

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



*An affiliate of the
W.D.F.P.F.*

MY WINTER NEWSLETTER and early festive Seasonal wishes

Hi Everyone!

Since 25th November when Gren Elmore departed our wonderful planet, it has been tough to maintain equilibrium. My life without him will be a shadow of its former self. For over a quarter of a century he and I have been a rock for each other. I learned so much from Gren relative to our beloved sport as did countless others and am so pleased I convinced him to join our Association at a relatively low point in his life at that time. Some great focus for Gren – and didn't he do well!!

I am grieved I cannot attend Gren's passing ceremony on 10th December owing to the urgency of the first of three surgeries within the next few days.

Hopefully some of you may be able to attend – details are on message board/facebook page.

I hope you all agree that 2014 has been an excellent year for BDFPA with a much increased membership database and some amazing results over the many Divisional/National and WDFPF International events held this year.

Sadly with all this comes news of further drug-test failures. BDFPA continue to apply our stringent drug-testing protocol.

West Midlands have hosted four Divisional qualifying events, plus both the Nationals – so lots of input from us!

Somewhat struggled to complete/release this ahead of leaving UK on 3rd December for three planned potential life-saving surgeries in Germany. I will be spending all of this month there over seen by both my German medics and my amazing US surgeon.

I have diligently escalated my fitness levels over last several weeks. Just one ‘hiccup’ as had to recover from a virus picked up at World Full-Power event in Moldova. This pretty well floored me directly upon home arrival and for most of the first week of November.

Whilst in Detroit with my surgeon in August I managed to spend some time with a great colleague Dr Brian Clements of Hippocrates Health Institute – asked him for a quote for our UK lifters! –

‘Age exquisitely’ - Your spirit is ageless and timeless: Reflect that; then follow below protocol –

‘First, choose to think positively: Then, act in way that is consistent with those affirmative thoughts. Finally, fuel yourself to create newly broadened horizons with a bountiful bouquet of raw and living vegetarian offerings so full of life to provide you with strength and unlimited physical and mental vigour’

Brian’s thinking obviously mirrors mine!!

Neil and I are working on ideas for three brilliant events in 2015 – National Single Championships, Stafford 28th February and Full-Power 28th- 29th March and our World Single event 12th, 13th, 14th June in Telford – all details of accommodation etc already on our website. Please support these events by offering your assistance to us – whether as refereeing – thanks to those whom have already responded – spotting/loading/desk work/setting up/clearing away etc.

Please note BDFPA AGM will take place on Saturday, 28th March once lifting on first day has ended. Can we please have the majority of NC’s in attendance?

2015 Membership is now available under membership section of our website. Please join early to retain any qualifications you achieved following 2014 National events!

As a perennial note from me, can all National entrants please abide by dress regulations – specifically as it relates to underwear (boxer shorts are NOT legal garments, neither are bras retaining their cup shape) and also read updated information under our ‘NEWS’ section regarding logos permissible on your lifting apparel used on the platform.

Latest 2014 Ranking info just in from Pete Gaskin – thanks Pete and my personal congratulations to you all - Pat

Womens UN Full Power	Mary Anderson
Womens EQ Full Power	Mary Anderson
Mens UN Full Power	Simon Marshall
Mens EQ Full Power	Ian Hawkins
Womens UN Full Power Master	Pat Tombs
Womens EQ Full Power Master	Mary Anderson
Mens UN Full Power Master	John Gavin Walker
Mens EQ Full Power Master	John Gavin Walker
Womens UN Squat	Mili Leitner
Womens EQ Squat	Mary Anderson
Mens UN Squat	Robyn Jones
Mens EQ Squat	Ian Hawkins
Womens UN Bench	Mary Anderson
Womens EQ Bench	Mary Anderson
Mens UN Bench	Alistair Murdoch
Mens EQ Bench	Ian Hawkins
Womens UN Deadlift	Sue Bethell
Womens EQ Deadlift	Mary Anderson
Mens UN Deadlift	Charles Buchanan
Mens EQ Deadlift	Chris Morgan

North West Divisional event, Muscle Factory, 28th September - Organiser, Les Pilling, report from Mike Leadbetter

Once again at the Muscle Factory, Lancaster and with 26 lifters attending, and once again put on by Les (soon to be 60) Pilling. Seven doing single lifts...At m8 75kg Brian Winslow pulled a great 135 to qualify.

A class heavier and m3 Brian Shields made 122.5 and 200 on bench and deadlift.

At 90 and m6 Dave Howarth pulled a great 210 to make sure of the British Singles.

Two 100kg men, and both m2. Stuart Robathan on bench and deadlift making 145 and 230 respectively. Simon Gardner had last word on deadlift though with 240. These two Lancaster lads will be squaring up come the Singles!

At 110, open age, Dave Anderson made a 135 bench and Big Roy at m7 and a trim 112.9 lifted unequipped bench 135 and equipped deadlift....200 to book his place at Stafford.

Just one lady lifter, Holly Dixon in her first comp getting all her attempts for a 280 total at jnr. Great!

At 75kg Dave Fairhurst (m5) took just 5 attempts to qualify, and Richard Webb (m1) lifted superbly, getting all 9 for a very good 517.5.

At 82.5 Neil Ratcliffe was the only equipped full power competitor of the day. He made all his attempts ending on a 240 pb deadlift and 590. Gotta be after 600 plus at the British.

Same class (un) Richard Crossland (m1) swept the board with a British Record 210 squat and a great 580 total.

At 90 just 10kg separated winner Will Young and runner up Adam Cheang. In 3rd Steve Thomas got all 9 pb's on all 3 and will be heading over the 500 at the Masters.

At 100kg great lifting from Dan Casson and Jake Turner in the open category. Just 2.5kg in it when the dust had settled, and a smaller jump on his third deadlift by Jake may well have given Dan too much to do.

Third overall went to junior, Yiannis

Verenakis with 535, and 4th and 5th spot went to T3ers Declan O'Sullivan and Alex Hughes respectively. Declan qualified with 530 and Alex gave 100% on everything, just missing his final 195 that would have qualified him for Stafford. Very close, he'll manage it

though!

In sixth John Yearron made all 9 for his 460 and will I am sure keep progressing.

Just two at 110 Robyn Jones and Michael Porter with Robyn running out a very comfortable winner via his excellent squat and deadlift.

At 125, just one lifter, Ian Barnard (open), 220-105-220 with much more to come.

Thanks to Les once again for putting the whole show on. It was great, a good day.

Thanks to Ryan, Big Jim Howie and Neil for spotting and Andy Davies, Pete Hudson and myself for reffing, and the Muscle Factory for once again allowing us the use of their premises.

Eastern Counties Push/Pull, Brentwood Barbell, 11th October – Organiser, Pete Sparks

Good turnout with 16 for the bench and 13 for the deadlift. 7 first time lifters including Lewis Moore who beat the current British Junior Deadlift record by 17.5 kilos. Lee Meachen just missed out on a 187.5 kilo bench, which would have beaten the current M2 World equipped bench record.

Large number of qualifiers for the British singles in February and some new lifters who will be adding to the growing ranks of BDFPA members.

Glen Branch did a great job in his first event since qualifying as a referee.

West Midlands Championships, City Gym, Worcester, 12th October

If fate decrees this was to be my last solo organised event, then I'm real happy as for the efficiency of getting so many lifters through on one platform! Brilliant help via Chris Morgan (ahead of his own lifting) and James Minear – what can I say of he? – James was 'platform manager' ran the desk when Dan was refereeing/coaching, involved in kit-check and everything else in between! – Kudos from me, James!! As we discussed, I will arrange International Referee exam for you during 2015.

En route to Scotland, Neil Thomas delivered my trophies as he promised – I even had him spotting for a wee-while! – Thanks, as ever Neil!

Danylo Chepa – my right hand desk guy who gave up his Sunday from 6 am-9 pm (likely he made it home by 9pm) beyond dropping me off en route. Thank you Dan – a real star!

Dave Probert, a West Midland member prepared to help out with all the important ‘behind the scene’ stuff that mostly lifters are unaware of: Massive thanks to you Dave and your supplied, loader. The Samurai tee-shirt I purchased from Neil’s new clothing range looked good on you!

My consistent thanks to Chris and Ben whom again consented to host this event: My biggest by far at City Gym. Everything worked brilliantly this time guys and, as ever, is much appreciated.

Good feedback for this event and some great lifting from both newly registered and evergreen lifters. Personally mentored our new WM referee Colin Cooke all day with Chris Morgan mentoring Sue Bethell as for (requested) centre squat. Chris and I are in agreement that Sue should be upgraded to National status during 2015. Well done Sue!

I coached some of our new lifters presenting on 12th October at my Kingswinford gym – really pleased that Haydn Rowlands’ daughter in law – Michelle followed my advice, battled her nerves to do well in bench press discipline at her first power-lifting meet. National records attempted and some established. Best lifters were Dalya Mlouk and Luke Rogers: A great day for all!

Welsh Championships 26th October, organiser John Williams

The Welsh Single Lift Championship 2014 was held Sunday 26th October. The competition was run to achieve two aims - provide a taster comp to attract new lifters and also to set a benchmark in lifting standards with regards to divisional Single Lift records. A total of twenty-one competitors took part with a close to even split of males and females, new and veteran lifters. A good crowd had travelled down from North Wales including our Divisional Rep Sue Bethell there to lift and referee. There were five referees in total to choose from, six

if you include John Williams the organiser and Records Registrar, twice the number we had in January! John was kept busy however as records were being set at a tremendous rate.

When the results were in Amanda Gisby was deemed Best Female Lifter for Squat and Deadlift, with Louise Brookwell taking the Bench Press accolade on Malone formula. For the Men, Dean Roberts had the Best Squat, Geraint Llewellyn had the Best Bench Press, and Luke Phillips the Best Deadlift on Schwartz. And a special mention must go to these three gentlemen as the day before Dean was tiling his hallway, Geraint didn't finish a twelve hour shift until midnight the night before and Luke had put in twelve hours as a mechanic for the Royal Mail.

It wasn't just trophies that were taken away that day, what also stood out was the enthusiasm of the new lifters who all hit personal best lifts and who are now looking forward to our full power competition in January, plus, other members of the division who didn't lift but still came to watch and support. Thanks as always to spotters and loaders who do an invaluable job.

The competition achieved its aims and the Division is in a strong place moving forward.

Ta, Geraint. (at the delegation of John Williams)

World Full Power, Moldova, 1st/2nd November

This was a somewhat difficult location to arrive at with no direct flights from UK – and some with an excessive lay-over, which I mostly avoided, apart from a ten hour lay-over at Istanbul upon return – definitely not great!

At Congress it was brilliant to have confirmation of our World Singles Championships next June. Also to near-immediately congratulate Neil (via very poor Wifi reception at venue) as to his additional position as WDFPF Vice-President. Tight voting – well done Neil!

Our entrants were lowest ever, unsure as to reason for this, aside from travel. Still, those whom journeyed to compete/help out did well.

Les Pilling – definitely not at his best owing to leg inflammation still totalled 525 kg unequipped – this time declining equipped and instead refereed alongside myself.

Lisa Tobias winning 47.5 kg class and a European record to boot!

Hu Hazeline, drug tested clean, had a great day, winning 50.5 kg class.

Craig Spicer pulled an amazing 360 kg total weighing in at 55.80 kg to win senior 56 kg class

Kalim Rahim was second senior in 60 kg class.

I was particularly impressed on day two (although thankfully not equipped!) by two local children - both aged fourteen - Valentina Bulhac and Adrian Proda, a real pleasure to referee their European records. It beggars belief to contemplate what they each might be lifting ten years from now!!

Overall an excellent event, though day one was extremely long – trophies still being presented at eleventh hour!

This event was very well organised by Alexandr Pasha of Moldova.

South West Winter event, 9th November

The Southwest single lift championship was a very successful British Qualifying event. 43 Entries, 1 platform, 2 drug tests and prize giving all dispatched by 3pm. Even enough time for sneaky referee's exam and AGM by 4.30pm.

We trialled a new score sheet which calculates Weight Class, Age Class, Points Coefficient, Best Lifter and final placing all automatically.

Shachar Head sat with me the whole day by way of a

referee's course (in between some timekeeping duties) and sat the exam at the end of the competition. Happy to say she passed and is now a qualified divisional referee.

Lots of new faces and along with some guest lifters from other divisions seeking qualification for the British Championships. One of our guests from the southern counties was Iain Macconachie putting up impressive numbers in the way of a 290kg unequipped squat to say the least. The ever improving Holly Harrison took all the best female lifter titles and Paul Collinson took best male lifter with his 161kg Masters British Bench Press record.

Thanks to referees Chris Morgan, James Minear, Sean Stupples, Graham Edwards for their time and diligence on the day. Chris was mentoring both Sean and Graham in preparation for assessment at the British Championships for upgrade to National Referee status.

As always thanks go to our sponsors Kustom Kit Gym Equipment for supplying our combination squat and bench stands and Plymouth performance gym for providing the venue and spotters. The day was enjoyed by all. Lastly but not least; thanks to Simon Mansell our championship secretary for organising the entries and trophies in the background.

Minutes from AGM will be posted on the website soon.

Championships Report: Russell Martin

PSUK and BDFPA British Police Power-lifting Championships - Saturday 15th November, 2015. Salt Ayre Sports Centre, Lancaster, report from organiser Kevin Kavanagh, Lancashire Police.

This year was again an excellent competition with numerous National and Police or MPF records being set, only bodyweight categories applied with no age categories.

First up were the women and the 58.5kg group, Trisha van Rooyen was beaten into 2nd place by some good lifting from Elizabeth Street with a total of 262.5kg.

Next were the 63kg, and Karen Dalziel lifting a fantastic 307.5kg total, breaking numerous records and winning the best overall female lifter also.

70kg group followed and a strong competition with Rachel Gregory a close third to Tess Barrow in second, but a comfortable winner in Angela Taylor with a 295kg total.

Bernie Cunninghame lifting big in the 90kg class with a 415kg total and only one point from best female lifter.

Following the excellent female lifting, the men kept the competitive spirit rolling with numerous battles.

There were four equipped lifters, Bernie McGurk in the 75kg group picking up a big total of 637.5kg, numerous records and best equipped lifter title.

Dave Hodgson in the 100kg, lifting 555kg, Andy Dare in the 125kg class lifting a 640kg total, and big Tim Wilsdon lifting in the 145kg class and picking up a total 695kg.

The unequipped lifters,

Neil Cook in the 67.5kg class lifting strongly to a 442.5 kg total.

Tim Brown in the 75kg class lifting comfortably to a 450kg total.

The 82.5kg class saw another strong competition with Max Herd picking up a 525kg total and a 1st place, chased by Jamie Dunlop in second and Scott Britton in third.

The 90kg lifters put on another great show with Paul Bamber winning with a 602.5kg total, 2.5kg behind was Eric Halford, third was Sean Daly followed by Kevin Kavanagh in fourth and Jonny Mitchell in 5th.

Another battle in the 100kg group saw Gareth Vaughan taking first place with 607.5kg and Matt Smets in second with 605kg.

The 110kg lifters proved they were fighters too with Pete Haslam taking the glory and a 590kg total, followed by Paul Sutton in second and Jason Ennis in third.

The 125kg class was another battle with Simon Lythgoe taking first and a 730kg total including a 220kg bench, followed in second by Dean Miller and third Pete Frost. Also in this group was Paul Smith on bench lifting 150kg.

Stuart Roberts in the 145kg class taking the title in his first competition with a well earned 580kg total.

Best overall raw lifter was Simon Lythgoe but there were only four points between Simon, Paul Bamber and Eric Halford, don't miss your final deadlift next time Eric!

We had three guest lifters chasing British qualifying totals, David Gray lifting in the 67.5 class with a fantastic total of 575kg, teenager Ben Sparks in the 75 class with a great effort of 345kg and Ash Cox in the 90kg class and a 545kg total.

An excellent day's lifting well run by referees and MC. Referees were Neil Thomas, Pat Reeves, Andy Davies, Mike Leadbetter and Ally Donaldson. Pete Sparks as MC with tech support from Martin Legdon.

Spotters and Loaders did a fantastic job on the day as always, and thanks to Ben France and team from Salt Ayre, and not least Les Pilling for his equipment and support, get well soon Les!

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I would like to add the following. I had to sadly turn down my local lifter David Gray's late entry at mine on 12th October – I had already turned down eight late entries owing to terrific numbers! I telephoned him immediately someone dropped out at last minute – unfortunately David could not get out of work commitments: I already had secured him a guest lifting space at Lancaster. Just coming back from multiple injuries David, with his intense concentration and focus did power-lifting proud, increasing his current squat and dead-lift records (both 'unofficial' World records) and narrowly missed increasing his bench press record also. I did not do the maths on the day (not my strongest subject!) - David's record dead-lift pull was just 9.5kg from being four times recorded body weight – come on David, I want to see this during 2015 when you have fully recovered!

Great respect, Pat

(Thanks to Stuart Roberts for transporting me to rail station after event).

UK Masters inaugural event, Scotland, 22nd November, organiser Wullie Brown with report from Pete Gaskin

UK MASTERS

The first UK Masters Powerlifting Championships took place on 22nd November at Varsity Gym in Glasgow. With around 40 entries the turnout was good, with entries from both experienced and

new/novice lifters. With no qualification requirement, this was an ideal competition for less experienced Masters to lift at a bigger competition for the first time.

Entries for the single lifts were a little sparse, with no weight classes with more than one competitor, but never the less, there was some impressive lifting with Ish Wade (58.5 M1) setting British records on the bench and deadlift and her Father, Mike Wade setting an M7 bench record.

7 Women entered unequipped full power, and as expected, it was between Sue Bethell and Mary Anderson battling for the best lifter trophy, with Sue taking the trophy in the end from Mary by less than one point. Both set 4 British records in the process. Good lifting also from Melanie Golding with a 300Kg total setting a new 63/M3 British squat record of 107.5Kg.

21 men competed for the unequipped best lifter trophy, as with the Womens events, this was calculated using the Masters formula. 82.5, 90 and 110 classes had 6, 5 & 6 entries each, making these classes highly competitive. In the 82.5 class David Crombie took the M1 title with a 622.5 total and a British record 272.5 deadlift to finish. Grant Sugarman took the M3 title despite a good challenge from Paul Golding. In the 90 class Andy Bonner (M4) took the overall title with a strong 620 total putting him in contention for the best lifter trophy. Andy Davis won & set 3 British records in the M7 category with a 427.5 total. In the 110 class Alistair Murdoch (M2) won overall with a 690 total and strong lifting from Steve Lambert (M3) put him in 2nd place with a 625 total. Most impressive though was John "Gavin" Walker with a 500 total and 4 British records at M8. When the final scores were in, "Gav" easily won the best lifter trophy from Andy Bonner.

Best Lifter Trophies

**Women Unequipped Power
Men Unequipped Power**

**Sue Bethell
John Walker**

Women Equipped Power	Mary Anderson
Men Equipped Power	Paul Rutherford
Women Unequipped Bench	Katie Cooke
Women Unequipped Deadlift	Ish Wade
Men Unequipped Bench	Joe Coogan
Men Unequipped Deadlift	William King
Men Equipped Deadlift	Michael Phillips

Thanks to Wullie Brown and Varsity Gym for hosting the competition, Steve McQuade and Tommy McGovern for reffing, as well as the various spotters and loaders we had throughout the day and other refs that did a spell in between lifting. Extra special thanks go out to Russell Martin who flew all the way up from the South West of England just to ref and help out on the desk. Russell also said he hoped the South West Division could put in a bid to host the Masters competition next year. It would certainly be good to see this competition become a regular part of the BDFPA calendar.

West Midlands Bench press Championships, Alexander Stadium, co-hosted via Martin O'Grady and myself, 29th November

Very emotionally raw for me as just four days since losing Gren – Martin and I decided to open up the event with a minute of applause from everyone in a tightly packed gym.

Over thirty lifters partaking in three flights – one of entrants who did not show knowing if he had would be drug tested after self admittance as of using pro-hormones for his own gain. Disciplinary Committee present at this event issued a life-ban: Such results will be posted under drug control soon.

Good to have more newcomers at this event and I'm sure they learned a lot from today – as ever, we demonstrated the lift and ran through signals for them.

Una Letton – fresh from competing in bodybuilding – reminded me of how I first began this path! – She lifted well in her first meet – definitely more to come from Una!

Sam Wood weighing in on the nose at 58.50kg and heeding my advice not to open up with proposed increase to National record,

took an easy opener and achieved the record on her second lift with 68 kg. Narrowly failing 70 kg – that will come next time Sam!

Two further National record attempts which did not quite happen were Andy Rigby's third lift of 228 kg – though successful with 220 kg – and Paul Merrick's final lift of 235.5 kg – though eased up 230 kg.

Best male lifter had to be Andy Rigby with Sam Wood as best female.

Martin O'Grady easily qualified with his first lift of 125 kg for 2015 National Single event.

Neil present at this event and information on the three drug tests we carried out will be uploaded under DRUG CONTROL section of our website.

Cortisol and weight loss

In this high-stress, ultra busy world we live in, it is almost impossible to find the time to sit down, relax, and take a few deep breaths once in a while, isn't it?

Yet, being unable to fully relax could be the ONE THING holding you back from achieving your weight loss goals. Why?

Because, when stressed, uptight and unable to breathe deeply...

...your ability to digest and absorb your food properly is compromised.

Let's face it... If our bodies were sufficiently smart, they would acknowledge we live in a high stress, busy world, and digest our food faster so we can get back to work and be more effective, right?

Unfortunately, that is just not the case.

You see, our bodies are survival machines. They evolved to do one thing – survive. And your body (whether you like it or not) ignores

your personal weight loss goals in order to survive.

In other words? Your body could care less if YOU want to lose weight.

When you're stressed, your body releases a hormone called cortisol. Cortisol assists you in metabolising resources in your body for fight – or flight.

Now, cortisol is GREAT if you are running away from saber tooth tigers. But not so useful with the lower forms of stress we face in our work and personal lives.

The worst part?

Cortisol actually sabotages our ability to absorb and digest food!

And if you are not absorbing your food properly, you will not receive the nutrients you need.....compromising your ability to lose weight.

Losing weight is a natural result of improving your health. And those precious nutrients are vital to do that. Fortunately, there is something you can do right now to combat the effect of cortisol on your fat loss... reduce stress... and get your body ready to digest and absorb food properly.

The Abdominal Breathing Technique

A few minutes before you plan on eating, take 6 deep breaths.

Put one hand on your chest, one hand on your belly. When you inhale, focus on your abdominals rising higher than your chest.

If it's not, you need to breathe deeper into your belly.

Take 6 breaths over the course of a minute. Around 10 seconds per inhale and exhale.

By the end of this, you should feel much more relaxed – and you are now ready to eat and digest your food properly.

Why this technique works...

This type of breathing activates our parasympathetic nervous system, which is responsible for “rest and digest” activities that occur while our body is at rest.

So by activating our PNS, we are able to digest our food, absorb nutrients, and burn fat more effortlessly.

WHY ORGANIC MATTERS

When World War I ended, manufacturers of chemical weapons did not know what to do with their company’s deadly products. A few inventive scientists—mostly in Germany—came up with the bright idea that these killer chemicals could be used on food crops. After all, since they killed enemies in wartime, surely they could be used to wipe out insects, fungi and other pests on farm crops. Who knows, they might even serve as fertilizers for farmers.



CHEMICAL FARMING IS BORN

They discovered that a mixture of nitrogen, phosphorus and potassium (NPK) would grow big yield crops of good-looking vegetables, grains, legumes and fruits. But little interest was taken in their discoveries until years later, at the end of World War II. At that time, most foods were still grown

pretty much as they had always been—by farmers who manured, mulched, and rotated their crops to keep soils rich and in good condition. To put it another way, most food was grown organically, although nobody had even coined the word by then.

By the time World War II ended, chemical conglomerates involved in the manufacture of phosphates and nitrates as war materiel found themselves stuck with huge stockpiles. So they went looking for new markets. Aware of the early research into chemical fertilizing, they began to sell them artificial NPK fertilizers at costs low enough to make it all look very attractive.

DECEPTIONS BEGIN

These purveyors of chemicals spread the false belief that NPK is all you need to grow healthy crops. However, there were unfortunately two very important facts which chemical hawkers left out. Probably they did not even know. (Or perhaps it was not so good for their profit margins to know.) The first is that, although plants grow big on artificial fertilizers, they do not grow resistant to



disease. The second is that the health of human beings eating plants grown this way can be seriously undermined.

Plants grown only on NPK are deprived of essential minerals and other micro-substances which they need to synthesize natural complexes in roots and leaves that ward off attack by insects, weeds and animals.

SOIL LIFE DESTROYED

So before long, the new artificially fertilized vegetables and fruits began to develop these diseases. Chemical hawkers were quick to the rescue. The answer to this problem, they told us, was to be found in using **MORE** chemicals. This is when pesticides, herbicides, nemacides and fungicides came into being, providing chemical companies with yet another exciting business opportunity—especially since the longer you fertilize chemically, the more depleted in organic matter all soils become and the less they contain of the minerals and trace elements needed to synthesize natural protective complexes



during growth, so the more pesticides you need.

As time went on, more and more pesticides including other even nastier chemicals were sold. Before long, another important fact began to raise its ugly head. It was this: like plants, human beings need a lot more than nitrogen, potassium and phosphorus from the foods they eat to maintain their own health.

MINERALS VANISHED

Your body cannot make minerals. It has to take them in, in a good balance, from the foods you eat. In addition to nitrogen, potassium and phosphorus, your body requires magnesium, manganese and calcium, selenium, zinc, copper, iodine, boron, molybdenum, vanadium and other trace elements, some as yet undiscovered, to stay healthy. These elements can only come from the foods you eat. This they do, so long as the foods you eat are grown organically in healthy, traditionally fertilized soils. But they are completely missing and unbalanced in the foods we buy today, thanks to



our legacy of chemical farming.

The organic matter in healthy soil is Nature's factory for biological activity. It is built up as a result of the breakdown of vegetable and animal matter by the soil's natural 'residents'—worms, bacteria and other useful micro-organisms. The presence of these creatures in the right quantity and type gives rise to physical, chemical and biological properties that create fertility in our soils and make plants grown on them highly resistant to disease. When it comes to human health they do a lot more.

GIFT FROM MINERALS



The minerals and trace elements you need to trigger your metabolic processes, on which health and leanness depend, have to be in an organic form—this means they have to be taken from living things such as plant or animal foods. You cannot eat nails—inorganic iron—and expect to protect yourself from anaemia, or chew sand—inorganic silica—and be sure to get enough silica, the trace element to help keep your nails and hair strong and beautiful and protect your bones from osteoporosis.

It's the organic matter in soils which enables plants grown on them to transform inorganic iron and silica into the organic form, which is taken up by the vegetables and fruits, grains and legumes which we then eat, making these nutrients available to our bodies. Destroy the soil's organic matter through chemical farming, and inexorably you destroy the health of people and animals living on foods grown on it. Organic methods of farming also help protect against significant distortions in mineral balances—an increase in one or more mineral elements which can alter the availability of others. This can also undermine your health. No such protection is available when your foods have been chemically grown.

STRUGGLING TO COPE

Your body has a remarkable ability to compensate for a mineral or trace element missing from your food. But, after years of our eating nutritionally-depleted foods, multiple deficiencies are virtually ubiquitous. According to large scale studies, these days almost none of us get the minerals we need to ensure that our metabolic processes work adequately—processes on which health, leanness, and the immune system depend. And the deficiencies we have developed from this, as well as the metabolic



distortions that come in their wake, cannot easily be corrected. Popping the latest multi-mineral tablet from your corner pharmacy or health-food store won't do it, by the way.

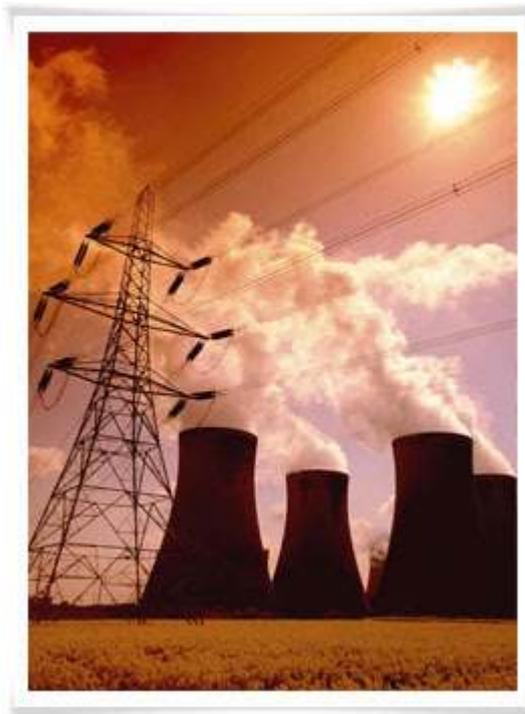


NATURE'S OWN

Nutrients in foods exist in complex synergy and affect each other. They also interact and work together in your body. A balance of bio-available minerals and trace elements in fresh, organic foods is infinitely more complex than vitamin fanatics would have us believe. To restore balance once it has been disturbed, you need to return to good wholesome food—supplemented with extra green plants such as kelp, spirulina, chlorella, barley grass or alfalfa. However, this is a slow process taking months and even years.

OSTRICHES EVERYWHERE

Our indiscriminate use of chemical pesticides, herbicides, insecticides and other chemicals has quite literally poisoned the land we live in, and fostered degenerative diseases throughout the world. It was Rachel Carson, author of Silent Spring, who, back in 1947, warned that this would happen. At the time, she was viciously attacked for her brilliant book. Chemical interests did everything in their power to discredit what she wrote. Now, more than half a century later, her prophetic words have turned out to be terrifyingly accurate. Since Silent Spring, many laws have been passed and many official agencies have been set up throughout the world designed to regulate the kind and quantity of chemicals used on the land. They vary greatly in their approach and powers from one country to another. Sadly, they all have one thing in common: an inability to stop or significantly alter the ubiquitous poisoning



of lands, people, animals and the earth itself.

So the poisoning of our air, land and water continues. In most countries it grows worse year by year. Like ostriches, we often bury our heads in the sand, hoping that what we don't see won't hurt us. Meanwhile, each year, billions of gallons of chemicals are sprayed onto crops. In the US alone, billions of pounds of pesticides are spread over the soils including herbicides, chemical fertilizers, rodenticides, and other chemical contaminants.

GO ORGANIC

Even better... grow as many of your own fruits and vegetables in the garden, in the windowsill of your kitchen, or anywhere you can find good soil that has not been chemically treated.



Organic growing will help protect you from significant distortions in mineral balance. Conventionally grown fruits and vegetables are sprayed with pesticides—petro-chemically derived compounds which behave like low-dose synthetic oestrogens in the body. Many are also treated with fungicides or wax. Each one of these chemicals contributes to the toxic overload which

ages your body rapidly, putting pressure on your liver and encouraging free radical damage. When it comes to maintaining good insulin balance, you do not want this to happen. A stressed liver has trouble managing glucose and controls insulin poorly. Shop as often as you can in stores which offer organic produce and non-GMO foods.

Not only do organic vegetables taste better, the organic matter in healthy soil is nature's factory for biological activity that, when you eat them fresh, is communicated to you. Organic vegetables supply us with an excellent balance of minerals, trace elements, and vitamins. The organic matter in soil is built up as a result of the break-down of vegetable and animal matter by its natural residents - worms, bacteria and other micro-organisms. The presence of these creatures in the right quantity and type, which you never find in factory farming, gives rise to physical, chemical and biological properties which create fertility in our soils and make plants grown on them highly resistant to disease. This resistance to illness and degeneration is then passed on to us when we eat the foods.

Forthcoming events as follows –

2014 Scottish Open

Saturday 6th December, Burns Gym, The Racks, Collin, Dumfries, DG1 4PU. Full power and single

lifts, lifters from all divisions welcome. Weigh In
0900-1030, lifting starts at 1100 [Entry Form](#)

2014 South West Winter Full Power
Sunday 7th December, Plymouth Performance
Gym. [Entry Form](#)

2015 East Midlands Divisional Championships
11th January, 1RM Gym, Welwyn Garden City, AL7
1JA. [Entry Form](#)

2015 Dean Mikosz Memorial
17th January, Sunbury Cricket Club, Sunbury on
Thames, TW16 5PS. [Entry Form](#)

2015 Southern Counties Full Power & Single Lift
Championships
24th January, Oakmead College, Duck Lane,
Bournemouth, BH11 9JJ. [Details & Entry Form](#)

2015 Eastern Counties Divisional Championships
24th January, Brentwood Barbell, Doddinghurst
Road, Brentwood, Essex, CM15 9NN [Entry Form](#)

2015 Welsh Powerlifting Championships
25th January, Pontardawe Senior Citizens Hall,
Ynysderw Road, Pontardawe, SA8 4EG [Entry Form](#)

2015 Army Bench Press
28th January, RAF Northolt, entry via Military reps
only, email RCDM-JPAO-RAO@mod.uk for details

2015 Midlands Last Ditch Single Lift Qualifier
1st February, Donnington Community Sports &
Social Club (Rear of 71), Turreff Avenue,
Donnington, Telford, TF2 8HE. Contact [Neil](#)
[Thomas](#) for further info. [Entry Form to Follow](#)

2015 Royal Navy Powerlifting Championships
4th February, Sportsdrome, Helensburgh, G84 8HL.
Qualifying event for 2015 Nationals (no record

breaking) entry via Military reps only
email RCDM-JPAO-RAO@mod.uk for details

2015 Gwynedd Single Lift Championships
15th February, PUB Gym, Unit 14/15 Swift
Buildings, High Street, Bangor, Gwynedd. [Entry
form](#) , Tel 07714 592771 for more details

2015 British Single Lifts
Saturday 28th February , Beaconside Sports
Centre, Stafford. £40 1st entry. £10 second entry,
£5 third entry. [Details and Entry Form](#)

2015 British Full Power
Saturday 28th March & Sunday 29th March,
Beaconside Sports Centre, Stafford. £40 1st entry.
£10 second entry. *Registration and Entry forms for
the European Full Power will be available and must
be completed at the National
Championships.* [Details and Entry Form](#)

2015 European Powerlifting Championships
18-19th April, Gorey, Ireland

2015 World Single Lifts
12th, 13th & 14th June, Telford, England. Click
menu tab for details. [Entry Form](#)

2015 European Single Lifts
18-20th September, Trente, Italy

2015 Combined Services Championships
23rd September, entry via Military reps only,
email RCDM-JPAO-RAO@mod.uk for details

2015 World Powerlifting Championships
30th October -1st November, Gela, Sicily, Italy

2016 British Single Lifts
Saturday 27th February , Beaconside Sports
Centre, Stafford. £40 1st entry. £10 second entry,

£5 third entry.

2016 British Full Power
Saturday 26th March & Sunday 27th March,
Beaconside Sports Centre, Stafford. £40 1st entry.
£10 second entry.

Pat Reeves – General Secretary on behalf of BDFPA
Oakfield Cottage, Bromley Lane, Kingswinford, West Midlands, DY6 8JP,
telephone 01384 270270 email pat@foodalive.org.
www.foodalive.org