



ORGANIC BYTES

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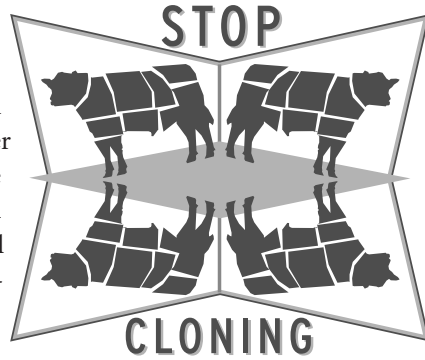


Alert: Milk from Clones to Hit Market Soon

The Senate is still wrangling over the 2007-2012 Farm Bill. One new consumer-friendly amendment, vehemently opposed by the biotech industry, would force the FDA to reverse its current controversial regulations on milk from cloned animals.

Despite widespread opposition from the OCA and other consumer groups, the FDA has approved the commercialization of milk from cloned animals as "safe" and will not require labels. The newly proposed Mikulski amendment to the 2007 Farm Bill would require the FDA to place a temporary moratorium on cloned milk and examine its potential health hazards for animals and humans. We have updated our Farm Bill alert to address this issue. Contact your Senators at:

www.organicconsumers.org/articles/article_7765.cfm



Congressman Slammed for Calling Organic Consumers "Dumb"

Thousands of readers responded to the Organic Consumers Association alert last week regarding an outrageous statement made by Democratic Congressman Collin Peterson.

Speaking to the UK's *Financial Times*, Peterson uttered the following: "For whatever reason, people are willing to pay two or three times as much for something that says 'organic' or 'local'. Far be it from me to understand what that's about, but that's reality. And if people are dumb enough to pay that much then hallelujah."

The Congressman's low regard for local and organic food is especially unfortunate, given that he is the Chair of the House Agriculture Committee, formulating farm policies, programs and funding for agriculture across the nation.

After a deluge of irate letters from OCA readers, Congressman Peterson seems to have undergone a miraculous change of heart, stating in a press release: "I will continue to seek solutions and identify opportunities to improve public policies that support organic, locally grown and sustainable agriculture."

With respect for anonymity, we have removed all identity and contact information and have posted copies of many of your letters to our website. Read what other organic consumers had to say to Mr. Peterson:

www.organicconsumers.org/articles/article_8153.cfm

Interactive Map of US Factory Farms

Are there any CAFO (Concentrated Animal Feeding Operations) factory farms near you? Find out with this new interactive online map:

www.factoryfarmmap.org/

Have a Green Thanksgiving Buy Local, Organic, and Fair Trade

According to the Environmental Protection Agency, nearly half of all food in the US goes to waste. Next week, millions of Americans will celebrate Thanksgiving, a holiday that most often nowadays revolves around a massive meal, followed the next day by the heaviest shopping day of the year. Of course, Thanksgiving was not originally conceived as an orgy of over consumption and shopping, but rather as a holiday to celebrate family, community, and the local harvest. So why don't we go back to the original spirit of Thanksgiving this year by buying healthy organic and locally grown foods from our community co-op, farmers market or independent grocer, boycotting sweatshop products, and staying out of the Big Box chains?

☛ Use OCA's extensive online database to find local food and other organic, green, and fair trade products and retailers near you:

www.organicconsumers.org/btc/BuyingGuide.cfm

☛ Offset your carbon footprint from your Thanksgiving travels and/or entertaining by using the quick and easy *NativeEnergy.com* carbon emissions calculator to purchase green energy.

☛ 80% of the garbage generated by Americans during the holiday season is from gift wrap and shopping bags. Consider how you can green your gifts this year.

☛ Donate to your favorite nonprofit organization in your loved one's name (hint, hint): Make a tax deductible donation to the Organic Consumers Association: www.organicconsumers.org/donations.htm



Written and edited by
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Flu Vaccines and Mercury

Flu season is right around the corner. Although the US Centers for Disease Control and Prevention recommends that almost everyone, including pregnant women, get flu vaccinations, few of the 130 million people receiving this vaccination each year realize that most flu shots contain harmful dosages of mercury. About 80% of all flu shots distributed in the United States contain a mercury-based preservative called thimerosal. According to health officials, people getting flu-shots need to request a thimerosal-free vaccination. These vaccines cost roughly \$4 more to manufacture and distribute. organicconsumers.org/articles/article_8370.cfm

2007 Synthetic Vitamin Sales Go Through the Roof

The year's sales figures are in: according to *Nutrition Business Journal*, the dietary supplement market went from a \$14 billion industry in 1999 to a \$22.4 billion industry in 2007. But many nutrition experts are advising people to focus more on their diet than on purchasing synthetic supplements. "With some medical exceptions, there's no reason to take vitamins if you have a decent diet", says Pete Anderson, a lecturer in nutritional sciences at UW-Madison.

According to Dr. Chad Oler, N.D., the only supplements worth taking are non-synthetic supplements made from whole foods, since the purpose of a supplement is to fill in gaps where the nutrition is not acquired through food. "Ninety-five to 98 percent of the stuff over the counter is crap—they use cheap, raw materials that are not bio-available, meaning that the body, even if it can absorb it, cannot utilize the nutrients very well," he said.

The rule of thumb in distinguishing a truly natural vitamin from a synthetic is that most synthetics advertise highly inflated daily values of a given nutrient, which can actually damage the body. Stick to a naturally occurring, organic if possible, multivitamin that has 100 percent of the recommended daily intake or less. Learn more in OCA's "Nutri-con" campaign headquarters:

www.organicconsumers.org/nutricon.cfm

Related Quote & Facts:

THE QUOTE:

"There's no conclusive scientific evidence that the amount of mercury one might get from a flu shot is linked with any neurological development outcome that's negative." - *Jeanne Santoli, deputy director of immunization services division for the US Centers for Disease Control and Prevention*

THE FACTS:

- ▶ A typical flu shot contains 50,000 parts per billion (PPB) of mercury.
- ▶ EPA classifies a liquid with 200 PPB of mercury as hazardous waste.
- ▶ The legal "safe" limit for mercury in drinking water is 2 PPB.
- ▶ For each flu shot, a 22 lb. baby gets more than 25 times the amount of mercury considered safe. And doctors are recommending that many babies and children get two flu shots this season.
- ▶ A material safety data sheet from Eli Lilly & Co., a former producer of flu vaccines, says exposure to thimerosal may include "fetal changes, decreased offspring survival and lung tissue changes. Exposure in utero and in children may cause mild to severe mental retardation and mild to severe motor coordination impairment."

Hot Topics In OCA's Web Forum

OCA's new web forum now has over a thousand members! Have you joined the action yet? If not, here is a ranking of the hottest topics in the forum this week.

- 1 · Do You Have Chemical Sensitivity? Share your stories.
- 2 · Poll: Is It Okay To Eat Meat?
New Study Says Yes. What Do You Think?
- 3 · What is the National Animal Identification System?
- 4 · Electromagnetic Radiation (EMR)
- 5 · Help For Psoriasis

To read more and join in the discussions:

organicconsumers.org/forum/index.php

What's Happening in Your State?

We have recently begun revamping our state pages to make them more accessible so that people can learn and share information about events, news, groups, and campaigns in their state. We want your help in keeping the state pages as relevant and up to date as possible.

We are striving to get up a new campaign each month, but we can't do that without your help. You can help by becoming a writer for OCA. Please email us campaign updates. You can also send us ideas for campaigns if you are not sure how to write them up for the site, and we will work with you to develop a campaign update.

Email your ideas to volunteer@organicconsumers.org
Please take a moment to add an event, news story or green business by going to any OCA webpage, choosing your state in the dropdown menu in the left-hand navigation bar and clicking on the "Become a news scout" link on your state page.

Please Donate to the OCA

As a nonprofit, we need your donations so we can continue to move forward. You can donate online at:

www.organicconsumers.org/donations.htm

Or mail your tax deductible donation to the OCA:

Organic Consumers Association

6771 South Silver Hill Drive · Finland, MN 55603

Or by phone: 888-403-1007 (toll free).

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www.organicconsumers.org/organicbytes.htm

For many more food issue daily headlines:

www.organicconsumers.org/log.html