

Margaret Fulton helps shoppers say 'no' to genetically-engineered food

Australia's leading food expert, Margaret Fulton, launched a new publication in May designed to give Australian shoppers control over their food. The True Food Guide reveals which food companies may be using genetically-engineered (GE) ingredients in their products and which are not. Greenpeace released new market research, which showed that 68% of Australians would be less likely to buy a food if they knew it was genetically engineered.

"It is clear that most Australians don't want to eat GE foods, but they've had no way of knowing how to avoid them," said Greenpeace GE campaigner, John Hepburn. "The True Food Guide will empower shoppers to say no to genetically-engineered foods."

Launching the Guide, Margaret Fulton said, "Genetically-engineered



food threatens everything I stand for. There is enough evidence to tell us that genetically-engineered food is not a good idea. The True Food Guide will be our reference to what is safe to eat, not only for us, but for our children, grandchildren and great grandchildren".

The pocket-size True Food Guide rates food companies according to their policies on using genetically-engineered ingredients. Over 170 food companies and 400 products are classified into three categories:

Green: companies that have given written assurance that they are not using GE ingredients anywhere in the food chain.

Orange: companies that are committed to removing GE ingredients and are in the process of doing so.



Red: companies that have no policy to remove GE-derived ingredients, including those from animals fed GE feed, and companies that did not respond adequately to our inquiries.

Half a million **free** True Food Guides will be distributed nationally. Copies are available from Greenpeace by calling 1800 815 151 or from GeneEthics Network on 1300 133 868.

Copies can also be downloaded: www.greenpeace.org.au/truefood.

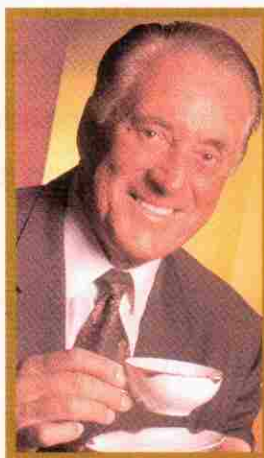
New Vegetarian and Natural Health extends an enthusiastic thank you for this outstanding initiative to:

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[Note: Some Sanitarium brand products are listed in the guide as Red. However, Sanitarium foods have stated in writing (see NVNH Winter 2002, page 29) that all product ingredients are non-genetically modified. – Editor]

Sir Jason



Having overcome terminal cancer, Sir Jason visited Australia in May and was interviewed by Mark Berriman.

If you found that you had cancer now, what would you do?

I would immediately go out and buy Jason Winters herbal tea!... We actually got into this by accident. We never wanted to go into this business. We never had big meetings. From such humble beginnings we

are now in 70 countries around the world and have won awards from nine governments. Even Dr Ian Pearce, the oncologist, supports us 100%. I promised him that we would always work with doctors and hospitals. Unlike many alternative therapists in America who hate doctors and hospitals, I am the happy go-between for both sides. I would definitely, once I had found from my doctor that I had cancer, go on to my herbal tea. I would have asparagus every day, fruit and vegetables and carrot juice, and live happily ever after! Cancer was the best thing that ever happened to me.

It is interesting how many people say that cancer can be a wake-up call in their lives, triggering a major personal reassessment. Did you find that with yourself?

Absolutely. Before I was told I had cancer I used to smoke 40 cigarettes and drink half a bottle of whisky a day and party all night long. Suddenly, when they told me I had nine weeks to live, I wasn't an atheist any more and immediately started to say, "God help me!" I cut out smoking, of course, and dancing all night and I was absolutely terrified. That's when my life changed... and thank God it did. I was living such a useless life, doing things like going across the ocean by balloon when I could have gone on a jet plane. It was so stupid!

But that was probably part of your adventurous spirit, wasn't it?

It was. I was born in a very poor family in the south of England and we grew up with a very bad inferiority complex. I think to compensate for that I had to do these things, such as ballooning across the Rockies and the Atlantic in order to prove to the world that I was as good as anyone else.

I believe you ended up doing some Hollywood acting. Is that true?

Yes, I did. I was sitting in the lobby of the Santa Rita Hotel once when I was on my way back from Mexico with two dollars in my pocket. I was trying to get to Canada. I could afford my bus ticket and was sitting in the coolness of the lobby waiting for the bus when a man came up to me and said, "Stand up! Turn around! How much do you weigh?"... I told him and wondered what they heck he was asking me this for. It turned out that all the people in the lobby were there trying out to be extras and stuntmen in a film called *Walk the Proud Land* with Audie Murphy. Some of them were even dressed up as Indians. He asked me if I could ride a horse and I said yes, so I got the part in my first movie as a stuntman and later as a double for Jay Silverheels who played Tonto in *The Lone Ranger* TV series.

Do you think that a good diet is important in fighting cancer?

Winters

interview

Absolutely. I have it on good authority from the Archbishop of Canterbury that God did not put us on the earth and say there's 10,000 fast food outlets, there's pollution in the air and water, so have a good time! He gave us something within our bodies to heal ourselves called the immune system. The immune system cannot work if we have poisons in the blood and I know that the more junk we eat, the more poisons in the blood and the less our immune system can work. The biggest disease in the world at the moment, which affects hundreds of millions of people, is hepatitis C. Many do not know they have it and will die of it. Only 15% of the people in the world have an immune system which will get rid of it. Centuries ago our immune system was strong enough to get rid of any disease. It is all because we have gone away from the fruits and vegetables into absolute, unadulterated junk. America is exporting to all the countries in the world the worst they can. Lee Kuan Yew of Singapore and Mr Goh of Malaysia had to issue a warning telling people to be careful because so many Chinese children were growing up obese from eating fast food. They are eating all the wrong stuff. We are destroying the immune system of the world by exporting the very worst of everything.

I think that is very evident in the amount of obesity and diabetes that is occurring throughout the world... What do you think

are the main problems with current government health policies?

I think that they should be stricter and have better guidelines on what people should eat. It is hard to say that they should stop these fast food chains from entering the country, but what is going to scare these people other than a law? I gave a lecture in Tokyo a while ago and a doctor stood up and asked me, "Sir Jason, we love going to America to visit Disneyland and Universal Studios, but what we like doing best of all is sitting on a wall and taking pictures of all the fat people who go by." It's true... they weigh nearly 200 kilos! It's an absolute tragedy to see this happening to people. Can there be a law against it?... I don't know. I don't know why people can't connect the two. On the subject of meat-eating, did you know that the lion and the eagle have stomach problems with their diet? I did not know this before but the London Zoo assured me that this was true. Thank God you are publishing a vegetarian magazine because we need more of those and less fast food advertising!

Can you tell me about the success of your products?

It's astronomical, really, because we didn't even have to advertise it. I was in hospital when Prince Charles saw me sitting on my bed with tears in my eyes. The English doctors had just confirmed that I was not going to live, as the American doctors had already done. He had come to see a friend of his. He came over to my bed, put his hand on my shoulders and

said, "Don't worry, Mr Winters. Only God can tell you when you are going to die." I went home and mixed all three of the herbs I had been using together because they had not been working separately. My recovery was such that it was in all the newspapers and people started coming to us. We did not go to them.

I had to start getting someone to manufacture the tea and give it to the people. Then letters started coming in. We have received over 100,000 so far.

Were these all testimonials of the tea working for them?

Yes. We got the publicity free of charge and then I gave the formula to another company and went back to my normal work. It was overwhelming. Several doctors came to visit me because I was in perfect health. They wanted to examine me and read the letters I had received. Two weeks later I got an airline ticket to go to Malta to be knighted and then a government grant as well. It all happened without anyone doing anything, really. The orders kept coming in and it has been astounding. I cannot explain it because none of us are good business people. We just got caught up in something which we did not understand. We even had an award from the US Congress. Nothing was planned. It all happened strictly by accident.

Thank you. NVNH

Sir Jason Winters products are available in Australia from Gary Samer:
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