

[REDACTED]

From: submissions
To: [REDACTED]
Subject: RE: Submission on A1193 Irradiation of all fresh fruit and vegetables

[REDACTED]

Irradiation of All Fruits and Vegetables for Australia –

The war on germs has gone unchecked. 2020 has shown that the belief a virus causes disease continues to be perpetuated. Yes, that is one theory, but there is also the terrain theory. Which says that an opportunistic microbe can only invade a terrain that is suitable for its growth.

A healthy terrain or body is capable of living with billions of micro-organisms (microbiome – viruses, bacteria, fungi, parasites, moulds) without causing disease but rather living in symbiotic harmony for the benefit of both.

The narrative in 2020 was to wash your hands, put a mask on and stay 1.5 metres from each other. There was never a conversation about the importance of sunshine and increasing Vitamin D levels, nor did ultra-processed foods get banned, the importance of the breath and health was never mentioned, nor movement as an important part of the immune system activation and lastly the connection with loved ones was completely dismissed.

And now I see the war on microbes passing on to all fresh fruits and vegetables.

The Queensland government has applied to Food Standards Australia and New Zealand to irradiate all fresh fruits and vegetables.

On the FSANZ website the following can be seen under food irradiation.

“Irradiation is a technique used to keep food safe. In Australia it is mostly used to control the spread of pests like fruit fly but can also be used to kill dangerous bacteria and microorganisms that cause food poisoning, like Salmonella, Campylobacter, listeria and E. coli. It can also be used as a way to prolong shelf life of food by slowing down the ripening process and can stop vegetables from sprouting.

When food is irradiated, it's exposed to ionising radiation, either from gamma rays or a high-energy electron beam or x-rays. These rays are similar to microwaves, and pass through the food just like in a microwave, but don't heat up to any significant extent.

Irradiation does not make food radioactive and you can't get sick from eating it – it is as safe and healthy as non-irradiated food”.

Already 26 fruits and vegetables plus herbs and spices and herbal infusions are approved for irradiation in Australia – these should be labelled. They include; blueberries, raspberries, persimmons, apple, apricot, cherry, nectarine, peach, plum, honeydew, rockmelon, squash, grapes, strawberry, zucchini, tomatoes, capsicum breadfruit, carambola, custard apple, litchi, longan, mango, mangosteen, papaya and rambutan.

If you are not looking out for the irradiation symbol or don't know it you may not be aware of it. Here is a picture so that you can now recognise it. If the food is not in packaging the symbol can be near the produce, or you may see a sticker.

SYMBOL FOR FOOD IRRADIATION



Food poisoning does happen, many foods are being sanitised or irradiated in order to kill microbes that may cause food poisoning. While sanitisation will kill microbes on the outside of the food, irradiation passes through the food killing all microbes by destroying the DNA.

I see food irradiation as continuing a problem rather than getting to the root cause of the issue.

Modern farming methods use chemicals to destroy pests and weeds. These chemicals and more specifically glyphosate not only kill a broad spectrum of weeds, but also kill the natural ecology of the soil, weakening the plants and animals that grow on the soil thus the need for more and more pesticides to protect the plants and animals.

Dr Don Huber, plant pathologist told me when I interviewed him last year that the way glyphosate works is that it makes the plant vulnerable to the soil's pathological microbes, by stopping a biochemical pathway in the plant that helps it use minerals and make aromatic amino acids, folic acid and the iron carrier enterobactin. When this happens, the plant becomes sick and pathological microbes invade and kill it. When the plant is healthy, the pathological microbes are kept in check. This is called a healthy terrain and pretty much proves the terrain theory.

Glyphosate kills beneficial microbes but some varieties of pathological microbes are resistant to it.

So our soil becomes over run with pathological microbes (just like our own microbiome when we use too many antibiotics or eat foods sprayed with glyphosate and/or eat an ultra-processed food diet) and thus the foods we grow in the soil then become contaminated with listeria, salmonella and other microbes that cause food poisoning.

When I go into my garden to pick my salad greens, herbs, root vegetables, zucchini, cucumber and the like, I know that my food is safe. I support the ecology of the soil using regenerative farming practices, I do not use any chemicals. I know that there are soil-based microbes on my food. If there is a little dirt on the

food, I'll give it a cursory wash. These soil-based microbes that remain on my freshly picked food along with the food are called in modern terms probiotics and prebiotics. The soil-based microbes not only help me digest my raw salad greens and herbs but also contribute to the thriving healthy balance of my microbiome.

Food irradiation depending on the amount that is used (measured in Gray Gy - at levels between 150 Gray (Gy) and 1 kGy for blueberries and raspberries for example), not only kills fruit fly but also kills bacteria, virus, parasites within and on the food. It doesn't just kill the bad microbes, it kills the beneficial as well.

While the main focus of the irradiation of food process and the science that goes with it, is on nutrient values, free radicals (ESR/EPR) and ionising properties there is no science that I could see in how when the food is delivered to the human body, how well the nutrients in the irradiated food is absorbed and what will the daily consumption of irradiated fruits and vegetables eventually do to the microbiome and thus the health of humans. These are the questions I have yet they are not answered in the literature.

Once again we have a mechanistic view of this procedure rather than looking at the big overall picture. This is how our agricultural practices have been since the Green Revolution, trying to control nature yet now we are seeing the 6th greatest extinction on planet earth happening before our very eyes. Bees, insects and birds are suffering as well as animals and humans. To continue to do what we are doing will continue to give us the same result. The soil, animal and human terrain is getting weaker and weaker and thus more and more pathological microbes are invading our space and causing pandemics, mass extinction of vulnerable invertebrates and decimation of the diversification of plant life.

Education is the key to knowing what is happening to our food and deciding what is best for you and your families health.

Wisdom would say let's look at the root cause, but for some reason our authorities believe in keeping on killing in order to solve the problem. And irradiation of all fresh fruits and vegetables has been proposed by the Qld Government.

Submissions for public comment have already passed. As soon as I knew about the irradiation proposal, I sent the information to my students and graduates of The Nutrition Academy to submit their comment. It is not an easy process and secondly it's hard to get your head around all the terminology and understand the science of irradiation. So public discourse to FSANZ would have been difficult for even the most highly educated on this.

Like anything that is enforced without much comment, we must be diligent in where we source our food and who produces our food. Education is the key, because if you don't know something you won't know to be aware of it and blindly consume foods from a grocery store that is either, genetically modified, irradiated, ultra processed and/or filled with agricultural chemical debris. Many people who read my book Lab to Table have an awakening about the food they are consuming and the health ailments they are experiencing. Once they wake up and source their food from their local area and farmers market or begin their own food garden then they begin to heal themselves and their family.

Let's face it, irradiation of food is 'Big Ag', It is being proposed so that food will last longer so profits will be higher and the sad thing is that things will not sprout and seeds within those foods will become unviable. So the potatoes and sweet potatoes that I purchase to sprout for my vegetable garden will not be accessible to people anymore, unless you purchase organic. If grains and seeds and whole spices like coriander are irradiated then I can't sprout them to grow more in my garden therefore the home gardener will become even more of a minority.

We have lost 94% of our vegetable seed varieties in the 20th century. When we irradiate our fresh fruits and vegetables that are still around today, our seeds within these foods become unviable, therefore we can't save seeds and grow our own foods. So when you throw your food scraps into your garden, the miracle of a tomato or pumpkin plant growing out of your soil will not happen. Can I suggest you watch the 2017 documentary – Seed – The Untold Story. It will make your heart pump with joy as to the seed savers around the world, but it will also bring you to a stark reality of how much our food is patented and owned by Big Chemical and Agricultural companies like Monsanto and Bayer. They are about profit, they are not about human, animal or soil health.

If you are not satisfied with my opinion and this is an opinion piece, then please go to the notes below to read more on the science behind food irradiation, I've given you view points that are opposing. I could have repeated it all but I felt it was more poignant to offer an opinion by using my philosophy of an historical perspective and the philosophy of vitalism. I have found that by using these two guides throughout my career, it has stood the test of time in creating my health and my families health.

For Further Reading.

The Dangers of Food Irradiation – Dr Gayle Eversole PhD, ND

<https://rense.com/general81/foodr.htm>

Seed: The Untold Story Trailer –

<https://www.youtube.com/watch?v=zhb8o4MsdfY>

Food Irradiation, Threat to Our Health or an Ideal Alternative to Chemical/Heat Treatment?

<https://suppversity.blogspot.com/2017/05/food-irradiation-threat-to-our-health.html>

Food Irradiation – Unresolved Issues - David Acheson, Donald B. Louria

<https://academic.oup.com/cid/article/33/3/378/278056>

<https://www.foodstandards.gov.au/consumer/foodtech/irradiation/Pages/default.aspx>

Previous irradiation applications approved by FSANZ:

- [Application A1115 - irradiation of blueberries and raspberries](#)
- [Application A1092 - irradiation of specific fruits and vegetables](#)
- [Application A1069 - irradiation of fresh tomatoes and fresh capsicum](#)

- [Application A1038 - irradiation of persimmons](#)
- [Application A443 - irradiation of tropical fruit](#)
- [Application A413 - irradiation of herbs and spice](#)

Food Irradiation - Food Standards Australia and New Zealand

<https://www.foodstandards.gov.au/publications/Pages/Nutritional-impact-of-phytosanitary-irradiation-of-fruits-and-vegetables.aspx>

Free Radicals and Food Irradiation. <https://pubmed.ncbi.nlm.nih.gov/8660399/>

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From: standards management

Date: Tuesday, December 15, 2020 at 1:26 PM

To: [REDACTED]

Subject: RE: Submission on A1193 Irradiation of all fresh fruit and vegetables [SEC=OFFICIAL]

Dear [REDACTED]

Thanks for your submission on application A1193.

In order for FSANZ to process your submission, could you please provide contact details including: address and telephone number. We ask all submitters to provide this information in order to support the veracity and robustness of our submission process.

Personal information won't be made public and is redacted prior to submissions being placed on our website.

If I don't hear back from by Monday 21 December - we will take your submission as withdrawn.

Feel free to contact me if you have any queries about this.

Regards,

[REDACTED]



From: [REDACTED]

Sent: Wednesday, 9 December 2020 7:46 PM

To: submissions

Subject: Submission on A1193 Irradiation of all fresh fruit and vegetables

Submission on A1193 Irradiation of all fresh fruit and vegetables

To FSANZ

I've been a nutritionist for 40 years.

I've seen the food industry morph into a chemical industry that perpetuates sickness rather than health. ABS shows the gradual decimation of health across all ages. Compare 1960's to now and see the enormous jump in child hood chronic illness.

Evolution dictates survival and food is part of our survival.

Never in the history of man have we had so much interference with food, through chemical agriculture, food additives and now irradiation of our fresh fruits and vegetables. As a nutritionist I'm aware of what's coming and the labeling but for most people they are not aware what the irradiation symbol will mean and therefore eat irradiated food unknowingly.

The understanding of soil microbes, and gut microbes has exponentially increased over the past decade.

I understand that listeria, e-coli Salmonella and Campylobacter and fruit fly are an issue with many of our fruits and vegetables, yet instead of looking to what has been causing this increase in these pathological bacteria, the answer once again to destroy all microbes on the plants with irradiation, including the beneficial ones for digestion.

Regenerative farming practices are now in their infancy, which includes building healthy soil microbes to balance out the listeria and salmonella and other pathological microbes, so they not become a problem to human health. Perhaps encouragement in farming practices away from using endless chemicals and to spend time improving soil ecology, thus plant and animal health with the result of less pathological pest issues

If instead of treating the symptom we treat the cause then we will not need to irradiate fresh fruits and vegetables causing mass human experimentation.

The health of the Australian people is falling. Long term studies regarding irradiation of fruits and vegetables have not been established, therefore the Australian people once again become the experiment.

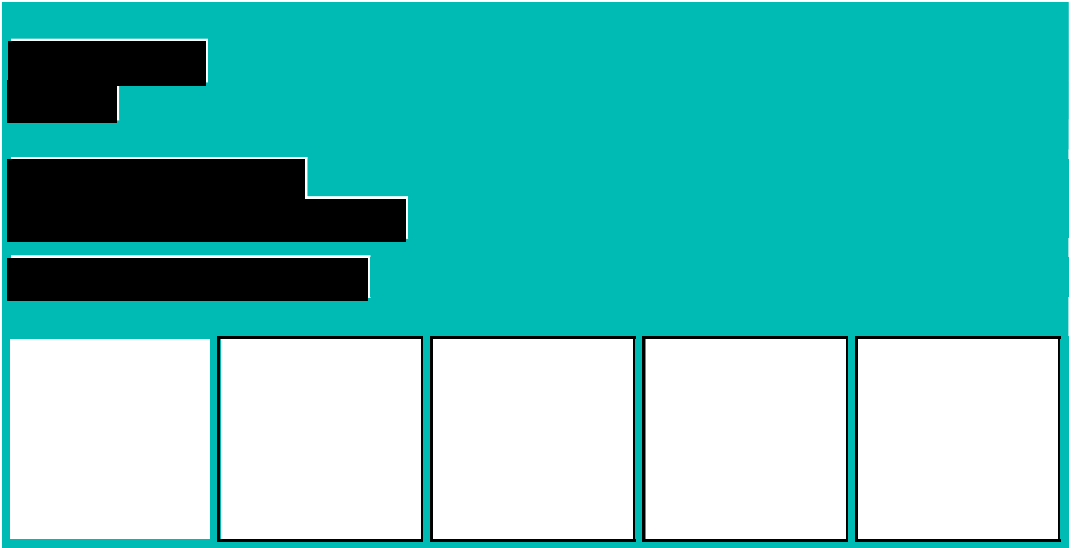
Your website says that irradiation is a technique used to keep food safe, but what about the ultimate health of humans eating the food. Soil based microbes from healthy soils on plants help with digestion. By destroying all the microbes either by irradiation or sanitation decreases the digestibility of food. We already see a nation of food sensitivities, allergies, and intolerances, will the complete irradiation of all fresh fruits and vegetables increase the human sensitivity to plant based lectins and their own protective properties.

I'm opposed to tampering with our foods with irradiation. I'm opposed to the following

Previous irradiation applications approved by FSANZ should be stopped.

- [Application A1115 - irradiation of blueberries and raspberries](#)
- [Application A1092 - irradiation of specific fruits and vegetables](#)
- [Application A1069 - irradiation of fresh tomatoes and fresh capsicum](#)
- [Application A1038 - irradiation of persimmons](#)
- [Application A443 - irradiation of tropical fruit](#)
- [Application A413 - irradiation of herbs and spice](#)

I'm also opposed to the ([Application A1193 – irradiation as a phytosanitary measure for all fresh fruit and vegetables](#)). And should not be considered as part of the food standards.



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