



THE FDA IS TRYING TO TAKE OVER THE SUPPLEMENT INDUSTRY.

Why does this matter? What we are dealing with here is whether the supplement industry is allowed to innovate and create new supplements—and if so, under what rules. This potentially will **limit your supplement choices and impact consumer pricing.** With FDA control, many supplement companies will cease to exist, subsequently eliminating current products from the markets. This Bill is called the Dietary Supplement Safety Act of 2010. Learn More at the [Alliance for Natural Health](#) or at [Life Extension](#) Magazine. **Take Action to defend your Rights with an [email to your Senator](#), or an [email to your Representative](#).**



WATER ISN'T ENOUGH

Our January Newsletter reviewed choices in prioritizing purchases of organic or non-organic fruits and vegetables.

Over 80% of all produce world-wide have surface pesticide residues. The remaining organic 20% should still be washed to insure safety. Other unwanted contaminants from handling, such as human perspiration, oils, dirt, and exhaust fumes from shipping, also need to be washed away. What about preparation? Commercial vegetable and fruit washes are available which are formulated to remove chemical residue from produce. Examples are [Environné](#) and Vitamet, available online or at your local health food stores and some supermarkets. We like the instructions on the Environné website for ['how to clean'](#) specific foods. Not all pesticides can be washed off fruits and vegetables. Although some pesticides are found on the surface of foods, other pesticides may be taken up through the roots and into the plant and cannot be removed.

Peel Fruits with Higher Residue Levels

Peeling fruits, especially peaches, pears and apples, will help remove residues. Some pesticides permeate the skin of the fruit, so this method does not guarantee residual free produce in all cases.

"A stirring, thought-provoking, and ultimately hopeful call to action ..." **Wendell Berry**

Feeding the planet sustainably is one of the world's most pressing challenges. In his keynote speech at the [Future of Food](#) conference, HRH Prince Charles, The Prince of Wales, sounded the alarm for an earth on the brink of agricultural disaster. *"Soils are being depleted, demands for water growing ever more voracious, and the entire system is at the mercy of an increasingly fluctuating price of oil."*



Although the Prince seemed an unlikely messenger, he drew upon his nearly 30 years of organic farming experience and sustainable food advocacy, artfully revealing the true costs of industrial agriculture — from soil degradation to water contamination — while **raising hope for a future that is more ecologically viable.**

[Hear the speech on Video](#)

[Purchase the book](#) [Take Action](#)



On May 4, 2011, HRH Prince Charles, The Prince of Wales, gave the keynote speech at the *Future of Food* conference at Georgetown University in Washington, DC. Rodale's special commemorative edition of that speech has been enhanced with an all-new foreword by Wendell Berry and afterword by Will Allen and Eric Schlosser.