

Organics enlisted in the fight against Alzheimer's

Organic food production and processing, which prohibits the use of all synthetic nitrogenous compounds in horticulture, livestock feeds and cured meats, has gained further testimony to its health benefits with the recent release of research findings that link nitrate intake through foods to increased deaths from such diseases as diabetes mellitus, Alzheimer's disease and Parkinson's disease.

Nitrites and nitrates belong to a class of chemical compounds that have been found to be harmful to humans and animals, with more than 90 per cent of tested compounds declared carcinogenic in various organs.

Nitrogenous compounds are commonly added to non-organic processed foods such as bacon and cured meats, as well as some cheese products and beers, however in Australia are banned from use in organic equivalents. Nitrites and nitrates can also be found in water, as a result of chemical run-off from conventional farming.

Now a new study by researchers at Rhode Island Hospital has found a substantial link between increased levels of nitrates in our environment and food. The study found that immediately following the period between 1960 and 1980, when nitrogen-containing fertiliser use in the US doubled, there came an epidemic of insulin-resistant diseases. In Australia, nitrogen fertiliser use has also escalated and nitrogenous fertiliser consumption has more than tripled since 1985. The study was published in the *Journal of Alzheimer's Disease* (Volume 17:3 July 2009).

Behaviour a direct reflection of diet

A 20-year Australian study has revealed that children's behaviour is directly associated with diet.

The objective of the study, undertaken by University of Western Australia and Curtin University of Technology, WA, was to "investigate the associations between dietary patterns and mental health in early adolescence".

2900 pregnancies were recruited between 1989 to 1992 for basing the study. At 14 years of age, two dietary patterns were identified being the Western dietary pattern with "increased intakes of takeaway foods, confectionary and red meat", and a Healthy pattern identified by "higher intakes of leafy green vegetables and fresh fruit".

Improved behavioural results were considerably linked with higher intakes of leafy green vegetables and fresh fruit (components of the Healthy pattern). The report concludes the findings "implicate a Western dietary pattern in poorer behavioural outcomes for adolescents".



Discover How The Organics Industry Can Provide You With An Incredible Opportunity...

Now you can be part of this ethical and lucrative Billion Dollar industry. Featuring Miessence the World's First and complete range of Certified Organic Health & Body Care products, Cosmetics and NEW Baby Range, this opportunity sits at the leading edge of a global trend... the organics industry boom!

5 Reasons why this revolutionary opportunity is second to none!

- World's 1st Global Home-Business opportunity in Certified Organics puts you at the leading edge
- Create income from home in a truly rewarding, sustainable and eco-friendly way
- Explosive growth in Organics will have you riding on a real trend not a fad
- Debt-free Australian owned and operated company gives you peace of mind
- Totally flexible business can be tailored to you and your lifestyle with training and support provided

www.eco-friendly.biz
Independent Representative

"To achieve financial independence helping others and the planet through this world-first, cause-driven company... is a dream come true!"

Rob Moussalli,
Byron Bay NSW.



Certified by ACO to International "Food" Standards

This opportunity could be your answer and contribution to a healthier future... personally, ecologically and financially!

For a FREE Info Pack Call
1300 760 799