



Should We Tax Unhealthy Food?

One of the most effective way to decrease the harms of smoking is to just increase the cost of cigarettes through tobacco taxes. An increase in the cost of cigarettes by only 10 percent could prevent millions of tobacco-related deaths.

So, what about taxing unhealthy food? Perhaps a national system of subsidies for good foods, as well as taxes for bad ones, could 'facilitate more sensible dietary choices.' Would it work? A systematic review of the present available evidence suggests such taxes on bad food, and subsidies for good food would in fact work.

It seems that the more unhealthy foods are taxed, the more consumption drops. To add a tax to decrease our exposure to saturated fats, could potentially save thousands of lives. Likewise, the more healthy food like fruits and vegetables are subsidized and their prices drop, the more consumption increases.

The question is asked, wouldn't such tax disproportionately affect the poor? Yes, it would affect them, in a positive way - just like cigarette taxes. The classic tobacco industry argument is that cigarette taxes are unfair and regressive, burdening the poor the most. The public health community's response? 'Cancer is unfair' and 'cancer is regressive' disproportionately burdening the poor, such that a cigarette tax could result in the greatest health gains for the least well-off. They just don't buy them.

South Africa's largest health insurance company started offering up to 25 percent cash back on healthy food purchases to hundreds of thousands of households - up to \$500.00USD a month. Why would an insurance company do that? Why would they give money away like that? Because it works. The healthy food cash-back program was associated with an increase in the consumption of fruits, vegetables, and whole grains, as well as a decrease in foods high in added sugar, salt and fat, including processed meats and fast food.

"The brain and nerves are in sympathy with the stomach. Therefore erroneous eating and drinking results in erroneous thinking and acting."

— E G White

healthbites

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This newsletter is produced by:

 **AutumnLeaves**
New Zealand Limited

PO Box 654, Rangiora, 7440
28 Southbrook Road, Rangiora, NZ
health@autumnleaves.co.nz
ph 03 313 7762
www.lifestyleworks.nz

Supplement Shown to Improve Asthma

nutritionfacts.org, February 4, 2020

Asthma, "a chronic inflammatory disorder of the airways," affects approximately 10 percent of children. About half the risk is genetically determined, but we may have some control over the rest.

Asthma rates are on the rise, this may be because of a vitamin D deficiency! Children just are not going outdoors the same as in generations past and levels have dropped significantly.

Asthmatic children were given 500-1000 IU of vitamin D3 a day and their asthma exacerbations were cut by more than half.

How Hiking Can Make Our Brains Positive

EmaxHealth, May 05, 2016

Getting out into nature can do more than just make us feel better, it can actually cause our brains to grow in functionality. Exposing ourselves to fresh air and being disconnected from the world can help our brain to reach its maximum potential.

Hiking keeps us more positive because it can help us to eliminate negative and brooding thoughts, as it forces the mind to focus on the current moment.

Consider the Evidence When Making Life Decisions

nutritionfacts.org, February 11, 2020

If a smoker, it would be most probable there has been some information come across your path as to the dangers of the practice.

In the 1950's there was much advertising, and even in the medical profession that smoking was calming and soothing, but research and evidence has shown that not to be the case. A study in 1958 featured Seventh-day Adventist non-smokers may have at least 90 percent less risk of lung cancer than smokers.

Diet is another contributor to that we each need to be aware of and make choices based on evidence. A plant based diet is more beneficial, with much less risk of disease.

Denmark was the first to introduce a tax on saturated fat, such as meat, dairy and eggs, but it only took the food industry about a year to squash it, demonstrating that corporate power is stronger than the public health system.

Denmark ended up canceling the fat tax and shelving the sugar tax, as the food company interests claimed too many jobs would be lost if people ate healthier. Apparently, a healthy economy was more important than a healthy population! Ironically, it was abolished just when the evidence of its great effects started to appear. Michael Greger MD, FACLM, January 30, 2020



FAT, SICK & NEARLY DEAD

The story of Joe Cross loaded up on steroids and suffering from a debilitating autoimmune disease and grossly overweight, **FAT, SICK & NEARLY DEAD** is an inspiring film that chronicles Joe's personal mission to regain his health while on a 60 day juice fast.

After the first film was made, Joe vowed never again to go in front of the camera, but after more than 20 million people viewed the film, Joe realised there was a need to back up his first presentation.

FAT, SICK & NEARLY DEAD 2 is a follow up on his health, how the 60 day juice fast affected him long term. He goes back and interviews those he met on his first trip across USA.

Both presentations extremely inspiring to watch.
\$24.00 per DVD **\$40.00 for both DVDs**



Greek Salad

Ingredients:

3 tomatoes	125g firm tofu
1 cucumber	2 lemons juiced
½ red onion	1 tsp Celtic salt
1 Tbsp olive oil	sundried tomatoes to taste (opt)
½ cup kalamata olives	basil chopped (opt)
100g baby spinach or lettuce	

Method:

Cut the tofu into 1cm cubes and place in a small saucepan with juice of 2 lemons and salt. Simmer 15 minutes and leave to further marinate in fridge.
 Cut tomatoes into wedges.
 Dice cucumber.
 Wash baby spinach or lettuce. (If using lettuce, tear into bite-size pieces)
 Thinly slice red onion.
 Drain tofu and use the juice as a dressing with olive oil.
 Layer salad ingredients in a bowl, topping with tofu and olives.
 Drizzle the dressing over and garnish with finely chopped fresh basil. —Nicky Sawyer, Australia



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www.lifestyleworks.nz