

From: Karil Daniels <karil@spamarrest.com>
Sent: Sunday, November 29, 2009 12:18 PM
To: ATR-Agricultural Workshops <agriculturalworkshops@usdoj.gov>
Subject: Comments on our food supply and suggestions.

Hello,

I have paid close attention to food purity and safety matters for over 20 years. I hope your group will concern itself with this issue and develop guidelines that will improve the very troubling situation that we now face, due to the lack of good regulations and the great influence of Big Agra, which does everything it can to reduce regulations that might in any way diminish their profits.

In my view, health is wealth. The enormous costs to us, as a nation, in dealing with greatly increased rates of cancer, heart disease, diabetes, obesity and other degenerative illnesses, is staggering. We must look at how we can lower those costs and improve the health of all Americans.

Toxic chemicals in our foods, like pesticides, herbicides, antibiotics, hormones, highly processed sugars and trans fats, are working against good health. These substances are perceived by our bodies as stressors, and like any other stressors, they trigger the fight-or-flight response, which releases the stress hormone cortisol. Chronically elevated cortisol levels often result in reduced thyroid activity that, in turn, slows metabolism and promotes obesity, which is directly linked to diabetes.

Many authorities believe that the substances noted above are directly responsible for increased cancer rates, yet little is done to address this very serious problem. If we want to promote good health, then these troubling substances should not be in our food, or their amounts should be drastically reduced, by law. When New York recently passed a law to eliminate hydrogenated oils in most restaurants, it was a great thing, and something similar should be federally mandated for the entire country.

Thank you for considering my comments.

Best,

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