

→ **Group 5:** „ Do we have valid concepts linking food quality to health?“

Results presented by **Machteld Huber**

The group described health as
a long life without diseases, with well-being,
energy, capacity of physical activity,
a good frame of mind, a good self-regulation,
capacity to cope with difficult situations,
psychological and physically.



Food quality is linked to health at those points: level of compounds, level of self-organisation and order and in the level of mental influencing of bodily health.

The level of compounds consists of bio-active compounds supporting the immune system. Important are not the isolated compounds but the synergy between some or many. That can be tested by whole plant extract or while producing in intervention studies.

The level of mental influences is made of “feeling safe with organics” and “feeling good, because of supporting nature”. Those are placebo-effects, but they work.

The level of self-organisation is not validated, but a promising concept. It combines analytical and holistic methods at the same time. Testing blind/animals should be performed.

How can that be measured? The group suggested:

- The physical level, fertility, blood pressure
- Well-being, vitality
- Heart rate variability
- Challenges buffer capacity
- Life time

Conclusion: Organic food contains “information” of higher order and it is up to the “intelligence of the gut system” to perceive that. Promising modern methods like genomics and biophotons/biocrystallisations combined with bio-informatics could be a way to examine these parameters.