

Seamons, Colleen

From: Olga Vitoslavska [olivasmassage@hotmail.co.uk]
Sent: Tuesday, 15 March 2011 9:18 PM
To: standards management
Cc: andrew.katellaris@gmail.com
Subject: Application/Submission - A1039 - Low THC Hemp as a Food

To whom it may concern,

Unfortunately I was experiencing problems with lodging the submission therefore I've chosen to email you instead.

My details:

Address: 106 Queen St, 213 NSW

Representing: Myself and my future clients (Ayurvedic Practise)

I would like to express my opinion and support of licensing hemp seed as a human food.

The following arguments support its nutritional and other use:

NUTRITIONAL FACTS

- After flax, hemp is the richest plant source of omega 3
- hemp seeds contain anti-oxidants, protein, carotene, phytosterols and phospholipids as well as a number of minerals including calcium, magnesium, sulphur, potassium, iron, zinc and phosphorus.
- hemp seeds are a source of complete protein and contain all 20 known amino acids, including the nine essential amino acids. Essential fatty acids are necessary for good human health but cannot be produced by the body itself and need to be obtained from food such as hemp seed.
- hemp seeds and the oil also contain vitamins A (beta-carotene in a fat-soluble form), B1, B2, B3, B6, C, D and E (a natural anti-oxidant), all in an easily digestible form.
- hemp seeds can improve mental development and concentration (Government reports indicate that 90% of Australian schoolchildren do not receive an ideal quantity of omega 3).

GROWING - FACTS

- Hemp is grown with minimal to no chemical inputs and is an ideal plant for organic cultivation.
- Hemp is the only food that can be grown with a negative carbon footprint. Grown on a large scale hemp seed could positively impact on world hunger.
- Hemp can produce 250 per cent more fibre than cotton, with less water consumption, and 600 per cent more fibre than flax, using the same amount of land. The area of land needed for obtaining equal yields of fibre place hemp at an advantage over other fibres.
- One acre (one hectare) of hemp can produce as much paper as four to 10 acres (1.62 to 4.05 hectares) of trees over a 20-year cycle, but hemp stalks only take four months to mature, whereas trees take 20 to 80 years.

OTHER USES

- This fibre can be made into any building material, including fibreboard, roofing, flooring, wallboard, caulking, cement, paint, panelling, particleboard, plaster, plywood, reinforced concrete, insulation, insulation panels, spray-on insulation, concrete pipes, bricks and biodegradable plastic composites which are tougher than steel.

And last but not least Australia is the **ONLY COUNTRY IN THE WORLD** not to recognize hemp as a human food (even New Zealand already has).

I hope that everybody is more wise since 2002 when Mr. Howard proclaimed that hemp can 'send the wrong message to the youth'; even the average 15 year old knows the difference between marihuana and hemp. Our teenagers are more aware and educated about drugs than average 50 year old.

I as an Ayurvedic Practitioner know that hemp has been used for medicinal and nutritional properties for over 5000 years and I really hope that we can learn from these ancient medical records (and our current research of course) and with that knowledge go forward instead of backwards.

Kind regards,
Olga Vitoslavska