

Seamons, Colleen

From: Kathleen Green [shepherdess@optusnet.com.au]
Sent: Tuesday, 12 April 2011 2:59 PM
To: standards management
Subject: FSANZ Food application A1039 [Sec: UNCLASSIFIED]
Attachments: my submission to FSANZ.docx

Categories: Blue Category, Green Category

Hello, I attached my letter, as well as the copy below. Thank you for notifying me.
Best Regards,
Kathleen Hawkins

RE: FSANZ FOOD APPLICATION - A1039 - HEMP FOOD

As an interested member of the public, I was asked if I would like to present a comment to FSANZ re the submission to change hemp food legislation.

I have been following closely for a number of years, the debate for and against hemp food in Australia and eagerly awaiting the change to legislation to allow hemp food for human consumption in Australia. I am dismayed that Australia has not yet changed the legislation here, when hemp food is available overseas and it is such a nutritious food.

Hemp food is a much sought after food by people like myself who have food allergies and health issues. Due to food allergies, my diet is very limited. I cannot drink dairy milk, soy milk or rice milk - but I can drink hemp milk, as hemp seed is non-allergenic.

Hemp seed can be included in the manufacture of many foods such as: hemp butter, hemp ice cream, hemp burgers, hemp salads, hemp food bars, hemp flour, hemp oil, hemp protein powder, pretty much anything you can think of. Hemp food does contain Omegas 3, 6 and 9, vital for humans' good health.

After my Canadian friend had a hip replacement three years ago, she was given hemp protein powder, which aided her recovery. Her orthopaedic specialist, GP and chiropractor all commented on the quick healing time of the hip. Her chiropractor was surprised by increased strength in muscles and the ability of muscles to stay in position, whereas previously, her skeleton would easily slip out of alignment. Research has shown that hemp protein powder improves muscle tone and strength, and speeds up the healing of tissue and wounds.

Hemp protein powder is purely hemp seed powdered, no additives, no preservatives, no side effects, and easily digested - a natural supplement beneficial for the brain as well as the body. My friend noticed her clarity of mind was noticeably improved while taking hemp protein powder. Hemp protein powder is a great source of protein for vegetarians and vegans.

I have educated myself about food and supplements that are best for me and from my research on hemp food, there appears to be no better source as far as protein goes. After reading testimonials that are available on overseas hemp food websites, hemp food is very popular, widely accepted and customers have improved health. Customers quite often mention how their reliance on pharmaceutical medication was reduced, and how quickly they recovered from operations when consuming hemp protein powder. I also read a research paper from China, that doctors gave hemp protein powder to patients in hospital to speed up their recovery time.

Also from my research, in times of famine, hemp seed was eaten as it provides every nutrient that humans need to survive.

I'm sure you have been presented with all the facts on the benefits of hemp food, so I will not give you any more unnecessary reading. I am a responsible adult, who researches food and supplements before I eat them, and I am asking for my freedom of choice to be able to choose hemp food, whereas at the moment I am being denied my freedom of choice.

Warm Regards
Kathleen Hawkins
3/76 Palm Beach Avenue
Palm Beach Qld 4221

> standards management <standards.management@foodstandards.gov.au> wrote:
>
> Dear Kathleen
>
> Your attachment didn't arrive with your email, please try again.
>
> Regards
>
> Standards Management Office
>
> -----Original Message-----
> From: Kathleen Green [mailto:shepherdess@optusnet.com.au]
> Sent: Monday, 11 April 2011 5:56 PM
> To: standards management
> Subject: Att: FSANZ Food application A1039
>
>
>
>
> Hello,
>
> My comment on the FSANZ Food application A1039 is attached.
>
> Best Regards,
> Kathleen Hawkins
> 3/76 Palm Beach Ave
> Palm Beach 4221 Qld
>
> *****
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