

## Bringing Health to Everyday Life

Never before have there been so many opportunities to enhance digestive health with the aid of convenient food products. The newest wave of application concepts from Danisco reconfirms the value of probiotic and prebiotic ingredients in strengthening what industrialised nations today broadly recognise as the only real defence against lifestyle-related health conditions - the diet.

With widespread consumer awareness a key driver of the growing health and wellness food sector, food manufacturers are being increasingly called upon to take their share of the responsibility for consumer health.

Although digestive health is one of many health-related issues influenced by the diet, the impact of our gastrointestinal tract on everyday wellbeing is not to be underestimated. Some eight metres long and with a surface area equivalent to the size of a football field, it is responsible for the digestion and absorption of nutrients and contributes to the excretion of waste products.

HOWARU - brings a documented response to the need to maintain and restore the gut balance, which may be disrupted by stress, antibiotics, inadequate nutrition, travel, surgery, disease or ageing. Complementing HOWARU Premium Probiotics, Danisco also produces the dietary fibres FIBREX and Litesse polydextrose, the latter a documented prebiotic proven to provide probiotic bacteria with vital nourishment.

Food Ingredients Europe exhibition in London. Delicious and nutritious, the concepts are designed to demonstrate just how easy it is to put health into a convenient and tasty format just right for a busy lifestyle.

A low-fat, reduced-sugar fruit yoghurt breakfast snack shows how HOWARU Protect, a new patented formulation of probiotic cultures to reduce cold-associated symptoms, can be combined with pectin, sweeteners and flavours in the fruit-prep to secure the mild, creamy texture and well-rounded flavour to a healthy daily dose product.

Another possibility is a refreshing fruit smoothie enriched with HOWARU Bifido, known to abound in the intestines where they support the immune system. More inspiration in the form of a mango lassi and fortified snack bar, both containing Litesse Ultra, reinforces the diversity of the opportunities to benefit health through the diet.

Experience the potential

Ingredient technology for the health and nutrition food sector has reached an exciting stage. As a leading ingredients supplier, Danisco is an ongoing contributor to this process. Food Ingredients Europe in London from 30 October to 1 November promises to be the place for catching up with the healthy possibilities the latest food ingredient technology has to offer.

Nutrition Horizon is the food industry's leading portal for unique content on food & beverage development. It is a specialist international website for beverage and food product developers and the food ingredients industry. It focusses on the technical challenges of combining ingredients in the product development process. It covers key successful new product concepts from around the world with extensive illustrations and supplier information.

We're always happy to hear from you!

The future of food (2)

Author: Jon Wynne-Tyson

Translation: leaf stems stems

Money, money, money

The world today is everyone should be able to enjoy the full nutritional diet, but food always sold to the highest possible price for those who buy from people. People eat the grain market and animal feed market is closely related, and some flour and rice is shared. Because the market is open to all countries, rich countries so that competition can always get more food. Priority was therefore used to grain feeding animals and not to feed people.

This kind of free trade to the transitional consumption in rich countries (especially meat), and waste more poverty and the Third World. Cereal may be speaking for us much cheaper than other things, but for no money or very little money who is very expensive. Rich countries can import and consumption of large quantities of food - the poor countries can not. Here is how the World Food distribution:

Food shortages of the population 700 million 30 million

The annual hunger in need of food relief for 40 million Dayton

Each of the 10 million food aid Dayton

Each of the rich countries and fodder grain, 540 million Dayton

Poverty trap

Most were purchased from the poor countries to food often much higher than importing them for sale in the price of raw materials, because acceded to the transportation, processing and packaging costs. The 1980s, when the cost of imported processed products growing, the price of raw materials in developing countries dropped to the lowest point.

Farmers in developing countries needed dollars or other hard currency to buy the West such as seed or tractors and other farm supplies. As prices rose, it is difficult for them to pay import costs and the need to borrow or assistance.

The agricultural complex is the largest business group

Developing countries through export of cash crops to feed those who are already gradually replace eat very saturated the work of the Europeans and Americans. This can be hard currency. If the people can not buy food for the poor, land owners will have growing cash crops for export.

Many government debt is often encourage this, because they need money to buy oil or repair roads and schools. They will also be encouraged to buy arms to ensure that the money from the past is back to where to where.

The rich countries from poor countries imported more than 40% of protein, the contrary is not. To make the situation worse, but also to enable developing countries exports of food (fish meal, soybean, bananas) than from the rich countries import grain (mainly wheat) have higher food value.n

This is not the production of food we need, all of them have turned into meat Hill and Milk Lake. Due to the increase in demand for India in the 1974 to 1982 between the soybean acreage increased by 5 times (mostly for export).

Recent studies have shown that Tanzania rich countries stop buying after economic crops become more health of the villagers. In the absence of government they can sell things, the use of the money in fewer road, traffic has become even more difficult, thus the villagers they will not be transported to the economic crop marketing. So they will be able to grow food has.

Debtors

Developing countries to the banks (mainly Europe and the United States bank) loans used to buy food and other products. In the poorest countries after paying huge interest has been unable to repay the loans.

When Costa Rica to the World Bank loan, which is a condition for felling tropical rain forest grazing cattle for wealthy countries to supply cheaper beef. The destruction of tropical rain forests and not only to local people and wildlife are disastrous, but also the world climate so (see Viva! Guide 9, after the planet).

1970s, the United States assistance to Nicaragua for beef products, resulting in the annual 1,000 square kilometers of tropical rainforest loss. 1979 Nicaragua has Latin America exports to the United States is the largest exporter of beef.

From 1975 to 1985, Thailand planting cassava export to the EC for pigs and cattle, felling thousands of square kilometers of forest. When cattle and pigs surplus, Europe stopped buying cassava. This makes Thai farmers mired in debt, because they borrowed a lot of money for improving farm production to meet demand. As a result people had to sell their children to labor or prostitution.

Assistance

Many aid to the Third World countries are conditional, which means that those countries need assistance to the purchase of products and services.

Since 1982, the poor countries to accept the aid is not enough to pay the interest on loans. In 1985, total new loans exceeded 15 billion US dollars, and interest on a total of 55 billion US dollars.

Timely food aid to famine really help, but it can not change the fundamental reason leading to hunger. When rich countries eat more meat, the poorest countries will have more land is used to plant feed.

Land

In this world not everyone is in their own land farming. In poor countries, good land has been of large companies or multinational corporations have, and these companies are generally belong to the rich countries.

Some of the assets of multinational corporations more than some countries, and it is very forces. They worldwide production and marketing of products, in fact they are legal. They often control the developing countries in the production and prices of raw materials, and the production and final product prices. They and meat industry are closely related. One of the facts show that the scale of this industry: feed the developing countries to EC cultivation of land used by the equivalent of the United Kingdom, France, New Zealand and Italy combined (14.6 million hectares).

Haiti is the world's poorest countries.

Americans will Texas cattle fattened flown to the island after further beef importing them for sale to the United States, hamburger restaurants.

Because the land was purchased by these large companies, the number of landless people increased. No land in many parts of the rural population more than 1 / 3. In Latin America, in 1961 only 11% did not land, and in 1975 this figure rose to 40%.

Farmers are often forced to land in poor soil tillage, such as mountains, shortly after they will be told farming transition. Their survival as much as possible and not let the soil tillage rest restore fertility. These transition of farming land may eventually become desert.

The problem is not only who occupies the land, but in who eat food.

If the world's population adopt the eating habits of the United States, the need for the two and a half times today's world grain output (8). Obviously, the land is not enough.

The harvest reduction

Cereal production in the world after 40 years of solid production started to decline after the 1980s. The first time ever the United States of its cereal output in 1988 can not meet domestic demand.

Before the 1987 harvest, the world grain stocks to 459 million Dayton - sufficient to maintain the survival of 101 days. 1988 stocks fell to 240 million Dayton (enough to maintain 54 days). Its due to various reasons, such as land poor soil, water and climate change, but the fact that clearly tells us that unless we change the eating habits of meat, otherwise we will throughout the world millions of people into hunger.

Western is the best thing

Although meat at the food in rich countries, big companies are selling poor countries industrialized farm system. Here meat is considered a symbol of wealth and progress (see Viva! Guide 6, Fruits of the Past), people blindly worship the Western lifestyle.

A large number of issues resulting from this act. For example, in Bangladesh, the world one of the poorest countries, the power to raise chickens systems become more and more common. There is a serious national food shortage, many unemployed people penniless. The industrialized farm needs money to buy equipment, it is difficult to create the number of job opportunities, and the precious grain used to feed the people of depleted.

Not long ago in Africa is the regional food self-sufficiency, and in 1975 she produced for only 83% of the grain, the rest depends entirely on imports - as a result of population growth, by 2000 she nearly half of the required food to be imported. The only benefit those who could afford to buy meat only

a few rich people, and many other people can only get less food.

Industrialized farms did not meet the needs of local people, but to those who benefit from the rich countries, because tractors and building materials, and other equipment needs increased. When poor countries to buy these equipment will be for spare parts and maintenance and so on become more dependent on suppliers.

Growth of poultry farms in India soon, meat production than its own people s needs. In a wide-ranging national hunger problem, they are still rich countries to the Gulf countries and other export chicken.

This is only the major poultry farms in growth, but the other animals just a matter of time. Britain has begun to Thailand, Malaysia and other countries of Nicaragua and the export of pig breeding ground.

Industrialized farms exploitation of the rich countries is the poor countries of this part of the economic system. Food wasting a lot of hunger will only increase and the world will not solve this problem. Poor countries the distribution of food products must be based on its own needs rather than our extravagant lifestyle, or to a more cruel treatment of animals.

Really overpopulation?

The rapid growth of the world s population is a very serious problem, because it means that more needed to feed the population. However, despite making more serious hunger problem, but this is not the real cause of hunger. Rich countries are income and the growth of demand for luxury led to a food crisis.

The world today than 40 years ago to more affluent, in the wealthy countries because of wage increases resulting meat consumption is up sharply, prompting the competition between man and livestock food situation.

It is estimated that in 2000 the population will reach malnutrition 127 million. Because of the decline in the world s fisheries resources, the erosion of farmland and technical capacity to increase production, saturation, bring us closer to the earth s limits. World agricultural products can not always meet the demand growth - has recently tried to increase rice and fishing production plan has failed. We need a new awareness of the limited food resources and the allocation of the world supply of the way.

Meat does not lead to world hunger is the only reason it is the main reason. If we want to feed the world we must thoroughly change our eating habits. As long as the system can continue on the drugs will be a lot of grain feeding whose endless growth in the number of livestock, are there still people who suffer from hunger.

As long as the animals used for meat will cease production machines, food can be more savings to those in need. Vegetarian the use of the World Food fewer resources, land and energy, it is an every one of us can do to help solve the food problem of the poverty-stricken countries of the people really a workable solution.

Brief

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When the creator of wealth will be bequeathed to us all the time, we have reason to believe that what this distribution system is reasonable, it can result some people poorer extravagance intention to consumption of food, some other people because of lack of food and hunger deaths.

-- Sakar (P. R. Sarkar)

Experts advise: six not to drink water

Huajun world online ----- [www.huajun.com](http://www.huajun.com)

Raw water: raw water with a variety of harmful bacteria, viruses and zoonotic parasites. Drank raw water, it is easy to cause acute gastroenteritis, viral hepatitis, typhoid, dysentery and parasitic infections. Especially nowadays size rivers, reservoirs, wells are varying degrees of factory waste water, wastewater life, pesticide residue and other pollution, drinking raw water from the disease more readily.

Aging water: commonly known as stagnant water is also the long storage immobile water.n

China will accelerate the aging of older persons; Many parts of esophageal cancer, the increasing incidence of gastric cancer, according to medical experts who study aging may be related to long-term consumption of water-related. Relevant data show that the aging of toxic substances in water, with water storage time increased.

Thousands of boiling water: thousands of boiling water is boiling on the stove in the night or very long water, and electric water heaters repeatedly boiled water. Cooked long because of this water, the water does not play substances, such as calcium, magnesium, and other heavy metal components and nitrite content. Long drink this water, would interfere with the gastrointestinal function, a temporary diarrhea, abdominal distension; The toxic nitrite, also leads to the body of oxygen, a serious convulsion will coma, or even death.

Dome Water: Water is the dome, such as leftover steamed buns pot of water, especially after several repeated use of dome of water, nitrite concentration high.n

Furring often with the water enters the human body, also cause digestive, nervous, urinary and hematopoietic system diseases, and even cause premature senility.

Not open water: People drinking tap water, the chlorination disinfection and sterilization are handled before. The chlorine-treated water separability of 13 kinds of harmful substances, halogenated hydrocarbons, chloroform also have carcinogenic, teratogenic effect.n

I would feel thirsty incomparable, malaise.

In recent Atlanta survey showed that three-quarters of the population, almost all of them know that the daily should be at least eight glasses of water, but only 35% of people can truly succeed. Of course, professional selling water - bottled water industrialists to encourage people to drink plenty of water is very interesting, but the fact is that people are and where the case.

So how much water a day to drink only enough?n

Why do we drink so much a day of water? The reasons are many. Deaerator outside, water is the most important human needs, in fact, a large part of the human body by the water composition, the weight about 50 to 70%, in the daily activities of human beings, water plays an extremely important role. Water is essential for the body temperature regulator, in the hot, humid environment, its function is particularly important. Mining Cayman said: Whenever the temperature higher, then you have to add a lot of water to make it normal. This is the body temperature dropped to the best way.

In addition, the water was charged with delivery of nutrients and oxygen to cells, taken away in garbage, softened joints, organs and tissues of the protection of the role. Head of the Department of Nutrition Barbara Rockefeller University. Li Yien said: Without cooperation with the appropriate water, human health will be at risk. Prolonged severe dehydration will lead to a series of problems, it will seriously affect blood pressure, circulatory system, digestive system, kidney, almost all organs of the human body normal work. In the middle degree of dehydration will lead to action slow, dry skin, itching, headache, indigestion, constipation. Mining Cayman said: You can not wait until thirsty to drink water only think, when that thirsty, you already in a state of dehydration.

Water is not the only thirst-quenching liquids, but the beverages containing caffeine, such as coffee, tea, soda, and alcohol drinks, can only solve your mouth of thirst, and the physical void, in fact it may lead to loss of body water. Investigations revealed that the people in Atlanta beverage consumption to more than water consumption. The best people to stay away from coffee and wine, and more drinking water, juice, milk and caffeine-free carbonated soda water. Furthermore, it should be more consumption of food rich in water, such as lettuce and tomatoes, etc..

Other sports drinks can be a good complement to the body water. They are rich in minerals, unique tastes very much welcomed by the people, of

course, they are also inevitable containing sugar. Mining Cayman said. With our general understanding of different is that only experienced vigorous exercise such as a marathon, only to add sports drinks in sodium and minerals. If you only just kick down the tennis, drink plenty of water would be sufficient. But if they drink sports beverages can make you more moisture uptake, it would fine despite carouse. Mining Man said.n

But I am more water can reduce headaches and muscle soreness. Water - I feeling great!

Compiler, who said:

Daily drink 2-3 liters of water, people are not used to drink a lot of water, is no easy job. In this, I will tell you a secret: the reservoir bladder urine volume is also very adaptive. Perhaps just beginning drink plenty of water, will continuously go to the toilet, but slowly you will find, the reservoir bladder urine volume increasing, the number of you to the toilet reduction, and increased urine output every time. For skin to make a bomb blowing the US people can be broken, must not forget the more water ah, but it is the cheapest but the best cosmetics. In addition, every morning cup of dilute brine, but also cleaning stomach to remove the refuse in the night. The benefits of water on the body is stocky, you say?

Helen compiler

On nights when no end of the darkness, the bright red Zhaoxia finally coming, I truly know that the fraternity of neglect suffered by the people of today s endless shame that ultimately will be a glorious and splendid time replaced.n

Such as human well-being and the efforts of its responsibility belongs to everyone - you, me, is our. We can ignore our power, but can not forget our responsibilities. Forget Our responsibility is a disgrace to humanity.

-- Ananda Moody (Shrii Shrii Anandamurti)

I have used the diet to overcome cancer

Liubinghong

In February 1997, 10 years ago, I found the local surgery (thyroid nearby, the original is benign) tumor has grown. Using ultrasound, found that the neck, overgrown with numerous large and small tumors, puncture confirmed to be malignant, and doctors should immediately arrange surgery.n

I refuse to shots. She got Yidai. MEI in the I beat cancer - natural raw therapy miracle According to convince me, she said: The book was inside the case is months or even a few weeks we can see results, your tumor is explicit, to their monthly time, and if no tumor smaller, you have to surgery, I do not say that half sentences.

In this way, the abolition of the surgery, started the raw food therapy, wheat love to drink juice, raw vegetables sprouts, eat five grains of rice, ban oil, salt, sugar and all processed products, diet and rest to all Yidai. The book-based, strictly adhered to, unambiguous compromise. However, I do not intend to do long-term, I told my wife said: The short-term can eat, I can not long-term. On the other hand, I read a health insurance payments medicine, with therapeutic feeding.

I observed tumor the mirror every day, my wife is beside constantly to instill raw theoretical basis and numerous successful cases for me boost the morale and confidence-boosting, the whole family more completely changed my diet.n

So after eating the diet for three months, at their own expense, made several tests of 20, all were found to be normal to lay down their hearts.

A friend of mine that I became ill, equipment recommendations to the Veterans General Hospital do a better inspection. So, after six months, so I

went to Veterans General Hospital nuclear imaging checks and found the right neck of a large tumor cm (doctors not explicitly small tumors detected), with the upper and lower mobile swallowing, can be confused by hand. Previously only to puncture the tumor, an inverted not aware of this now, there had been observing goals, personal life more dare not slacken our efforts.n

I found that restoring the health of patients  
are really likes to eat the diet  
- Li Chiu-Liang

In an instant, a diet has been a year, when February flu epidemic raging, my two children also infected, had high fever to 40.3 degrees Celsius, according to my wife, food is the best medicine, this book on a cold view, impose hot water bath foam fever, diet, the center juice therapy, let the children did not take the medication and more rest, quickly, in three or four days to recover. Since then, the children s health greatly improved and influenza already scarce.n

Perhaps the cough so powerful is not a bad thing. We all try thinking of the advantages, although a bad cough, but no other physical discomfort, a cough about two weeks, occasionally found 2 cm tumor softened, and then gradually become smaller, about three weeks on completely disappear, cough gradually reduce, after about four weeks to recover, after a year had not had a cold again.

Exactly one year or two visible tumor completely disappeared, we went into raptures, and Chinese medicine practitioners also believe that without medication, then suspended eight months of taking Chinese medicines (and the middle was stopped cold medication), we are eager to return to the original inspection of hospitals, physicians surprised we had no surgery, re - using ultrasound to examine tumor. We want to know cancer is not reduced or disappeared, the doctor prescribed did not answer, only hint said: There are tumor. Also solemnly and said: You do not surgery, is spread to the lung cancer spread to bone is bone cancer. However, we are convinced that the huge tumor can disappear, other small tumors should not be a problem.

In order to understand the precise tumor, about therapeutic year, we also changed the hospital, ultrasound confirmed that there are tumor, the largest 0.9 centimeters, a few have reduced tumor, only a few months, unlike the original crowded, although not unexpected thing, and my heart is also more certain.

To my wife therapeutic feeding, has bought several books on 40, three meals a day prepared very carefully, almost all busy eating event from work, never slacking off. However, she still feels that it was practical, not sure that they read, study, behind closed doors, may be imperfect.n

Teacher Li may see our therapeutic feeding bottleneck is encountered, she said with confidence that encouraged me: I believe that as long as you can eliminate tumor therapeutic feeding. The pleasures and teachers quickly proved that, six months later, doctors amid a series of congratulations, and I am relieved to say goodbye tumor!

Although relying only on traditional Chinese medicine and diet that is the elimination of tumor, I do not think that every cancer patient and I can be replicated as ineffective.n

Chinese medicine.

August 98 largest tumors 0.9 centimeters, several small tumors, to eat Good Shepherd juice.

February 99 all tumor elimination.

Second, my three meals daily routine

Breakfast: get up at 4:30 am, the first mouthwash, and then drink a cup of warm water of a lemon, sports half-hour, drank the 1000-1500 cc center fruit juice (containing peas, vegetables, fruits, wheat Love, Good Shepherd juice).

Lunch: a bowl of five grains of rice (containing a bud of a reminder beans), a big box of lettuce (includes peas, vegetables, a total of eight above), A Spoonful of cooked wheat germ and yeast.n

Dinner: Most of the five grains sick congee or speculation or whole wheat noodles, corn, potatoes, pumpkins, sweet potatoes, taro roots, and other category-based food, the other to steam, water speculation, scalding 2-3 vegetables (a mostly leafy vegetables, the other for the flowers, fruits, roots vegetables).

22:00 to 10:30 bedtime.n

Mix.

Third, in the therapeutic process, the biggest help to me, constantly encouraging me, giving me confidence, let me grow up book physical, mental and spiritual health as a whole, Lai South physical, mental and spiritual health of the overall 100. Lai South

I beat cancer: natural raw therapy miracle Yidai. MEI  
do his own doctor Ann.

## About the Author

From [www.nutritionhorizon.com](http://www.nutritionhorizon.com):

Aids digestion, Lowers cholesterol, Protects your heart, Stabilizes blood. Aids digestion, Battles diabetes, Protects your heart, Improves.

Raw Foods aid digestion and help build a strong immune system. Raw foods, all your fresh fruits and vegetables, contain enzymes to help the digestive.

Fermented foods aid in digestion, promote healthy flora in our digestive tract, produce beneficial enzymes, offer us better nutrition and allow our bodies.

Foods That Heal. Aids digestion. Lowers cholesterol. Protects your heart. Aids digestion. Soothes sore throat. Clears sinuses. Combats.

Failure of proper digestion and absorption of food in the alimentary tract. Garlic capsules, 2 capsules with meals, aids in digestion.

It contributes to the breakdown of food into its molecular form so as to aid digestion and assimilation of nutrients. It helps the body in performing.

Extra virgin pine nut oil promotes satiety, improves metabolism and aids digestion by helping our body to absorb more essential nutrients.

A member of the parsley family, anise helps aid digestion and reduces gas. in Italian foods, and is also known to help promote proper.

Source: <http://www.productsherbal.com>