My husband and I just visited a new (only open two weeks) restaurant for lunch yesterday. The food was very tasty (I ate every bite of my lunch and sampled my husband's potatoes too), and, best of all we didn't even need to count it as our "junk meal" of the week (that's what we usually call our once a week eat out meal).



[continue reading...]

Spicy Gulf Shrimp

You should know by now that I really love recipes that are Real Food and quick and easy. This is one of my favorites-it's made with wild-caught Gulf shrimp cooked in a spicy flavorful sauce.



[continue reading...]

Do we take better care of CAFO pigs than we do people?

No, we certainly don't take better care of CAFO animals, including pigs, than we do people; however, sometimes it almost seems that way. Scientists at the University of Illinois have discovered that fermented soybean meal (FSBM) allows pigs to better digest the phosphorus in the meal.

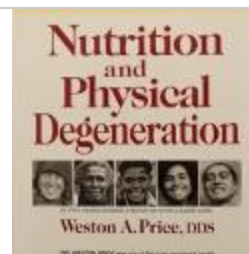


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Why I do what I do!

You all know that I'm a REAL FOOD blogger, and many of you also know that I'm a co-leader of the Houston-Galveston chapter of the Weston A. Price Foundation, but most of you don't know exactly WHY I'm doing this-what motivated me. I read a story on the Food Renegade blog that may help explain why.

[continue reading...]



Omelet with Goat Cheese and Bacon

You've probably learned by now that my favorite foods are REAL, healthy, nutritious, and, whenever possible, quick to fix. Here's another favorite-a two-egg omelet with goat cheese-which I usually eat as a quick lunch or supper since almost every day I have a kefir smoothie for breakfast.

[continue reading...]



Featured video . . .

GMOs, Let's Review

Watch this great two minute animated explanation by Jeff Bigman about the dangers of GMOs excerpted from the film Genetic Roulette--The Gamble of Our Lives (which is free online till the end of the month). Watch [Genetic Roulette](#) free through October 2012.

[continue reading...]



Other food and health news . . .

Local Houston Food News

Where Are We Drinking? Clue: Kickin' It - Houston - Restaurants and Dining - Eating Our Words

This popular Heights coffee shop serves more than just caffeine: Its breakfast tacos and fried egg croissants are excellent, and... [Local Houston made Kickin Kombucha is sold at local coffee shop.]



[continue reading...]

Top 10 Restaurants on Washington Avenue - Houston - Restaurants and Dining - Eating Our Words

Photo by Katharine Shilcutt After last week's Top 10 Restaurants in Rice Village kerfuffle, we've made extra-double sure that this week's list is wholly and completely intact. Now, that doesn't mean your favorite restaurant necessarily made the cut -- that's a whole other conversation for the comments section.



[continue reading...]

Weston A. Price Workshop at Great Oak School

Join us Saturday November 3rd, 9 - 11am as we welcome Carolyn and Brice Biggerstaff, co-leaders of the Houston-Galveston chapter of the Weston A. Price Foundation, a nonprofit charity founded in 1999 to promote education about health and nutrition based on the research of nutrition pioneer Dr. Weston A. Price. [To sign up to attend, go to [Houston Real Food Nutrition.](#)]



[continue reading...]

Raw Milk

Why Would the FDA Make an Academic Article About Potential Benefits of Raw Milk Go Away?; Profile on Food Rights Advocacy

Today's subject of discussion: academic freedom.

Enough with the groans, everyone. I know it's not the sexiest topic when it comes to food issues, but you may change your attitude when you hear the story I'm about to tell you. [John Sheehan at the FDA got UC Davis to



remove a study favorable to raw milk and got caught doing it!]

[continue reading...]

Raw deal for raw milk?

BELLE FOURCHE - Raw milk producers Black Hills Milk of Belle Fourche were ordered to immediately discontinue raw milk sales by the South Dakota Department of Agriculture Tuesday after the pathogenic bacteria campylobacter was found in a milk sample. . . . “The fact that it took so long to culture it tells me that the load (of bacteria) was so low that it took three weeks to find it. We've been fighting this battle with these g...



[continue reading...]

Black Hills Milk back on shelves

BELLE FOURCHE - Black Hills Milk is back on the shelves after a nearly weeklong sales hiatus imposed by the South Dakota Department of Agriculture when a Sept. 25 milk sample tested positive for the pathogenic bacteria (infection causing) campylobacter.



[continue reading...]

Nutrition

Bunches of (Real Food) School Lunches " Real Food Freaks

Yes, I made the title rhyme on purpose. Like Fox in Sox. Don't read Dr. Seuss? Whatever. Here are some examples of lunches that I pack for my kids. Here's my general formula: 1. protein (I generally utilize leftovers) 2. fruits and veggies (whatever I have on hand) 3.



[continue reading...]

Are Dietitians Being "Bought Off" by Junk Food Companies?

Earlier this month at the annual convention of the Academy of Nutrition and Dietetics (AND, formerly the American Dietetic Association), more than 10,000 food and nutrition professionals gathered to learn about the latest in nutrition science and healthy food product trends. . . . With **Coca-Cola, PepsiCo, Hershey's and Mars among its sponsors**, can the AND be serious about addressing the nation's struggle with obesity and diet...



[continue reading...]

Why Whole Foods Are More Than The Sum of Their Parts

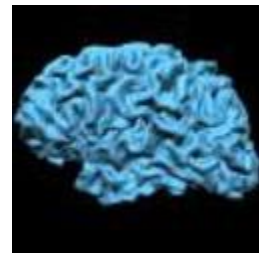
Why Whole Foods Are More Than The Sum of Their Parts. What makes an apple so good for us? Is it the vitamin C? Vitamin K or B6? Is it the soluble fiber or the insoluble fiber? Is it the potassium or the phytosterols?



[continue reading...]

Researchers suggest eating cooked food led to larger human brains | Medical Xpress

Cooking food causes it to break down in ways similar to digestion. Thus, animals that eat cooked food don't have to expend as much energy digesting it as do those that eat their meals raw.



[continue reading...]

GMOs - Our Right to Know What's In Our Food

Dow's 2,4-D-tolerant corn, soy traits get federal approval | Canadian Cattlemen

Canadian corn growers can expect to see Dow AgroSciences' new 2,4-D-tolerant corn system on the market next year following approvals for the trait last week. The company on Friday announced it had picked up approval from "Canadian regulatory authorities" for the trait in corn and soybeans that forms the basis of its new Enlist herbicide-tolerant cropping system. *[Canada caves to biotech company Dow, approves GMO corn resistant to Agent Orange related herbicide.]*

[continue reading...]

LA City Council Unanimously Endorses Yes on 37

For Immediate Release: October 24, 2012 Los Angeles -- As supporters rallied in front of Los Angeles City Hall today, the Los Angeles City Council unanimously passed a resolution supporting Proposition 37, the Right to Know ballot measure that would label genetically engineered foods in California.



[continue reading...]

Who is Michael Taylor, really? Monsanto, the FDA and a history of evil

(NaturalNews) "...[A]ll knowledgeable observers understand that technological advance and population aging are inexorable and costly and that sustained control of health care costs is possible only by denying some beneficial care to some people." Who wrote that? His name is Henry J. Aaron, and he wrote that in a Jan.



[continue reading...]

Scientist that discovered GMO health hazards immediately fired, team dismantled

(NaturalNews) Though it barely received any media attention at the time, a renowned British biochemist who back in 1998 exposed the shocking truth about how genetically-modified organisms (GMOs) cause organ damage, reproductive failure, digestive dysfunction, impaired immunity, and cancer, among many other conditions, was immediately fired from his job, and the team of researchers who assisted him dismissed from their post within 24 hours from the time when the findings went public.



[continue reading...]

Dr. Oz endorses GMO labeling, interviews Jeffrey Smith about health dangers

(NaturalNews) During a recent segment he hosted on genetically-modified organisms (GMOs), Dr. Mehmet Oz, whose duplicitous positions on vaccine safety have called into question his legitimacy, actually expressed support for mandatory GMO labeling.



[continue reading...]

Side effects of GMOs - Ask your doctor if **CANCER** is right for you

(NaturalNews) If I sprayed your salad with some "RAID" roach killer right now, just a little bit right on the lettuce and maybe a little more on the tomatoes, would you still eat it all, and just assume your body will simply filter out those "small amounts" of toxins?



[continue reading...]

California's Prop 37 on GM labelling could make food safer for us all

What is food to one, is to others bitter poison. - Lucretius, Roman poet (95-55BC) If California were a country, with its population approaching 40 million, it would be among the 30 most populous nations on Earth. The economic, political and cultural impacts of California on the rest of the United States are huge.



[continue reading...]

Natural News announces lifetime boycott of chemical pesticide companies opposing GMO labeling (Prop 37)

(NaturalNews) What do Monsanto, BASF, Bayer, Dow, DuPont and Syngenta all have in common? They are all manufacturers of poison who are funneling millions of dollars into the campaign to try to defeat Proposition 37 in California (the GMO labeling bill).



[Boycotts do work, if enough people do it because it's always about the money/profit. If the companies can't sell their product, they quit making it.]

[continue reading...]

Buying the Vote on G.M.O.'s

Supporters of ingredients derived from "genetically modified foods," which hereafter I'll call G.M.O.'s - genetically modified organisms - are mostly the chemical companies who make them or other people who make money from them. They assert that a) there's no proof that G.M.O.'s are harmful to humans, and b) studies demonstrating that they might be are largely flawed [1].

[continue reading...]

Indian farmers protest Monsanto GM corn field trial in Haryana

Monsanto, the American multinational seed giant, has been running open field trials of its herbicide tolerant GM corn variety in the Regional Research station of Choudhary Charan Singh Haryana Agricultural University (CCHAU) at Kurukshetra. Since the field trials on GM food crops like GM corn started in the public sector research stations, public opposition has grown. *[How come the U.S. just rolls over for Monsanto?]*



[continue reading...]

Monsanto: GMOs undermine human survival : The Canadian National Newspaper

There are several areas of human endeavour where profit should not be a factor. At least not profit on a corporate scale. The most obvious of these is health care where no business should be making extraordinary amounts of money off the misery and infirmities of the people.



[continue reading...]

Pesticides/Herbicides/Insecticides, i.e., poisons

Pesticide Threat Looms Large Over Farmworker Families

No matter how good your next meal tastes, it's likely it made society ill. A new analysis by the Pesticide Action Network North America (PAN) draws a disturbing connection between pesticides in our food system and serious health problems among women and children.



[continue reading...]

In Utero Pesticide Exposure and Leukemia in Brazilian Children < 2 Years of Age | EHP

Study Conclusions: These results support the hypothesis that pesticide exposure during pregnancy may be involved in the etiology of acute leukemia in children younger than age 2 years.

[continue reading...]

Atrazine Exposure May Be Tied to Potentially Fatal Birth Defects, Research Suggests

According to Med Page Today, researchers have discovered that exposure to a common weed killer, atrazine, during pregnancy may increase the risk of a child being born with the uncommon nasal birth defects choanal atresia or stenosis. . . . [continue reading...]

Syngenta Pays \$105 Million to Settle Herbicide [Atrazine] Claims

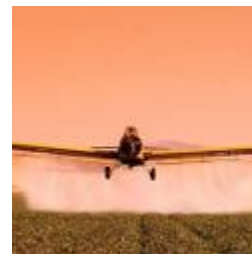
BENTON, Ill. (CN) - Syngenta will pay \$105 million to settle a class action that claimed its atrazine herbicide polluted water supplies. The settlement ends nearly 8 years of litigation. It covers the City of Greenville and several other Midwestern water providers' 2010 federal lawsuit, and similar claims filed in Madison County Court in 2004.



[continue reading...]

Nasty and crazy effects of pesticides -- Sott.net

"Unfortunately, pesticides attack your body on several fronts." When asked by a skeptical friend why you buy organic, do you find yourself tongue-tied? Was it obesity? Or thyroid problems? Why should you buy organic? There are numerous reasons to skip the mainstream supermarket food and shop at an organic grocer, but just one of those reasons revolves around the effects of pesticides.



[continue reading...]

Study proves pesticide exposure linked to bumblebee colony failures | The Raw Story

Chronic exposure to pesticides has a bigger knock-on effect on bees than conventional probes suggest, according to a new study on Sunday touching on the mysterious collapse of bee colonies. Biologists at the University of London carried out an exceptional field study into bumblebees exposed to two commonly used agricultural insecticides.



[continue reading...]

Food Freedom

Indiana farmer taking Monsanto to Supreme Court

Washington - Vernon Hugh Bowman, a 74-year-old soybean farmer, will have his day in court against Monsanto in the US Supreme Court next year. Bowman was originally sued by Monsanto Co for alleged patent infringement for the use of a genetically modified soybean crop.



[continue reading...]

Sustainable Farming

Will We Let Industrial Farming Interests Set Us Up for Long Run Mass Starvation? | The Alliance for Natural Health USA

October 23, 2012 Allowing only one color of pig (or cow, corn, wheat, tomato, etc.) is a very bad idea. You can help. Action alert! As we reported in April, Michigan's Department of Natural Resources (DNR) issued an Invasive Species Order, or ISO, that was supposed to "help stop the spread of feral swine and the disease risk they pose," not to mention their "potential for extensive agricultural and ecosystem damage."



[continue reading...]

Health

Research: Curcumin Is A Triple Negative Breast Cancer Killer

Research: Curcumin Is A Triple Negative Breast Cancer Killer. A new Chinese study indicates that curcumin is capable of killing triple negative breast cancer, the most treatment resistant and prognosis poor form of the disease.



[continue reading...]

Ginger's Many Evidence-Based Health Benefits Revealed

Not only is ginger a culinary marvel, its health benefits are stunning. It has been shown to be more effective against staph infections than antibiotics-and without the adverse effects. Ginger's culinary qualities are a delight, but its health benefits are simply stunning. It has been shown to be more effective against bacterial staph infections than antibiotics.

[continue reading...]



Many terminal cancer patients put false hope in chemo, study finds | Medical Xpress

Oct 24, Cancer Doctors must improve their message, researchers say. (HealthDay)-*Many people with incurable cancer mistakenly believe chemotherapy may save them, a new study finds.* Researchers at Dana-Farber Cancer Institute in Boston found that more than 80 percent of people with advanced colon cancer and nearly 70 percent with advanced lung cancer thought chemo could cure their disease. *[emphasis added]*

[continue reading...]



Photo courtesy: Bill Emerson, U.S. National Cancer Institute

Protect Yourself from Radiation with Flaxseeds

Protect Yourself from Radiation with Flaxseeds. We are bombarded every day by harmful radiation from medical tests like X-rays and CT scans, radon gas and radiation from space. And there is always worry about fallout from disasters like the meltdown at the Fukushima nuclear power plant in Japan.

[continue reading...]



Artificial Sweeteners Found More Weight-Promoting Than Sugar

Artificial Sweeteners Found Worse Than Sugar For Weight Gain. A new study published this month in the journal *Appetite* revealed that when rats were given the synthetic sweeteners saccharin and aspartame, compared to sucrose (table sugar), they gained more weight even at similar total caloric intake levels

[continue reading...]



Triclosan (Endocrine Disrupter)

Victory! Johnson & Johnson is phasing out triclosan from its line of consumer products, thanks to consumer pressure. . . . Triclosan is an antimicrobial pesticide used in thousands of products you use regularly like, toothpaste, hand soap, face wash, body lotion, and cosmetics.



[continue reading...]

Organic

Academy of Pediatrics Says Organic Food Not Better for Kids

The American Academy of Pediatrics (AAP) has officially weighed in on feeding children an organic diet just in time for the vote on Prop 37, California's GMO labeling initiative. According to AAP, "there is currently no direct evidence that consuming an organic diet leads to improved health or lower risk of disease." *[Eating more poison is not harmful?]*



[continue reading...]

Tamiflu doesn't offer relief promised, study finds | Medical Xpress

09:40, Medications For the nearly 62 million Americans infected with influenza each year, oseltamivir, commonly called Tamiflu, promises to offer relief. New research from the University of Georgia finds the medication may not have all of the benefits flu sufferers and doctors are hoping for.

[continue reading...]

Smoking takes 10 years off life expectancy in Japan, not 4 as previously thought, experts warn | Medical Xpress

02:52, Addiction Smoking reduces life expectancy by ten years in Japan, but much of the risk can be avoided by giving up smoking, a paper published on bmj.com today shows. Previous studies in Japan suggested smoking reduced life expectancy by only a few years compared with about ten years in Britain and the USA.

[continue reading...]

Vaccinations

Vaccine antigen found in the brain tissues of deceased teens

Drs. Shaw and Tomljenovic [examined](#) samples taken from the brains of a deceased 19 and 14 year-old girl. They discovered the presence of HPV-16-L1 **[continue reading...]**



Italy Bans Novartis Flu Vaccines, Citing Side Effects

Italy and Switzerland halted sales of Novartis AG's (NOVN) flu vaccines after the company informed Italian authorities of a buildup of particles in the shots. Novartis said the products are safe.

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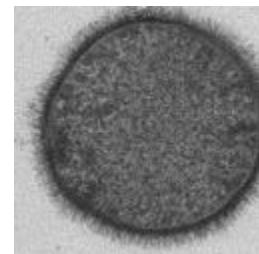
Vaccine Fails to Prevent Infections in Heart Surgery

SAN DIEGO -- A vaccine developed to prevent surgical wounds from infection with *Staphylococcus aureus* failed to provide benefit to patients, and may actually have increased mortality when compared with placebo, researchers said here. In the study, 201 of 3,958 patients who were inoculated with the S.

[continue reading...]

Bacterial spores could replace hypodermic needles for vaccinations

RESEARCH WATCH Taking the "ouch" out of injections is a worthy endeavor, but what if they could be avoided entirely? New research conducted at Royal Holloway, University of London offers the hope of achieving just this, by using a bacterium to deliver a vaccine which can be administered via nasal spray, oral liquid, capsule, or small soluble film placed under the tongue, thus reducing the risk of spreading infectious diseases like HIV. *[Would you breathe or swallow this to avoid a shot?]*



[continue reading...]

Flu vaccines ineffective in adults over 65, analyses asserts

October 26, 2012 A flurry of recent studies has shown that flu shots don't offer much protection against influenza in elderly people who have received the vaccine, a recent report suggests. *[Of course, the article goes on to say higher doses of vaccines are probably the answer!! They couldn't ever admit that vaccines are not as effective as the makers claim!]*

[continue reading...]

Environment

U.S. military dumped millions of pounds of mustard gas, explosives into the Gulf of Mexico

(NaturalNews) It's not something that has been sanctioned by the Defense Department for more than 40 years, but once upon a time, it appeared to be a routine practice: The disposal of U.S. arms at sea. Now, years later, the effects of this irresponsible practice are returning to haunt us.



[continue reading...]

Food Safety

Recall Notification Report 067-2012 | USDA Food Safety and Inspection Service

Recall Notification Report CLASS III RECALL FSIS-RC-067-2012 October 22, 2012 Congressional and Public Affairs (202) 720-9113 Adam Tarr WASHINGTON, Oct 22, 2012 - BEF Foods Inc., a Columbus, Ohio, corporation, is recalling approximately 1,768,600 pounds of Bob Evans Maple Links and Maple Patties because they are misbranded in that they contain monosodium glutamate (MSG), which is not declared on the label.

[continue reading...]

Real Food

Proscuitto Egg Cups " Real Food Freaks

5 minutes of prep time and your done. For real. 5 minutes! Here's what you need: Note: I made a dozen. Adjust according to how many you need. 12 eggs 6 slices proscuitto, cut in half oil to grease the muffin tin (I used olive oil in my Misto) salt and pepper Here's what you do: Preheat oven to 350 degrees.

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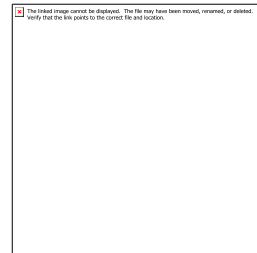


Fake Food

Kellogg's Krave - A new breed of cereal is unleashed.

When you want a tasty breakfast, NOTHING hits the spot like chocolate. *[Really? This one is so unreal, it's hard to believe it's not just a joke!]*

[continue reading...]



Whole Health Source: Food Reward Fridays

Each Friday, I'm going to post a picture of a modern food so ridiculous it makes you want to laugh and cry at the same time. I'm doing this for two reasons: To raise awareness about the unhealthy, fattening foods that are taking over global food culture. *[This unreal food is said to be promoted by Paula Deen. Do we know why she has diabetes? It's not the meat & egg!]*

[continue reading...]



Thanks for your interest in food freedom and local and worldwide food, nutrition, and health issues. Help us spread the word by sharing these posts and stories with your friends. You can also like **Real Food Houston** on [Facebook](#) and follow us on [Twitter](#), [@RealFoodHouston](#).

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