

Do we need new food standards?



We are more closely connected to nature through our food than meets the eye.

The Moreish Effect

Have you ever had the experience that you can't stop eating certain foods?

Some call it the "moreish effect", which manifests as not being able to stop to eat.

This has become very common with processed food, designed by biochemists to trigger certain neurological pathways and release of feel-good hormones, so the food industry can sell more of their "junk" foods, which only satisfy the taste buds, fill the belly, but leaves you empty in terms of the nutritional support, making you eat even more.

Our Sensory Impressions with Food

But another experience of the "moreish effect" might be caused when you are attracted to certain foods, vegetables or fruit through their sheer aromas, scents, the hues of different colours, the sheen on the surface of certain vegetables, the shapes and expression of plants.

Something so ephemeral, that we can't actually find words for the deliciousness of the food we eat. And then there is the texture and after-taste that is reverberating with your mouth-biome, which tells you if the food is compatible with your existing gut biome.

A Proposed Basic New Food Standard

At this day and age, I am convinced that we need a food standard that will tell you that it is healing and nourishing food, which could be grown with different methods and approaches.

In Oklahoma, USA a doctor started prescribing regeneratively grown food for his patients.

This very example shows that you might need more than just an organic standard certification for food which only gives you a description of the growing method.

I strongly feel it needs to be based on what goes into the food and what it gives to you when you eat it.

Where Could we Start?

A first step could be implemented as a basic standard as we discussed amongst various thought leaders in the organic movement the other day.

First we need to make sure that you have access again to at least 80 % of your food being grown locally.

Then we would apply the Brix (sugar content) measure to all food when freshly picked, which would show you that the plant has a healthy metabolism and is wholesome.

Furthermore, the food would be submitted to tasting sessions (organoleptic assessment) executed by the consumers or third party investigators.

From there, one could imagine developing further standards and we would test the food for health properties (Pure Therapeutic Grade Foods – PTGF standard):

- Agrochemical and other residues (spectography)
- Health giving properties of polyphenols, vitamins and enzymes (spectography)
- Vital forces and integrity of the texture of cellular structure, proteins and carbohydrates (chromatography, sensitive crystallisation)
- Structure, texture and health giving properties (crystallography)
- Light structure and patterns (biophoton research)
- Overall vitality and ripeness of beneficial substances (intuitive methodology)

A new economic structure is needed of funding and financing to make these high standard foods available to communities and neighbourhoods, who are deprived of access to healing foods or not even fresh, locally grown foods.

Other Properties of Food

You might have walked past a restaurant or someone doing home-cooking from scratch and your mouth started watering.

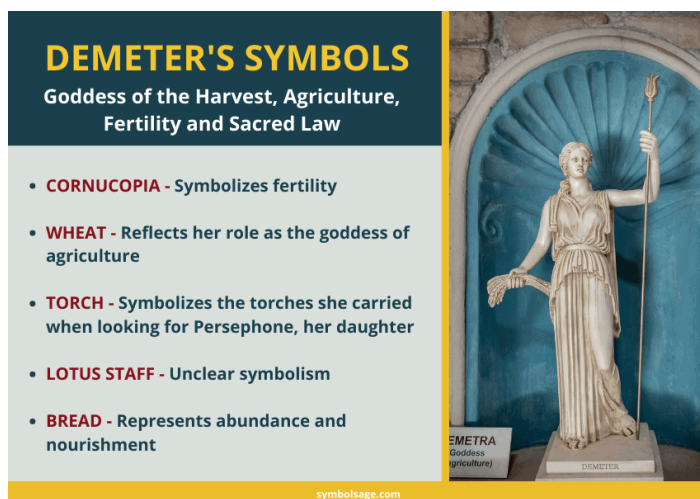
Or you passed a grocery shop and the way the fruit and vegetables were displayed attracted your attention and you couldn't resist from buying them.

It is something beyond the merely physical perceptions we generally refer to when we want to describe the properties and values of food.

Some of you might have even heard of Cymatics and biophotons, which is about resonance and light quality that is measurable, which is emitted by plants and other living beings.

When I worked in Spain for many years, I was surprised to hear from beginners in biodynamics applying the biodynamic preparations, in particular the horn silica preparation that the light and the colours around their fruit trees and their vegetables become more vibrant.

I hear again and again, how this application seems to find its reflection in the texture, structure, juiciness, taste, aromas, the amazing colours and better keeping quality in biodynamically grown vegetables.



Our Intimate Relationship with Food?

Last but not least you might have noticed how you have developed a deep and intimate relationship with your vegetables, growing them in your own garden or in a community project.

I remember, when going to my aunt's vegetable garden as a child, I could not resist to eat the peas and tomatoes off the vines, enjoying them much more than ever at home when they were possibly cooked to death.

We also hear stories from parents, who's children go for miles to find a certain field with carrots, when they suffer from parasites or malnutrition.

What Does Actually Nourish Us in The Food

In actual fact, when the food goes into us and through our stomach and gut it is actually still outside of us.

How so?

If you eat food, according to the latest research of Dr. Kühne in Germany, only about 5 grams are taken up each time you eat through the intestinal wall.

Everything else is considered leaky gut as we are supposed to take up into ourselves the information, energy and light, released from the food by our powerful digestive system.

We know from research that nourishment comes more from our power of overcoming well-structured food, destroying it in our gut to release the information and the sun energy and light than from the actual substances in them.

This we can compare to our capacity to train our muscles to perform better, when we exercise them more against higher resistance with our purposeful will.

If you really would like to add to nature's way of bringing forth the magic flavours and healing properties of all our food plants, make sure you bring your full, loving and caring being to the plants and apply the biodynamic preparations.

This and many more other ways will enhance the "moreish effect" and you will even have your children want to eat vegetables, which often are despising them.

Enjoy the delicious summer harvest,

Hans-Günther