

The meaning of climate changing.

**Organic environmental in
order of health**

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What we can aspect? – G20 reflection

So I start the journey up there as I started. I went in a lot of discussions and people only said the G20 destroyed social structures and the income. The discussion is always like painting a wall outside during rain. So no one wants to listen to the results or tell me the government does nothing to control. People reflect that like cement. No one wants to know or listen that the environmental protection will only work as a global playing system or they told me only "I do something for the environmental". They defeat the USA, Japan, China and the rest of Europe. But the reality is not interesting if you look at some special local problems (later more).

So I was reading for a long time the G20 information and I record at the US-government and look to the information I got from friends outside on the world. So I decided to go to the G20 – meeting and find out what is going up. I started with the first May demonstration, but most organization cancels the demonstration so that only the "Antifa-Demonstration" was going on until the end. But I got some interesting information. And I talk to a lot of people outside. They did not recognize that the weather is changing in the last. They told me it was all the time like that only some people remind that they have school free in summer and snow at the winter mountain. They are in believing that Germany is the first in environmental – protection. I spook to some photographers in Hamburg and they also recognize the ozone hole over Hamburg which makes it difficult to photograph. So a lot of signs of changes are not seen. And the interests in the content of foodstuffs are not in the opinion. They did not look twice, they believe not in god but in that what comes out of Berlin. They make the G20 guilty for the bad material in the world, not only for believing also for plastic in the ocean and salary. I stopped discussions with these people because a head full of cement you can't change. And cadaver obedience to the Queen of Europe Merkle is unbelievable. This is the name she gets outside of Germany. It is a wonder that Germany is staying up today at the G20.

But one after the other. So I get my permission to go to the G20. I was in the hope to meet some politicians to talk to or get some pieces of information. I got not a cataloger of questions I want to find out how fare is the world in protection the environmental. And to get the communique about what is going to do in the future.

So I start on the first of July 2017. I asked to go to the press conferences and get a pdf – document which told me the dates about meeting and the conditions, with the reminder, that I have to respond until 23.06.2017. Okay, I try..... Perhaps I can get another chance to meet a politician or official statements from foreign countries. The meeting starts for the journalist on the 6.07.2017 so I got into the IMC to catch information or help by others. It was a very good organization and we found some apps how should help us to get more information. The main mistake with these apps is only that they work on the newest version of mobile telephones. I got only an older version of a military mobile phone, so I have to ask always the information desk personality. But this was a chance to get in personality contact with people. During the meet, I find out how it works with the contingent cards for a press meeting. There given 10 carts for agencies and if these cards a not given back there were no possibility to get a place to take photos.

This is the time to say THANKS to all service members and police officers they do a great job. They were always kindly, friendly, accommodating. The decoration was wonderful and gives a great background and an inspiration for the idea of the G20. It was a great design. Most people were of five weeks working in 12 hours a day to make this meeting to a great happening.

Let me go back to the dialog, in the IMC there where the possibility to get in a dialog with other countries.

Environmental protection is not the question of one people it is the honor to nature by nation.

The most Journalists a very critical with the government's and always I ask for the question of 2020 they told me shortly yes they get, but then comes a long list of difficulties they have with dangerous waste accumulated over the years. So Italy got in the south 90% recycling, but in the metropole, they have now no denouement of a lot of problems. Japanese which have every day two conferences witch was open to everyone, told they got 2020 perfectly. Wait, how many countries got 2020; Japanese, USA, China, Italy, Netherlands, Scandinavian countries, commonwealth, France, South America I got not available notice, but they have examples like Venezuela and other countries, which got 80% wind power. Russians are clothed as they are before. China can switch off in one hour, Oil out of productions, they have got all too environmental protection, but the request is high as it was.

Donald Trump was the first to give Africa one billion Dollars to reduce the following climatic changing. Africa is also the Terror high as it was so like the Arabian, but the resolution says that all States have to stop to sell weapons and dealing in money. To stop Terrorism is in this moment the highest resolution because terror can destroy the changing in Co2 production. As an example of how usefully is it to buy an electronic car if terrorists burn it down.

Climatic protection is environmental protection because also social equity. It is also to have a look to protect the life of people and their income. In working conditions, so as to take care of social structures and cultures. We have not to forget, that the G20 is an international moment to talk about the development in a single nation and find a lot of guiding principles. The leaders of the nation are 20 hours together to find a way for the next generation. So we are also start-up in the future, but we will only grow up like seed. And we want to become a tree.

I think it is up to us to fill in the paper with a story that comes true. But it is hurt to break down the guiding principles to people in the street. We are living in a world which is changing and we have to protect the next generation this means that a lot of old legislation will change and the human rights will give more place to the world.

ther parts of economic. So as in using fossil parts to produce material for consume. So it took a long way, and the next step is 0 waste, this means 100 % recycling. I must explain, in Germany it means that a household did not produce any waste, in the rest of the world it means to use every waste as a resource to rebuild the product or used in a new circle.

In the main there are some PVC's without problem to recycle and to use. This are HDPE, PET, and LDPE, so as PLA and PLC, the both last will be able to compost. Germany wants to forbid them because Germany make compost out of Chemicals. If a PVC is clean and not composed it is able to recycle.

PVC needs more than 30,000 years to decompose and it is one reason for cancer and other diseases. It react easy with other poison to new materials which are unknown. How hard it will attack psychological diseases is not explored. We give PVC out to the environmental by different ways, one is to drop it in the botanic, the other one is by waste if it composed irregular or by clothes, only by washing PVC clothes there will more micro plastic getting in the groundwater than you can imagine. In Germany it comes mainstream to wear old PET – clothes. Germany mostly produce new materials out of PVC for the garbage incineration. The clothes or products are not able to recycle because they are made out of composite PVC materials. Composite materials are not able to separate again.

Circle of recycling

This is a construct and most professional (if paid or not) normally don't ask, because they some steps father than some people are today, but I do to explain from startup. At first, everything is a circle and recycling the word gets in his roots to the word circle. So we have to start to think like a circle. Socrates has a story about body and soul, in this story, he descript the circle of the body (we know it as the circle of Life) it will be born and run by expiration to death and give new Life (our child's). But the soul wants to complete the Life in perfect harmony. So there is a conflict between both one circle running right way (the Life) and the other left way (soul), so our emotion thinking and feelings are in the middle of both and get in conflict with each other's. That is why we need everyday help and other people to hold on in the middle and not to get a conflict by taking away in one circle.

So the risk of the way is clear. And by the way, no one has a roadmap to change problems, so was I. I like to give information and facts, but sometimes I told about my inspiration and philosophy, as well as I do I hope you enjoy the work.

Climate changing is used in two different meanings, one is used by people who are startup, and it means the climate becomes worse if we do nothing. The other is used by people who are done a lot and have 2020 finished and it means to get the climate as a point of no emission or the big 0 (zero).

This is the simple explanation in the reality it took 30 years to find and a lot of education, in USA they started 25 – 30 years ago from 2019 and look what happened, they started at the ground schools and today they have a society which cares about environmental, they now as well the system of circles. This is one example I know well, and it shows a changing of 180 grade, but it shows it is possible in time. Great Britain, France, and Italian have a different point of starting with the history of them and ground outlook.

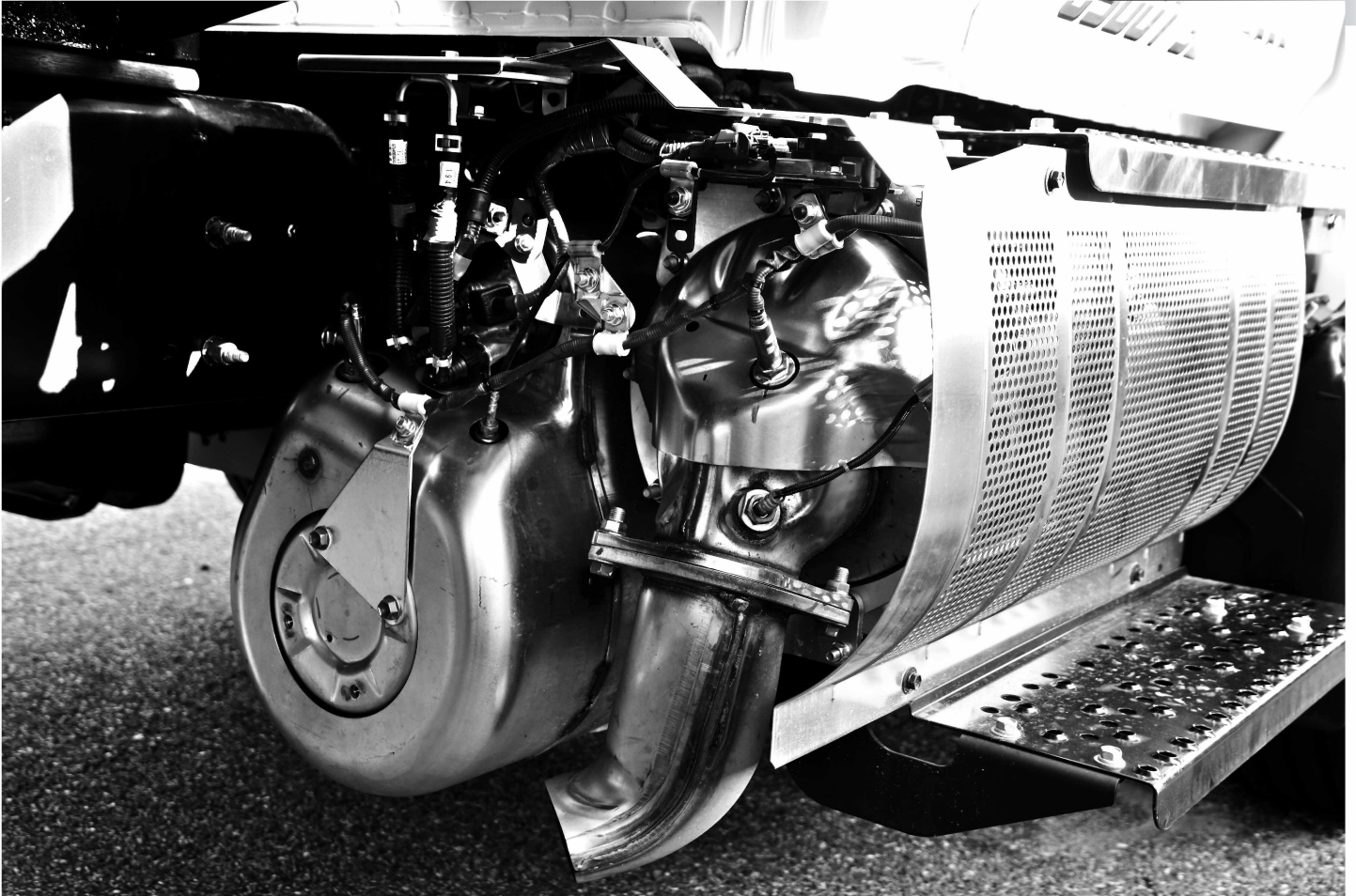
But in the end, for the first balance they get no emission in 2020, the next step is to get the big 0 by producing electricity and other parts of the economic. So as in using fossil parts to produce material to consume. So it took a long way, and the next step is 0 waste, this means 100 % recycling. I must explain, in Germany, it means that a household did not produce any waste, in the rest of the world, it means to use every waste as a resource to rebuild the product or used it in a new circle.

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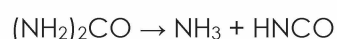


Cars

The German government gives one advice to use urine in Diesel trucks, but only to burn it, not to clean exhaust gases. So the Diesel burns down with urine and the exhaust gases include ammonia (NH₃). The USA uses DEF – Systems, this means the exhaust gases will also clean by ammonia (NH₃) and ionic water to get only nitrogen, Water and Carbone.

Today (01.11.2019) I find an official Truck which has the second part of DEF, but not the first and that is important, it burns sulfuric in the diesel (more than 40%) that could not work by this way! DEF needs gasoline without sulfuric because it is possible to produce nitroglycerin. This is dangerous for the health of children and adult or it could be an explosion.

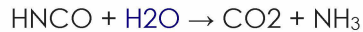
DEF is a 32.5% solution of urea, (NH₂)₂CO. When it is injected into the hot **exhaust gas** stream, the water evaporates and the urea thermally decomposes to form ammonia and **isocyanic acid**:



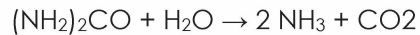
Part one:

Exhaust gases cleaning:

The **isocyanic acid** hydrolyses to carbon dioxide and ammonia:



Overall, this is

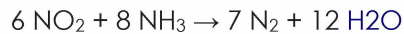


Part two:

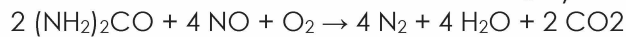
From this point, ammonia, in the presence of oxygen and a catalyst, reduces nitrogen oxides:



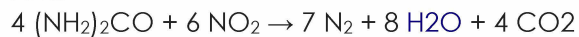
And



The overall reduction of NO_x by urea is:



And



Also using ionic water is one part more in cleaning exhaust gases. This system already exists it is easy to install in cars or trucks. The dangerous is only to use the first part because the gases are dangerous for the health of humans and animals.

“Ammonia reacts with other air pollutants and produces new poison it could unleash asthma, chronic lung disease, cardiac cycle disease, and diabetes.”

(German environmental help organization, 2019)

Cars are important for our economy but we have to look to get them cleaner, eco gasoline is also an idea which is practiced in most countries of the USA. It will be produced out of biomass and the products are compost and gasoline. This seems to be practicable and useful. Remind, that all emission and products of motor using get back to the groundwater and air which is the maintain material for our plans. And our plans are the ground of our food as vegetables, food for animals or fruits. So anything we do comes back to our meal.

Boeing will start to produce engines for Eco kerosene in 2019, so it is possible to produce kerosene out of renewable raw materials. Only the engines must be modified, in which time all airplanes will use Eco kerosene is only nearby the future.

Energy

Energy is all way in our Life, without this we cannot exist. But how to get this clean for the people? One way is wind craft and solar chips but this is not all. In the USA they have the third generation of solar chips and the second in wind craft also they have mobile stations for electric cars. How many percent of needed energy is able to produce out of renewable energy is not clear.

The most state of the USA get until 2030 the big zero-emission for electricity but the question is how suitable is this in use? This only can be told by the future so long doing this is the best way to work. To stock, energy is the most important problem, but this will solution in the future. It is not the question only to discuss this problem, the solution is to do it and learning how it works. Europe is far away from a solution, they only discuss this problem, but they do not collect inspirits by doing. You can develop a lot of ideas, but the reality should be completely different.

Remember, this is only an inspiration I write about, any discussion or philosophic I don't want to do, so it will almost a short description about the problems or ideas, more is in the reality in work, but the scientists have not found today all facts.

Waste

This is the important question of our century, we produced a lot of waste and have only a small solution to recycle it or give them a new life. But Waste will give all bad pieces of stuff to the air, earth, and groundwater by burning it. Garbage incinerators and coal power stations are useful instruments to reduce toxic waste in this moment of developing. But we need also a solution to this point. Of course the filter of exhaust gases give a lot of products which are needed in building and streets so as other metal as a result of burning. But they also produce a lot of carbon.

Combined systems like Tetra – Pack, Aluminum and PVC or others are not able to recycle, so they get to toxic waste. The future can only change some of these problems, better is it not to use this kind and take alternative systems. For Tetra –Pack you can use paper with wax of bees. Hot fluid could be safe in paper and PLA. So there are many alternative systems on the market.

It is easy to require to stop toxic waste, but this is without an alternative system not possible or jobs and companies will be closed and products are no longer on the market. We should look for alternative materials and other solutions. Natural materials are the best, like wool, linen, and cellophane or PLA, PLC. This should be a new field for scientists.

An especially the use of disinfection material produced a lot of toxic waste. This material pollutes our groundwater the other side is, that it will produce bacterium and viruses which are resident against any medicine and provoke allergies. This makes it dangerous for humans and has the effect, that people are not residents against other bacteria or viruses, so they are most ill. In Germany, this use is mainstream and in the head of a lot of people, who are wondering if the child gets diseases.

An Example

I was working in a company, which is thinking about to be eco-friendly. They think a lot, develop a lot of ideas and produced them, so far so good. But here comes the sentence the detail of environmental protection makes the making of it. All they thinking to bring them to the result, which they have to separate the garbage and the give three different types of contains to separate. This is the main work for the cleaning person, but the company which is thinking for the long term has not seen, because it would happen by doing the relevant details. At first, the contains only can then clean up if enough garbage is inside, to save the garbage backs because there are only full of a quarter in a day. The garbage bags made out of PVC which is unknown. And that is the most important detail in praxis that the checkout area is too small to have three garbage contains inside. The personal cannot told to clients:

“Please wait, until the next 10 or 20 minutes to separate the garbage.”

So the cleaning personal have to separate the garbage by hand, this should be dangerous if broken glass is inside. The person has to inform the cleaning personal if broken glass is inside or other contented which has not be inside. Other solutions are for the first time not practicable, but here you can see, it is difficult to realize to be eco-friendly. And the details coming by doing. Just you have to start and then you get an inspiration of happens.

Why has this a connection to food?

All materials which have direct or indirect contact to the food have an influence on the kind of how healthy material is. Also food, meat, vegetables, fruits including. Not only weed-killer give an aspect, but plans and animals also need water, air, and food. All these are under the influence of our industry and behaviors. All of our activities come back over the ground (earth) on our table to drink or eat. So anything we react it will have an influence on us or our children. So let us look forward to change something or all, expected how the behavior is today. It is not expensive work, it is cheaper than we think. An example, in the USA it was modern to have industrial eat production with all the cost and some farmers get the inspiration do have a natural or organic way to keep animals on field free. What happened, this farmer has half of the cost and the meat was cheaper and taste better than industrial meat. So organic meat is today cheaper and of course better than stall productions. They need no craft food for animals and not such much medicine for the animals. And a half work. But it creates new employers and new kind of existing.

Remind, everything is a circle and one day it comes back at us or extremely to our grandchild's, that what we give today will react tomorrow. Our work, I mean each person, has to ask, what is happened around him and is it use full to the future. Only if we act, the world becomes different. Climate changing is, of course, hard work and the most part the industry must do and the politics, but the people on the sidewalk are the power of the state and get a voice to the political climate. Take care of each other and take care of our nature.

Social justice

I try to write in the short term. Social justice is one of the important parts of climate-changing. Why? It is easy, the human capital is the capital to change the world, power to the people in the shortest version of that meaning. If no one is able to use or spare resources nothing will change and the climate grown in a bad condition. It means that the income of employers and unemployed is high enough too decided how the style their Life. It means they respect the environmental and social surroundings. Their income and education are high enough to change interests and political behaviors. Maslow develop his pyramid so it descript if people have not enough money to Life (it is enough to survival) they are not interested in anything. In Germany, the needed income is 1,500.00 € but unemployed only get 980.00 € in a month and employers get 1,350.00 € in the middle; that is enough to survival but not enough to change or interested in more. So nothing will change.

As especially if you like to teach or if the theme of Lifelong learning should work it might not work because there is no ground to learn or to change. If people are not interested in climate-changing and get a knowledge of climate-changing nothing will happen if the companies and people are only interested in saving the status quo nothing will work correctly.

This also includes the safety regulation and protection of health and psychical disease.

So start to struggle for human rights and self - determination, equal if you have money or not, make it payable.

Hazardous waste and the future

All in Germany want to close garbage incinerators and coal-fired power station, but they missing in their claim against the industry is that we have toxic waste which must be neutralized. In a coal-fired power station is it possible to fire 20% toxic waste; in another garbage incinerator, it is 30%.

We produce toxic waste, if we want or not, that is a fact and if we have no possibility to neutralize it and it will find a way in the groundwater or directly in the food. Here is the since still working to change it, but it is a new field to neutralize it without burning it in coal-fired incinerators or garbage incinerators. So long we have no other possibility we need them to keep the environment clean.

It is easy to close a company that is killing the climate, but we have to think for an alternative system to fill the space in healthy systems. During the time to find new systems we have to clean the exhaust gases. To clean is more important than to react radically. We can only come a healthy step by step.

In Germany, 70% of Plastic is composite or multilayer, so it is not possible to recycle! Only 10 – 14 % is recyclable and only two or five companies recycle PET and HDPE. In the GDR (German Democratic Republic, 1949 – 1989) the have a quote of 120% recycling. (West Germany send so many gifts to the east, especially the rare materials where welcome.) Until 1990 the system in Germany grows worse than before. In the USA 70% are recycled of plastic and 95% of cars; in Italy, the south gets 95% recycling in plastic and the north 68%. Energy is in most countries green or eco.

In the future we should use plastic which is recyclable or PLA/PLC; it means plastic out of nature we have to forsake the system of multilayer or composite. All materials are

available, we must only change our thinking. Who is good to the earth it is good for our health and for our income, a healthy system gives us more opportunity to earn money or earn more than today.

Healthy Food

Organic – food

Regulation and certification requirement

"Food testing of organic products also ensures that organic foods are within the ambit of regulatory compliance. FSSAI has recently operationalized the Food Safety and Standards (Organic Foods) Regulation, 2017 so that standards and food safety are maintained. Food testing laboratories provide **food testing** services to ensure that organic food production, as well as processed products, are free of chemical and microbial contaminants. Before certifying the foods the Certifying Authorities like NPOP and PGS-India will also need analysis reports from organic food testing labs, which state that the foods contain no residues of pesticides, heavy metals, antibiotics, etc."

(USA food testing for organic food, USDA, 2019)

This means 0% of chemicals in the food, earth, using, air, water, and plants, so as the production and distribution. 100% natural material and producing. This is an international standard.

In Germany, I found more and more products that use this word, but they have no international certification and it seems, that there are more chemicals inside than the words on the packaging talking about.

In Great Britain animal farming given by parliament an animal welfare act since 1911 in the USA since 1979, it describes how animal has welfare and it is the opposite of Germany, which allowed to hold 36 kg meat per square meters. Outside of Europe, there is more place for animals if they are not living in intensive farming. So as the slaughter house changed to the human slaughter house act, based on 1958, which told to be slaughter animals in a human act, this means mostly nearby the animals, that the stress level is lower and animals are not killed by transport.

Natural – food (raw)

These foods are mostly free of synthetic materials. The credentials should be free of chemicals and weed killers, but it could be possible that it is a rest from the water or earth which gives a small resolution of chemicals. In the USA the measure for chemicals is microgram and not milligram; that means if there is 1/100,000 resolution inside it is a notice in the analyses.

Bio, vegan – food

This is the specialty of Germany and Europe, but there is a high risk. It is allowed to do chemicals and the rest of the animals inside. There are a lot of exceptional cases which allowed to use chemicals and animal protein which must not declare.

In Europe and Germany, there are a lot of labels which have an important name but there are fake's! I am producing books and look a lot to the labels which told me they are the best. But if you look behind the signs you find a lot of mistakes and lies inside. Exceptional cases or not to declare materials could be inside without taking notice of the label. So you did not know what is inside or not. The advertisement in Germany allowed to promise that a product is free of chemicals and weed-killer, but in reality, it must not, all could be inside, without declaring it.

An example, the blue angel, a signs for recycled environmental protection did not look, if it is recycled able or not, it is only interesting, that the company says it is 80% used material (not looking if it is toxic or not) and then the company paid for the signs a price. There is no control or the idea of environmental protection or recycle able material. They loved mixed materials which are not able to recycle. The most of these products are hazardous waste.

In Germany (Europe) are no national or international control organization which are independent, the most of Control Company are owned by the producer or the state which not care about the system of recycling or healthy food.

Resume

If you like to eat healthy food, look up what is inside. If you are not sure ask or research on the internet. Mostly you will find some information. Of course, eat what you like, but know how healthy it is. And take a look, that you find some food which helps you to stay healthy.

Germany status quo (2019):

“..... Jeder Punkt, den Sie in Ihrer E-Mail erwähnt haben, muss separat geprüft werden“

„..... Each point, you wrote in your mail, must check out in a separate Laboratory“
(German laboratory's, I ask for analyzing a complete food material.)

I was asking for weed killer, chemicals, pharmacy, heavy metal, so I mean a complied list of ingredients. We have no laboratories which are able to do it, I did not found some. (Until 2019)

Food is more the stuff you eat, it is medicine, and information and it control all your functions in body and mind. Industrial food content pesticides, herbicides, hormones, antibiotics, and other harmful chemicals. What you put on the fork is the road map of your health. To understand food as a complicated material for a better life. I try to give you the possibility to understand how food reacts in your life, by knowing the difference of materials or ingredients.

Healthy body

Interesting is also how healthy is the rest of your life. At first, I look to the body-mass-index if you are between 18 and 24 you stay in the normal range, over this mass you have enough fat to store in credentials which could be dangerous for your Life. Less is clear you need help for a better body-mass-index, it is also dangerous for your life. The body-mass-index is only a sign of how high is your risk in Life, it is not the measure of Life.

“Make sport” is to move often or look for sport. But don't do excessive, it is not easy to stay in the middle, there is no measure to find the right point of view.

“Orandum est ut sit meno sana in corpore sano. „Pray for it to have a healthy ghost in a healthy body. “ (Juvenal, römischer Philosoph). “

If you feel well and have no limitations you should not change to much or radical only to eat organic food.

The last study (worldwide) find in the resume out, that organic vegetables and fruits have an influence on depression, this also is transmittable of other's negative behaviors, emotions or feelings.

[“Fruit and vegetable intake in relation to depressive and anxiety symptoms among adolescents in 25 low- and middle-income countries”
Journal of Affective Disorders](#)

Available online 8 October 2019

This study allowed us to resume, that fresh fruits and vegetables are important to change psychological disease. Of course, it is one part of all possibilities, but one of the important. I like to spoke often, that it is food for wellness....

Colors or Lights

This is a short trip fare away from food or chemical, but this is one of the important impacts of Life. We all need sunlight, so if you are often outside your body has the responsibility to produce a lot of hormones, products for your body; like D3 + sunshine for your healthy bones. Also, it has an influence on your body, like digestion or/ and this is here important to your psyches.

The best is daylight requirements until 11:00 in the morning you need the full day – doses of ultraviolet light to get no depression or other diseases. But also different Light has other influences of our psyches. Like a green wall in the dining room, you will eat more or you will get hungry. Blue light lets us feel like in or at the ocean. So there is a short inspiration of colors in the rainbow flag:



White light or daylight bulbs make you creative and they force you to wake up and feel active.

There are short influences because the effect on each individual is different. This depending on the character, the education, social surroundings, the momentary feelings and psyches disease. (This are only the mean points) So there are a lot of different points to use Light, in the Light – Therapy it takes a long term to get a whole picture of an individual. But light also react to our health.

Payable or expensive medicine?

Organic food is cheaper in producing because they do not need weed-killer, hormones, chemicals, and other materials to obfuscate some think. In some books, the authors get the creed, that most people living in the circle poverty. If people live from social help or low income, they do not get the inspiration or possibilities to learn new habits or skills. This is a scary downward spiral.

In Germany you can find cheap vegetables and fruits on markets, where producer sell them products, of course, it exists some imposter like they are in shops or industry productions. So look twice at the food you buy. Learn to read the labels on the products. Of course, I cannot give a whole list of all ingredients but the ability to read.

It is the question of different learning, one is to learn how to cook a fresh meal, eat uncooked vegetables and fruits, and get the understanding that organic food is not so expansive than industrial food. Food is medicine for your body, this means that you need it to give your body the material to be healthy. So as you have to learn a new taste, industrial food got ingredients which give you a special kind of taste so that other foods tastes bad to you, but the opposite is true. New skills and behaviors you learn about food and environmental protections you learn a healthy future. So organic food is a payable medicine for your body and psyches.

That what you eat react to each other and inside of your body in your own biochemical complexity. So we should be eating real, local, unprocessed, fresh, unadulterated, unprocessed and chemical-free food. This is payable and possible to realize. In Italy the most food and meat will grow up on small farms, so they mostly do not like to use chemicals, weed killer or other influences of chemicals, hormone and non-natural material.

Bad sugar – good sugar

Bad sugar, good sugar is an older but simple system of understanding food, so I like to use it because the system is simple.

Fat is sugar only in another form. Normally everyone will say fat is bad sugar, but this is too easy it is a little bit complicated than it looks like. Unsaturated fat is good sugar. It is an antioxidant for your body. Saturated fat is bad sugar, this is a free radical for your body. So if you look for a portion of healthy food, look if you have more antioxidants means good sugar in your food, than free radicals or bad sugar.

An example; Olivia Oil is a good sugar if it is produced between 30 and 75 grad Celsius decrease. If it is produced over 75 grad Celsius decrease, the good sugar or antioxidants move to bad sugar or free radicals. In Germany, most Oil is produced by 100 – 160 grad Celsius. A company explain it to me, that they have generated more Oil than conventional producing, this means more profit to the company. They do not interested in good Oil than in more profit.

If you want to check out the Oil, put it in the fridge, if it becomes hard or sediment it is a good Oil, if not it is a bad Oil. This is simple.

Sugar is also bad sugar or good sugar. If the sugar is white it is bad sugar, because it is produced with a lot of chemicals. Be careful with brown sugar, most of them include a brown color. Natural sugar is beige. Corn sugar and natural sugar are good sugar.

Good sugar is going directly in the blood system, so your body can decide if he needs it or not if your body did not need sugar it saves it for later otherwise he uses it. Bad sugar is only able to save in the first instance in fat, only if your body needs sugar he asked for that sugar. Normally you need not reduce fat in sugar, because you have enough to eat for the day. This explanation is simple, the process in your body is more complicated, but it is good to remember.

So if you eat more saturated fat or chemical sugar surrogate your body produced more insulin and after a while, you can get diabetes. These have different functions/influences! If you want to stop it, stop to eat chemical sugar surrogate and saturated fat. Eat more organic vegetables and organic fruits.

Flour is also a mostly question today. People often ask me which kind they have to use; I respond that we have different kinds of flour which has different kinds of Crain. Type 405 is the whitest, mostly without chemicals, but also without important materials of the Crain. Type 550 is the full Crain without fiber. Then we have the full Crain with the fiber. They both last smell nice, but you have to decide if wanted fiber or not. I mostly use Type 550, because I need flour for sweets and the full Crain with fiber flour taste not really sweet. So think, all of the Crain you need, your body takes that material which he needs, the only exception is fat, your body needs fat for bad times, but in a modern society, you will never need it. The full Crain is good sugar, the other one is bad sugar.

Of course Dinkel (spelt) wheat is the powerfull flour you can use, only almond flour is are

more powerful, but it is mostly very expensive.

Meat

I forgot it first, but now I remember, this is all about the people talk. There are a lot of these as people talk about. Let me start with the past, I mean really the past. As we would walk over fields with pelt over our shoulders. We eat mostly meat, our body is constructed to fit meat in our body. So what is it that meat will get such bad pronunciation than today? Of course, one part is how we let meat grown up, another part is, of course, our kind to cook it today. But both parts we can change. One critical of course is in meat, too much meat has separated fat, so this made your arterials to jam. So if you only meat eat it has the same effect. But one thing is that meat has, a lot of Vitamins we only can get by meat, and this should a surprise, meat has an enzyme which is only in meat.

Now we look at how the headline comes in Newspaper, its demands to find a "good" News for the paper, but they did not look to the details. Of course, your risk for cancer will grow by up to 20%. But this is not the absolute risk, it is relative risk. This means you eat each day high quantity of meat from your general risk from 5% to about 20% so you have a risk of 6% absolute.

Of course, what your meat eats, you eat also the same, so the risk is of course how we feat our animals and treat them. So all comes back at our table.

Remember

All I do here in the book is to give a very small roadmap to do. The reality is most complicated as it seems. I do not write about allergies and his kinds, because this is mostly different from the individual and the kind of allergies. I only give you the knowledge to understand fast and easy if food is healthy or not. Allergies are a sign of immunodeficiency.

Example:

Lactose intolerance is mostly happened to people in Germany. It will rise up by chemical food! If you do not drink enough real milk or the chemical surrogates it will rise up after a while. But Why?

If we a baby we need the milk from our mother and our intestinal microbiota is able to use this milk so as cow milk. At this moment we stopped drinking milk the intestinal microbiota stop to use milk, so if we drink than milk it has a bad influence on the body. Cheese is, in this case, a kind of milk, so as an adult we can normally use milk if we use real cheese. Here I mean real milk, not that chemical product of German milk production. Real milk is only 5 days usable, German milk will be durable until 2 years. I tested. If you want to do some healthy work for your body, take a milk sugar diet. It runs 4 to 12 weeks and is done with milk sugar and right-rotating yogurt. You mixed both and eat three portions a day. In the beginning, you will go often to the toilet, but after a while, it will become normal again. This diet reorganized your intestinal microbiota to a healthy microbiota which will be able to stop Diseases and it makes you intestinal microbiota able to use more Vitamins and helpful materials for your body. This is only a small inspiration, of course, the whole process is complicated and you have to look if you have not a dangerous disease in your body.

If you got in problems with thyroid or your immune system learn to live healthy, the most book of medical practitioner I read wrote some important phrases, learn to eat and live with the seasons and only use the vegetables and fruits of this season your life in. Of course the most important is the organic food, use food without chemicals. But this is, of course, important for all.

Healthy food means, of course, a healthy body and a healthy psyche. But this is only one part of Life. Moving, learning and a job which gives you pleasure, so as good social surroundings and an intact environmental is also important. The system is complex, but if one of the Life – points runs wrong the others can fit it. Also helpful is aromatherapy and other natural medicine. They help your psyches and body to get back to the point where you grow up healthy by self-activating body own self-healing.

Marie thistle (*Silybum marianum*) is a blood cleanser and takes the poison out of your body, like ginger, some people do it radically with DSM – Bor. (550 ml distilled water, 550 Mg chloride, 30 gr Borax) This is a radical diet, in the first three weeks, you will feel bad,

because all of your poison in the body will be washed out, so you must drink a lot of water by using a glass (125ml) of this drink. The first both (Ginger and Marie thistle) are harmless. Sage (*Salvia Officinalis*) and Angucin are natural antibiotics, they help by soft influences and diseases.

There is some examples, they should give the inspiration to try to help your body by self-healing. All this will not substitute pharmaceutic medicine, but it could help you. Pharmaceutic medicine is important for the case of emergency, not for normal use.

So as I do not write down all of the knowledge about food, this is only for specialist help.

Here is the place to give a list which is helpful and which is not helpful.....

Helpful:

Glutamate is in minimal signs of wear helpful for learning.
 Unsaturated fat, it helps to control free radicals and saturated fat, all kind of this fat is helpful for your body.
 Organic groceries are the main of Living.
 Good sugar
 Full-grain is 40% of your food is good for intestinal microbiota.
 Filtered ionic water helps your body to stay healthy.
 Healthy groceries help you to have a healthy body and a healthy psyche.
 Ascorbic acid, in small doses good for your brain, it stops pluck-building in the brain.

Not helpful:

Modified flour
 Natural identical flavor
 Artificial flavor
 Concentrated contents, is made with chemicals.
 Bad sugar
 The sentence "could contain traces of" –You don't know contains this product.
 Sugar color (today made with chemicals)
 Locust bean (carob), soya, and filler content, mostly they used it unnatural with chemical processes.
 Chemical content, softly described by special names, which you must look up words.
 Saturated fat, only very small doses are helpful for your body.
 Weed-killer, it makes cancer.
 Non-natural Fertilizer, it takes a long time to reduce in nature.

Biomass – natural Fertilizer

Biomass is the material that is used to produce Eco gasoline or Eco kerosene. In Germany, they produced methane which is a climate killer. Methane is not useable, because during the transport it cold down to -273 grad Celsius. And if the methane will get in the atmosphere it killed the ozone and is able to self-ignite. To handle the methane you need asbestic gloves to contact the materials. Eco gasoline and Eco kerosene are free of fine dust and other components. The rest of the biomass can be used as a natural fertilizer.

Produce natural fertilizer there are two ways, one is with worms (like "Terracicle"); it took some weeks to get out of biomass a good fertilizer. The other way is to have topsoil, it takes conventional, without chemicals, between 2 and 10 years. Micro biotic and worms need this time to make out of bio-waste a good natural fertilizer.

Nightingale

So the question is what can I change? Or is it only political? It is both. Politic work by law and show the way so that the industry has no other possibilities as the look for. In Germany, the industry does not recognize that environmental protection and long term work will create new jobs. The most companies only think about the next five years and after this time it never mind what happened. The future is yours and it needs time to understand. I write this book in a simple way and of course not all details because it builds only the ground, but the ground is the basis of all actions and solutions. To think to long term about all details without doing anything, nothing will happen or change. So I try to give a ground a basic to act. And remind that the details comes by doing.

I said and I am not alone trying to find a way for yourself to be organic or the Life to do it. I start by myself a long time ago and it is not easy to stay, but I am interested in all the components and I ask if I do not understand. A lot of blogs are full of detail solutions by single questions, so I search in that way for more details and solutions.

I work long term for a company which has to observe an object in that case that it is clean, tidy and no damages. I got a lot of problems but I like to find a way to solution in environmental protection. I used material which is biodegradable.

Natural pesticide:

As an example, I have in a mall a lot of ants. So what could you do against ants? Of course, weed killer or ants killer are fine, but they do not work perfectly or are dangerous for humans. But I got a solution, I took backing flower on the entry of the ant-hill and after a while the ants gone. Of course next year they come back and I start again, but it works and it is biodegradable.

Natural weed-killer:

The other one is the weed, we got a lot of it and it takes a long time to pick them up by hand. So I got a solution by internet blogs that bicarbonate of soda will work and exactly it work under special conditions. At first, it has not rained, sunny days are perfect. Then you took 10 Liter of water and 250 gr. Bicarbonate of soda and mixed it. Then you pour the weed with it and after three days of sun the weed gets brown and you could sweep it together. That's all.

So my chief notices it, that environmental protection is cheap he start to think about that way and order a machine which makes ionic water to clean windows. So he cleans until these day windows with ionic water and it works perfectly and cheaper than chemicals.

Also take a look at how you cook your meal, low-temperature than high-temperature, so you got a lower risk of disorders. High temperatures produce heterocycle amines and polycyclic aromatic hydrocarbons. So if you take care of cooking you take also care about your health.

The future:

Microplastic in Clothes is the biggest problem, this means also the microplastic in the water! Perhaps it will work like to ionized water, with electricity in water to collect the plastic. This is only a mane idea. I hope some scientists will find a way and could take years, to correct this problem.

Oil in paper-like pizza cartons, at the moment there are not able to recycle. I would try it with a lot of water and time, so the oil can swim at the top and can collect by a squeegee?

Waste disposal site, just open it and recycle it!!!!

Clothes, agriculture, and electricities, so as cars have to change in the future, they should be made out of materials that are able to recycle and should also be modern.

In the future, we have to change our opinion about our social surroundings into an environmentally friendly kind, in this way we have a roadmap to stop 80 % of deseas and disorders. Dr. Bach, a doctor early in the 20th century doing this in Great Britain and show that it works. The future is ours! To start the rest of your life.

Signs of German animals

1

Haltungsform: Stallhaltung

» Schwein

Platz: mind. 0,75m² pro Tier

Haltung: Stallhaltung

Beschäftigung: veränderbares Beschäftigungsmaterial, mind. bewegliche Kette kombiniert mit z.B. Holzstück

» Hähnchen

Platz: max. 39 kg/m²

Haltung: Stallhaltung

Beschäftigung: Trockene Einstreu, die zum Picken, Scharren und Staubbaden geeignet ist

» Puten

Platzvorgabe: max. 58 kg/m² Hähne und 52 kg/m² Hennen

Außenklima: keine Vorgabe

Beschäftigungsmaterial: ständiger Zugang zu trockener Einstreu

» Jungbullen / Ochsen, Färsen, Mastkälber

Platzvorgabe: 1,5 m² – 2,2 m² (je nach Gewicht)

Haltung: Stallhaltung mit Tageslicht

» **Milchkühe**

Platz: Laufstall mit Liegeboxen, Tier-Liegeplatz-Verhältnis: 1:1

Haltung: Kriterien in Erarbeitung, möglichst Laufstallhaltung oder Kombinationshaltung

2

Haltungsform: StallhaltungPlus



» Schwein

Platzvorgabe: Mindestfläche 0,825 m²/Tier, mind. 10% mehr als gesetzlich vorgeschrieben

Haltung: Stallhaltung

Beschäftigungsmaterial: zusätzliches organisches Beschäftigungsmaterial aus natürlichen Materialien

» Hähnchen

Platzvorgabe: max. 35 kg/m²

Außenklima: keine Vorgabe

Beschäftigung: organisches Beschäftigungsmaterial wie z.B. Stroh, Picksteine

» Puten

Platzvorgabe: max. 53 kg/m² Hähne und 48 kg/m² Hennen

Außenklima: keine Vorgabe

Beschäftigungsmaterial: organisches Beschäftigungsmaterial wie z.B. Stroh, Picksteine

» Jungbullen / Ochsen, Färsen, Mastkälber

Platz: 1,5m² bis mind. 3 m² pro Tier je nach Gewicht

Haltung: Laufstallhaltung mit Tageslicht, keine Anbindehaltung

» Milchkühe

Platz: Tier-Liegeplatzverhältnis 1:1; über 300 kg mind. 4 m² pro Tier

Haltung: Laufstallhaltung oder Weidegang, keine Anbindung

3

Haltungsform: Außenklima



» Schwein

Platzvorgabe: mind. 40% mehr als gesetzlich in Deutschland vorgeschrieben, $1,05\text{m}^2/\text{Tier}$

Haltung: Stallhaltung mit Außenklimareizen, mindestens Offenfrontstall

Beschäftigung: organisches Beschäftigungsmaterial, zus. Stroh

» Hähnchen

Platzvorgabe: max. 25 kg/m^2 bzw. max. 29 kg/m^2 (bei einem Stall mit Kaltscharraum)

Haltung: Stallhaltung mit ständigem Zugang zu Außenklimabereich

Beschäftigung: mind. zwei organische Beschäftigungsmaterialien aus veränderbarem und sich verbrauchendem Material wie z.B. Stroh, Picksteine je angefangener 150 m^2

» Puten

Platzvorgabe: mindestens 30% mehr Platz als gesetzlich vorgeschrieben

Außenklima: Zugang zu Außenklimabereich

Beschäftigungsmaterial: mind. zwei organische Beschäftigungsmaterialien aus veränderbarem und sich verbrauchendem Material wie z.B. Stroh, Picksteine je angefangenen 400 m^2

» Jungbullen / Ochsen, Färsen, Mastkälber

Platz: $1,5\text{m}^2$ – mind. 4 m^2 pro Tier, je nach Gewicht

Haltung: Laufstallhaltung mit ständigem Zugang zu Frischluft oder Laufstallhaltung mit Weidegang, keine Anbindung

» Milchkühe

Platz: Tier-Liegeplatzverhältnis 1:1; über 350 kg mind. 5 m² pro Tier
Haltung: Laufstallhaltung mit ganzjährig nutzbarem Laufhof oder Laufstallhaltung mit Weidegang, keine Anbindung

4

Haltungsform: Premium



» Schwein

Platzvorgabe: mind. 1,5 m² /Tier und 100% mehr Platz als gesetzlich vorgeschrieben

Haltung: Stallhaltung mit ständigem Zugang zu Auslauf oder Freilandhaltung

Beschäftigung: Organisches Beschäftigungsmaterial: Stroh oder vergleichbare Substrate müssen immer verfügbar sein

» Hähnchen

Platzvorgabe: max. 21 kg/m²

Haltung: Stallhaltung mit Zugang zu Freigelände (während mind. 1/3 der Lebenszeit) mit überwiegend bewachsener Fläche

Beschäftigung: Einstreu in Form von Stroh, Holzspänen, Sand oder Torf auf mind. 1/3 der Stallfläche

» Puten

Platzvorgabe: mindestens 60% mehr Platz als gesetzlich vorgeschrieben (21 kg/m²)

Außenklima: Zugang zu Freigelände (während mind. 1/3 der Lebenszeit) mit überwiegend bewachsener Fläche

Beschäftigungsmaterial: mind. zwei organische Beschäftigungsmaterialien aus veränderbarem und sich verbrauchendem Material wie z.B. Stroh, Picksteine je angefangenen 400 m²

» Jungbullen / Ochsen, Färsen, Mastkälber

Platzvorgabe: 1,5m² – mind. 5 m² pro Tier je nach Gewicht
Haltung: Auslauf und Weidegang während der gesamten Vegetationsperiode, keine Anbindung

» Milchkühe

Platzvorgabe: Tier- Liegeplatzverhältnis 1:1; über 350 kg mind. 6m² pro Tier

Haltung: Laufstallhaltung mit ganzjährig nutzbarem Laufhof und Weidegang während der gesamten Vegetationsperiode

Stand: Oktober 2019

Die Anforderungen zur Einstufung in die jeweilige Haltungsförm werden in regelmäßigen Abständen überarbeitet.



















EWG FULL GLYPHOSATE IN PROCESSED OATS TESTING SET

Type of Product	Product Name	Glyphosate (ppb)			Lab
		Sample 1	Sample 2	Sample 3	
Granola	Back to Nature Banana Walnut Granola Clusters	30	30	340	Eurofins
	Back to Nature Classic Granola	620	170		Eurofins
	KIND Vanilla, Blueberry Clusters with Flax Seeds	50	60		Eurofins
	Nature Valley Granola Protein Oats 'n Honey	220	170		Eurofins
	Quaker Simply Granola Oats, Honey & Almonds	625	862		Anresco
	Quaker Simply Granola Oats, Honey, Raisins & Almonds	430	400		Eurofins
	Nature's Path Organic Honey Almond	ND**	ND		Eurofins
Instant Oats	Giant Instant Oatmeal, Original Flavor	760			Eurofins
	Great Value Original Instant Oatmeal	450			Eurofins
	Market Pantry Instant Oatmeal, Strawberries & Cream	120	520		Eurofins
	Quaker Dinosaur Eggs, Brown Sugar, Instant Oatmeal	620	780		Eurofins
	Quaker Instant Oatmeal Apples & Cinnamon	543	248		Anresco
	Quaker Instant Oatmeal Cinnamon & Spice	128	45		Anresco
	Quaker Real Medleys SuperGrains Banana Walnut Multigrain Oatmeal	608			Anresco
	Umpqua Oats, Maple Pecan	220	220		Eurofins
	Simple Truth Organic Instant Oatmeal, Original	ND	ND		Eurofins
Oat Breakfast Cereal	Barbara's Multigrain Spoonfuls, Cereal Original	340	300		Eurofins
	Apple Cinnamon Cheerios	868			Anresco
	Cheerios Oat Crunch Cinnamon	1171	541		Anresco
	Cheerios Toasted Whole Grain Oat Cereal	490	470	530	Eurofins
	Chocolate Cheerios	826			Anresco
	Frosted Cheerios	756	893		Anresco
	Fruity Cheerios	618			Anresco
	Honey Nut Cheerios	833	894		Anresco
	Very Berry Cheerios	810			Anresco

This is a list from 2018 and it shows the rest of glyphosat and weedkiller which was stoped 2016.

List of dangerous goods








Einstufung und Kennzeichnung von Chemikalien









bisheriges System				neues GHS-System		
 T+ Sehr giftig	 T Giftig	 Xn Gesundheitsschädlich	 Sehr giftig Giftig	 Ätzend Reizend	 Umweltgefährlich	
 N Umweltgefährlich	 Xi Reizend	 C Ätzend	 Komprimierte Gase	 Explosiv	 Entzündlich	
 O Brandfördernd	 F Leichtentzündlich	 F+ Hochentzündlich	 Oxidierend	 C – M – R Sensibilisierend TOST untere Kategorie	 C – M – R Sensibilisierend TOST obere Kategorie	
 E Explosionsgefährlich						










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Symbols

Sym bol	Code ^[3]	Description	Examples
Plastics (see resin identification code^[4] ^[5])			
	#1 PET(E)	Polyethylene terephthalate	Polyester fibers, soft drink bottles, food containers (also see plastic bottles)
	#2 PEHD or HDPE	High-density polyethylene	Plastic milk containers, plastic bags, bottle caps, trash cans, oil cans, plastic lumber
	#3 PVC	Polyvinyl chloride	Window frames, bottles for chemicals, flooring, plumbing pipes
	#4 PELD or LDPE	Low-density polyethylene	Plastic bags, Ziploc bags, buckets, squeeze bottles, plastic tubes, chopping boards
	#5 PP	Polypropylene	Flower pots, bumpers, car interior trim, industrial fibers, carry-out beverage cups, microwavable food containers
	#6 PS	Polystyrene	Toys, video cassettes, ashtrays, trunks, beverage/food coolers, beer cups, wine and champagne cups, carry-out food containers, Styrofoam
	#7 O (OTHER)	All other plastics	Polycarbonate (PC), polyamide (PA), styrene acrylonitrile (SAN), acrylic plastics/polyacrylonitrile (PAN), bioplastics

	#ABS ^[citation needed]	Acrylonitrile butadiene styrene	Monitor/TV cases, coffee makers, cell phones, calculators, most computer plastic, Lego bricks, most FFF 3D printed parts that are not bioplastic such as PLA
	PA ^[citation needed]	Polyamide	Nylon like toothbrush bristles, socks, stockings, ect
Batteries (see also battery recycling)			
	#8 Lead ^[citation needed]	Lead–acid battery	Car batteries
	#9 Alkaline	Alkaline battery	TV Remote batteries, torch batteries
	#10 NiCD	Nickel–cadmium battery	Older batteries
	#11 NiMH	Nickel–metal hydride battery	
	#12 Li	Lithium battery	Cell phone batteries, computer batteries, camera batteries
	#13 SO(Z)	Silver-oxide battery	
	#14 CZ	Zinc–carbon battery	Flashlight batteries
Paper ^[5]			

	#20 PAP	Corrugated fiberboard (cardboard)	Cardboard boxes
	#21 PAP	Non-corrugated fiberboard (paperboard)	Cereal and snack boxes
	#22 PAP	Paper	Newspaper, books, magazines, wrapping paper, wallpaper, paper bags, paper straws
Metals			
	#40 FE	Steel	Food cans
	#41 ALU	Aluminium	Soft drink cans, deodorant cans, disposable food containers, aluminium foil, heat sinks
Biomatter/Organic material			
	#50 FOR	Wood	Furniture, chopping boards, brooms, pencils, cocktail sticks, wooden spoons
	#51 FOR	Cork	Bottle stoppers, place mats, construction material
	#60 COT	Cotton	Towels, t-shirts, cotton buds/swabs, cotton pads

	#61 TEX	Jute	Clothing
	#62-69 TEX	Other Textiles	
Glass			
	#70 GL	Clear Glass	jars
	#71 GL	Green Glass	wine glass
	#72 GL	Brown Glass	
	#73 GL	Dark Sort Glass	
	#74 GL	Light Sort Glass	
	#75 GL	Light Leaded Glass	Televisions, high-end electronics display glass like in calculators
	#76 GL	Leaded Glass	Older televisions, ash trays, older beverage holders
	#77 GL	Copper Mixed/Copper Backed Glass	Electronics, LCD display heads, clocks, watches

	#78 GL	Silver Mixed/Silver Backed Glass	Mirrors, formal table settings
	#79 GL	Gold Mixed/Gold Backed Glass	Computer glass, formal table settings
Composites (80—99)			
	#81 PapPet	Paper + plastic	Consumer packaging, pet food bags, cold store grocery bags, Icecream containers, cardboard cans, disposable plates
	#82	Paper and fibreboard/Aluminium	
	#83	Paper and fibreboard/Tinplate	
	#84 C/PAP (or PapAl)	Paper and cardboard/plastic/aluminium	Liquid storage containers, juice boxes, cardboard cans, cigarette pack liners, gum wrappers, cartridge shells for blanks, fireworks colouring material, Tetra Brik.
	#85	Paper and fibreboard/Plastic/Aluminium/Tinplate	
	#87 CSL (Card-Stock Laminated)	Biodegradable plastic	Laminating material, special occasion cards, bookmarks, business cards, flyers/advertising
	#90	Plastics/Aluminium	Toothpaste
	#91	Plastic/Tinplate	



