

# Costa's food odyssey

COSTA Georgiadis of *Costa's Garden Odyssey* says it's time for our children to get healthy.

The Bondi resident will be one of the high-profile presenters speaking at a Mindd Foundation forum on children's health to be held in Randwick next month.

"We kill our soil with pesticides and we're doing the same thing with our stomachs by eating preservative-heavy, chemical-sprayed food," Georgiadis said.

"The soil is like the digestive system. It needs the right balance of good bacteria and nutrients to grow happy, healthy plants. Kids' guts are no different."

Over-consumption of processed foods was to blame for the spike in children's health issues such as obesity, Georgiadis said.

"You don't need to be a rocket scientist to make a correlation between allergy increase and the nature of the food production system, forced upon us through convenience," he said.

— by intern  
Alexandra Middleton

[www.mindd.org](http://www.mindd.org)



Gardening expert Costa Georgiadis will be speaking at a Mindd Foundation forum next month.

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