

Wally's Weekly News 6th MARCH 2010
Written by Wally Richards.

GARDENING AND HEALTH

On Sunday the 21st of February on the TV channel, Rialto, at 4pm was a film/documentary called Real View: Food Matters. The program was a discussion on the importance of Nutrition & Natural Therapies for the prevention and reversing of chronic illness.

The program was recorded and I watched it a couple of days later with great interest. The program presented numerous, logical aspects about our bodies and how our food chain can heal or create numerous diseases from occurring to us.

The ancient statement 'Let Food be thy Medicine and Medicine be thy Food' (Hippocrates c.460 BC- 377 BC an ancient Greek physician and is often known as 'the father of medicine'.) was used and backed up by informative commentators.

One of the statements made was that if 51% of our diet was natural (they used the word organic) and consumed raw then most if not all chronic illness would be prevented or reversed.

Now that is a very interesting point and we often see or hear many examples of this. For instance I heard that Japanese people living on a diet that is traditional in their country, have some of the lowest instances of chronic illness in the world. If these same people move to a western country and change to the western diet then various illness begin to transpire over time. If they then move back to Japan and resume their traditional diet the complaints normally disappear.

I can also relate to the aspect those 60 odd years ago, growing up in New Zealand we did not have the massive amount of chronic illness that we have today. We had a far better diet, most families grew their own vegetables and fruit and ran their own chickens for eggs and meat.

There was not the chemical fertilisers used on crops and farms as we have today and far less use of chemical controls for pests and diseases.

But over the last 60 years that has all changed and the amount of chemicals in our food chain has increased out of sight. So has the health problems.

The pharmaceutical industry has grown enormously and they make billions every year out of our suffering. They are always announcing possible cure breakthroughs which do not eventuate and the common thought is they only want to provide ongoing relief which creates a continuous cash flow.

What is the point of curing a condition, there is little money in it.

According to the program if we opted for a natural diet of highly nutritious vegetables and fruit then we would just about put the pharmaceutical companies out of business.

They also pointed out that the fruit and vegetables that are not grown in a organic manner have many chemical poisons and sadly lack in good nutrition, which compounds our health problems.

One of the presenters stated that our soils need 55 minerals and elements (I say 114) and that the 3 common elements in chemical fertilisers (NPK) are so inadequate, for growing healthy plants with good nutritional values. The better chemical fertilisers can have up to 16 elements but that is still far short of 55 or 114.

When we look at the chemicals in processed foods and add that to the list of chemicals

from agriculture it is no wonder that our health is on the decline.

Another interesting point that I came across recently is the high instance of dog attacks. It has been found in America that certain additives to dog foods causes aggression in dogs over a period of time. I researched this through the Internet and found; high protein levels in the dog food provide an over-abundance of amino acids, essentially crowding out the amino acid tryptophan.

Tryptophan is essential for serotonin production, which has a calming and stabilizing effect on canine behavior.

Other ingredients in dog food are suspected of causing aggressive behavior, but have not been extensively studied. Some experts suspect soy protein (a common dry pet food ingredient) containing plant estrogens may upset hormonal balances, thus causing hyperactivity and aggression. Some research has focused on the long-term effects of synthetic food colorants and preservatives on the physical and mental well-being of dogs. Feeding a high-quality dog food with few additives and natural preservatives alleviates some of these concerns.

So like the chemicals that effect children's behaviour, do we have the same happening to our dogs, changing our beloved docile dog into a killing machine? Very likely.

Back to us and our health; we know or are told that raw is best, even a moderate amount of heat in cooking kills enzymes and destroys nutritional values.

Juicing vegetables in a common juicer where the blades heat up, causes a loss of 40% or more of the goodness. The slow juicers that squeeze the juice out of your carrots will give you 100% of the goodness available.

Wheat grass grown with all the minerals and elements possible, added to the growing medium, then the grass squeezed through a manual juicer and drunk, will make a remarkable difference to your health.

Growing your own vegetables and fruit with all the minerals and elements added to the soil will provide you with the best medicine known to man.

There is a problem though, which is; the cell structure of plant leaves are some of the toughest cells on the planet and our jaws are not capable of breaking the cells open to obtain the maximum benefits.

Think of a cow in a paddock chewing its cud, it is getting the maximum out of the food. We can do that, instead we can use a high speed blender (up to 42,000 RPM) to smash open the cell structure.

The common low speed blenders which do about 2500 RPM are no where as good but far better than nothing.

In my last book, **Wallys Gardening and Health** I describe how anyone with a few buckets, some purchased compost and 3 mineral rich products, can simply grow a few leafy type vegetables and herbs with the highest possible nutritional values, then with the add of a high speed blender convert them to a liquid (Green Smoothie) which should assist with any health aspect as a preventive, or to reverse a condition.

Your body is a remarkable machine (to use a term) give it the means, and it will heal itself.

It is so simple and basic, so why don't we do it? I do and my doctor hates me.

If you have a green smoothie once or twice a day, eat naturally grown fruit raw, drink plenty of filtered water, do a bit of exercise and you will be a much healthier person.

It would not only save the country millions of dollars each year, it would save you a lot

of money and suffering too. You do not need a big garden just a few buckets or a raised garden or two.

It's a lot of fun and the rewards will assist in you having a long and healthy life.

Make your garden centre your new chemist!

Problems ring me at 0800 466464 (Palmerston North 3570606)