

Open Your Eyes to Real Food

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&
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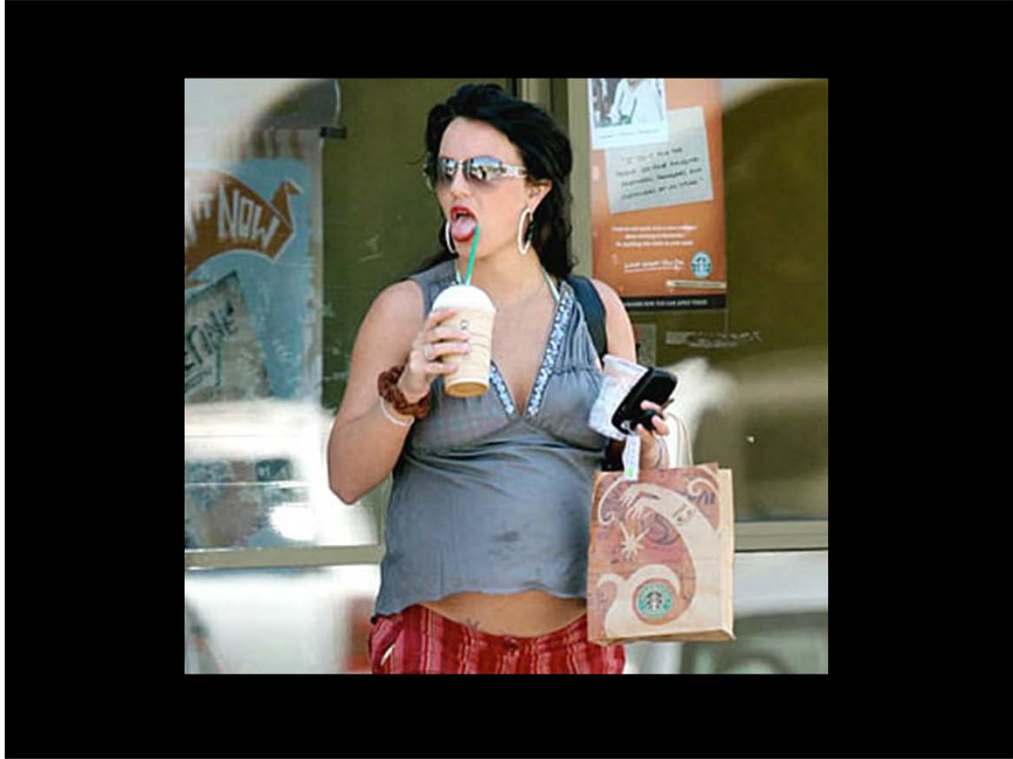


Anita grows gardeners and annette opens people's eyes about food and the value of real food

obesogenic
environment



We live in an obesogenic environment



Where it is easy to do what's not good for us and hard to do what is good for us



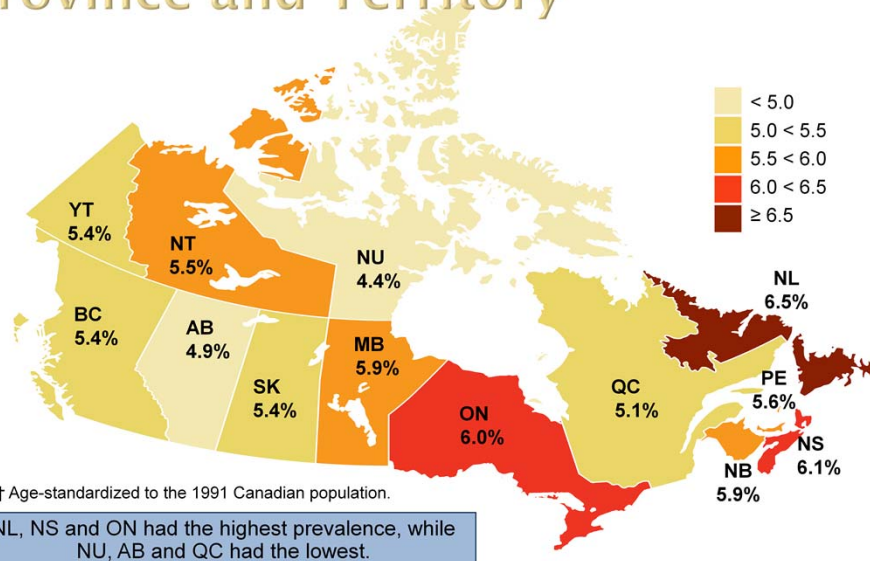
We have a flood of food like substances like no other time in history but all of our behaviours seem like we still in a world which has regular and seasonal food shortages. This old world rewarded people people with food so that whenever there was a special occasion food was involved. Whenever there was a holiday or festival food was involved and the result is that we have problems because we do not know how to live in a world with excess food. It's kind of like comparing the information age today to the middle ages. In those days there was not enough information, people didn't have books and most people were not educated. Today on the other hand, we have too much information and the coping strategy is to protect yourself from too much by using spam filters, refusing to answer your phone or signing onto information that you truly want. The result is that the information is manageable. What we need is really a spam filter of sorts to protect us from the abundance of the crappy food but allow us access to the good stuff. This is much like avoiding the commercials/ads but more often than not we don't actively work to protect ourselves. The result is a flood of diet related diseases. Obesity, high blood pressure, heart disease, stroke and various types of cancer. What are the chances that you are not going to get wet?

Cause of Death

Total odds of dying (any cause)	1 in 1
Heart Disease	1 in 5
Cancer	1 in 7
Stroke	1 in 23
MVA	1 in 100
Suicide	1 in 121
Falling down	1 in 246
Firearm	1 in 325
Fire or smoke	1 in 111



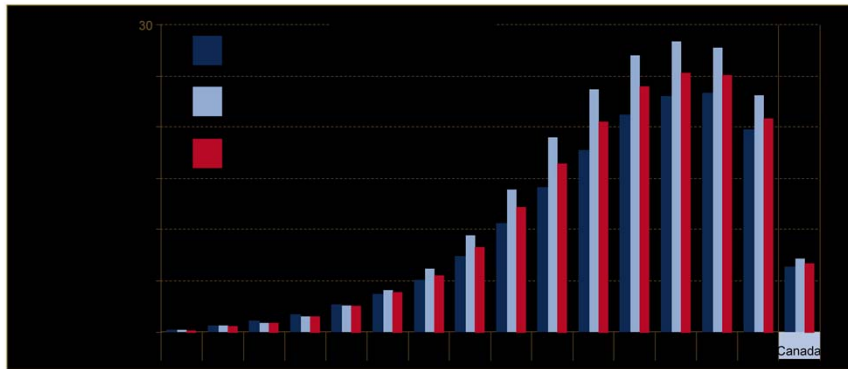
Diabetes in Canada: Prevalence by Province and Territory



Public Health Agency of Canada. *Diabetes in Canada: Facts and figures from a public health perspective*. Ottawa, 2011.

The incidence of diabetes is soaring

Diabetes in Canada: Prevalence of Diagnosed Diabetes by age and sex



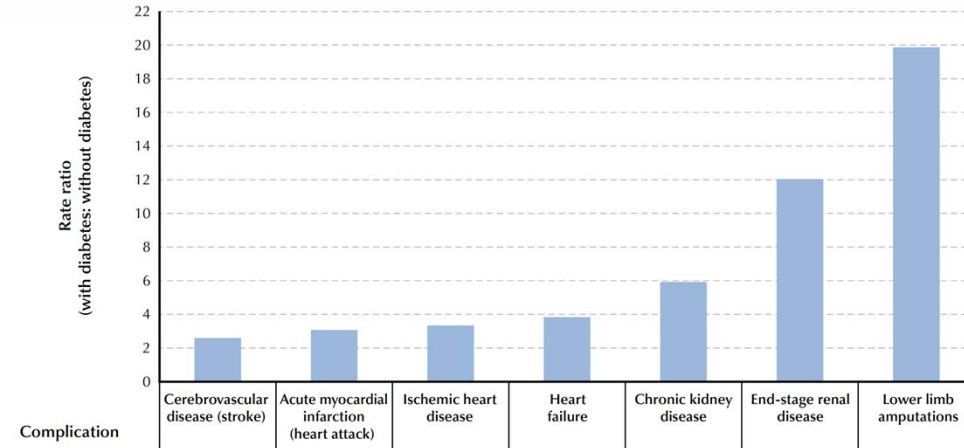
Prevalence increased with age. The sharpest increase occurred after age 40 years. The highest prevalence was in the 75-79 year age group.

Public Health Agency of Canada. *Diabetes in Canada: Facts and figures from a public health perspective*. Ottawa, 2011.

The older you get, the likelier you are to be diabetic but it doesn't have to be this way

Patients with DM are more likely to be hospitalized for many conditions

Figure 2-2. Prevalence rate ratios of complications among hospitalized individuals[†] aged 20 years and older, by diabetes status, Canada, 2008/09



[†] Rate ratios based on rates age-standardized to the 1991 Canadian population.

[‡] A person with diabetes hospitalized with more than one complication was counted once in each category, except for cases of acute myocardial infarction, where regardless of multiple counts in the acute myocardial infarction category, the individual was counted only once under the broader ischemic heart disease category.

Victor
59 years old
Type 2 Diabetes

Reorganize his history

He has EVERY complication of Diabetes
That is what we need to avoid

Macrovascular

TIA 2005

Stroke 2006

ACS 2001

Bypass 2001

MI 2003

MI 2004

PAD 2002

Ischemic Toes Amputation 2004

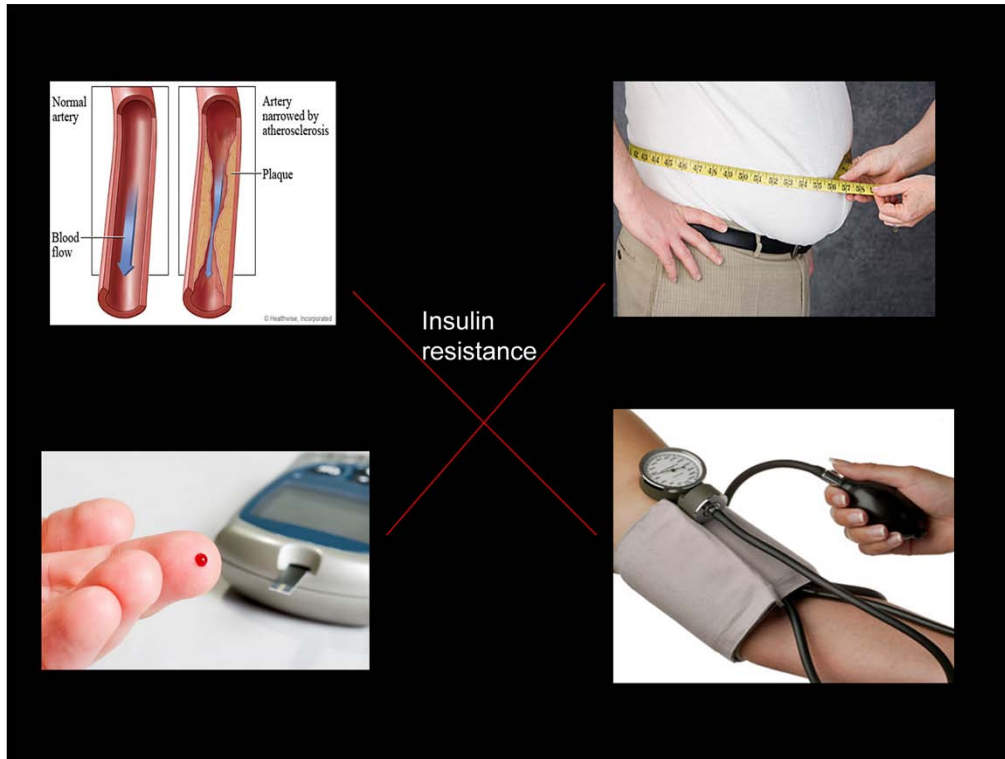
Microvascular

Retinopathy 2004

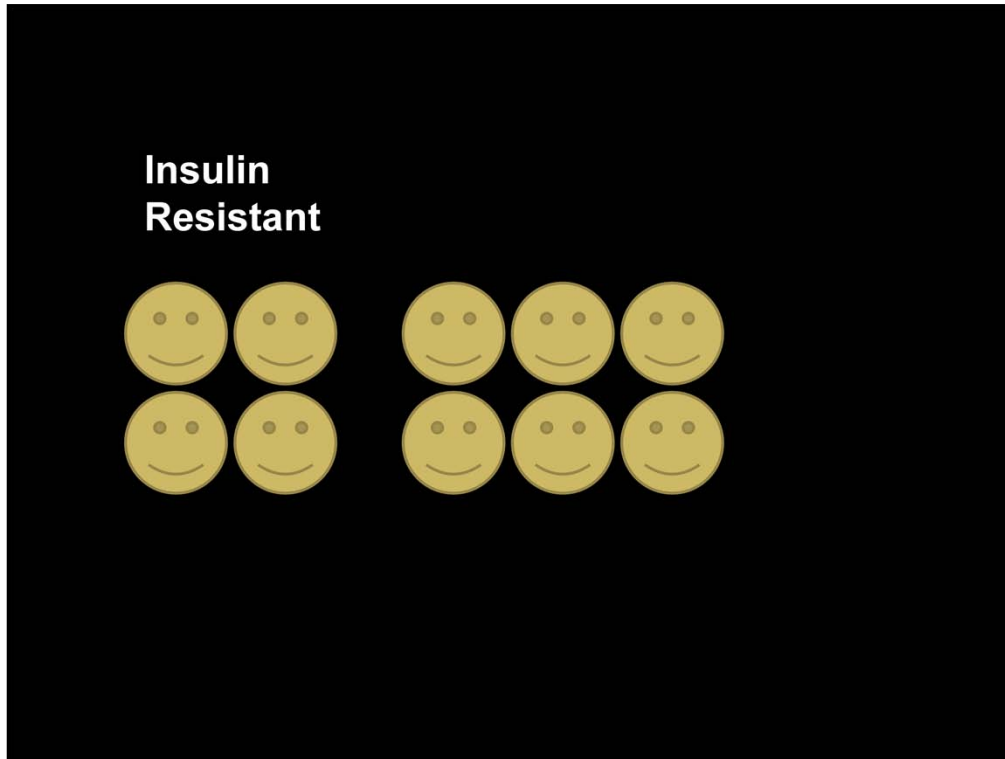
CKD 2002

Neuropathy 2003

This is a typical diabetic. We used to think that heart disease, blindness, high cholesterol, obesity, kidney disease were all different diseases. What we know now is that they are all related to the food we eat



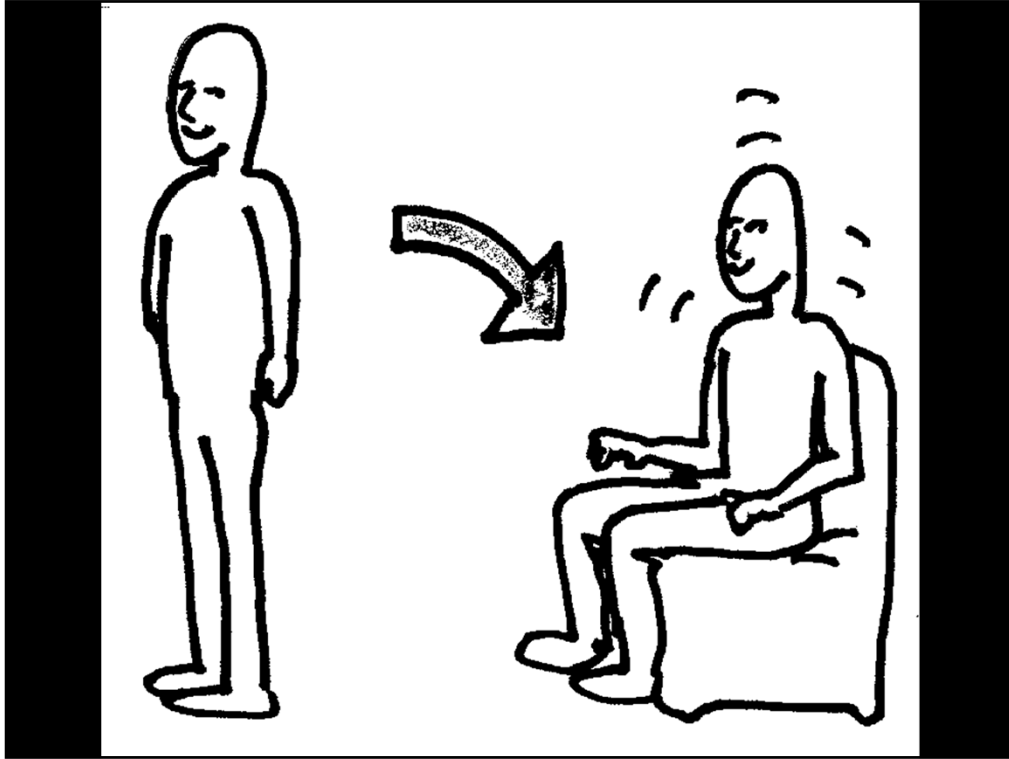
We used to think that these were separate health problems but it turns out that they all have one thing in common. Body makes lots of insulin but it doesn't work properly, so it makes more and eventually the pancreas is burned out. Causes of insulin resistance: obesity, physical deconditioning, high calorie diet from sugar, fat and alcohol



4/10 people. Not 4/10 obese. Not 4/10 elderly. 4/10 of the total population is already insulin resistant right now.

Kelly's story about Dominique. Ok, it's hard to do these things and take care of my health and basically accepted he would die earlier. It isn't actually about that. There are worse things than death. Imagine the progression on your health as the effects of diabetes have on his health. Impotence, peripheral neuropathy, heart disease simmering, cancer simmering, retinopathy, kidney disease, GI problems.

Don't know which one you are going to have. By now I should have completely bored you and if you are like most people you will have turned off and because you are polite will tolerate what I have to say as you start thinking about what you're going to do tomorrow. Stand up

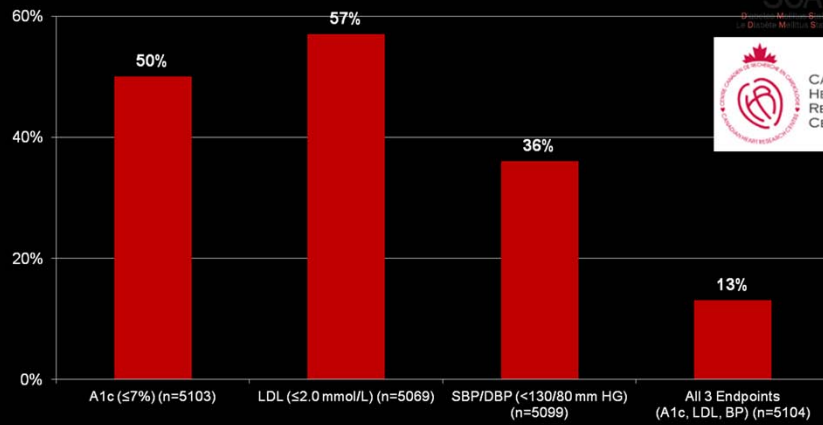


Everyone stand up. Sit down if you or someone in your family has any of these conditions

Diabetes or high blood sugar
High cholesterol
High triglycerides
High blood pressure
Heart disease
Fatty liver
Breast cancer
Colon cancer
Prostate cancer

Those left standing don't have a lot to worry about YET

Guideline Targets Achieved



If you think that a little white pill is going to fix you this slide should serve as a wake up call.



So how is food related to your health? What did you eat yesterday? Where did the food come from? Does it even matter what you eat?



What do we get too much of in our diet?



Salt, sugar and fat, too many omega 6 fats and xs calories

<http://www.projectbiglife.ca/sodium/>

Salt calculator



What do these foods have in common? Where do these “bad” nutrients come from? What do all of these pictured products have in common? They are made, not grown. They are processed food. That’s where you find the preservatives, the artificial colors, the artificial flavors, the things you can’t pronounce. You find it in a very concentrated form in which the food is calorie rich, but nutrient poor. It is also where you find all the sugar, salt and fat – nutrients that we don’t need in anywhere the quantities we’ve been getting but are hard wired to like because of a historical shortage over the millenia as we were evolving. It wasn’t until the green revolution in the 1930s that we even had enough food to eat consistently and quite honestly, we are not able to cope very well. Th



Why do we buy these products if we know they aren't good for us.



We are time poor. We have too many conflicting things to do and we have been sold on the idea that cooking is drudgery and eating is the only thing in the equation that is worth spending time on. I believe that it is this attitude – that it is not worth the time to eat well that underlies many of the problems we have around food



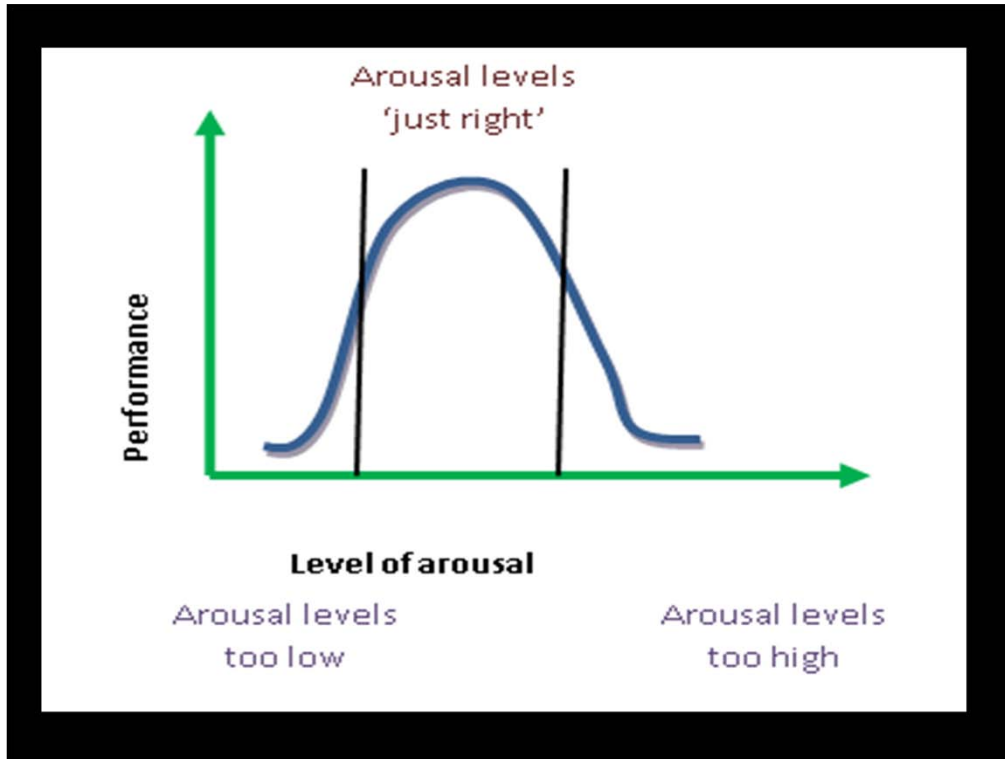
60,000



The average grocery store has 60,000 items and we know that the more variety we have, the more we consume, the more choices we have the worse our decisions and the more decisions we make in a day, the less willpower we have

Temptation usually comes
in through a door that has
been **deliberately** left
open

Arnold Glasow



In the book salt, sugar and fat, author Michael Moss refers to what the food industry tries to achieve – a bliss point. That range of attributes in a food product that makes you want to keep going back for more each time. Coke apparently has this mastered.

willpower is
a **finite** resource

It's not your fault. The system is set up for you to fail by tempting you constantly with foods high in sugar, salt, fat and flavor. It isn't your fault, but it is your problem because you have to deal with it in order to get or stay healthy, despite the environment we live in.

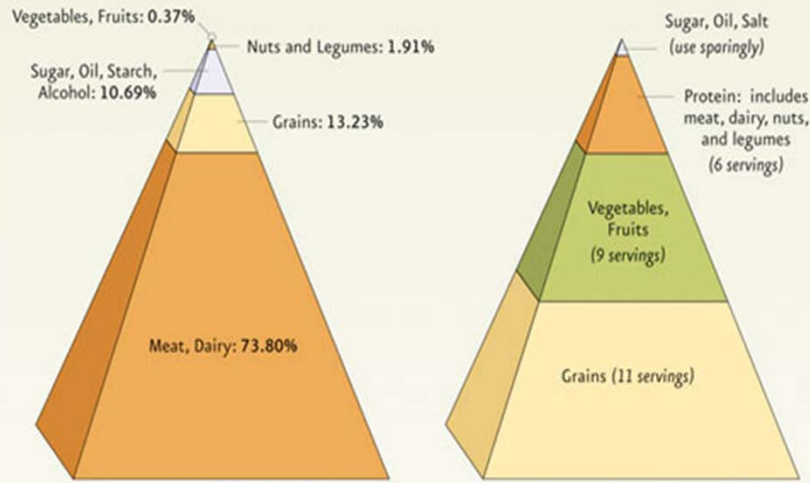


Not only is processed food cheaper (which is backwards to the way it was many years ago) Rotisserie chicken example, the cost of healthy food is actually decreasing while the cost of junk food is actually going down.

Why Does a Salad Cost More Than a Big Mac?

Federal Subsidies for Food Production, 1995-2005*

Federal Nutrition Recommendations



US subsidies



It's the taste we have learned to expect.



What deficiencies do we suffer from?

Vitamin D
Vitamin K
Potassium
Magnesium
Vitamin E
Omega 3 fatty acids

Consequences of the deficiency depend on which vitamins you are missing. Where do you get these nutrients from?

D – sunshine and fatty fish, K – fruits and veggies, potassium – fruits and veggies, Mg/E – whole grains

Omega 3s – grass fed animals, fish, flax



Will supplements fix the deficiency? Many people think that they can just fix a potential problem by taking an insurance policy. Food is more than the sum of its parts and recent research has suggested that there may actually be more problems and increased rates of death by taking certain vitamins. Do we know which ones to take, what we are deficient in and how much to supplement? How are you different from the guy sitting beside you?



What if I told you there was a simple solution to these problems, as well as the problems of obesity, hunger, pollution, environmental degradation



Anita's story at the home and garden show. Anita says Permaculture is the way we can fix the broken food system. The lady says "yes, isn't it terrible, someone should do something". We, not them. We can be the someone. Both Anita and I do this – go out and talk to people because we understand that there is no someone out there. There really is no such thing as them, or they or it even. There is only us and we have to do something. It is in our power to change the world.

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. *Margaret Mead*





What about the govt? A known outspoken blogger calls the government's response to this incredible flood as being akin to encouraging people who are drowning to taking swimming lessons without really addressing the fact that the waves are getting bigger, the water is coming faster and there are corporate interests who have their fingers on the tap.

<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/>

So what should you do? What should you eat?

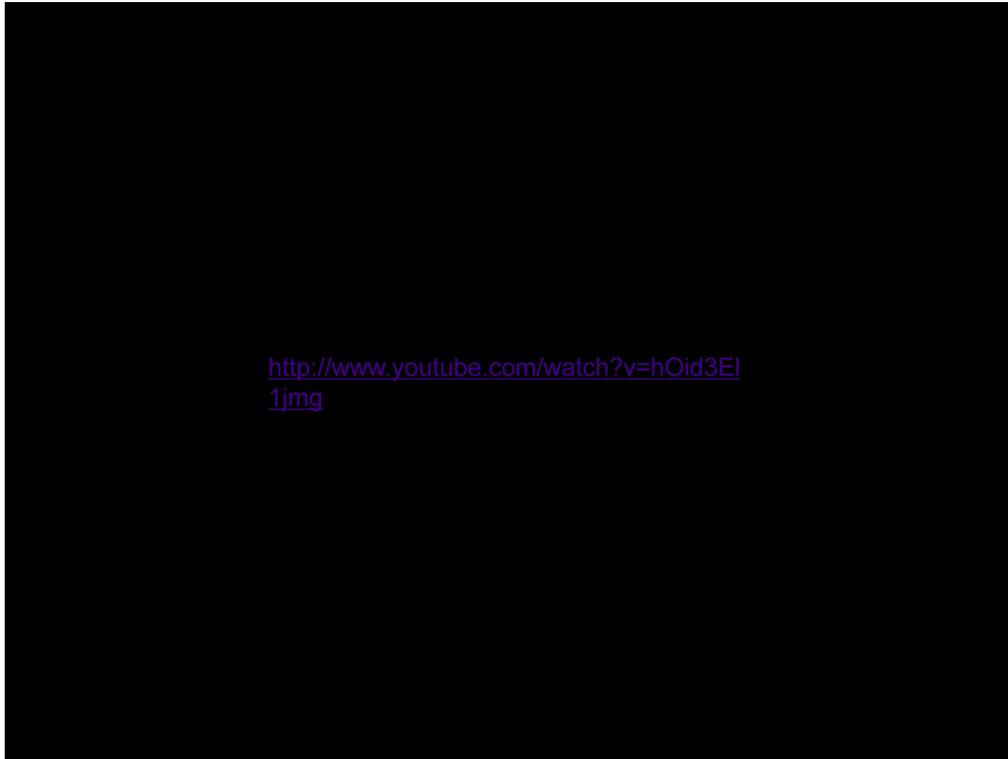
IN DEFENSE OF FOOD

AN EATER'S MANIFESTO




MICHAEL POLLAN

AUTHOR OF
THE OMNIVORE'S DILEMMA



What does 2000 calories look like?

Numerator ÷ **Denominator** = **Score of 1 to 100**

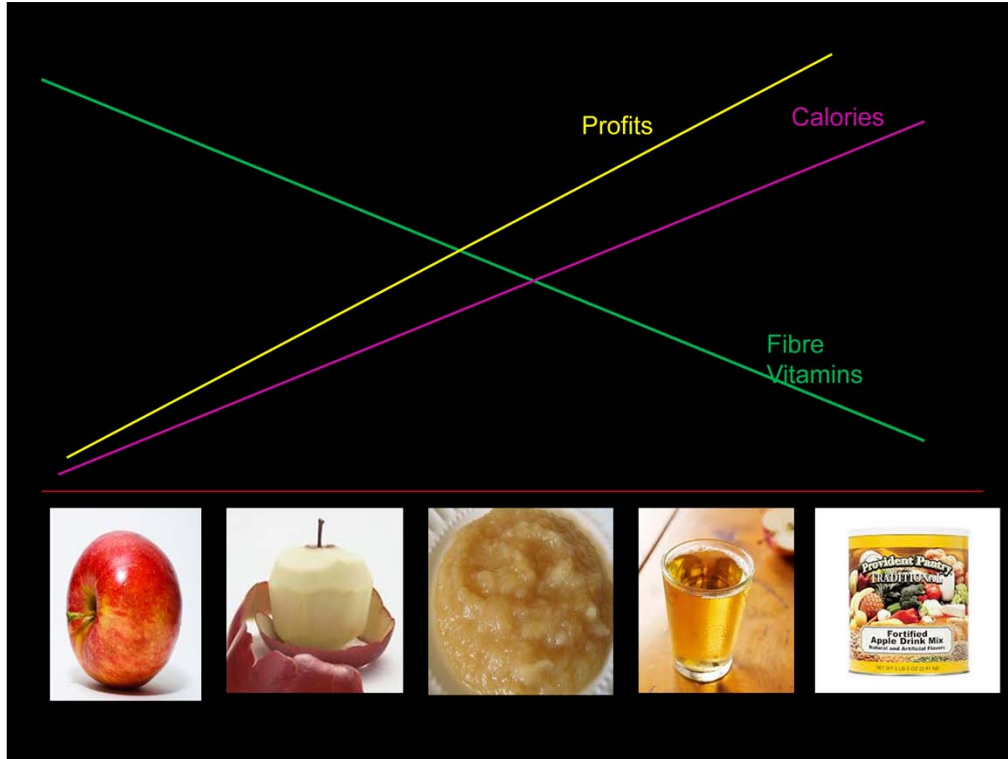
<p><i>Iron</i> Vitamin A Vitamin C Fiber Vitamin D Vitamin E Magnesium Zinc Omega-3 fatty acids Total carotenoids Potassium Folate Calcium Vitamin B12 Vitamin B6 Total bioflavonoids</p>	<p>Trans Fat Cholesterol Saturated Fat Sodium Sugar</p>	 <p>The logo consists of two overlapping blue hexagons. The left hexagon contains the text 'NuVal' and the right hexagon contains '1-100'. A trademark symbol (TM) is located at the top right of the right hexagon.</p>
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<http://www.nuval.com/scores/>



Set yourself up
to **succeed**

Buy only the things you want to eat
Analyze the barriers to healthy eating -



You moving along the continuum is good- don't set yourself up to fail by trying to do it all perfectly. Add one fruit per day, then add a vegetable – 1,2,3 goal.

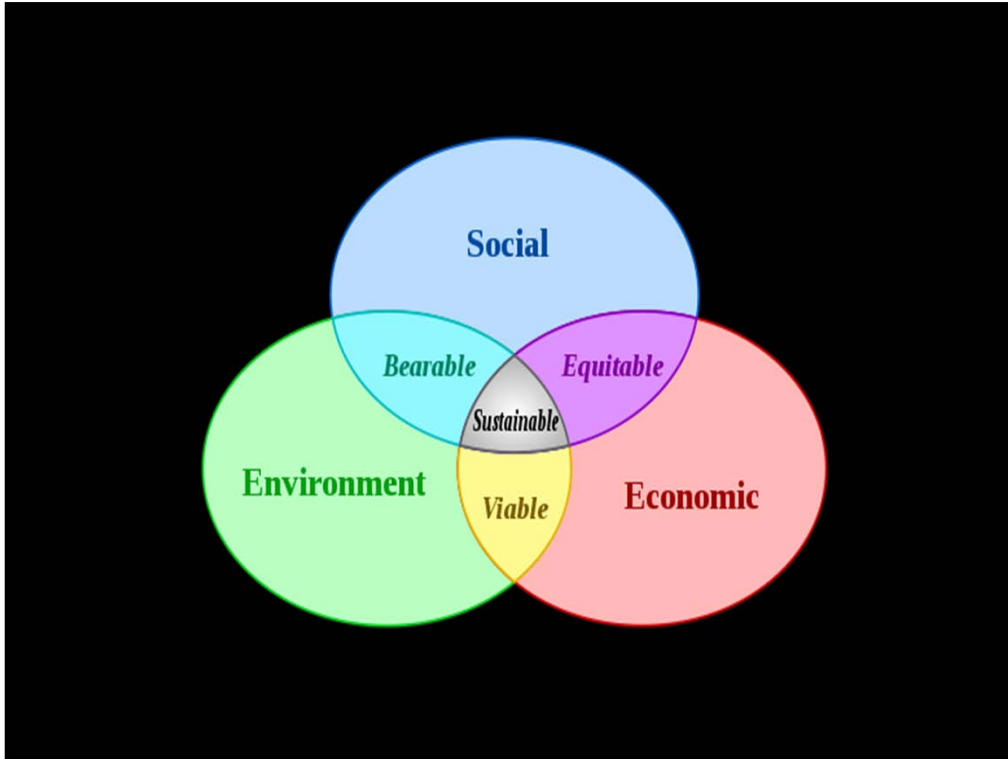


Can you guess which city you are in based on these two pictures?

The erosion of culture. Food is about culture



So what can you do? Local food is different everywhere.



I have talked about the why, Anita will talk about the what and the how