

Am I living a healthy life?




Konsorsium
Penyadaran
Konsumen Bali

Let's protect our family's good health!



We can see environmental degradation and pollution all around us



A photograph of two shirtless men standing on a beach, viewed from behind. The man on the left is wearing blue shorts and holding a white cup. The man on the right is wearing black shorts and has his arms crossed. The background shows the ocean and a sandy beach. Overlaid on the bottom half of the image is white text with a black drop shadow.

**More and more people seem
to have health problems too...
What's that about?**

Healthy Food!...



Healthy food is food that is produced and processed:

- Without chemical residues
- Without chemical colors
- Without chemical preservative
- Free of MSG / other flavor enhancers
- Without artificial sweeteners





HOW COME?

**EAT
ORGANIC
FOOD!**

- **Healthy, organic food contains less toxic chemicals (pesticides, herbicides, etc), MSG, aspartame, phosphoric acid, hydrogenated fats food additives and colorings**
- **GMO (Genetically-modified organism) are banned from organic food**
- **Organic food contains higher levels of vitamin C, calcium, magnesium, iron and chromium, beneficial vitamins, minerals, essential fatty acids and antioxidants**
- **Eating organic food and avoiding junk foods lowers chances of cancer, heart disease, allergies and hyperactivity in children**
- **Pesticide residues is up to 6 times higher in children that eat conventionally farmed fruit and vegetables compared with those eating organic food**
- **Organic crops have higher levels of 21 nutrients compared to conventional produce including vitamin C (27% more), magnesium (29% more), iron (21% more) and phosphorous (14% more)**
- **Sperm concentration is higher among men eating organically produced food**



Unhealthy food is food that is produced and processed with:

- **Chemical residues**
- **Chemical colors**
- **Chemical preservatives**
- **MSG / other flavor enhancers**
- **Artificial sweeteners**

Unhealthy Food!...

- **Over 400 chemicals are used in conventional farming, some VERY toxic and dangerous for our ecological diversity**
- **Some pesticides are linked to cancer, decreased male fertility, fetal abnormalities, chronic fatigue syndrome and Parkinson's disease**
- **Women with breast cancer are 5 to 9 times more likely to have pesticide residues in their blood**
- **Health effects of GM foods are still unknown, but studies show that GM transfers into gut bacteria**
- **Levels of healthy trace minerals in fruit and vegetables has fallen by up to 76% between 1940 and 1991**
- **Pesticides act as endocrine disruptors (EDC) resulting in altered development of the reproductive tract**



**DON'T EAT
CHEMICAL
GROWN &
JUNK FOOD!**

How come?



- Junk food results in weight problems, diabetes, coronary disease, heart attack, stroke and certain forms of cancer
- Junk food affects the brain like nicotine or heroin. When junk foods is consumed over time, the body wants more fat
- Artificial sweeteners used in junk foods for children can be 3 times the amount used in adult foods and children become 'addicted' to these junk foods
- Artificial food color, sweeteners, MSG, aspartame, phosphoric acid and hydrogenated fats used in junk foods and drinks are linked to allergic reactions, headaches, asthma, growth retardation and hyperactivity in children
- An average child spends 25-30 hours a week watching TV and sees about 20,000 junk food advertisements each year
- Soft drinks are water mixed with sugars and sweeteners, artificial colors, caffeine and 10 teaspoons of sugar
- Instant noodles are carbohydrates laden with salt, sugar, MSG and artificial flavoring and contain no fiber whatsoever
- Fast-food french fries are low in nutrients and coated in salts and other preservatives

GOVERNMENT BILL NUMBER 8 YEAR 1999 REGARDING CONSUMER PROTECTION

Consumer protection is any effort that will guarantee assurance of law enforcement to protect consumer's rights. Consumer is the product and or service user that uses the product or service for their own interest, the interest of his/her family, or other people and creatures and not for trade.

Consumer's rights:

- a. The right to comfort, security, and safety in consuming products and/or services;
- b. The right to choose the products and/or the service and obtain the products and/or services in accordance with the rate, condition and guarantee promised;
- c. The right to transparent, clear, and honest information regarding product condition, guarantee and/or service provided;
- d. The right to be heard in expressing complaints regarding products and/or services used;
- e. The right to receive advocacy, protection, and support on dispute resolution regarding consumer's rights in a proper manner;
- f. The right to receive training and consumer education;
- g. The right to be treated or served truly and honestly and non-discriminatively;
- h. The right to compensation, loss-protection or and/or replacement, if by any chance the quality of products and/or services received are not in accordance with agreement nor as it should be;
- i. The rights arranged in the provisions of the other regulations

Consumer responsibilities:

- a. Read or follow information guidance and operating procedures for the utilization of products and/or the service, for security and safety
- b. Have good intention in carrying out purchase transactions of any products and/or service purchased;
- c. Pay in accordance with agreed upon rates
- d. Follow any legal settlements efforts in resolving consumer rights' dispute accordingly

This Consumer Awareness Program was made possible through cooperation of:



To increase consumer awareness and advocate for healthy food and products for healthier lifestyles that will promote the improvement of sustainable agricultural practices, care for the environment, and contribute to healthier lives and better welfare for farmers and their families. **For more info contact our secretariat:**

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