



(GOOGLE PHOTOS)

It's a given that if we don't care for our cars and fuel them improperly, they will break down on us. Even though the mechanics of a car is simpler than the mechanics of our bodies, the principles nonetheless, are the same.

Our bodies are like cars in this sense that they are vehicles carrying a passenger for a while, requiring fuel or energy and proper care to keep them going. That which is meant to provide proper fuel and energy for the body is called eating.

products of other living beings that ate foods, which had stored solar energy.

Our highly industrialized society has come to be powered by the same solar energy stored in the bodies of past generations of plants and mammals, which has been transformed into fossil fuels during the course of time.

Our dependence on fossil fuels as an energy source, how we get energy into our bodies, what it does there and what we do with it, are all linked together.

izing, spraying, harvesting, transporting, processing, and storing, adds up to about 10 calories of fossil fuels being used for every 1 calorie of energy, in the form of food, consumed in the United States.

The question that must be asked is how has this inefficient use of energy come to be? First of all, agriculture has become a very centralized "industry", with approximately 3% of the population in the United States growing the food for the rest of the population.

What this means is that large amounts of energy are expended just to transport harvested foodstuffs to different parts of the country, while nutrients are lost along the way. And the large-scale, intensive agribusiness has totally changed the face of farming from a more appropriate technology business, in touch with the laws of nature, to an industry dependent on fossil fuels that, as with the other such large industries, plays its part and destroying nature.

We have large machines replacing farm workers, we have the use of petro-chemicals as fertilizers and sprays, and now we have Monsanto. All these are slowly depleting and polluting.

## **"IT'S HARD TO JUST TALK ABOUT NUTRITION WITHOUT TAKING A GOOD, HARD LOOK AT HOW WE LIVE OUR LIVES AND THE WHOLE PICTURE."**

Unfortunately, feeding our bodies a nutritious diet has become an "energy problem" similar to and connected with the energy problem that modern man has become so preoccupied with lately.

Our bodies are powered by solar energy, which we consume directly in the form of foods, which have collected and stored energy from the sun, or indirectly by eating the bodies or by-

Therefore, it's hard to just talk about nutrition without taking a good, hard look at how we live our lives and the whole picture.

The system of moving food from farms and/or laboratories to our homes has become an insanely energy-intensive endeavor that manages to separate the links between agriculture, food, and nutrition.

The total chain of events from fertil-

