



# HSE ALERT - 011

## Sustainable Food

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### Where and When: Food Availability Alert

#### Executive Summary:

Without doubt, the largest contributor of green house gas is the animal agriculture industry and it's related subsidiary the energy industry. They emit major green house gases ( $\text{CH}_4$  &  $\text{CO}_2$ ) direct and indirect. The consumers foot the huge energy bills as a given. The transportation & power generators contribute to the bulk of the emissions. Environmental impact assessments are words slowly will fade to the black. Un-qualified players introduce concepts w/o realizing the potential pit falls and they certainly lack the knowledge for sustenance.

At present, there are 7.9 Billion people in the planet and all need a decent 3 square meals / day. The food we mean protein, glucose, fats & oil for the proper body functioning. Plant source food is the correct and safe option as in any case we are designed for a plant based diet mainly. There are factory farm animals nearly 80 Billion constituting large to small animals. Each and every animal need to be fed as well. Humans need about a kg of rice /day per person and animals may need about 3X more. The million dollar question is why are the factory farm animals are there in the first place and surely why breeding is not controlled or regulated. The shocking fact is we need the plants, grains and crops. Only plants can make protein from natures Nitrogen fixation process and the green leaves store them.

There is no proteins in animal products or dairy as claimed without any backing. We all naturally develop intolerance to lactase which is an enzyme in the milk. Farmed animals consume the ground and surface water directly or indirectly. Animal manure when enters the water system causes devastation as they contaminate the water system and spread diseases.

#### What Went Wrong:

There is an eminent shortfall of crops as the food demand exceed the supply everywhere. S'pore being a small populous nation has 5 M people and we need 1.8 MT

(1Kg/person/dayX365DaysX5.0M) of grains annually just to keep us afloat.

A good grain harvest yields about 4.7 T/Ha/annum or we need 5X S'pore (728.6Km<sup>2</sup>) to sustain this.

Practically all our edible and necessary grains being produced are given to the factory farm animals and in return their meat, eggs and milk production does not benefit us nutritionally. Pork, beef and fish preservation need huge refrigeration which consumes mega electricity for powering refrigerators.

The land & huge ocean flotillas are the usual suspects whose finger prints often taken but still allowed to continue with their way.

#### What Went Well:

Many specialist and thinkers not paid or representing the factory farm industries are seeing the cracks on the wall and also the ton of bricks waiting to hit us. If we are able to do a quick turn-around we can secure the vital grains & lead a healthy & disease free life and pass the know how to the next generation.

#### Lessons Learned:

According to Dr Brooke Goldner a certified MD & nutritionist who does the breakdown to the bolts & nuts of nutrition says we have mis-understood the concept of diet and nutrition so we are in a vicious cycle of damaged auto immune system and remain sick, de-energized for no apparent reason.

#### Photo / video:

Listen to Dr Brooke Goldner

U-tube video & her books on what is diet & nutrition.

<https://www.youtube.com/watch?v=4YmeQVSdbdl&t=27s>.

Also check out her books "Goodbye lupus & Good bye auto immune"

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