



Biodynamics2024

# The Dynamics of Nutrition

The significance of food and why some farmers will not eat the food they grow

**Theodore**

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Hamish Mackay

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Food is one of life's mysteries. It is a very individual matter yet at the centre of all social events. Some live to eat, others eat to live, it matters not, food is central to our lives.

## **This presentation will introduce you to the dynamics of nutrition**

- Modern science has developed wonderful capacities to quantify the world we live in, the current challenge is quality of life.
- With so much knowledge why are we not a much healthier society?
- Is modern agriculture stimulating our metabolism or just filling our stomachs?
- Lets reconnect agriculture with health and well-being.
- Biodynamics is not just about agriculture, it is about health

Hamish Mackay has been involved in biodynamics for nearly forty years, both as an agricultural movement and a social movement. From a NSW southern tableland sheep and cattle grazing family in 1976 he joined the *Demeter Bakery* in Sydney where stoneground wholemeal biodynamic ferment breads were made at a time when the only brown bread was either dyed or 'foreign'. In the 1990's he cooked in a nursing home and then managed the *Blackthorn Garden* bakery cafe, a project working with the mentally ill at Maidstone in the UK. Since returning to Australia in 1998 he has been actively promoting the adoption of biodynamics by farmers across Australia, primarily to ensure that the coming generations will be able to access food that will afford them optimum health and allow them to fulfil their individual destiny.

Hamish continues his promotion of biodynamics for growers and consumers as Executive Director of Biodynamics2024; he is also a director of Australia's peak organic body, the Organic Federation of Australia.

*Books will be available for sale*

**BOOKINGS:** 02 6655 9853 [office@biodynamics2024.com.au](mailto:office@biodynamics2024.com.au)

**VENUE:** Harmony Centre, Theodore, Qld

**TIME:** 7 PM

**LOCAL CONTACT:** Shan Joyce 07 4993 1880

**COST:** By donation