WN *The issue*

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Nutrition and nourishment
Time to think, decide and act in our age



Writing and featured in WN this month are (top) Brooke Aksnes, Isabela Sattamini, Gautam Dantas, Oliver Wainwright, David Katz, Dan Buettner, Peter Buffett, Stefanie Vandevijvere; (then in the middle row) Ashok Bhurtyal, Dushala Adhikari, Hans Nilsson, Martin Tondel, Lena Lindahl, Durga Prasad Pahari, Rahdika Upadhyay, Amod Kumar Poudyal; (and then in the bottom row) Anne-Emanuelle Birn, Geoffrey Cannon, Lawrence Gostin, Mark Wahlqvist, Claus Leitzmann, Maria Alvim, Claudio Schuftan, Hetty Einzig. And more not shown here

The Issue team reports: Our guest editorial (page 450) is by Brooke Aksnes. In *Update* (starting on page 452) Isabela Sattamini on pesticides, Gautam Dantas and colleagues on Yanomami gut flora, Oliver Wainwright on Expo Milan, David Katz and Dan Buettner on GLiMMER™, Peter Buffett on philanthrocapitalism, and Stefanie Vandevijvere's *Vision.* After *Project Phoenix* (page 476), our report from Nepal on the death and rebirth of Langtang by Ashok Bhurtyal, Dushala Adhikari, Hans Nilsson, Martin Tondel, Lena Lindahl, Durga Prasad Pahari, Rahdika Upadhyay, and Amod Kumar Poudyal (page 482). Anne-Emanuelle Birn completes her exposure of Bill Gates (page 493). Geoffrey Cannon's hero (page 506) is Eduardo Galeano. And in *Feedback*, Lawrence Gostin on WHO, Mark Wahlqvist, Claus Leitzmann, Brooke Aksnes and Maria Alvim on *Project Phoenix*, Claudio Schuftan on Eduardo Galeano, and Hetty Einzig on Vandana Shiva.



WN *Biocides*

Nature's revenge



Industrial agriculture (above) and industrial breeding (here of fish, below) both depend on systematic use of biocides. This may be the worst mistake made by food scientists and technologists

The Issue team writes: The first two *Update* stories this month are by Isabela Sattamini on overuse and abuse of herbicides by industrial agriculture, and by Michael Purdy, Guatam Dantas and colleagues on the gut microbial ecology of Yanomami communities in Amazonia. They have a common theme, as shown in this month's *Editorial*. This is biocides – the word meaning 'killers of life' Herbicides, insecticides, pesticides and antibiotics are all biocides. In killing life forms seen as undesirable, these toxic substances create ever more dangerous resistant life forms. They are the revenge of nature on human folly.

Access this month's Editorial here
Access Isabela Sattamini on pesticide overuse and abuse here
Access Update team on Yanomami gut microbial ecology here



WN *Big Food Watch. Expo Milan 2015*

Who wants to 'feed the world'?







Feeding the World, Energy for Life is the theme of Milan Expo, known as the Food Olympics. Really? Above are the awesome fly-past, the colossal Coke pavilion, the militant street fighters

The Big Food Watch team reports. Expo Milan 2015 is projected to attract 20 million people and to take a gate of $US 10 billion in its six months now started. It features Pharaonic pavilions like that for Coca-Cola, above. Pope Francis warned against a culture of greed and waste, amid street confrontations against the corporate extravaganza. Early reports have been of organisational corruption and chaos.

Access Big Food Watch on Expo Milan 2015 here



WN *Nourishment*

Why are these people smiling?



The Update team reports: Readers will know the six *WN* family members and contributors in the top row above – Barry Popkin, Walter Willett, Claus Leitzmann, Boyd Swinburn, Shiriki Kumanyika and Yoni Freedhoff. But why are they brought together here, why does Yoni have a G by his name, as do David Katz and Deepak Chopra in the middle row and Mehmet Oz in the bottom row, how did Bill Clinton get in the picture, who are all these people anyway, what's the connection between them, and why are they smiling? All is revealed in our *Update* story on the GLiMMER™ initiative, founded by David Katz of Yale and the man next to him with a clock, Dan Buettner of *The Blue Zones*.

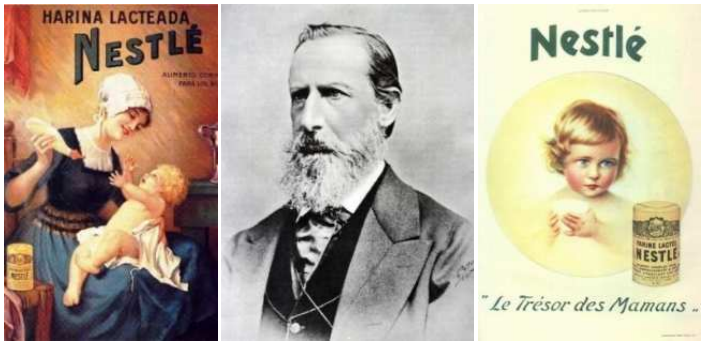
Editor's note

This and other contributions in *WN* as from this month carry a new *WN* 'brand image' for *'Nourishment'*. Our interest is in relationships between foods, meals, dietary patterns and food culture, and mental, emotional, and spiritual as well as physical health and well-being. The visual equivalents of 'diet' or 'nutrition' are graphs, or extracts from dietary guidelines like the now-discredited US 'pyramid', or indiscriminate pictures of foods, or images connected with dieting regimes. Very dull. We propose to pay more attention to delight and to be less preoccupied with disease. Thus, *Nourishment*. 'branded' with images of whole food. Each *Nourishment* story will use a different image, starting with fruits – here above, cashew fruits and nuts.

Access Update team on GLiMMER™ here

WN *Project Phoenix*

'Profoundly important' – or are we wrong?



Henri Nestlé (above, middle) and early Nestlé infant formula feeds advertised as wonderfoods. Modern nutrition science and its chemical approach to food created modern ultra-processed products

The Project Phoenix team write: Last month *WN* began its *Update* special indictment of modern conventional nutrition as obscure and ignorant. This month the indictment is of its obsolescence and irrelevance in the circumstances of this century. Hot stuff indeed – genuinely controversial, and *WN* team member Maria Alvim is asking please for *Feedback* letters including from champions of conventional including clinical nutrition.

This month we publish four letters. Two are from former International Union of Nutritional Sciences president Mark Wahlqvist, and former IUNS treasurer Claus Leitzmann. Both welcome *Project Phoenix*. Mark Wahlqvist says: 'I am much encouraged by the work of *WN* in the first *Updates* on *Project Phoenix*. These and their concerted thinking could help to foster the eco-nutritional movement, now much needed'. Claus Leitzmann says: 'The project is profoundly important'. In a footnotr, Geoffrey Cannon of the *Update* team points out that the first mass-produced ultra-processed products, beef extract and – see above – artificial infant formula as mass-manufactured by Henri Nestle, were products of nutrition seen as biochemistry.

Two letters are from Brooke Asknes and *Feedback* convenor Maria Alvim, both of whom became disillusioned as students with nutrition as taught, in the US and in Brazil. Brooke Aksnes says: 'Clinical nutrition should be secondary. Curriculums need radical revision, to address the biggest issues in the world now, and to produce professionals who think outside the current officially accredited evidence-based box'. Maria Alvim says: 'Academic training, at least as I have experienced it, is extremely fragmented… Dehumanised clinical work is more tangible and quantitative and more publishable in journals that help careers'. More letters, please! Critics, don't be shy!

Access Update team on Project Phoenix here
Access Brooke Aksnes, Maria Alvim on Project Phoenix here



Nepal

After the earthquakes



Nepal. Mother and child in the open in Kathmandhu after the earthquake. Hundreds of thousands of people are homeless. Some upland villages north of Kathmandu are devastated

Wout de Jong reports: We were in Kathmandu at the time of the earthquake. Since we didn't see any help coming out of Kathmandu, a group of us here decided to bring food to a village north of the city. We took one local friend with us – he usually goes to the temple there once a year and could act as translator.

We took three buses to the village of Peslang. It took us about four hours to get into the city of Gorkha near the village, and then about one further hour by foot. On the way up to the village I saw a helicopter and provisions protected by the army with barbed wire and heavy guns. The helicopter was just outside Gorkha city beside the road. I really hoped this was going to areas that are impossible to reach by foot but it looked like they were just awaiting orders. Peslang was totally destroyed. The villagers told us that a young family had been killed on the very stones we were walking on. The food was welcomed by some with relief and tears. I think the fact that people care makes the most difference. Their houses are still gone. Even though these people are so close to the city, I couldn't see any people who had come to help with the destruction.

Who knows how many horrible stories there are here and people that lost children, fathers and mothers to this earthquake. I know the food we brought isn't much. I really hope it gives them hope, as it shows that people care.

Access Ashok Bhurtyal, Dushala Adhikari et al on the earthquakes in Nepal here
Access Network on the earthquake in Nepal here

What Do You Think?
A fast is as good as a feast



Fasting. For 40 days and 40 nights in the wilderness, Jesus-style (top) or for the Muslim Holy Month of Ramadan (middle) or as a modern 'de-tox' regime (bottom). There are many others

Geoffrey Cannon writes: Official dietary guidelines all assume that people do or should eat the same amount every day. This is very odd, because nobody does, and half or more of the world's population fast from time to time. In *What Do You Think* this month I report and reflect on my six-week Daniel mostly raw food fast.

Access Geoffrey Cannon on fasting here