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24/02/09

To The Secretary to The Parliamentary Inquiry into Obesity, Parliament House,
Canberra, ACT, 2600.

From Dr Stanley Robinson

5 February 2009

Dear Secretary,

The matter of obesity

I ask you to put the following submission to the Parliamentary Inquiry into Obesity:-

I submit that the only course that will tackle obesity (and other problems) is the phasing out of brain dead foods and prohibiting food manufacturers using them in products sold to the public. This is not a matter on which it can be assumed that all members of the public can be educated to make a reasoned choice or that they will become observationalists over night. Government must intervene and prohibit food manufacturers from using brain dead foods.

The Reasons.

Hippocrates said, "We are what we eat" ("the Hippocratic Statement"). If this be correct then, the state of obesity is directly linked to what the person eats.

Then the prime focus must be on our food. But first we must accept that the Hippocratic Statement is not a scientific statement that to-day scientists can be empowered to prove or disprove it as it is derived from observation. Trained scientists have no role to play unless they are foremost observationalists free from the fetters of the standards of proof that events of recent years have cast on them.

Our second focus is that hu'kind digestive system is the same as the chimps and they are basically fruit eaters. Fruit for this purpose is food that contains within it when eaten the seeds of reproduction and hence includes nut (which give us protein). Fruit is predominantly alkaline.

The third focus is this: our bodily systems operate around ph neutral and the function of the body's buffer system is to maintain that neutral state (otherwise we die). For instance, if we do not eat sufficient alkaline food the buffer mechanism will draw on our reserves, namely our bones. Hence a deficiency of alkaline food results in osteoporosis and exemplifies the Hippocratic Statement.

The fourth focus is that it is the brain that determines the need to eat. If we eat food that does not satisfy the brains' needs for minerals &, then the brain will prompt the body to eat again. If the body still fails to supply the brain with its needs, the brain is will again

prompt the body to eat. And so on. The brain deficient food is stored within the body because of the lack of fibre and other constituents in the brain dead food necessary for its exodus.

The fifth focus is to observe that brain dead food is predominantly acidic.

Submissions on the three prime junk foods.

Sugar. Sugar is a disaccharide and, as the body can only metabolise monosaccharides, it first must convert sugar into a monosaccharide. This process uses up a lot of alkaline minerals. Secondly, in the mouth are bacteria, streptococcus mutans, that come out to play when sugar is eaten. They love sugar but alas they turn it into an acid. Sugar is thus a strong injection of acid and that is not what the body or the brain wants. It is also over processed. The brain is denied.

White flour and white flour products. White flour, whether bleached or not, lacks brain food. It arises this way. The germ contains brain rich food but it also contains oil. High speed mills create heat and heat in its turn has the tendency to cause the oil to turn rancid. So the germ is separated but the brain rich food is not mixed back in. The brain is denied.

White rice. White rice is the product resulting from the removal of the skin but this is where the minerals, enzymes, & are. The brain is denied.

Nutrition generally

Lack of nutrition or put another way lack of brain live food adversely affects our mental and physical health and development (Generally see Dr Price Weston, Nutrition and Physical Degeneration. See Also Sandra O'Connell, the Grass that changed the World and the sources there relied on)

Miscellaneous

African people whose staple diet is millet are happy people and free from cancer. Millet is alkaline and a gluten free cereal.

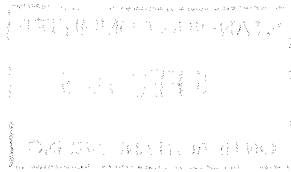
During the last century as the consumption of sugar increased per capita so did the incidence of cancer per capita.

Cancer does not thrive in an alkaline environment.

Of the 912 cancer patients in a London hospital all had candida. (around 1996)

Candida thrives in an acid environment and can be responsible for weight gain.


Breast milk is alkaline and only has around 1.2% protein. A baby thrives and is more content than a baby not so fed.



Diet of Contentment

A diet of contentment would result in separating those that are overweight for reasons other than the food they eat. This surely is the first stage in tackling obesity. Governments need to promote the adoption of a diet of contentment. Banning brain dead foods will speed the process.

Yours sincerely,



(Not a medico)