

## The Food Crisis

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For centuries, food has been fought for, protected, sacrificed and saved. It was a golden item that was much appreciated and used to survive. Food for every animal and human specie was the source of life to survive, grow, and continue living. However; today the food industry has incredibly changed to be a marketing, commercial, and aggressive industry where the relation between food and human is no longer existent.

Our ancestors valued the food they ate, prayed on it, honoured it, and worked hard to get food. They developed many tools to hunt their food, and later learnt how to cultivate their food through the agriculture era. This led to appreciation, values, and ethics of food. However; once technology changed and the supermarket and market industry were created, food became easier to attain in exchange for goods or cash.

Overtime, what we worked hard to have for survival became easy. We learnt how to reproduce food quickly using science, chemicals and technology. We have altered our foods so much from its original source and value that we came up with an "Organic" label to remind people which foods were still somehow true to their origin. As a result, the organic food industry was a luxury item to have and privileged to those who could afford it. While the rest of the foods available are generally polluted, unloved, and produced in mass and made to be preserved for a longer duration. All of these changes later started showing up as obesity, weight gain, heart disease, illnesses, and a dramatic change in human behaviour and emotions. It is almost as we became greedy to have that we became greedier in all domains in life. Therefore, our body, mind and spirit stated to de-attach from nature we changed from a human specie to a semi- connected specie.

The side effects of the change in our food industry, created confusion in the mass population creating a world that did not know what to eat, or how to lose weight. In fact, almost every campaign

that went out on food to buy this or that was sold to people. As a result, the rise for dieticians came in, to help guide people how to eat, the quantities, nutrients needed etc... Despite all we have rocked the food boat industry and the consequences to these shifts have still not been seen.

The days are coming closer, where food will soon become our biggest enemy if we do not learn how to protect, grow, love, and appreciate our foods. In the near future, we are expecting our foods to be lab grown, printed, and produced in ways that our ancestors would be shocked to see what we have done. As a result, what will happen to the human specie? If the first golden item that was fought for, protected, saved will now become so de-attached from its natural form. Our specie will be completely altered, died off, and only the wise, intelligent who understand themselves may survive before it is too late. Our bodies, as we have seen are not ready for the genetically modified foods, they are only made to eat naturally produced foods from earth. As a result, our bodies, have began to already revolt against us creating autoimmune diseases, depression, anxiety, cancers, ulcers etc... We are endangering ourselves to become truly extinct if we do not take a corrective action plan, or nature will follow its course as it does not need us as much as we need it. Our minds need to be rooted back to primitive and natural eating. We need to re-learn how to select, eat, and stay true to our principles of what food is. We need to learn to love the future generations and protect the earth for them to enjoy. If we do not, our foods will become our enemy.

The easiest way to come back to basics, to sit in calm meditation and take yourself back to a hunter gather era. If the foods that we search are not hunter gathered foods, then avoid them. Foods to avoid are: gmo, processed, sugared, friend and artificial coloured or flavoured foods. Organic food with natural multivitamins may be the best way to stick to the most natural sources of food, however;

there are other affordable options. These options include, growing your own garden, having a farm, buy from local smaller stores rather than big corporate stores if possible.

Your body is your temple, and what we feed it, we will become, be think and live. Therefore, change your life by changing your foods, and everything will fall into place. Build a connection with your food, feel it, smell it, taste it and build a stronger intuitive force of what you are putting into your body.

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