

Lost Perspectives on Food and Eating

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Food Rules for Healthy People and Planet - Michael Pollan

It is extremely interesting to analyse how modern eating habits are 'created' and governed by certain forces, marketing/advertising and food 'experts'. The following highly enlightening and informative video on Food consumption and 'nutrition' in the modern era is highly recommended. Free yourselves from the tyranny of false authorities on food and nutrition.



Oz bush (wild) food

<http://www.youtube.com/watch?v=c31cAdYUvT8>

Cleaves Alternative News. <http://cleaves.lingama.net/news/story-3027.html>