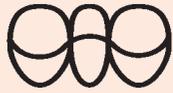


Wise Traditions



IN FOOD, FARMING AND THE HEALING ARTS



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President's Message

Science looks at the individual nutrients and components of food, with little or no appreciation for the whole, for the complexities of nature. In fact, the reductionist view of mainstream scientists today holds that imitation foods can be created out of commodity ingredients—soy, corn, seed oils, sugar, milk powders—and then "enriched" with synthetic vitamins to produce something that is as healthy as the real thing. Such foods will in fact save mankind, they assert, because there is not enough real food to nourish our growing population, and even if there were, such foods cause heart disease, cancer and many other ills.

This view becomes more and more untenable the more we learn about the synergies of life systems. Chris Masterjohn's article in this issue (page 15) provides just a few examples of how nutrients work together in complex ways to support good health.

We are a civilization in decline, due mostly to the view that industrial foods are cleaner, more efficient, more convenient and even healthier than real food. Nature is viewed as something to be feared, so science tries to protect us from threats like germs, sunlight, cholesterol and saturated fat. Until we realize that we are embedded in nature, that natural processes support and protect us, we will continue down the smooth, wide highway of industrialism in food and agriculture, looking to modern medicine for easy cures, but sliding inexorably into infertility and disease nevertheless. There will be survivors, of course; those who return to the wise culinary traditions of our ancestors—a process I call the Natural Selection of the Wise.

There will be plenty of delicious real food at *Wise Traditions* 2012, our 13th annual conference—we now refer to it as an *international* conference—to be held November 8-12 in Santa Clara, California. The menus will feature wild seafood, grass-fed meats and dairy products and delicious local produce. And since we will be in California, raw dairy products will be on sale in the exhibit hall.

We have a wonderful slate of over forty-five speakers, many of them new, plus tried-and-true old favorites. This year's conference will feature tracks on Nutrition and Behavior on both Saturday and Sunday, plus tracks on Local Farmers, Native Ways, Wise Entrepreneurs and the Frontiers of Science. We always have one track on nutrition, and this year is no exception, featuring a fantastic lineup of speakers on vitamins and minerals.

Registrations are selling fast and there is the possibility that we might sell out, so if you are planning to attend, don't delay in signing up. For details, see pages 27-29. We look forward to another wonderful conference and to seeing many of you there! 

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HIGH IN THE ANDES

I am in the high Andes, in Cusco, Peru, which has a pretty big tourist population. I wanted to share what I see in the market here. Not only chicken feet, but the snouts of cows, steer heads, testicles, and every part inside and out of an animal you can imagine. A friend told me as a child, they used to eat sheep eyes boiled.

There are fresh cheeses, butter, exotic fruits, several varieties of quinoa and amaranth. They sell an edible lupin seed that looks like a lentil but bigger; it is white and does not have much flavor but it is high in protein. You can choose from hundreds of varieties of potatoes. I met a man on the street who sells yogurt from *leche fresca*, raw milk, which is not available in the grocery stores.

Today we went to a small village and met a woman who had a few little girls hanging around her, all with beautiful teeth. I asked her what the children ate. She said they ate corn, wheat, quinoa and guinea pig—the whole animal. They gut the little rodent and cook it with the head and teeth on. Then they do various things to prepare the viscera. But as commercialism has taken hold you can see the maxillas of these beautiful people changing, especially in the city dwellers. There are dentist offices everywhere.

Ann Oldham Michael
Coyhaique, Chile

GAPS CONCERNS

I am concerned about the Foundation's endorsement of the GAPS diet, which has pushed the Carb Wars further in the low-carb direction. People appear to be making the illogical conclusion that because it is effective for some children with autism, not only is it good for all kids with autism, but it will cure everything.

In 2006, I successfully treated my



own autistic son in the context of a well-rounded WAPF diet, which included fruit, maple syrup, honey, Rapadura, raw milk and soaked grains, so I don't see the utility of GAPS for all autism spectrum disorders. From my online forum experience and as a past chapter leader, I have endless feedback from people who think that GAPS is a panacea rather than a temporary therapeutic approach.

In 2009, I personally got swept away in the low-carb wave, and by the spring of 2010, was battling fatigue, depression, hair loss, dry skin and menstrual problems. My son's anxiety returned, and my kids have since not been as healthy as they were in 2007 and 2008, on a well-rounded WAPF-inspired way of eating. All the broth and liver in the world did not make up for the effects of the lost glucose. We are still recovering from that experiment!

WAPF is a non-profit organization. I believe its most important contributions are in the areas of connecting consumers with local, nourishing foods, underscoring the importance of animal foods and saturated fats in the diet, and highlighting the destructive effects of food additives. Those recommendations alone have the potential to make a great impact on the health of any individual. Unfortunately, I think a lot of the chapter leaders are in the health business and are thus biased, more apt to follow trends, or recommend things that worked for them personally, without understanding that there may be no

universal solutions. Quite a few of them are demonizing carbohydrates. Many benefit from the client base attracted by the Foundation. All of the "Real Food Bloggers" (like the ones who try a diet on the bestseller list because it mentions Green Pasture's cod liver oil) and tangentially-related health professionals definitely affect the direction the organization is trying to take. People turn to these sources to recreate the kind of

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support they get at local chapter meetings. Their well-marketed messages, in the interest of attracting hits, advertisers and clients, are becoming louder than the organization's message.

While Price himself discovered healthy individuals all over the world eating many different types of foods in different combinations, chapter leaders, bloggers and Paleo gurus are spreading the message that "carbohydrates feed yeast, fructose causes fatty liver disease, and glucose spikes insulin!" This type of fear, coupled with the rapid weight loss one experiences on a low-carb diet, is driving people to try extreme diets in the name of improving their health, rather than taking a balanced approach.

GAPS, for a person who is still struggling on a well-rounded WAPF diet, looks like the perfect solution. The basic tenet that glucose fuels a healthy metabolism via mitochondria and optimal thyroid function is now overlooked. Somehow we've made this all about the intestine, and for folks who are unfamiliar with the context of a whole organism, these scientific arguments are difficult to sort out. I got sucked into it, too. Scientists are fallible. They make mistakes in their research and in their conclusions. The idea that there is a perfect solution at all is a logical fallacy in itself.

I suspect that these low-carb approaches do not support hormonal health in menstruating, pregnant, or nursing women. Furthermore, the safety of the GAPS diet during pregnancy and breastfeeding has not been established. Pregnancy ketosis in animals is analogous to toxemia in pregnancy, and can be induced by simply reducing a pregnant animal's feed ration. This organization's

mission, from what I could tell when I originally joined, was especially to prevent the malnourishment of mothers and children, and thus, I cannot understand why so many "volunteers" would advocate the use of a diet that promotes ketosis, specifically in this population.

I think if the organization is going to support the use of the GAPS diet for "curing" all these health problems, at the very least, its safety during pregnancy and breastfeeding needs to be investigated before harm befalls unborn children.

Amy Lewark, MS
Ohio University Neurobiology '99
Loveland, Colorado

Your points are very well taken. The GAPS diet is a difficult and temporary diet to use in situations where the WAPF dietary guidelines are not working. Because it is a detoxifying diet, it should never be used during pregnancy and lactation.

OLIVE OIL SCAM

I have checked in practically every restaurant I have eaten at in San Francisco in the last few months. These restaurants range from the very posh to the very inexpensive. Nearly *all* of them use either soybean oil exclusively, or soybean oil mixed with a smidgen of olive oil (so they can claim it's olive oil) in their salad dressings. When asked, the wait staff has always been the most honest. The owners just lie (I know this because they get shifty when asked, and because they are frequently also chefs who are well aware they are using an inferior oil).

This is distressing on many counts.

It means that I thought my balsamic dressing all these years was olive oil and vinegar—when in fact, it was not. It means I thought I was eating healthy salads when I ate out—when in fact, I was not. This surely must have been going on for several years. I am from Marin, and just got reminded that Marin has the highest breast cancer rate in the nation. Coincidence?

The problem is, I frequently go on work lunches and have to eat something. Ideally I want to carry my own dressing. But my business companions and colleagues might be embarrassed by this. It's one thing to embarrass your own children, and quite another to embarrass your boss, colleague or important clients who pay your wages (although I admit, on many occasions I've managed to do both). Any salad solutions?

Sushama Gokhale
Larkspur, California

The only solution is to carry a small bottle of olive oil in your purse and discreetly request that the restaurant make up the dressing for you. It may be embarrassing, but it may also open up a constructive conversation with your colleagues.

CURING VITILIGO

I found WAPF in March 2011 at a conference in Pittsburgh supporting local farmers. I was encouraged to discover that WAPF held the same values as I held: even in my teenage years I would look at modern society and ask myself, "If these things (drugs, processed foods, etc.) are as 'necessary' now as people claim, how did humans survive for thousands of years? And why do you never



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hear much about cancer and various diseases prior to the 1900s?”

Your materials have been a great help to me in confirming my childhood instincts about modern versus traditional life. And without a doubt I have met the kindest people through WAPF, people willing to share even more, which further reinforces Weston Price’s observations on the friendly personalities of primitives on native diets.

What prompted me to write to you today is an “incurable” auto-immune disease, vitiligo, in which your skin develops white spots. I have a very severe case. Doctors told my family that my skin had “died” there and that there was no cure—the best they could of-

fer was to “bleach” all of my skin with drugs (like Michael Jackson). Instead I resigned myself to covering up and had low self-esteem. My mother has lived with horrendous guilt for almost thirty years because she did not take a drug which would have allegedly prevented my condition.

I started drinking raw milk and eating traditional WAPF foods in the summer of 2011, and in August began adding a spoonful of diatomaceous earth in a glass of water each night to help detoxify. Then it happened in the late fall that I noticed my legs looking tanner than usual. The vitiligo, which once ran down my legs from knee to toe, developed a “lacey” edge of tan color. Now

approximately 60 percent of the vitiligo on my legs has disappeared! It has also begun to disappear on my abdomen and my arms also. (My optometrist has also observed that my eyesight is improving and now she is curious about raw milk.)

I don’t know whether this is due to one specific food or the combination of WAPF eating or the diatomaceous earth detox. I must confess to not having a scientific approach in this, because I am so excited to see these improvements and will keep doing more of the same—maybe, one day, it will go away completely? If the skin is the “window” into a body’s health, I’m encouraged that my whole body must be healing.

I hope this testimony will encourage

LETTER FROM MARK MCAFEE OF ORGANIC PASTURES DAIRY

Dear Eco Labs,

Your company came highly recommended as a source of advice and also chemicals. We operate California's largest raw milk dairy, raw milk brand and creamery near Fresno, California. We will buy tens of thousands of dollars of chemicals this year and we would like Eco Labs to be our vender.

A few weeks ago we had Joe Tomas, an Eco Labs representative, come visit our facilities to orient him and get our account established. When we went to order our first chemicals, the Eco Labs representative expressed his apologies and said that Eco Labs refuses to service a “raw milk dairy or creamery.”

This is simply unacceptable. In California, raw milk is 100 percent legal and state inspected. Raw milk is sold in four hundred stores and is an emerging and growing market. Raw milk does not cause lactose intolerance and does not trigger asthma, yet Eco Labs refuses to service a growing organic raw milk brand at Organic Pastures Dairy. There have been zero deaths from raw milk in the last forty years. According to the CDC, pasteurized milk and pasteurized cheese have killed at least seventy people since 1973 (including the Jalisco incident in 1985).

This is full blown discrimination. Please address this issue and respond to me directly. If this is not corrected, we will address this discrimination with a well-written letter to our huge Facebook following and we will let the consumers know all about how Eco Labs hates raw milk. We also know that Eco Labs services many of the processors in California and nationally. It would be nice if Eco Labs could appreciate how these same processors have robbed the farmers blind and created lactose intolerance in broad swaths of the consuming market—not to mention the several kids that have died from drinking pasteurized milk and suffered an allergic response and could not be saved by paramedics.

Mark McAfee, Founder OPDC
Fresno, California

Editor's Note: Mark was able to find the chemicals he needs for his ultra-clean dairy operation through another company.

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others who have vitiligo to investigate the WAPF principles and diatomaceous earth to potentially ameliorate their own conditions. I want to thank you for the work you are doing, because it is amazing how the “incurable” is being cured through the simple act of detoxifying and eating nourishing traditional foods.

Nicole Hoover
McCandless, Pennsylvania

TAGGING WAPF

I spend a lot of time on Instagram, a social media app for iPhone and Android. It is a platform that allows for photo exchange and I am very attracted to it as a means of learning and of sharing ideas. Most of my posts are food related, and most employ WAPF principles, and I tag them with #wapf and #westonaprice. I have gained new

followers through my tags but am hard pressed to find others to follow and learn from as they are not tagging.

I wanted to suggest that on the website and in the next *Wise Traditions* publication the Foundation encourages users of this social app to tag their photos as I have done above so that we can easily find each other. You have no idea the amazing reaction I get when I post photos of my beautifully jellied chicken foot stock being mixed into banana muffins for my girls. Let me know if there is someone else I should share this with!

Ilana Grostern
Montreal, Quebec, Canada

Thank you Ilana, we have added your suggestion to the information on WAPF on the web, below.

WISDOM TEETH

WAPF nutrition advice has brought me many benefits over the years, and while it may be coincidence, my wisdom teeth erupted in my mid-thirties, even though in my early twenties they had been X-rayed and found to be impacted. My dentist refused to believe me when I told him my last wisdom tooth was growing in at age thirty-six

Sylvia Anders
Adelaide, South Australia

GRASS-FED AND FAT

Thank you for acknowledging the possibility of excellent fat production from organically raised grass-fed (no grain) beef. In addition to the beautiful exterior fat, we consistently experience a generous amount of white marbling within the meat. We do managed inten-

WAPF on the WEB

WEBSITE: Thank you for visiting our website and online ordering page! Please be sure to log in to order, renew or donate online. All the articles are free for anyone to read. We invite you to search all the tabs for endless information and ask that you tell others about our site.

TWITTER and FACEBOOK: twitter.com/WestonAPrice, facebook.com/westonaprice We have a Spanish language page, too: facebook.com/westonaprice.espanol We also have several campaigns, facebook.com/nopinkslimeburger and facebook.com/soyalert, plus facebook.com/RedMeat4Health. Facebook is a wonderful outreach tool. Please be sensitive to newbies!

YOUTUBE & Flickr: youtube.com/TheWestonAPrice, flickr.com/photos/westonaprice

BLIP TV: westonaprice.blip.tv These are longer format videos such as our press conference on the USDA Dietary Guidelines and Farmageddon panel discussions.

BLOGS: See blogs by Chris Masterjohn, PhD and Kaayla T. Daniel, PhD at westonaprice.org/blogs. Our publicist, Kimberly Hartke blogs at hartkeisonline.com. For nutrient-dense recipes, subscribe to Realfoodmedia.com.

ALEXA WEBSITE RATINGS: westonaprice.org is rated fourth among nutrition websites at alexa.com (see www.alexa.com/topsites/category/Top/Health/Nutrition.) Please visit the site and post a comment about our website. You can help raise our rating by visiting our website frequently and linking to it from your own website, Facebook page or blog.

INSTAGRAM: Users of Instagram, please tag your posts with #WAPF and #westonaprice.



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sive grazing year-round on the rolling hills surrounding our home here in Alberta, Canada. Each year the pasture grasses return with increased density and nutrition.

It was commonly known in the past that the true taste of beef comes in around the fourth year. As small family farmers, we cannot afford to hold onto the animals that long; however, we can verify that a consistent, delicious, sweet taste in the beef is possible at around the third year.

We've eliminated the chemical and hormonal loading by raising the animals organically and removed the acidic loading by not including any grain in their diet. The net result is an experience of the true taste of the meat.

The fat, the bone broth and the delicious meat all contribute greatly to our family's welfare and the welfare of the beautiful families we serve.

You may be interested to know that we organically grow pastured, soy-free chicken and turkeys as well. I am proud of the fact that my husband persisted and insisted on soy-free, despite being told that it was impossible to raise soy-free poultry. He spent a great deal of time consulting with poultry nutritionists to come up with a formula that we're happy with. In addition, our friends are using the soy-free formula, and we have the great advantage of gorgeous eggs from their pastured, organic, soy-free hens!

Thank you and all of those associated with the Foundation for the critical contributions you are making toward the restoration of healthy families.

Maighread Axe, Chapter Leader
Terra Caritatis Patris Farm
Clandonald, Alberta, Canada

FOOD SAFETY

I am a member of the Weston A. Price Foundation and while I agree that small business enterprises must be sustainable, I have been in the catering and food manufacturing business for over thirty years. There is a very good reason food should be made in a licensed and inspected facility where those preparing the food have taken the food handlers' safety course. Not everyone who has a home kitchen knows how to keep all the surfaces sterile nor are they likely to wash their hands often and clean their utensils and cutting boards properly. Also, in food manufacturing and preparing, the law states that manufacturers use good manufacturing principles to make sure there is no cross-contamination of allergens (these can be airborne) which will infiltrate the food you are preparing.

Also, it is important that food be stored in proper containers and at least six inches off the floor.

Other pathogenic bacteria which may be floating around the kitchen or be on your kitchen counter surfaces may get into the prepared food. It is well known that the home kitchen sink has more bacteria than your bathroom toilet.

When I was in the catering business in Napa I had a twelve-hundred-square-foot commercial kitchen. I rented half of it out to another caterer and a taco truck. Taco trucks now have to prepare their food in an inspected kitchen for good reason. Yes, all this does cost money. People in the food industry have to pay for licensing, rent and liability insurance. All this is expensive. I do not feel it is fair for people to be able to prepare their product at home just to circumvent

the expenses of being in business. And it leaves the public at risk for contamination of food.

I thought I would give you a different perspective from someone who has been in the business. We all want safe food. Get a group of people together and have a cooperative commercial kitchen. That would be legal and sustainable.

Pauli Halstead
Nevada City, California

Thank you for your thoughts on this subject. Our view is that regulations should be size-specific. It is not expensive for the home pickler to take a food handling course, but extremely expensive to set up a commercial kitchen, something that is not necessary for a product as inherently safe as homemade pickles.

FOOD IN ROMANIA

My wife and I can certainly empathize with Daniela Schmidt's concerns over what has happened to the diet of the people of Romania (Winter, 2011) and the similar progression of events in the U.S., as creeping totalitarianism seeks to deprive us even (one might say especially) of our inferred right—nay, ability—to feed ourselves and our families as we see fit.

We were in Bulgaria (neighbor to Romania) about eight years ago to visit friends and family. Everywhere we went the food was excellent. I had one of the best tripe soups (and I've had many) of my life in a dingy little cafeteria, (now gone) near the Women's Market in Sofia. Traditional Bulgarian cuisine puts a very high value on organ meats and they were available in their many forms in every restaurant in which we ate.



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Three years ago (soon after the E.U. conquered Bulgaria without a shot being fired, and was welcomed as a liberator) we returned. Our culinary experience was worse than dismal. Even in the homes of many of our beloved friends and family, packaged foods had become the norm. In five years' time true Bulgarian cuisine had become an outcast, banished to the back alleys, off the beaten path. We actually heard women on the streets of Sofia talking to each other about the glories of packaged food and how it liberated them from wasting their time cooking for their families, presumably allowing them more time to shop for cheap Chinese junk (which has also flooded Bulgaria in the same period).

Eight years ago we observed no grossly obese people. This had been a point of pride among many Bulgarians in observing the trend in America. Three years ago the waddling malnourished were already quite conspicuous.

I would like to correct Ms. Schmidt on one point. Orthodox Christianity has nothing to do with veganism (a philosophical and political term coined, I believe, in the mid 1940s). In fact all forms of vegetarianism (except for reasons of health, but we all know what that's worth) are antithetical to orthodox Christianity. The very idea of giving up meat and dairy of all kinds should convince anyone of what a high value our societies traditionally put on these items. Fasting, in a religious context, is about sacrifice, not about health, or even about food. When we fast, food is the very least of the things that we are to give up. Rather, it is a time of spiritual warfare wherein we confront the things

that distract us from what is most important, reject them, and in doing so, it is to be hoped, achieve a closer relationship to God. Fasting is not, however, about suicide, which is forbidden in orthodox Christianity. The Church forbids those who are not physically able from fasting (confirmation that the Church acknowledges the dangers of such a diet, albeit in pursuit of a higher end) and condemns none, per Christ's teaching, who do not feel able to endure or spiritually benefit from its rigors.

Also, there is a monastic rule (the ideal fast, which, incidentally, allows for the consumption of "fish without backbones"—sort of giving inlanders like my own mountain people, Carpatho-Rusyns, the shaft—err, um, that is to say, greater opportunity for sacrifice) and a less rigorous rule for the laity, which takes under consideration our modern way of life and its constant demand for high productivity (requiring a high calorie intake) and which does not allow for winter's (both of the main fasts on the Orthodox calendar occur in winter) traditional period of relative rest.

The fast is followed by a feast, a celebration required no less than the fast, during which we eat of all the things, in abundance, of which vegans would insist that we all be deprived.

Anyone eating soy "sausage," "meat" and "cheese" during the Fast (aside from damaging his health) is merely following a pharisaical rule and has not understood the true meaning and purpose of the fast.

Michael Strenk
Sayville, New York

SHOW US THE SCIENCE

It is impossible to estimate how many children will owe their future good mental, emotional and physical health to Leslie Manookian and her excellent film, *The Greater Good*. This film thoughtfully examines the use of mandatory vaccines in the U.S., and calls into question the wisdom of this compulsory practice through the stories of three families adversely affected by vaccines.

However, Manookian's assertion that "a large, long-term clinical study comparing the health outcomes of vaccinated versus unvaccinated patients has never been done. . ." is not correct. On the contrary, there have been many longitudinal survey studies comparing vaccinated versus unvaccinated children. Further, these studies have clearly demonstrated the occurrence of statistically significant vaccinosis—illness produced in an individual after receiving a vaccine—in the vaccinated groups. The following summarizes a few of these:

- 1992 New Zealand Study: 495 children surveyed with 226 vaccinated and 269 unvaccinated. "Results overwhelmingly showed that unvaccinated children suffer far less from chronic childhood conditions than vaccinated children." This included a ten-fold increase in tonsillitis (26) and tonsillectomies (10) in vaccinated children, as compared to three cases of tonsillitis and no tonsillectomies in the unvaccinated group. Similarly, the incidence of ear infections (56 versus 16), sleep apnea (14 versus 4), hyperactivity (13 versus 4), and epilepsy (4 versus 0) was statistically significantly higher in the

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vaccinated children than the unvaccinated (www.whale.to/v/ias1992study.pdf).

- 1997 New Zealand Study: 1265 children were surveyed. The vaccinated children experienced episodes of asthma (23 percent) and allergies (30 percent), as compared to no asthma or allergy incidences in the unvaccinated group (*Epidemiology*, 1997 Nov; 8(6), 678-80).

- 2000 Africa Study: The children of 15,000 mothers were observed from 1990 to 1996. Results showed that the death rate from diphtheria, tetanus, and whooping cough in vaccinated children was twice as high as that in unvaccinated children (10.5 percent versus 4.7 percent) (*British Medical Journal*, 2000, 321: 1435-41).

- 2004 British Study: 30,000 children were compared. The vaccinated children had an increased risk of allergic asthma (5.04 percent) as compared to the unvaccinated children (0.36 percent) (*American Journal of Public Health*, June 2004, Vol 94, No. 6).

- 2011 German Study: This study of 8000 unvaccinated children (which included medical documentation of each case), from newborn to nineteen years, revealed that vaccinated children have at least two to five times more diseases and disorders than unvaccinated children (<http://healthimpactnews.com/2011/new-study-vaccinated-children-have-2-to-5-times-more-diseases-and-disorders-than-unvaccinated-children/>).

In contradistinction, no scientific (peer-reviewed, placebo-controlled, double-blind) study has ever been conducted that supports the effectiveness of vaccinations. Despite the fact that Barbara Loe Fisher, president and co-founder of the National Vaccine Information Center, and her colleagues entreated the CDC, the NIH, and other federal agencies to “Show Us the Science” at the second NVIC conference in 2000, twelve years later no valid scientific research has yet been published proving the efficacy of vaccines.

Given the results of the interna-

tional survey studies described above it is obvious why the allopathic community of medical doctors, pharmaceutical companies and federal agencies have failed to publish convincing research—because they can't. Vaccines not only do not confer effective immunity, but they clearly cause serious harm. Further, since none of these longitudinal studies conducted in other countries is ever picked up by our national mainstream media, the disinformation goes on, and children continue to be damaged.

Louisa L. Williams, MS, DC, ND
San Rafael, CA

For more information on this subject see Dr. Williams's Chapter 15, "The Most Profound Holistic Treatment and its Ugly Allopathic Twin," in her book, Radical Medicine, www.radicalmedicine.com.

FIGHT FOR HERDSHARES IN CALIFORNIA

I'm a thirty-four-year-old home-

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Amid concerns that Google is restricting access to some websites on vaccination dangers, as well as limiting access to sites selling supplements, we'd like to remind our members once again that they can use goodsearch.com and bring revenues to the Weston A. Price Foundation. Simply go to goodsearch.com and click on Get Started to enter the Weston A. Price Foundation as your favorite charity. If all our members used goodsearch.com, they could generate an important revenue stream for the Foundation.

Letters

schooling mother of two (twelve and three years old). My husband and I have a herdshare in Sonoma County, California. The purpose of my letter is to express my deep gratitude for the work of the Weston A. Price Foundation.

Many years ago my husband and I realized we had a mutual dream of having a family cow. We imagined that it would be when we were much older and retired. Three years ago my husband lost his job and we decided to see whether we could make our dream a reality.

We are also extremely grateful for the Farm-to-Consumer Legal Defense Fund. The advice from Pete Kennedy and Tim Wightman has been invaluable. It was the existence of FTCLDF that gave us the confidence to go ahead and try the scary business of herd sharing. (I have to say that I never realized how much I would love it and what hard work it would be!)

We are also grateful for all your nutrition information, to which we were introduced seven years ago. We were introduced to this nutritional knowledge before our daughter was conceived; every single one of her seven cousins has one or more major health issues, and she has absolutely none.

Here in California we are fighting for the right to have herd shares—this work is very draining. All I want to do is milk cows and tend to my family. But the WAPF women, Yannick Phillips and other herdshare farming women (many with multiple children and homeschool-

ing like us) remind me that a mother's work is about more than just her family.

One thing we have realized since starting our herd share is that almost everyone, no matter what age, has some type of illness or pain. What helps me get out of bed at four thirty in the morning to start working is their gratitude; it helps me remember that my work is not about me. It is about the co-owners and helping them and their families have a higher quality of life.

Just as doing this work for the herd shares in California is not about us and our herd share but for the benefit of all Californians.

Jenny Kilpatrick
Sonoma County, California

ODE TO TOFU

The gentle cows upon our plains
Who feed upon the grass,
And then, in turn, expel methane
In manner somewhat crass,
Are being blamed for making
Our atmosphere less dense.
They say someday we'll die because
Of bovine flatulence.

Does the answer lie in planting
Our range lands all to soy?
If we abstain from eating beef
Will life be filled with joy?
Let's not accept this premise
'Til we check behind the scenes,
Just how much gas will people pass
When they're only eating beans?
Elizabeth Elbert

South Dakota native Elizabeth Elbert has received many awards for her poetry. Visit her website at <http://www.cowboypoetry.com/elizabethebert.htm>.

A PERSONAL EXPERIENCE

I am writing about a personal experience in case it might be of value to another truth and health seeker. About eight years ago I was diagnosed with fairly aggressive prostate cancer and of course was offered the three big solutions—cut, poison and burn. Rejecting that approach, I decided to put to the test my belief that my marvelous body would heal itself if given the right tools of nutrition, attitude, lifestyle, etc.

Eventually it became clear to me that Weston Price had it right, so I embarked on that nutritional path, which incidentally was pretty much the path of my family and ancestors, descendants of the highland Scotch. At that time and even to this day I have not seen much support for this approach as a viable way to treat cancer.

I can only say that it worked for me. After eight years and at age eighty-two I am a vigorous and happy camper with no sign of cancer.

Duane M. Johnson
Lafayette, Colorado



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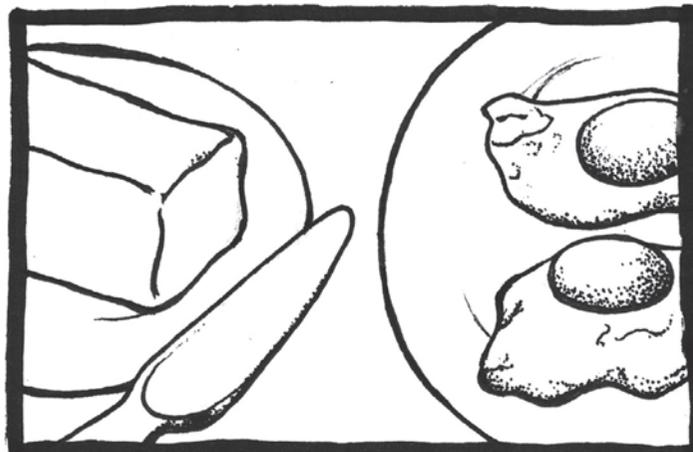
Caustic Commentary

Sally Fallon Morell takes on the Diet Dictocrats

EGG BEATERS

News of a study linking egg yolk consumption with heart disease hit the Internet and print media August 13, with sixty-five articles posted within a day of release, and over one hundred fifty articles by the time the egg bashing had played itself out. “Newly published research led by Dr. David Spence shows that eating egg yolks accelerates atherosclerosis in a manner similar to smoking cigarettes,” was the lead sentence in the articles. Turns out this study, published in *Atherosclerosis* (2012 Aug 1 [Epub ahead of print]) is one of the worst examples of junk science we’ve seen, carried out by doctors with ties to

Pfizer Canada, AstraZeneca Canada and Merck Frosst Canada. Patients coming into the authors’ Canadian clinic with a recent stroke and transient ischemic attack were given a dietary recall questionnaire, from which the staff estimated their “egg-yolk years,” the number of egg yolks eaten multiplied over the number of years. Not surprisingly, they found that older patients had more “egg-yolk years” than younger patients because they were. . . well. . . older. To be fair, the analysis was adjusted for age, but as author Zoe Harcombe points out in her blog on the study “the authors could have picked broccoli and measured broccoli years and the top quintile group of seventy-year-olds would have had fourteen years more broccoli consumption than the fifty-six-year-olds.” Oddly, the team fingered egg yolks when they were really asking about whole egg consumption, reporting “eggs” as “egg yolks,” presumably because we already “know” that there’s nothing wrong with egg whites. Of interest is the fact that the team found no correlation between egg consumption and cholesterol or triglyceride levels. Nor did they find an association with frequency of egg intake. This means that the association was driven primarily by the “number of years consumed” for eggs, after adjusting for age. Another point: the actual egg consumption for all the men was less than one per day—the



and \$706 million for olive oil (vafarmbureau.org, August 16, 2012). Since this is not the healthy direction the food industry (not to mention the health care industry) wants us to go, look for a major study bashing butter some time soon. By the way, a new website, www.naturaltransfats.ca, helps consumers know the difference between harmful industrial trans fats and beneficial natural trans fats found in butter and meat fats.

top consumers were eating an average of two-thirds of an egg per day, which provides less than a teaspoon of fat, most of it supposedly heart-healthy monounsaturated fat. We challenge researchers like Dr. Spence to look at the heart health and overall health of those who make a point of eating at least two egg yolks per day—along with bacon and butter as part of a good breakfast. For more information, see blogs by Chris Masterjohn (www.westonaprice.org/blogs/cmaterjohn/) and Zoe Harcombe (www.zoeharcombe.com/2012/08/egg-yolk-consumption-carotid-plaque-bad-science/).

BUTTER COMEBACK

Speaking of butter, this natural fat is making a comeback with consumers. Butter sales at grocery stores increased by more than 2 percent in the year ending May 13, while margarine sales decreased more than 6 percent, while olive oil sales remained steady. Overall butter led with \$1.5 billion in sales during the period compared to \$1.4 billion for margarine and spreads

and \$706 million for olive oil (vafarmbureau.org, August 16, 2012). Since this is not the healthy direction the food industry (not to mention the health care industry) wants us to go, look for a major study bashing butter some time soon. By the way, a new website, www.naturaltransfats.ca, helps consumers know the difference between harmful industrial trans fats and beneficial natural trans fats found in butter and meat fats.

A PERFECT FAKE OUT?

“It has a plumpness to it, what they call a ‘mouthfeel,’ like a kind of fattiness,” muses Bix Stone, one of the founders of Twitter, who is a vegan. “When you eat other leading meat analogues they’re delicious, but you kind of know they’re not real. They’re missing something that’s hard to identify. This has a very realistic, meaty, delicious quality.” Farhad Manjoo of the *Washington Post* coos: “. . . I’ve never tasted anything

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as realistic as Beyond Meat. The chicken strips look, feel and taste closer to real meat than any other food I've eaten" (August 5, 2012). Manjoo is not a vegetarian but he tries to eat less meat for "various health and ethical reasons." The biggest problem, he says, is that it is hard to get this new wonder product. Beyond Meat's chicken strips are available only at Whole Foods stores in Northern California; later this year the product will be sold in select supermarkets; a national launch for the ersatz product is planned for 2013, with fake beef to follow. Backed by a Silicon Valley venture capital firm, Beyond Meat plans a marketing strategy emphasizing the superiority of fake chicken strips to real chicken. Founder Ethan Brown is confident of success. "It requires far less energy to produce, it's got no saturated fats, no antibiotics and no animals are harmed in the process." What the product does have is phytic acid, enzyme inhibitors, oxalic acid, hemagglutinins, and isoflavones galore because the product is made from soy protein isolate that is formed into a liquid paste, heated and extruded; no doubt it is loaded with fake flavors and laced with soybean oil to give it its feeling of "plumpness and fattiness." There is nothing healthy or ethical about these chicken strips, and we predict the product will fade into oblivion after just a brief sizzle of marketing blitz.

PLASTIC PERILS

BPA—short for Bisphenol A—is now a household word. A building block of the polycarbonate linings in many food and beverage cans, and of the coatings that make inks appear in most cash register receipts, BPA is under the spotlight because of its potential adverse health effects, in particular its ability to act as an endocrine-disrupting chemical. As a result, manufacturers of baby bottles, sippy cups, reusable water bottles and many other products are switching to "BPA-free" materials. The problem is that avoiding BPA in the vast array of plastic products and coatings will require some kind of new polymer. One of these is called Tritan copolyester, which has no toxicity data, but also has never been tested. The same is true of all the other BPA-free alternatives (*The Atlantic*, April 2011). Obviously an extensive testing program is needed. In the meantime, the best course of action is to avoid plastics as much as possible, using products made of real rubber, glass, ceramic or stainless steel.

PROTECTION AGAINST ARSENIC

We are all exposed to arsenic, via some water supplies, but more so from the diet. As chicken producers have striven to reduce the use of antibiotics, for example, they are now using more arsenic. Arsenic is a component of some pesticides, such as those used on rice. Long term exposure to high levels of arsenic can cause skin lesions, cancer and cardiovascular disease; it also affects fetal development. The body does have ways of getting rid of arsenic, through a process called methylation, excreting it in the urine; arsenic also has an affinity for keratin and can be deposited in the hair and nails as they grow. Researchers from Dartmouth College and the Geisel School of Medicine looked at levels of arsenic in toenails of residents in New Hampshire who all use private groundwater wells as their household water source. The interesting results showed that levels of arsenic in nails were positively associated with greater consumption of alcohol and omega-3 fatty acids. Those who ate more dietary vitamin B₁₂ and animal protein had lower levels of arsenic; total dietary fat, animal fat, vegetable fat and saturated fat were also associated with lower levels of arsenic. Association does not prove causation, of course, but these results warrant more study, and certainly seem to support the hypothesis that saturated fats and animal foods support the body's detoxification mechanisms (*Science Daily*, June 28, 2012).

NATURAL PROBIOTICS

A theme in these pages is the importance of lacto-fermented foods to provide beneficial bacteria to the intestinal tract. These bacteria form a biofilm lining the entire small intestine, which provides us with 85 percent of our immunity, protects us against toxins, helps digest our food, produces important vitamins and even creates feel-good chemicals. All traditional cultures consumed lacto-fermented foods—from the semi-rotten fish of the Alaskan Inuit to the fermented taro root of the South Seas islanders. As modern science has discovered the importance of intestinal bacteria, researchers have formulated probiotic pills to help populate the gut. Recently Dr. Joseph Mercola tested fermented vegetables produced by probiotic starter cultures (such as homemade whey). The lacto-fermented vegetables had ten *trillion* units of colony-forming bacteria. One serving of vegetables was equal to an entire bottle of high-potency probiotic. (<http://articles.mercola.com/sites/articles/archive/2012/06/27probiotics-gut-health-impact>).

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aspx). So rather than spend a lot of money on probiotic pills, why not enjoy delicious lacto-fermented condiments daily, at a fraction of the cost.

MORE WOES FROM GMOS

Scientists from Russia have discovered that hamsters fed GMO soybeans as part of their normal diet eventually develop infertility. An Austrian study found similar harm in mice that consumed GM corn. Farmers across the U.S. have reported infertility among pigs and cows that consume GM feed. And in India, a research team observed infertility and other serious problems among buffalo fed GM cottonseed (Naturalnew.com, August 6, 2012). Now another problem with a GM crop has emerged. Corn modified to stand tall and tough against pests is wreaking havoc on tractor tires. The leftover stubs in the fields are like little spears, so tough that they can puncture thick rubber. Tractor tires can cost thousands of dollars, and some tractors have as many as eight tires. Instead of tractor tires lasting the usual five or six years, they're getting chewed up after just one or two. Some farmers are turning to Kevlar tires, which can only add to their costs.

HEALTH BENEFITS FROM SOURDOUGH

Researchers at the University of Guelph tested four types of bread to ascertain the effects on blood sugar levels. Using white, whole wheat, whole wheat with barley and sourdough white breads, the team of researchers examined how subjects responded hours after eating the bread for breakfast and again just hours after eating a standard lunch. The subjects, who were overweight and ranged between fifty and sixty years of age, showed the most positive blood sugar responses after eating sourdough white bread. With the sourdough, the subject's blood sugar levels were lower for a similar rise in blood insulin, and the positive effect remained during and after the second meal. What's really interesting about this study is that the whole wheat breads—supposedly full of fiber that controls blood sugar levels—had the worst effects, causing blood sugar levels to spike, and these high levels lasted until well after lunch. Professor Terry Graham, head of the study, suggested that the poor response from the whole wheat bread was due to the milling process; but an equally likely explanation is the many anti-nutrients in whole grains that cause a stressful rise in blood sugar. These irritating and difficult-to-digest compounds are neutralized by the sourdough process. The

team will soon be testing sourdough whole grain bread (www.uoguelph.ca/news/2008/07/sourdough_bread.html).

COCONUT OIL VINDICATED

Scientists in Brazil looked at the effects of coconut oil on waist circumference in women with abdominal obesity, that is, with waist sizes greater than forty inches. The randomized, double-blind, clinical trial involved forty women aged twenty to forty years. Groups received two tablespoons of either soybean oil or coconut oil over a twelve-week period. The subjects were instructed to follow a "balanced" low-calorie diet and to walk for fifty minutes per day. Calorie intake and carbohydrate intake in both groups diminished over the trial whereas the consumption of protein and fiber increased; fat consumption remained unchanged. At the start of the trial, there were no differences in biochemical or anthropometric characteristics between the groups, but by the end of the trial, the coconut group had higher HDL levels and a lower LDL-HDL ratio. Both groups lost weight but only the coconut users exhibited a reduction in waist circumference. The researchers concluded, "It appears that dietetic supplementation with coconut oil does not cause dyslipidemia and seems to promote a reduction in abdominal obesity" (Lipids 2009 Jul;44(7):593-601).

SKIN DAMAGE WITH ENERGY-EFFICIENT BULBS

The hype on energy efficient, "curly" fluorescent light bulbs, which fit into an incandescent light bulb socket, is fading. Once slated to completely replace incandescent bulbs, a planned phase out on old fashioned light bulbs was postponed due to impassioned testimony from individuals highly sensitive to fluorescent lights. Now new research funded by the National Science Foundation has scientists warning consum-

FOR SCIENTISTS AND LAY READERS

Please note that the mission of the Weston A. Price Foundation is to provide important information about diet and health to both scientists and the lay public. For this reason, some of the articles in *Wise Traditions* are necessarily technical. It is very important for us to describe the science that supports the legitimacy of our dietary principles. In articles aimed at scientists and practitioners, we provide a summary of the main points and also put the most technical information in sidebars. These articles are balanced by others that provide practical advice to our lay readers.

Caustic Commentary

ers about the potentially harmful effects these energy-saving bulbs can have on the skin. Conducted by Stony Brook University and New York State Stem Cell Science, the study found that UV light emitted from the bulbs can cause skin damage. The researchers found that cracks in the fluorescent bulbs' phosphor coatings yielded significant levels of UVC and UVA in all of the bulbs. Skin damage from exposure to the bulbs was consistent with harm caused by ultraviolet radiation.

These bulbs also contain mercury, which can escape if the bulbs are broken. So much for the argument that these bulbs are environmentally friendly. By the way, skin damage was further enhanced when low dosages of TiO₂ nano particles were introduced to the skin cells prior to exposure. TiO₂ is a chemical found in sunblock (*Photochemistry and Photobiology* 20 Jul 2012 DOI: 10.1111/j.1751-1097.2012.01192.x).

IS PELLAGRA THE ROOT CAUSE OF VIOLENT SHOOTING RAMPAGES?

Why don't more public health experts examine the root causes of the mass violence incidents happening across America and around the world? School shootings, church shootings, and now a theatre massacre. Are they too readily accepting these outbreaks of madness-induced mayhem?

The medical system gets the blame for not "catching" these perpetrators before they strike. The gun lobby gets criticized for fighting tougher regulations. Violent video game producers feel the heat of stinging criticism.

But what if the solution is right under our noses? If only someone would bother to sniff it out!

What if our heavy reliance on processed and fast foods is leading to widespread nutrient imbalances?

Dr. Weston A. Price found that primitive tribes eating a whole foods natural diet high in animal foods and animal fat had no need for prisons. The moral character of these isolated people was strong. They were not incapacitated mentally or physically. In his book *Nutrition and Physical Degeneration*, Price describes his travels around the globe, and he marveled at the stellar character of these people who had no access to modern manufactured foods.

Could the cause of this violence be niacin deficiency? Consider the fact that while pellagra was being investigated as an interesting curiosity in Europe, it was becoming a way of life in the southern United States. The general diet consisted of cornmeal and grits, soda biscuits, corn syrup and salt pork; and even when they had enough food, the southerners developed sore skin and mouths, became thin and listless, and suffered from depression, hallucinations, irritability and other mental disorders. The clinical description of the typical poor southerner any time between about 1900 and 1940 comes alive in the novels of William Faulkner—the brooding sullenness, suddenly shattered by outbursts of irrational anger, persecution mania, the feeling of people living in a cruel and demented world of their own. Doctors knew very well that diet was at the bottom of all the misery they saw around them and that disease could be kept at bay by a balanced food supply.

Compare the modern junk-food diet to the diet of poor southerners: cereals, food bars, corn chips, crackers and the high fructose corn syrup found in energy drinks and sodas. Not too dissimilar! Vitamin B₃ or niacin deficiency is the cause of pellagra.

Google "pellagra" and "violence" and you will find a letter to a U.S. senator by Barbara Stitt, an author who once worked as a probation officer. She found that changing the diet of ex-offenders eliminated the hostility and other symptoms that would lead them to act in a criminal fashion. Her book is aptly titled *Food & Behavior: A Natural Connection* and her work seems to confirm the findings of Dr. Price on nutritional injury and the role it plays in juvenile delinquency and adult crimes.

A review of Barbara's book mentions her concern about reactive hypoglycemia, sub-clinical pellagra and vitamin B deficiencies being at the root of violent actions. She writes, "The startling part of sub-clinical pellagra, like hypoglycemia, is that the symptoms also mirror those of schizophrenia, a problem so widespread that those who suffer from it occupy one out of every four hospital beds in the United States."

As Stitt points out, the symptoms of neuropsychiatric disorders are similar to those of vitamin B deficiency: fears, fatigue, depression, paranoia, confusion, anger, hostility, rage, suicidal tendencies and anxiety. B₁₂ deficiencies, for example, are well known for causing mental disturbances such as paranoia, mental confusion and dementia.

by Kimberly Hartke, the publicist for the Weston A. Price Foundation. Visit her website at hartkeisonline.com.

Beyond Good and Evil: Synergy and Context with Dietary Nutrients

By Chris Masterjohn, PhD

Successful traditional diets provided a rich array of nutrients that cooperated with one another to produce vibrant health. As modern diets have shifted towards nutrient-poor foods fortified with the favored nutrients *du jour*, we have gazed askance at the degeneration that has resulted and embarked on a series of searches for the dietary villains that we imagine lurking in the shadows.

We have blamed heart disease on cholesterol, mortality on meat, osteoporosis on vitamin A, and diabetes on fat. Yet somehow it has eluded us that we are asking all the wrong questions. Biology is not a war between good molecules and evil molecules, nor is it a war between "wholesome" natural foods like vegetables and "poisonous" natural foods like meat. Biology is a system wherein many parts work together in synergy to produce a context within which each part benefits the whole. Several examples of this type of synergy follow.

Excess methionine in diets rich in muscle meats generates toxic byproducts while the supply of glycine is depleted.

METHIONINE, B VITAMINS, GLYCINE

Successful traditional diets provided muscle meats together with organ meats and gelatinous materials such as bones, gristle and other connective tissue. These combinations provided a healthy balance between the methionine found in muscle meats, the B vitamins found in organ meats, and the glycine found in connective tissue. Modern diets, by contrast, provide abundant quantities of methionine-rich muscle meats while organs and connective tissue have fallen by the wayside. The result of this imbalance is that methionine is unable to fulfill its proper cellular functions and generates toxic byproducts instead, while the supply of glycine is depleted. Together, these changes are likely to contribute to reduced longevity and chronic disease (Figure 1).

Methionine is an amino acid that we obtain from most dietary proteins, but is especially abundant in animal proteins (Table 1). As shown in Figure 2,¹⁻³ folate and vitamin B₁₂, and to a lesser extent vitamin B₆, niacin, and riboflavin, assist methionine in carrying out one of its major cellular functions: the addition of a single carbon atom together with a small assortment of hydrogen atoms to a wide variety of molecules, a process known as “methylation.” Methylation is important for the synthesis of many cellular components and for the regulation of gene expression.

As a result, it is critical for the maintenance and repair of existing tissue, the building up of new tissue, and cellular communication. Methylation is especially important for the passing along of epigenetic information from parent cells to their daughter cells as they multiply. Liver is rich in all of the B vitamins important to this process. Muscle meats provide smaller amounts of most of them, but are relatively poor in folate. Folate is found primarily in liver and legumes, with modest amounts in egg yolks and some seeds, seafood, and leafy greens (Table 2). When any of these vitamins is missing, methionine fails to contribute properly to methylation and instead generates homocysteine, a potentially toxic byproduct that may contribute to cardiovascular disease.⁴

In support of the relevance of these pathways to human nutrition, a randomized, placebo-controlled trial showed that three months of combined supplementation with folic acid and vitamin B₁₂ lowered homocysteine concentrations.⁵ In the same study, a single large dose of methionine temporarily increased homocysteine concentrations, while supplementation with B vitamins protected against this effect. This study demonstrates the critical need for balance between methionine and these B vitamins, and suggests that many people may not be getting

ARTICLE SUMMARY

- Successful traditional diets provided many nutrients that cooperate with one another to produce excellent health. This article provides several illustrative examples of this type of cooperation.
- Methionine from muscle meat contributes to cell growth and repair, cellular communication, antioxidant defense, and detoxification. In order to fulfill these functions, however, methionine must be balanced with B vitamins, choline, and glycine from organ meats, egg yolks, legumes, leafy grains, skin and bones.
- Vitamins A, D and K cooperate to protect our soft tissues from calcification, to nourish our bones and teeth, and to provide children with adequate growth. We obtain these nutrients together by consuming organ meats, cod liver oil, fatty fish, grass-fed animal fats, green and orange vegetables, and fermented plant foods.
- Magnesium is required for every process in the body. Among its many interactions, magnesium is required for proper calcium metabolism. Magnesium is abundant in many plant foods and some seafood, but there is little magnesium in meat and almost none in refined sugar and refined grains. Consuming a balanced diet devoid of refined sugar and refined grains is the best way to obtain adequate magnesium.
- These interactions demonstrate that biology is very complex. Rather than thinking about whether certain nutrients from traditional diets are good for us or bad for us, we should seek to understand how they all work together in proper balance to promote radiant and vibrant health.

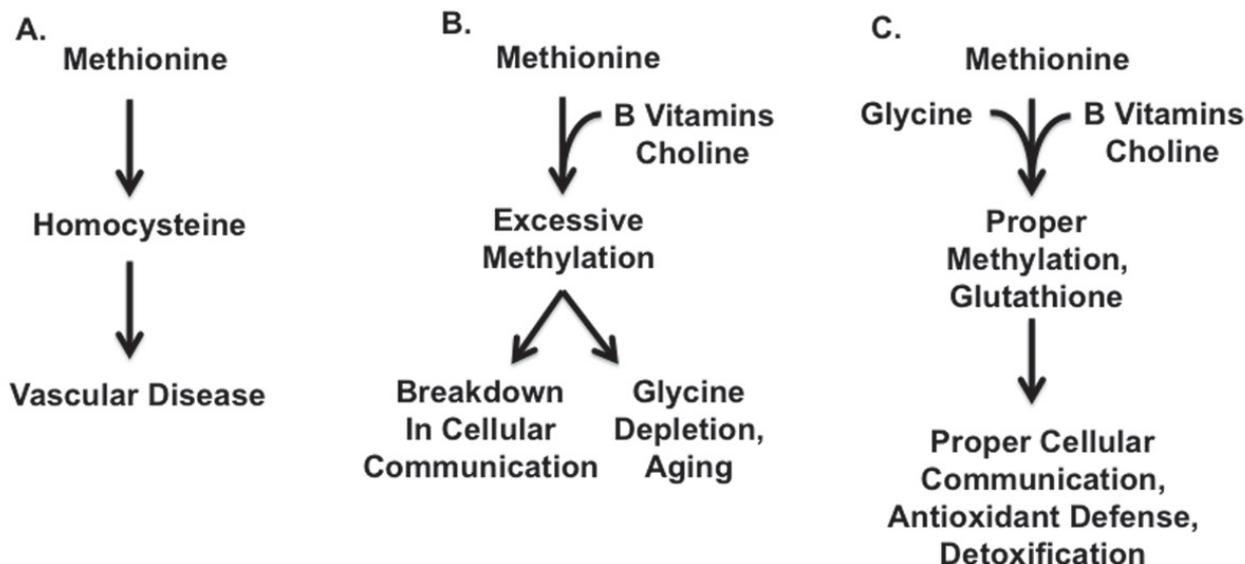


Figure 1: SYNERGY BETWEEN METHIONINE, B VITAMINS, CHOLINE, AND GLYCINE¹⁻³

The figure presents a simplified model of the synergy between methionine, B vitamins, choline, and glycine. See text as well as Figure 2 for a more detailed view.

- A. Excess methionine from muscle meats, in the absence of protective nutrients, generates homocysteine, a toxic byproduct that may contribute to vascular disease.
- B. With adequate B vitamins and choline, found especially in organ meats and egg yolks, methionine will not generate excess homocysteine, but it may lead to excessive methylation, a breakdown of cellular communication, and depletion of glycine, all of which may contribute to the negative consequences of aging. See text as well as Table 2, Table 4, and Table 5 for additional sources of protective nutrients.
- C. Adequate glycine from gelatinous materials such as bones, skin, and other connective tissue, works together with B vitamins and choline to prevent excessive methylation and to ensure adequate conversion of methionine to glutathione. This in turn ensures that methionine will be used for proper cellular communication and as part of the cellular defense against oxidants and environmental toxins.

Table 1. PROPORTION OF TOTAL PROTEIN AS METHIONINE IN SELECTED FOODS²³

Animal Foods		Plant Foods	
Salmon	3.0%	Cashews	1.8%
Chicken Breast	2.8%	Walnuts	1.6%
Liver	2.7%	Kidney Beans	1.5%
Hamburger	2.6%	Tofu	1.3%
Whole Egg	2.6%	Almonds	0.9%
Milk	2.3%	Lentils	0.8%

Animal products have a higher percentage of their total protein as methionine than plant products. Although not shown in the table, they also contain much more protein per unit of weight or volume. The main sources of methionine in the diet, then, are milk, eggs, fish and meat. Although liver and egg yolks provide methionine, they are also rich in nutrients that cooperate with methionine to render it safe and effective (see the main text as well as Table 2 and Table 4). Muscle meats, by contrast, including fish, are rich in methionine but poor in key cooperative nutrients.

Table 2. FOLATE CONTENT OF SELECTED FOODS²³

Food	Folate ($\mu\text{g}/100\text{ g}$)	Food	Folate ($\mu\text{g}/100\text{ g}$)
Duck Liver	738	Asparagus	191
Cowpeas	633	Collard Greens	166
Chicken Liver	588	Egg Yolk	146
Dried Agar Seaweed	580	Sesame Seeds	97
Lentils	479	Fish Roe	80
Lamb Liver	400	Mussels	76
Kidney Beans	394	Broccoli	63
Chicken Giblets	379	Whole Egg	47
Leeks	366	Kale	29
Calf Liver	350	Salmon	29
Beef Liver	290	Clams	29
Peas	274	Pumpkin, Squash Seeds	6
Sunflower Seeds	238	Hamburger	6
Spinach	194	Chicken Breast	4

Folate is especially abundant in liver and legumes, with moderate amounts in egg yolks, some seeds, some seafood, and some leafy greens, but very little in muscle meats. Folate content tends to be widely variable within a food group, and only a small selection of foods is reported in the table above.

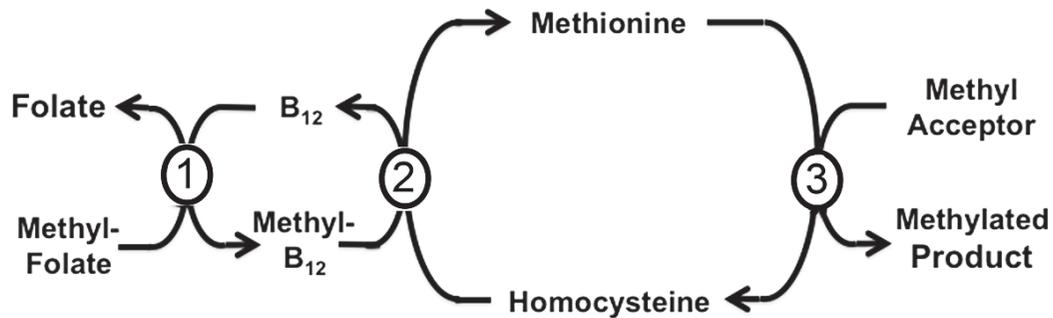
Figures 2A and 2B: (Opposite Page)
 METHIONINE METABOLISM AT LOW AND HIGH CONCENTRATIONS OF METHIONINE.¹⁻³

We obtain methionine from most dietary proteins, but primarily from muscle meats. We use it to build our own proteins, but also for two other important processes: methylation and the synthesis of glutathione. Of these, methylation takes priority. Methylation is the addition of one-carbon units to a wide variety of molecules, which aids in the synthesis of many cellular components and in the regulation of gene expression.

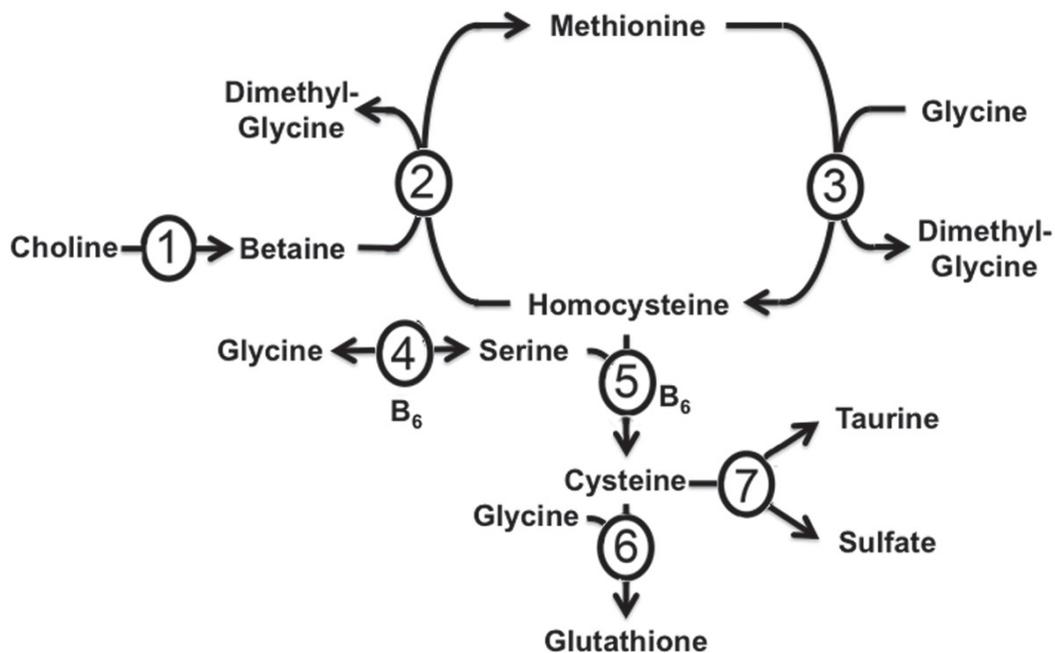
When cellular concentrations of methionine are insufficient or just barely sufficient to meet the demand for methylation, the pathways shown in panel A predominate. During each methylation reaction, methionine is converted to homocysteine, which is potentially toxic. Folate and vitamin B₁₂ help recycle homocysteine to regenerate methionine, which allows methylation to continue and prevents homocysteine from accumulating to toxic levels. Although not shown in panel A, niacin, riboflavin and vitamin B₆ also assist in this process.

When the supply of methionine exceeds that needed for methylation, the excess is metabolized mainly in the liver and the pathways shown in panel B predominate. Glycine accepts the extra methyl groups, while choline and betaine recycle part of the extra homocysteine. These processes all result in the accumulation of dimethylglycine, part of which is lost in the urine.⁶ Vitamin B₆ and glycine assist in the conversion of part of the extra homocysteine to cysteine and then to glutathione, which is the master antioxidant and detoxifier of the cell, and a key regulator of protein function.

When the flux through this latter pathway exceeds the capacity for glutathione synthesis, the excess cysteine is converted to taurine and sulfate. Thus, B vitamins, choline, betaine and glycine all cooperate with methionine to allow optimal methylation and synthesis of glutathione. When methionine is provided in the absence of these partners, methylation and glutathione synthesis fall by the wayside and homocysteine accumulates to potentially toxic levels. It may also be the case that if only glycine is limiting, the capacity to absorb extra methyl groups diminishes and rogue methylations occur.



A. During each methylation (reaction 3), methionine adenosyltransferase uses ATP to convert methionine to S-adenosylmethionine (SAM). Methyltransferases then use SAM to methylate a wide variety of molecules, generating S-adenosylhomocysteine (SAH). S-adenosylhomocysteine hydrolase then allows a small amount of SAH to generate homocysteine, which is potentially toxic. Vitamin B₁₂ and folate assist in the recycling of homocysteine back to methionine. 5-methyltetrahydrofolate (a form of folate, abbreviated as methyl-folate in the figure) methylates vitamin B₁₂ (reaction 1), and methionine synthase then uses B₁₂ to methylate homocysteine and thereby form methionine (reaction 2). Folate is then remethylated through several different pathways not shown in the figure, which depend on niacin, riboflavin, and vitamin B₆.



B. When methionine concentrations are high, an alternative set of reactions predominates in the liver. Choline dehydrogenase and betaine aldehyde dehydrogenase convert choline to betaine with the assistance of niacin and oxygen (reaction 1). Betaine-homocysteine methyltransferase uses betaine to convert homocysteine to methionine, generating dimethylglycine (reaction 2), part of which is converted to glycine and part of which is lost in the urine.⁶ More SAM is generated than is needed for methylation reactions.

With the assistance of vitamin B₆, cystathionine β-synthase and cystathionine γ-lyase use serine to convert homocysteine to cysteine in two successive steps (reaction 5). Serine is obtained directly in the diet or derived from glycine with the assistance of vitamin B₆ (reaction 4). Using glycine, glutamate, and ATP, glutamate cysteine ligase and glutathione synthase convert cysteine to glutathione in two successive steps (reaction 6). Excess cysteine is converted to taurine and sulfate (reaction 7). As a result, glycine, obtained directly from the diet or synthesized from dietary serine with the assistance of vitamin B₆ (reaction 4), accepts methyl groups from SAM, generating dimethylglycine (reaction 3), part of which is lost in the urine.⁶ N-methyltransferases catalyze this reaction in two successive steps.

A better way to improve the balance of glycine to methionine would be to replace a substantial proportion of muscle meats in the diet with bones and skin.

enough folate or vitamin B₁₂ to properly handle the methionine they are obtaining from muscle meats.

As shown in Figure 2,¹⁻³ once our needs for methylation are met, we use vitamin B₆ and glycine to convert any additional methionine in our diet to glutathione, which is the master antioxidant and detoxifier of the cell as well as a key regulator of protein function. The conversion of methionine to glutathione is not instantaneous, however, and our liver requires a buffer system to protect itself against excessive methylation and the accumulation of homocysteine.

This buffer system is comprised primarily of three nutrients: glycine, which is found most abundantly in bones and other connective tissue (Table 3); choline, which is found primarily in liver and egg yolks (Table 4); and betaine, which we can either make within our own bodies from choline or obtain directly in our diets from spinach, wheat, and beets (Table 5). Muscle meat provides its own vitamin B₆, but provides relatively little glycine, choline and betaine. In order to safely use extra methionine from muscle meat to support our antioxidant defenses and detoxification systems, we therefore must balance muscle meat with liver and egg yolks as well as with soups, gravies, sauces, or other creative dishes made from bones and other connective tissue, including skin. As useful adjuncts to these foods, some people may also benefit from incorporating spinach, wheat or beets into their diet.

Several studies support the relevance of these pathways to human nutrition. In one such study, a large dose of methionine increased the excretion of a metabolic byproduct of glycine, choline and betaine in the urine,⁶ suggesting that excess methionine causes the irreversible loss of

these nutrients. Randomized, placebo-controlled trials have shown that two weeks' supplementation with choline⁷ or six weeks' supplementation with betaine⁷ lowered homocysteine levels both in the fasting state and after consuming a large dose of methionine. In a similar study, three months' supplementation with vitamin B₆ made a small improvement in homocysteine levels after a large dose of methionine.⁵

There are, unfortunately, very few nutritional studies using glycine because scientists have not considered it an “essential” amino acid. Although our bodies can synthesize glycine, primarily from the amino acid serine, one group of scientists recently estimated that our ability to produce glycine may fall short of our needs for this amino acid by up to ten grams per day.¹ This is roughly the equivalent of an ounce of bone meal each day. These authors pointed out that markers of glycine deficiency appear in the urine of vegetarians, people consuming low-protein diets, children recovering from malnourishment, and pregnant women. They further suggested that most of us adapt to a subtler degree of glycine deficiency by decreasing our own turnover of collagen, which may lead to the accumulation of damaged collagen with age, thereby contributing to arthritis, poor-quality skin, and many of the other negative consequences of aging. Indeed, while some studies have shown that restricting dietary methionine lengthens the lifespan of rats and while these have generated a great deal of interest, a similar study recently showed that the same effect can be achieved by supplementing the diet with extra glycine.⁸

Some authors have recently suggested that a vegan diet would lengthen lifespan because of its naturally low methionine content.⁹ If methionine restriction primarily increases lifespan

Table 3. PROPORTION OF TOTAL PROTEIN AS GLYCINE IN SELECTED FOODS²³

Chicken Breast	5%
Chicken Skin	16%
Bone	31% (estimate)

Glycine makes up only five percent of the amino acids in typical muscle meats, but is much richer in proteins such as collagen and elastin, found in connective tissues like skin and bone. Most of the protein in bone is collagen, which is about one-third glycine, making any dishes made from bone, including soups and sauces, excellent sources of this amino acid.

by increasing the ratio of glycine to methionine, however, then this suggestion could not be more wrong, because vegetarians show signs of glycine deficiency.¹ Vegan diets are low in total biologically available protein, not just methionine. Human studies suggest that low-protein diets waste glycine by using it simply as a source of much-needed nitrogen.¹⁰

A better way to improve the balance of glycine to methionine would be to replace a substantial proportion of muscle meats in the diet with bones and skin. Adding organ meats, egg yolks, and plant foods rich in folate and betaine to the diet would also be likely to improve longevity by working with glycine to support the safe and effective utilization of methionine. When these nutrients are all provided in rich supply, methio-

nine supports the growth and repair of tissues, our defense against oxidants, detoxification and proper cellular communication.

VITAMINS A, D AND K₂

Successful traditional diets also provided a balance between vitamins A, D, and K₂. Vitamin A is most abundant in liver and fish liver oils, such as cod liver oil.¹¹ Plant foods rich in carotenoids also provide vitamin A, although they do so much less reliably than liver and cod liver oil because the ability to convert carotenoids to vitamin A varies about ten-fold between individuals.¹²

Vitamin D is most abundant in cod liver oil and fatty fish. Sunshine is also an important source of vitamin D, though our ability to use

Muscle meat provides its own vitamin B₆, but provides relatively little glycine, choline and betaine.

Table 4. CHOLINE CONTENT OF SELECTED FOODS²⁴

Food	Choline (mg/100 g)	Food	Choline (mg/100 g)
Egg Yolk	682	Pork Loin	80
Beef Liver	333	Pistachios	72
Veal Liver	310	Hamburger	66
Whole Egg	251	Salmon	65
Turkey Liver	222	Pine Nuts	56
Chicken Liver	195	Bacon	47
Wheat Germ	152	Macadamia Nuts	45
Turkey Heart	127	Broccoli	19
Turkey Gizzard	90	Asparagus	16
Shrimp	81	Egg White	1

Choline is found primarily in egg yolks and organ meats.

Table 5. BETAINE CONTENT OF SELECTED FOODS²⁴

Food	Betaine (mg/100 g)	Food	Betaine (mg/100 g)
Wheat Bran	1507	Chicken	9
Wheat Germ	1396	Hamburger	9
Spinach	675	Bacon	1
Whole Wheat Bread	180	Brown Rice	0.5
Beets	129	Carrots	0.4
White Bread	102	White Rice	0.3
Sweet Potato	35	Kale	0.3
Cod	10	White Potato	0.2

Betaine is found primarily in wheat, spinach, and beets.

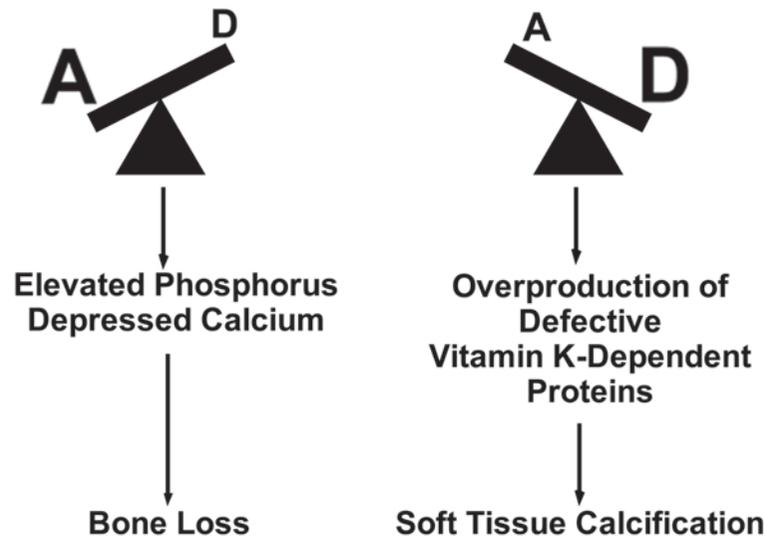


Figure 3: IMBALANCES BETWEEN VITAMINS A AND D LEAD TO TOXICITY^{13,16,17}

When a severe imbalance between vitamins A and D favors vitamin A, phosphorus accumulates at the expense of calcium and bone loss ensues. When such an imbalance favors vitamin D, the production of vitamin K-dependent proteins greatly exceeds the capacity of vitamin K to activate them. This results in defective proteins, which in turn fail to direct calcium away from soft tissues and into bones and teeth. This results in soft tissue calcification, including the formation of kidney and bladder stones, and the calcification of blood vessels and aortal valves.

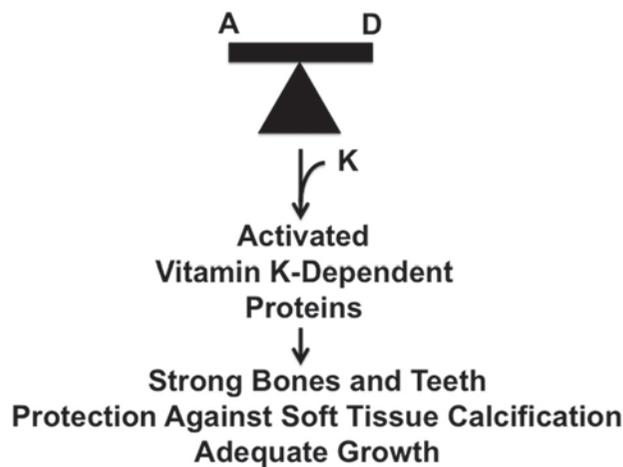


Figure 4: SYNERGY BETWEEN VITAMINS A, D, and K₂^{13,14,17}

When vitamins A and D are available in an appropriate balance, cells produce a healthy amount of vitamin K-dependent proteins. When vitamin K₂ is available in rich supply to activate them, these proteins protect against soft tissue calcification and direct calcium to where it belongs: in the bones and teeth. During growth, these proteins protect the growth plates from premature calcification, ensuring that a child will reach his or her full growth potential.

sunshine to synthesize this vitamin depends on where we live, our skin color, how much time we spend outdoors, and the type of clothing we wear.¹³

Vitamin K₂ is found primarily in animal fats and fermented foods.¹⁴ We can also synthesize vitamin K₂ from the vitamin K₁ found in leafy green vegetables, but this conversion seems to be very inefficient in humans. To a certain extent vitamin K₁ can also substitute for vitamin K₂, but this substitution is limited because our bodies distribute vitamin K₁ primarily to the liver and vitamin K₂ primarily to other tissues. The specific form of vitamin K₂ found in animal fat, moreover, has unique functions that are shared neither by the forms of vitamin K₂ found in fermented plant foods nor by the vitamin K₁ found in leafy greens.¹⁵ As shown in Figure 3, toxicity results when the supply of these vitamins is thrown off balance. When vitamins A, D, and K₂ are all available in rich supply, by contrast, as shown in Figure 4, they cooperate to promote growth, to nourish strong bones and teeth, and to prevent the calcification of soft tissues.

When large imbalances between vitamins A and D favor vitamin A, phosphorus accumulates at the expense of calcium, promoting bone loss.¹⁶ Vitamin A may also overwhelm the storage capacity of the liver under these conditions, contributing to liver damage. When the imbalance favors vitamin D, calcium accumulates in soft tissues, leading to stones in the kidney and bladder, and calcification of the blood vessels and aortal valves.¹³ In a growing child, this imbalance would be likely to favor premature calcification of the growth plates, thereby preventing the child from reaching his or her full potential for growth.¹⁴ This aberrant pattern of calcification occurs at least in part because the imbalance contributes to the overproduction of vitamin K-dependent proteins in great excess of the capacity for vitamin K₂ to activate them.¹⁷ These include proteins that direct calcium to our bones and teeth and away from our soft tissues. Since vitamin K₂ fails to activate these proteins, the proteins in turn fail to ensure the adequate nourishment of our bones and teeth and fail to protect our soft tissues. One remaining question is whether vitamin K₂ protects against vitamin D toxicity just as vitamin A does. This seems likely,

but no studies have yet shown it to be true.

One study thus far has demonstrated the interaction between vitamins A and D in humans. In 1941, Irwin G. Spiesman published a trial showing that massive doses of vitamins A and D caused toxicity when either vitamin was provided alone and failed to protect against the common cold. When massive doses of both vitamins were provided together, by contrast, they failed to induce any toxicity and offered powerful protection against the common cold.¹⁸ Some authors have argued that a second study published in 2001 showed antagonism between the two vitamins.¹⁹ This study, however, did not show a true interaction. Vitamin A decreased blood levels of calcium by 1.0 percent when given alone, and by 1.4 percent when given in combination with the hormone form of vitamin D. The authors did not measure blood levels of phosphorus, and failed to show that vitamin A did anything different in the presence of vitamin D than in its absence.

Recent evidence from experiments performed on isolated cells suggests that vitamins A and D may synergistically suppress the development of autoimmune diseases²⁰ and perhaps even cure diabetes by causing the regeneration of pancreatic stem cells.²¹ Forming any conclusions from these studies would be premature, however, since we need to follow them up with nutritional studies in humans or live animals.

Altogether, the available evidence supports the rich provision of vitamins A, D, and K₂ together by consuming organ meats, animal fats, fermented foods, fatty fish, cod liver oil, and colorful vegetables, while spending plenty of time outdoors. Obtaining a rich supply of these vitamins together allows each of them to carry out its biological functions safely and effectively.

MAGNESIUM: THE UNIVERSAL METAL

Some nutrients play so many roles in the body that literally everything depends on them. One such nutrient is magnesium.²² Magnesium is abundant in many whole grains, nuts, seeds, legumes and vegetables, some fruit, and some seafood. It is less abundant in meat, by contrast, and almost entirely absent from refined grains and sugar (Table 6). Modern diets rich in refined grains and sugar thus provide far less magnesium

In a growing child an imbalance in vitamins A, D and K₂ favor premature calcification of growth plates and prevent the child from reaching full potential for growth.

Not only do we fail to absorb enough calcium when we are deficient in magnesium, we also fail to put calcium where it belongs.

than traditional diets wherein these “displacing foods of modern commerce” were absent.

Magnesium contributes to more than three hundred specific chemical reactions that occur within our bodies.²² The most basic energy currency of our cells, ATP, exists primarily bound to magnesium. Magnesium is thus essential for every reaction that depends on ATP. Magnesium also activates the enzyme that makes copies of DNA, as well as the enzyme that makes RNA, which is responsible for translating the codes contained within our genes into the production of every protein within our body. Magnesium is thus literally involved in every single process that occurs within the body, making a specific enumeration of all of its interactions impossible to contain even within a large book, far less an article such as this. The well known interaction between magnesium and calcium, however, provides a classic example (Figure 5).

Magnesium deficiency decreases blood levels of calcium in humans and most animals.²²

The reasons for this are complex and reflect the universal importance of magnesium rather than a specific interaction between the two minerals. In a healthy individual, parathyroid hormone activates vitamin D to its hormone form, which in turn maintains blood levels of calcium within the appropriate range, in part by helping us absorb calcium from our food.

Magnesium deficiency causes a failure in this system through several mechanisms. Without magnesium, the liver cannot convert vitamin D to its semi-activated storage form, 25-hydroxyvitamin D. When we are deficient in magnesium, we not only produce less parathyroid hormone, but even what we do produce fails to work properly. This resistance to parathyroid hormone appears to result from the failure of at least four different categories of biochemical reactions that are needed to support the hormone. Without properly functioning parathyroid hormone, our kidneys fail to fully activate the storage form of vitamin D to its hormone form,

Table 6. MAGNESIUM CONTENT OF SELECTED FOODS²³

Magnesium is especially abundant in many seeds, and also found abundantly in many whole grains, nuts, and vegetables. Some fruits and types of seafood are also good sources. Meat, however, even liver, is low in magnesium. In contrast to whole grains, refined grains contain almost no magnesium. Like refined grains, refined sugar also contains almost no magnesium.

Food	Magnesium (mg/100 g)	Food	Magnesium (mg/100 g)
Pumpkin and Squash Seeds	534	Salmon	122
Brazil Nuts	376	Kelp	121
Sesame Seeds	356	Bananas	108
Sunflower Seeds	325	Spinach	79
Caviar	300	Cod	74
Almonds	286	Peaches	57
Buckwheat	231	Oysters	47
Lima Beans	224	Potatoes	43
Tomatoes	194	Bacon	36
Bell Peppers	188	Chicken Breast	31
Oats	177	Hamburger	27
Peanuts	176	Liver	18
Kidney Beans	140	Enriched White Flour	16
Madacamia Nuts	130	White Rice	13
Whole Wheat	126	Table Sugar	9
Lentils	140		

1,25-dihydroxyvitamin D. On top of all of this, even fully activated vitamin D fails to function properly when we are deficient in magnesium, probably because all of the proteins it controls are at least indirectly dependent on the mineral. This cascade of biochemical failures ultimately depresses calcium absorption, and obtaining sufficient magnesium from food or supplements is the only remedy that will restore calcium levels to normal.

Not only do we fail to absorb enough calcium when we are deficient in magnesium, we also fail to put calcium where it belongs.²² Over 99 percent of the calcium in our body belongs outside of our cells, primarily in our bones and teeth. While only a small amount is found in our blood at any given moment, it is our blood that provides calcium to our bones and teeth where the bulk of it is stored. Only a small portion of calcium belongs inside our soft tissue cells. Our cells keep this small amount in storage vesicles, and release it when needed to stimulate certain functions such as muscular contraction.

Magnesium is needed to utilize the most basic energy currency of our cells, ATP, which is in turn needed to activate the pumps and channels that maintain the proper distribution of calcium and other minerals within our cells. When we

are deficient in magnesium, our cells accumulate sodium and lose potassium. The potassium is lost in our urine, while the sodium draws excess calcium into the cell. In the absence of magnesium, our cells are unable to store calcium in the appropriate vesicles. The accumulation of calcium within our cells robs calcium from the blood, which means less calcium is available to our bones and teeth. This total failure of mineral metabolism contributes to excessive excitation of nerves and muscles, disturbances in the rhythm of the heart, a tendency of the blood to clot too much, and poor mineralization of the bones and teeth.

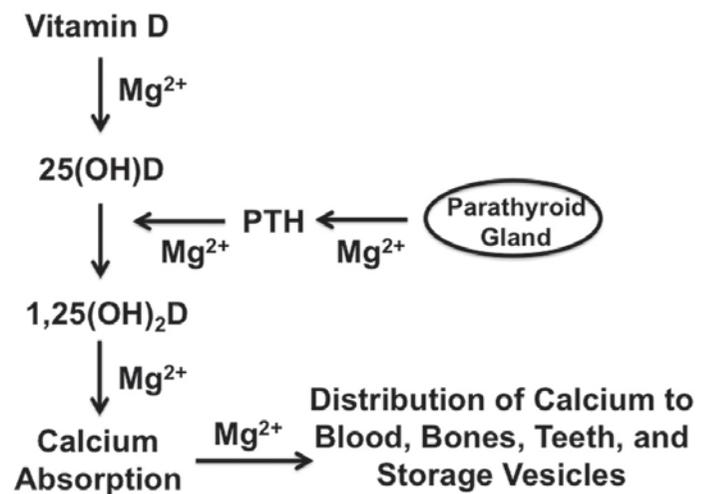
SYNERGY AND CONTEXT

The human body is a biological system characterized by astounding complexity. Nutrients often cooperate with one another to produce vibrant health. Quite often when one or more nutrients is missing, others may appear to contribute to disease. Methionine from muscle meats may appear to contribute to disease, for example, when the B vitamins, choline, and glycine found in bones, skin, organ meats, egg yolks, legumes, and leafy greens are absent. Vitamins A and D may each appear to contribute to disease when the other is absent. In the absence of other nutri-

The human body is a biological system characterized by astounding complexity.

Figure 5: CONTRIBUTION OF MAGNESIUM TO CALCIUM METABOLISM²²

Magnesium (Mg^{2+}) is necessary for virtually every function in the body. As a result, proper calcium metabolism breaks down in the absence of sufficient magnesium. Magnesium helps convert vitamin D to the semi-activated storage form, 25-hydroxyvitamin D, abbreviated in the figure as 25(OH)D. It contributes both to the production of parathyroid hormone (PTH) and to its conversion of 25(OH)D to the fully activated hormone form of vitamin D, 1,25-dihydroxyvitamin D or 1,25(OH)₂D. Magnesium helps 1,25(OH)₂D stimulate calcium absorption, and assists the variety of pumps and channels that help distribute calcium properly into the bones and teeth, blood, and storage vesicles where it belongs. In the absence of sufficient magnesium, we fail to absorb enough calcium from our food. The calcium we do absorb accumulates within our cells rather than in our blood, bones, and teeth, where it belongs. Our cells, moreover, fail to sequester it in storage vesicles. These changes as well as other failures of mineral metabolism that occur during magnesium deficiency contribute to excessive excitation of nerves and muscles, blood coagulation, and poor mineralization of bones and teeth.



ents such as magnesium, some nutrients such as vitamin D and calcium may simply fail to function at all. The complex biology that makes the human body tick may operate very differently in the context of a diet rich in magnesium than in the context of a diet poor in magnesium.

Nutrient-dense, traditionally balanced diets, however, provide all of these nutrients together so that they synergize with one another to nourish our bodies to health and protect them from harm. Rather than seeking dietary villains from among our most ancient traditional foods to blame for our most recent modern diseases, we should elaborate our understanding of how the many components within successful traditional diets work together to promote radiant and vibrant health. 

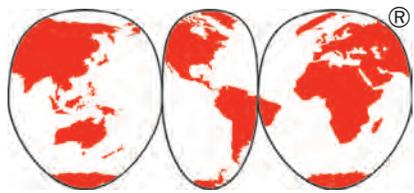
Chris Masterjohn has a PhD in Nutritional Sciences from the University of Connecticut, where he studied the role of oxidative stress in contributing to the accumulation of toxic byproducts of energy metabolism seen in diabetes and other degenerative diseases. He is currently conducting post-doctoral research at the University of Illinois under Dr. Fred Kummerow, where he is studying interactions between the fat-soluble vitamins A, D, and K. Chris has written five peer-reviewed publications on antioxidants and fat-soluble vitamins. He is the creator and maintainer of Cholesterol-And-Health.Com, a web site devoted to extolling the benefits of cholesterol-rich foods and elucidating the role of cholesterol and other lipids in health and disease. He is a frequent contributor to the Wise Traditions journal and speaker at the annual Wise Traditions conference. He will be speaking at Wise Traditions 2012 this coming November.

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First Name _____ Last Name _____ Name for Badge _____

Organization/Affiliation _____

Address _____

City _____ State _____ Zip Code _____ Country _____

Phone _____ Fax _____

E-mail _____ Please check here if you are a member of WAPF

Check here to reserve GF/CF conference meals. OR Check here to reserve GF only meals. OR Check here to reserve CF only meals. A separate GF/CF buffet is provided at all meals, except the banquet where you'll receive the GF/CF plate with a special dinner ticket. Register for GF/CF children's meals below.

Full Conference Registration includes Conference Materials, Friday Sessions, Friday Lunch, Friday Dinner, Saturday Sessions, Saturday Lunch, Saturday Evening Awards Banquet, Sunday Sessions and Sunday Brunch

	By October 15	After October 15
<input type="checkbox"/> Full Registration Student/Senior Member*	\$290.	\$340.
<input type="checkbox"/> Full Registration Student/Senior Non-Member*	\$315.	\$365.
<input type="checkbox"/> Full Registration Member	\$390.	\$440.
<input type="checkbox"/> Full Registration Non-Member	\$430.	\$480.
<input type="checkbox"/> Daily Registration Student/Senior Member*	\$120.	\$160.
<input type="checkbox"/> Daily Registration Student/Senior Non-Member*	\$145.	\$185.
<input type="checkbox"/> Daily Registration Member	\$170.	\$210.
<input type="checkbox"/> Daily Registration Non-Member	\$210.	\$250.
<input type="checkbox"/> Friday Dinner & Events	\$ 60.	\$ 85.
<input type="checkbox"/> Saturday Evening Awards Banquet	\$ 75.	\$100.
<input type="checkbox"/> Monday Posture and Movement (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Farm Tour (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Nutrition Topics (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Seven Days of Dinner (8-4, includes lunch)	\$ 75.	\$ 85.
* Student/Seniors must show ID. Senior is 62 and older.		
<input type="checkbox"/> Thursday, November 8 FTCLDF FundRAISER Dinner/Dance	\$ 75.	\$ 95.
<input type="checkbox"/> Thursday, November 8 FTCLDF FundRAISER Child Price	\$ 45.	\$ 45.

If you are attending as a daily registrant, please indicate the day(s) you will be attending:

- Friday November 9 Registration includes Conference Materials, Friday Sessions and Friday Lunch
 Saturday November 10 Registration includes Conference Materials, Saturday Joint Sessions and Saturday Lunch
 Sunday November 11 Registration includes Conference Materials, Sunday Sessions and Sunday Brunch

Friday Seminar Choice – please select one for planning purposes only, not binding.

- Traditional Diets Gut & Psychology Nutrition & Behavior Science of Farming Cooking

Saturday Choice – please select one for planning purposes only, not binding.

- Main General Session: Nutrition & Behavior Wellness Track Science of Farming

Sunday Seminar Choice – please select one for planning purposes only, not binding.

- Frontiers of Science Nutrition & Behavior Native Ways Wise Entrepreneurs Nutrition

Childcare (Child must be age 3-12 and potty trained)

Child's Name(s) _____ Age(s) _____

_____ @ **\$210 per child for Friday - Sunday** includes Friday lunch & dinner, Saturday lunch, Sunday brunch

GF/CF meals OR GF only OR CF only for _____ children OR _____ @ **\$100 per child**, includes no meals.

Continuing Education Credits

LAcS, RNs. Sorry, we are not offering CEUs for other professions. A certificate of attendance suffices for RDs and nutritionists.

- Friday, \$25. Saturday, \$25. Sunday, \$25. All 3 days, \$65. Cert of Attendance/nonCEU \$5.

Payment Processing

Total Due: _____ MasterCard Visa Check Payment/Money Order (make payable to WAPF)
 Full Name _____ Security Code (3 digits on back of card) _____

Card Number _____ Expiration Date _____

By submitting this form, I authorize Wise Traditions to charge the applicable registration fees. I understand that all cancellations must be submitted in writing and must be received by October 19, 2012 to be eligible for a refund, less a \$25.00 administrative fee. All refunds will be issued following the conference. Substitutions will be permitted at any time. Registration packets will not be mailed and must be picked up on-site at the conference registration desk at the Santa Clara Convention Center.

CHAPTER LEADERS

- Please check here if you are a chapter leader.
 I plan to attend the Chapter Leader Meeting
 NOTE NEW DAY: Thursday, Nov 8, 10-4

What is your current occupation?

- Medical Practitioner Farmer
 Nutritionist Homemaker
 Massage Therapist Student
 Chiropractor Retired
 Nurse Teacher
 Agriculture Professional Journalist
 Artisan Worker Chef
 Other, please specify _____

PLEASE COPY THIS PAGE AND FAX OR MAIL IT TO:

Fax:
 WAPF Wise Traditions Conference
 (304) 724-3007

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 WAPF Wise Traditions Conference
 159 Jenny Lind Drive
 Harpers Ferry, WV 25425

Contact:
 Conference Registration (304) 724-3006
 registrar@ptfassociates.com
 or
 WAPF (202) 363-4394
 info@westonaprice.org

Poster Presentations Info:
 info@westonaprice.org

PLEASE NOTE

One adult registration per form, please.

Forms submitted without payment will not be processed.

NO REFUNDS will be issued after December 31, 2012.

FOR FURTHER INFORMATION visit
www.westonaprice.org/conference

CONFERENCE SCHEDULE

THURSDAY, NOVEMBER 8 and MONDAY, NOVEMBER 12 see boxes below

FRIDAY, NOVEMBER 9

ALL-DAY WORKSHOPS

Nourishing Traditional Diets, Sally Fallon Morell, MA
Gut and Psychology Syndrome, Natasha Campbell-McBride, MD
Nutrition and Behavior, Julia Ross, MA
Science of Farming, Rachel Kaplan and Peter Ballerstedt, PhD
Food Preparation, Sandor Katz, Lauren & Brandon Sheard and Hannah Crum

EVENING ACTIVITIES

Treating Diabetes, Nancy Herrick, PA, DH, and Deborah Gordon, MD
Farm and Food Activism, Judith McGeary, Esq
The Decline of Pasteurization & Rise of RAW, Mark McAfee
GMO Dangers, Don Huber, PhD
Film: American Meat

SATURDAY, NOVEMBER 10

PLENARY SESSION, NUTRITION AND BEHAVIOR

Nutrition and Behavior, Chris Masterjohn
Mercury, Glutathione and Alzheimer's, Steven Fowkes
The Gut, Brain and Skin Connection, Chris Kresser, LAc
Alzheimer's and Coconut Oil, Bruce Fife, ND

WELLNESS TRACK

Treating Mineral Imbalances, Theresa Vernon, LAc
Healing Chronic Pain, Jerry Tennant, MD

LOCAL FARMING TRACK

Tara Firma Farms, Tara Smith
Chaffin Family Orchards, Chris Kerston
Organic Pastures Dairy, Mark McAfee

EVENING AWARDS BANQUET

Keynote Address by Andrea Malmberg, Allan Savory Institute

SUNDAY, NOVEMBER 11

TRACK I: THE FRONTIERS OF SCIENCE

Dark Field Microscopy, Beverly Rubik, PhD
The Threefold Man and the Fourfold Man, Tom Cowan, MD
Muscle Testing, Biocom, Holly McClenahan
NAET, Ruth Mueller

TRACK II: NUTRITION AND BEHAVIOR

Gut, Mind and Homeopathy, Joette Calabrese, HMC, CCH, RSHom (NA)
How to Fix a Broken Brain, Pam Killeen
Treating ADD/ADHD, Kaayla Daniel, PhD
Treating Schizophrenia and related conditions with the GAPS diet, Kim Schuette

TRACK III: NATIVE WAYS

Traditional Posture and Movement, Esther Gokhale, LAc
Tending the Wild, Kat Anderson and Jennifer House (will not be recorded)
The Plants We Eat, Anore Jones
Indigenous Ways, Tamara Wilder

TRACK IV: WISE ENTREPRENEURS

Fermented Foods Business, Monica Ford
Dealer.com, Scott Bevins
Marketing with Facebook and Blogs, Ann Marie Michaels and panel
Mastering Artisan Cheesemaking, Gianacis Caldwell

TRACK V: NUTRITION

Nutritional Adjuncts of the Fat-Soluble Vitamins, Chris Masterjohn
Zinc Deficiency, Ananda S. Prasad, MD, PhD, MACN
Taurine, Stephanie Seneff, PhD
Magnesium Miracle, Carolyn Dean, MD, ND

CLOSING CEREMONY: Jeffrey Smith

THURSDAY, NOVEMBER 8

Chapter Leaders Meeting 10-4
featuring Michael Schmidt
and other raw milk speakers

Farm-to-Consumer Legal Defense FundRAISER*
Dinner & Dance 6:30 - 10:30

* Additional fees apply.

FRIDAY, SATURDAY & SUNDAY

Farm-to-Consumer Legal Defense FundRAISER
Breakfasts*

* Additional fees apply.

MONDAY, NOVEMBER 12

Farm Tour with Kathy Kramer, CN*
Posture and Movement with
Esther Gokhale, LAc and Kim Thompson*
Nutrition Topics with Stephanie Seneff, PhD*
Seven Days of Dinner with Jessica Prentice*

* Additional fees apply.
Space is extremely limited so be sure
to secure your space today.

California's Ancient Cornucopia: A Story of Abundance, Diversity, and Indigenous Stewardship

By M. Kat Anderson and Jennifer House

The diverse, seasonal foods of California's first peoples came directly from the land they nurtured, which nurtured them in turn. This diversity included plant foods such as acorns, wildflower seed crops, grains, underground plant parts, fruits, berries and greens; animal foods from various mammals, fish, fowl and insects; and fungi, seaweeds and shellfish added even more variety. Granaries were filled, and plant parts and animal parts were regularly dried for storage and eaten in the off-seasons, but much food was seasonal, valued for its seasonality, even eaten *in situ* in pleasure and appreciation.

Lucy Thompson, a Yurok woman from northwestern California, wrote in 1916: "My people were in the habit of eating but two meals a day. . . the menu differing according to the season of the year." With a great assortment of available foods and a broad, functional knowledge of them, California's indigenous people had diets that were generally secure and exceptionally nutritious.

Early written descriptions of California tribes give testimony to the robust health of these indigenous peoples. Journalists, anthropologists and non-Indian settlers noted their “sweet breath and beautiful white teeth.” The late Norma Turner Behill, a Mono/Dumna woman from Auberry, California, said, “Some of the old people lived to well over one hundred—that was because of their diet.” The late Grace Tex, a North Fork Mono woman born in 1909, who continued to prepare and eat traditional acorn mush throughout her life, in her late nineties described herself as having “no pains” in contrast to so many other elderly people.

The good health of California's first peoples can be attributed not only to the great variety of foods eaten but also to the quality of those foods, which in turn was based on the good health of the ecosystem in which they lived. Early white settlers recognized the amazing abundance of foods they found in California, describing it as “an overflowing store,” but generally did not recognize it as linked in any way to the Indian presence and participation in the landscape. But the consistent experience and testimonies of California's first peoples, as well as the work of investigators and scholars, confirms that the variety and quality of these foods poured forth from a land that was productive and ecologically healthy in response to the deliberate stewardship of generations of California Indians over millennia. California's native peoples enhanced and intensified their food resources with a highly developed suite of culturally supported land stewardship practices, engendering the bountiful California landscape that so impressed the early European explorers and settlers.

Today California Indians still care for the land, harvest and process many California plants in traditional ways, and hunt, fish and gather seaweeds, but their opportunity to align themselves with their traditional native foodways is not what it was before their relationship with their life-giving land was interrupted by European settlement and the centuries of Euro-American aggression against them. And yet Indian people and their lifeways continue to endure, offering wisdom and competence to a world in need of direction. This article explores the variety of foods eaten in native California, describes indig-

enous stewardship techniques used to enhance these food sources, looks at how the quality of these foods is connected to the ways in which the California Indians cared for their land, and introduces the underlying participatory cultural kincentric model that gives these lifeways endurance and strength.

LIVING ON THE LAND: THE INDIGENOUS DIET

C. Hart Merriam, a biologist who spent much time among the tribes of California between 1900 and 1937, commented on “their superior knowledge of the food, textile and medicinal values of animals and plants” in their landscapes. A trained taxonomist, he recounts an experience he had speaking to a Miwok woman, asking her for the whereabouts of two local species of manzanita (*Arctostaphylos*), a plant genus difficult to identify at the species level, only to be informed that there was a third local species, as her daughter fetched samples of all three. At the time of European contact, over a thousand species of plants were actively utilized in California, with each tribe incorporating over two hundred different species of plants, animals and fungi into its food repertoire, making up regional cuisines unique to each cultural group. Indian names for plants commonly recognized their morphological characteristics, habitat or use.

It was commonplace for adults and children, as they went about their daily lives or walked along a trail, to pick knowledgeably handfuls of leaves or berries to eat, nibbling on a diversity of wild foods, participating in the landscape. Native people would travel, often for the explicit purpose of getting something particular to eat—experiencing the first appearance of a favored green, the gathering of geese or great flights of pigeons, the maturing of grains on native grasses or the fall run of fish. Thomas Jefferson Mayfield, growing up under the care of the Choinumne Indians in the San Joaquin Valley in the 1850s, recalled with great pleasure the annual expedition many in his tribe made traveling downriver in fifty-foot long rafts constructed of tules bound with willow to Tulare Lake to participate in the abundant hunting and fishing along the shores where the Tache tribe lived.¹

California's native peoples enhanced and intensified their food sources with a highly developed suite of culturally supported land stewardship practices.

Especially valued were California's numerous species of oaks and their acorns.

PLANT FOODS IN MANAGED LANDSCAPES

Various parts of native plants—fruits, seeds, leaves, stems, underground storage organs—provided a foundational portion of the diet for California tribes. Plants were cared for with vegetation management practices, many of which were managed forms of ecological disturbance, imitating the disturbance present in natural systems. Techniques such as pruning, knocking, protecting, weeding, digging, tilling, transplanting, watering and burning resulted in beneficial changes in plant and animal abundance, ecosystem and species diversity, growth, longevity, productivity and food quality.²

ACORNS

Especially valued were California's numerous species of oaks and their acorns, whose use

by native peoples gradually intensified three to five thousand years ago. Oak trees were cared for in multiple ways. It was common practice to harvest the acorns before they fell by climbing the trees and pruning the limbs, or by knocking them with long stout poles especially grown for this purpose in managed groves. It was understood that these activities were good for the trees, removing dead wood, protecting the tree and stimulating growth. Melba Beecher, Mono, says, “Knocking wakes the tree up. It alerts the tree to bear more.” The nutrient-dense acorn is high in fat, and requires processing through leaching to reduce bitter tannins before eating. Though naturalist John Muir may have given the impression that he hiked the Sierras on bread balls and China tea, records show he was given acorn cakes by Paiute women in the Sierras.

Setting low-intensity fires in oak landscapes under and between the trees was probably the most widespread Indian management technique for caring for the oaks and the land. This regular burning suppressed disease and especially helped to control insect infestations of acorns. The burns also stimulated the production of sprouts for the making of cultural items, reduced brush which decreased the risk of major conflagrations that could harm the oaks, encouraged the growth of edible mushrooms, increased edible forbs and grasses between and under the oaks, and increased forage for wildlife.³ In supporting and caring for the oaks, California Indians cared for the life of the ecosystem as a whole.

NUTS, SEEDS AND GRAINS

In addition to acorns, buckeye nuts and pinenuts, the grains of many native grasses and seeds of wildflowers were managed and harvested by tribes; they were eaten parched or made into cakes, bread, mush or soup. The wildflower redmaids (*Calandrinia ciliata*), numerous sunflower species (*Helianthus*, *Wyethia*), tidy tips (*Layia platyglossa*), chia (*Salvia columbariae*) and popcorn flower (*Plagiobothrys*) all were important foods for California's indigenous peoples, relished for their oil content and gathered in great quantities. Modern wildflower enthusiasts who travel to see the spring wildflower blooms in such places as the Carrizo Plains in southeastern San Luis Obispo County may not realize that such



Figure 1. California Indians knocked oak trees with long poles to cause the acorns to release to the ground. Knocking removed dead wood, controlled diseases, and renewed fruitwood.

vast displays of color were common throughout California before European contact, and were actively managed as vast seed-bearing tracts by the local tribes through such practices as seed beating, sowing and burning. Seed beating is seed harvest using a seed beater, a woven cupped paddle, to beat against the seed-bearing inflorescences of the maturing plants, sweeping the seeds into a burden basket. In the process, some seeds fall down to the ground or up into the wind and thus are dispersed. William Pink, a Luiseño/Cupeño man, explains, “Seed beating chia plants helped scatter the seeds around the area and helped the crop. Otherwise the seeds just stay in the vessel, and with no collecting, the insects get the seeds.”

Grains from native grasses were gathered in quantity; before gathering grain from the drying grasses, Foothill Yokuts women would rub their forearms and legs with Indian tobacco herb to keep rattlesnakes away. Among the grass species harvested and eaten were grains in the genera *Leymus*, *Nassella*, *Festuca*, *Phalaris*, *Panicum*, *Eragrostis*, *Hordeum*, *Elymus*, *Deschampsia*, *Bromus*, and *Melica*. Grasslands were burned to enhance grain production. The native perennial bunchgrass California oatgrass (*Danthonia californica*) grains were eaten, and when the annual European wild oats (*Avena fatua*), with its comparatively large seeds appeared in the landscape, the Indians recognized its value, adopted it, began managing it and incorporating it into their diets. It is certain that the Indians contributed to the dissemination of the European wild oats throughout California.

INDIAN POTATOES

The bulbs, corms and tubers of geophytes, many of which produce strikingly beautiful flowers and hence became a commodity of commerce for the nursery industry, were dug by California Indians with digging sticks. The Indian harvest of these plants loosened and aerated the soil, divided the plants’ underground storage parts and left behind small cormlets, bulblets or fragments in the soil, stimulating regrowth. These plants, which grew densely under Indian management, were seen by early white settlers as growing naturally in beds and came to be called Indian potatoes. They were

gathered in great quantities by the Indians and eaten raw, boiled or baked in an earth oven. The brodiaeas (*Brodiaea*, *Dichelostemma*, *Triteleia*), mariposa lilies (*Calochortus*), sanicles (*Sanicula tuberosa*), camas (*Camassia*), soaproot (*Chlorogalum*), and many other geophytes were eaten. The gathering knowledge for these subterranean foods was complex and extensive. Lois Conner, North Fork Mono/Chukchansi, remembers what her Aunt Rosalie taught her: “Dig soaproot after the plants go to seed and leave the roots behind. If you break them off, they will grow back again.”

GREENS

The leaves, stems, buds and young sprouts (capably identified in the very early stages of growth) of a great variety of herbaceous plants were eaten raw, often in the field, or stone-boiled in a basket, steamed as pot-herbs in an earth oven, or dried and stored for later use. Indian lettuce (*Claytonia perfoliata*), the leaves and tender tops of alumroot (*Heuchera micrantha*) and the young rosettes of fiddleneck (*Amsinckia*) are just some examples; the Sierra Miwok alone used forty-eight distinct varieties of greens. Native people today remember that edible greens were not “naturally” productive continuously, over

Grains from native grasses were gathered in quantity.



Figure 2. Light and frequent fires set between the oaks reduced acorn insect predators and diseases, and kept down fuel loads to prevent a catastrophic fire from destroying the trees.

Early photos show large, concentrated patches of accessible berries from which one could gather much fruit in a short time.

many years, but required burning to maintain their quality and quantity each year. The late Rosalie Bethel, North Fork Mono, remembers, “They used to burn for the clovers. It would increase the quality—the clovers would be young and tender and increase in amount.” Clovers (*Trifolium*) were perhaps more widely eaten than any other greens, and were eaten fresh or steamed, or dried and stored for use in the off-seasons for making soups. The Choinumne pulled up handfuls of the tender first clover, rolled them into balls between the palms of their hands and put them into their mouths. After thoroughly chewing the clover-balls, they added salt by sucking on a length of saltgrass (*Distichlis spicata*).

FRUITS

Many native fleshy fruits and berries were available to California Indians and these plants responded to their management; early photographs show large, concentrated patches of accessible berries from which one could gather much fruit in a short time. Such fleshy fruits or



Figure 3. In addition to burning oak woodlands and grasslands, California Indian women saved edible seeds of wildflowers and grains of grasses and sowed them in appropriate habitats to ensure future harvests.

berries were gathered in substantial quantities and often dried and stored for winter use. Fruits such as huckleberries (*Vaccinium*), gooseberry (*Ribes*), sourberry (*Rhus trilobata*), wild grape (*Vitis californica*), wild strawberries (*Fragaria*), blackberries, thimbleberries, blackcap raspberries (*Rubus*), holly leaf cherry (*Prunus ilicifolia*), elderberry (*Sambucus mexicana*), and many others were valued. The medicinal values of these fruits—the elderberry for example—“were well-known to our ancestors,” writes Rhonda Robles, Ajachmem.⁴

Fruits are used to make beverages such as the sour fizzy drink made from sourberry favored by the Sierra Miwok in hot weather. The drink with the most widespread use, still popular today, is made from crushed manzanita fruit. Thomas Jefferson Mayfield, writing of his youth with the Choinumne in the 1850s, says, “A sweet cider was made from the juice of the manzanita berries. They were crushed in mortars and set in wicker colanders to drain into baskets. A little water was added to the crushed berries. This made a sweet and well-flavored cider, and I remember it with more relish than anything I ever ate or drank with the Indians.”¹ With over fifty species of manzanita native to California's varied landscape, tribes had their own favored local ciders, each reflecting its own particular *terroir*.

FUNGI

Throughout the year mushrooms provided an important accompaniment to acorn, venison, elk-meat, fish and other dishes. Some California tribes gathered at least nine or ten different kinds, considering them a staple food. Varieties included chanterelles, morels, boletes, corals, puffballs and other soil-growing fungi. Others, such as willow or oyster mushrooms and giant sawtooths, were cut or torn from the trunks or branches of live and dead trees and then dried in large quantities.

ANIMAL FOODS IN MANAGED LANDSCAPES

Animal foods were an essential part of the diet for California's first peoples; the diversity of animal foods incorporated into this diet again reflects an in-depth knowledge of and participa-

tion in the landscape. As native peoples managed their landscapes for the plants they valued, they were also managing for the benefit of animals. Indian-set fires increased forage available for large grazing animals. Karuk elder Georgia Orcutt told anthropologist Edward Gifford in 1940 that the scarcity of deer in the Orleans area of northwestern California then was due to the lack of fires, which formerly burned brush and encouraged the growth of grass. Studies have shown that with pruning or burning, numbers of larger game animals increase.

MAMMALS

Large mammals that were hunted for their meat included tule and Roosevelt elk, pronghorn antelope, black bears, black-tailed and mule deer, sea lions, seals, whales and mountain sheep. Organ meats—such as the livers, kidneys, lungs, small intestines and hearts of deer—were widely eaten and valued. To the Miwok of the Sierra Nevada, the liver of mule deer was considered a delicacy.⁵ The Shasta and other tribes made a blood pudding by filling the paunch or large intestine of a deer with blood and fat from the outside of the paunch and cooking it in ashes.⁶ The Atsugewi, Coast Yuki and other tribes broke up the long bones of deer and scraped out and ate the marrow raw; the Lassik of the Mt. Lassen National Park region sought out the marrow from the bones of bears.⁷ Some tribes ground up the bones of deer and salmon and combined them with various plant products to create a hash or stored the pulverized bones for making soup in the winter. The vertebrae of deer were pounded and made into little cakes and baked. The old people especially drank the broth of deer meat or salmon. Oil retrieved from deer, bear, whale, seal and sea lion was preserved and warmed for eating with dried berries.⁸

Small mammals, such as porcupines, marmots, pine martins, cottontail and jack rabbits, chipmunks, raccoons, gray and ground squirrels, opossums, beavers and wood rats were often tenderized with pounding and then roasted, bones included. In 1935 anthropologist Cora Dubois described how the Wintu in northern California generally cooked small game: “It was singed, the paws and tail were cut off, and the entrails removed. The animal was then roasted in a bed

of hot coals. Then the hide might or might not be removed. The head was cut off and the ribs extracted along with the other large bones. The body was then pounded, bones and all, until it was fine and crumbly.”

BIRDS AND REPTILES

Many kinds of birds were eaten including mourning doves, band-tailed pigeons, gulls, grebes, blue grouse, mud hens, sage hens, quail, sandhill cranes and a great variety of ducks and geese. The late Felix Icho, Wukchumni, described how to cook quail: “We used to make a soup out of quail. You pull the feathers off. Dip the bird in water and the feathers come off better. Then cut the bird open and gut it. We roasted it in live oak ashes—when the ashes turn red you put the bird in the fire.”

Reptiles such as certain kinds of lizards, desert tortoises, snakes and western pond turtles were also eaten.

INSECTS

Invertebrates were gathered and eaten—grasshoppers, the pupa and larva of moths and butterflies, the larva of yellow jackets and adult June beetles. Cooked yellow jacket larvae are described as tasting like sweet corn. Roasted

Cooked yellow jacket larvae are described as tasting like sweet corn.



Figure 4. Harvesting edible Indian potatoes with a digging stick aerated the soil and prepared the seedbed.

The Kumeyaay of the San Diego region cut off the fins, tails and heads of certain fish and used them to make a nourishing soup.

grasshoppers mixed with grain or acorns were a particular favorite. The late Pauline Conner, North Fork Mono/Chukchansi, described harvesting, preparing and eating the pupa of the California tortoiseshell butterfly: "I remember gathering *huuya'*. We got them by the bucketfuls. They're upside down on a string hanging on a twig of chaparral. Grandma Lily would whistle and the *huuya'* would shake and then you'd grab them. They pop in your mouth when you bite them—kind of crunchy. They kind of tasted like peanuts. They're delicious—I love them. They let them dry. They rinse them to get the dust off. They put them in a pot with water just to cover them and let them boil. If you can stick a fork through their bodies, they're done. If I could just have a pot of them to cook up. They came every year."

In those days, there were vastly more butterflies about than today; Pauline Conner remembered that when she was a little girl, butterflies were so numerous that many would land on her as she played.

FISH, SHELLFISH AND SEAWEED

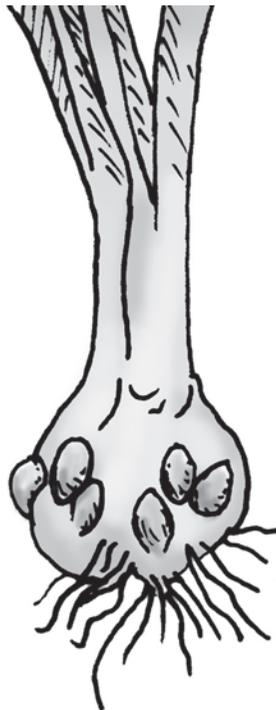
Many kinds of fish were caught in creeks,

ivers, lakes and the ocean including salmon, catfish, suckers, trout, sturgeon, bass, minnows, smelt or surf-fish, pike, rock cod and bullhead. Small fish, such as surf-fish and sardines, were eaten whole without removing the intestines. The Kumeyaay of the San Diego region cut off the fins, tails and heads of certain fish and used them to make a nourishing soup. Lobsters, scallops, shrimp, octopus and crabs were eaten too. Mussels, clams and crayfish were harvested by diving to the bottom of rivers; abalone and chitons were gathered off rocks along the seashore.

The Pomo developed an ingenious way of harvesting and preparing barnacles for eating: build a fire over a barnacle bed at low tide, tend the fire, thereby cooking the shellfish, until the rising tide quenches the fire and cools the meal.⁴

The California Indians collected seaweed in season to dry for later use. The Pomo saying, "When the grass is growing, the seaweed is growing. When the grass is gone, the seaweed is gone," expressed this rhythm. Coastal tribes traded dried seaweeds with interior tribes.

Salt was also valued in trade, constituting the most popular trade item in native California in former days. Salt was collected for trade from



Figures 5 and 6. In the gathering process, it was customary to break off the smaller offsets (cormlets and bulblets) of the Indian potatoes and replant them to ensure re-establishment at the site.

the ocean by coastal tribes, or from salty interior lakes, as it was from Owens Lake by the Paiutes.¹

INDIGENOUS LAND STEWARDSHIP VALUES

California Indians depended on biological diversity and continued abundance in the landscape to meet their needs. They developed a management system that provided for and maintained the health of the ecosystem that they so fully engaged in, through a moral and ethical cultural value system that saw participation with and responsibility for nature as relationship with kin. Enrique Salmón, Rarámuri, used the term *kincentric* to describe this indigenous value system.⁹

This Native American kincentric approach, immersed in and committed to participation, is expressed when elders respond to the question, “Why have all the plants gone?” with “Because people don't use them anymore.”

This kincentric view, one of interaction and responsible treatment of other species, can be contrasted with an anthropocentric view, the dominant Western model, in which nature is seen as a resource stockpile to be mined or extracted, and again contrasted with a biocentric view in which nature is seen as existing for its own sake, expressed by the American wilderness movement, which arose in reaction to the destructiveness of the anthropocentric approach.

The indigenous kincentric approach is relationship-based; by its very nature it is based on directly available knowledge, and leads in time to a deep and intimate understanding, respect and obligations for the landscape and all its participants. Mihilakawna Pomo elder Lucy Smith, recalling her mother's teachings, describes this culturally supported learning process, “[She said] we had many relatives and, . . . we all had to live together, so we'd better learn how to get along with each other. She said it wasn't too hard to do. It was just like taking care of your younger brother or sister. You got to know them, find out what they liked and what made them cry so you'd know what to do. If you took good care of them you didn't have to work as hard. When the baby gets to be a man or woman they're going to help you out. You know, I thought she was talking about us Indians and how we are supposed to

get along. I found out later by my older sister that Mother wasn't just talking about Indians, but the plants, animals, birds — everything on this earth. They are our relatives and we better know how to act around them or they'll get after us.” 

M. Kat Anderson, PhD, has been working with and learning from California's Native Americans for over twenty-five years and is author of Tending the Wild. She will be a speaker at Wise Traditions 2012.

Jennifer House has been practicing indigenous management of her organic farm in Northern California for the last several decades. She will be a speaker at Wise Traditions 2012 including a demonstration of acorn preparation.

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California
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needs.

Save Your Bacon!

Sizzling Bits about Nitrites, Dirty Little Secrets about Celery Salt and Other Aporkalyptic News

By Kaayla Daniel, PhD, CCN

“When you’re in my house you shall do as I do and believe who I believe in. So Bart, butter your bacon.”
Homer Simpson

Neal Barnard, MD, head of the Physicians Committee for (Ir)Responsible Medicine, tried to round up an army of vegans to protest a Bacon Festival in Iowa last spring, but succeeded in recruiting only six volunteers.¹ Why so few? Probably fear of bacon! Not fear of death by bacon, which is what Dr. Barnard hoped to fuel with anti-meat rhetoric and billboards of skulls and crossbones, but vegan fears of succumbing to the lure of bacon itself! Bacon’s smell and taste are so seductive that many vegetarians fear it as “the gateway meat.”

But what of those health risks? What about all that fat, cholesterol and sodium? And what about nitrites? It’s not just vegans after all who warn us against bacon. Recently, the Harvard School of Public Health announced with great fanfare that just a small daily serving of red meat would increase our likelihood of death by 13 percent, while a little bacon, hot dog, sausage or other processed red meat every day would kill us off 20 percent faster.^{2,3}

In fact, the study was pseudo-science at its best—an observational study using notoriously fallible food-frequency questionnaires, with researchers drawing unwarranted conclusions based on mere associations. Much ado about nothing, in other words. A careful look at the data suggests a 0.2-fold increased risk at most. And that’s for people eating supermarket meat from factory farms who also happen to smoke, are couch potatoes, and eat their red meat wrapped up in white bread and buns.⁴⁻⁶

Sadly, lots of people assume Harvard’s warnings must be valid. Red meat, bacon and other tasty high-fat foods, after all, have long enjoyed reputations as being both delicious and dangerous. Indeed, the bacon question has been argued for years now, with most non-vegan internet bloggers concluding that bacon’s “not so bad” if used to add a bit of flavor and crunchiness to “healthy” foods such as salads and vegetables. Comedian Jim Gaffigan spoofed this point of view on *Late Night* with Conan O’Brien when he described bits of bacon as “the fairy dust of the food community” and eating a salad sprinkled with bacon as “panning for gold.”

A bit more bacon—even a few strips—sometimes even gets the Food Police stamp of approval, provided it’s a special treat, of course, and not a daily indulgence. But such recommendations usually come complete with a warning to stick with lean bacon, and then cook it so it’s firm but not soft. While that last sounds a bit naughty, it’s actually anti-fat food puritanism—the goal being to render the soft parts into fat that can be poured or patted off.

But what if bacon is actually good for us? What if it actually supports good health and is

not a mortal dietary sin after all? What if we can eat all we’d like? Naughty propositions to be sure, but ones the Naughty Nutritionist™ is prepared to argue. And that promise is not just a strip tease!

HEALTHY FAT

Bacon’s primary asset is its fat, and that fat—surprise!—is primarily monounsaturated. Fifty percent of the fat in bacon is monounsaturated, mostly consisting of oleic acid, the type so valued in olive oil. About three percent of the fat is palmitoleic acid, a monounsaturate with valuable antimicrobial properties. About 40 percent of bacon fat is saturated, a level that worries fat phobics, but is the reason why bacon fat is relatively stable and unlikely to go rancid under normal storage and cooking conditions. That’s important, given the fact that the remaining 10 percent is in the valuable but unstable form of polyunsaturates.⁷

Pork fat also contains a novel form of phosphatidylcholine that possesses antioxidant activity superior to vitamin E. This may be one reason why lard and bacon fat are relatively stable and not prone to rancidity from free radicals.⁸

Bacon fat from pastured pigs also comes replete with fat-soluble vitamin D, provided it’s bacon from foraging pigs that romp outdoors in the sun for most of the year. Factory-farmed pigs kept indoors and fed rations from soy, casein, corn meal and other grains, are likely to show low levels of vitamin D.

NUMBERS GAME

How much vitamin D is the question. Most databases suggest 100 to 250 IU per 100 grams,

Bacon's primary asset is fat and that fat is primarily mono-unsaturated.

THE PORK-BLOOD STUDY

Recently, the Weston A. Price Foundation published a study on pork by Beverly Rubik, PhD (Fall, 2011, <http://www.westonaprice.org/cardiovascular-disease/how-does-pork-prepared-in-various-ways-affect-the-blood>). Using a dark-field microscope, Rubik looked at the blood of healthy volunteers before and after eating pork prepared in various ways. Eating a cooked pork chop caused normal blood to clump up in a pathological way. However, if the pork chop was marinated in vinegar before cooking, then no adverse changes in the blood occurred. Likewise with prosciutto ham, which is made with a salt cure and aged, no adverse changes occurred.

Happily, bacon caused no adverse effects, no blood clumping or other pathological changes to the blood.

As with so many other foods, it seems that pork needs proper preparation to be truly healthy and digestible for human beings. Marinating in vinegar or lemon juice, or a salt cure, appears to eliminate whatever allergen or toxin causes blood clumping after consumption of unmarinated or uncured pork. This may explain the prohibition against consumption of pork in some parts of the world.

By stabilizing blood sugar, bacon helps prevent mood swings, reduces anxiety, improves focus and enhances coping skills.

with some of the higher numbers coming from Italy, where even commercial pigs are more likely to see the great outdoors.^{9,10}

However, far higher numbers have been reported, especially for pastured pigs. According to Dr. Mary Enig, USDA laboratories in the 1980s came up with the figure of 2,800 IUs per 100 grams, though those data were never officially reported by the government agency.¹¹ According to her source at the USDA, the agency chose to suppress this information because it wanted the public to think its vitamin D must come from fortified milk and other BigAg products. Whether the 2,800 IUs figure is valid and represents sophisticated laboratory testing still not in common use or a typographical error for 280 IUs is not known. USDA databases from that period do not even include vitamin D.

Other unanswered questions involve the vitamin A content of bacon fat or lard. USDA tables—both the official tables and the unpublished 1980 findings discovered by Dr.

Enig—report levels of zero.^{12,13} Yet a 1948 study showed that vitamin A deficiency in rats can be corrected with lard. Indeed vitamin A-deficient rats reversed the deficiency provided that fats replaced the sucrose in their chow. Even more interesting, those animals fared better than those on the same diet with added vitamin A palmitate, a synthetic form of A. Although any fats seemed to help, the effect was most pronounced with lard.¹⁴ This makes little sense given the seeming lack of vitamin A in lard, but a series of studies from the early 1950s identified the presence of a “vitamin A replacing factor” in lard even when vitamin A itself was not detected.¹⁵⁻¹⁹

As we would expect, the good fat in bacon comes accompanied by cholesterol, a “no-no” according to the Food Police, and yet another reason for bacon’s dangerous reputation. The evidence against cholesterol causing or contributing to heart disease, of course, is inconsistent, contradictory, misinterpreted and sparse. It’s oxidized cholesterol—as found in the powdered

THE NOSE KNOWS!

Bacon lust has led to the creation of such novelties as bacon-flavored lollipops, ice cream, chocolate, doughnuts, air fresheners, breath mints and even sexual lubricants. Bacon-look Band-Aids fix owies, and a “Mr. Bacon versus Monsieur Tofu” game lets us watch the Greasy Punk take down the Soy Boy for “lots of fun wherever fun is needed!”

What else can bacon do? The “white bacon” known as salt pork can stop nosebleeds. Or as the authors of an article in the *Annals of Otolaryngology, Rhinology, and Laryngology* reported, strips of “cured salted pork crafted as a nasal tampon and packed within the nasal vaults” stopped the life-threatening nosebleeds of a four-year-old girl with Glanzmann thrombasthenia, a rare genetic disorder that causes chronic nosebleeds.

Similarly, *Archives of Otolaryngology* published a letter from Jan J. Weisberg, MD, in 1976 documenting his treatment of a patient with salt pork “for epistaxis secondary to Rendu-Osler-Weber disease,” an inherited problem in which blood vessels develop abnormally, leading to frequent nosebleeds.

Apparently, this cure for nosebleeds is traditional, though mostly forgotten. In 1953, Henry Beinfield, MD, of Brooklyn, New York, published tips on managing postnasal hemorrhage and explained, “Salt pork placed in the nose and allowed to remain there for about five days has been used, but the method is rather old-fashioned.”

In 1940, A.J. Cone, MD, wrote, “it has not been uncommon in the St. Louis Children’s Hospital service to have a child request that salt pork be inserted in his nose with the first sign of a nosebleed . . . Wedges of salt pork have saved a great deal of time and energy when used in controlling nasal haemorrhage, as seen in cases of leukemia, haemophilia . . . hypertension . . . measles or typhoid fever and during the third stage of labour.”

So why have we not heard this before? Most likely because doctors turn up their noses at the practice because of worries about bacteria and parasites. Or maybe just the fear that something that smells so delicious must be dangerous!

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milk and powdered egg ingredients used for processed, packaged and fast foods, including lowfat and non-fat milks—that contributes to heart disease. What’s more, as biochemical textbooks make clear, cholesterol is the mother of all hormones, including our reproductive and mood hormones.²⁰ Thus bacon’s cholesterol content may be part of the reason it enjoys such a reputation as a “feel good” food.

HEART OF THE MATTER

Even so, “everyone knows” bacon’s bad for us, and Dr. Barnard would have us think it’s a veritable risk factor for heart disease. In fact, bacon might be good for the heart. And not just because it makes us happy, though that’s surely a plus! Monounsaturated fat—the primary fat in bacon—is widely lauded for reducing inflammation and lowering blood pressure, while the antimicrobial palmitoleic content in bacon fat can keep plaque at bay. Triglycerides too may improve because bacon fat is especially good at helping us achieve satiety and stable blood sugar. Bacon can thus be useful for diabetics and prediabetics as well as everyone else coping with sugar cravings and carbohydrate addictions.

Promoting bacon as a red hot ticket to weight loss might seem over the top, but eggs and bacon do add up to a high-fat, high-protein, low-carb breakfast. They not only help people start their day feeling happy, but can reduce hunger pangs and rev the metabolism. For many people, bacon’s signature salty and savory sweetness is a treat that reduces feelings of deprivation and lack. It can help people transition away from high carb diets and overcome carb addictions. And by stabilizing blood sugar, bacon helps prevent mood swings, reduces anxiety, improves focus and enhances coping skills.

SALT OF THE EARTH

Those not worried about bacon’s fat and cholesterol content often fret about the salt. Sodium restriction, of course, is the latest goal of the Food Police despite underwhelming evidence that salt contributes to high blood pressure and heart disease. In fact, Americans today eat about half the salt they consumed during the good old days prior to refrigeration when meat and fish were preserved by salting and curing, and vegetables

by culturing and pickling. Animals seek out salt licks, Paleo people eat and drink salty blood and other animal parts, and biochemists point out that we need sodium and chloride for blood, sweat, tears, mucus and semen. Textbooks “worth their salt” make all of this abundantly clear, yet the U.S. government guidelines recommend drastic reductions in salt intake. Sadly, low-salt diets increase the likelihood of heart disease, hypertension, cognitive decline, osteoporosis, insulin resistance and erectile dysfunction.^{21,22} Given today’s epidemic of chronic illness, that’s pouring salt on a gaping healthcare wound! And it’s a poor reason indeed to avoid bacon.

FEAR OF NITRITES

For members of the Weston A. Price Foundation, the big issue is not fear of fat, cholesterol or salt, but fear of nitrites, which have been associated with cancer and many other ills. Indeed, studies such as the recent one out of Harvard make the headlines so often that nearly all educated, health-conscious consumers think they should either avoid processed meats altogether or choose “uncured bacons” that are advertised as “nitrite-free.” Popular brands assumed to be healthy include Niman, Bieler, Applegate, Coleman’s and nearly every other bacon brand found at Whole Foods Market or other health food stores.

The question is, are these “uncured” bacons healthier?

DECEIVING THE PUBLIC

The short answer is no. Nathan S. Bryan, PhD, of the School of Medicine at the University of Texas Health Science Center at Houston, pulls no punches when he states, “This notion of ‘nitrite-free’ or ‘organically cured’ meats is a public deception.”²³

Traditionally bacon was cured by adding sodium nitrite salts directly to the meat. Today most manufacturers of “nitrite free” brands add celery salt, which is about fifty percent nitrate, plus a starter culture of bacteria. This transforms the nitrate found naturally in the celery salt into nitrite, which cures the meat.

Although manufacturers label this bacon “nitrite-free,” this method actually generates more nitrite from the celery salt than would ever

“This notion of ‘nitrite-free’ or ‘organically cured’ meats is a public deception.”

One study suggests that liquid smoke is more carcinogenic than cigarette smoke concentrate.

be added as a salt. Indeed, “nitrite-free” bacon can have twice the nitrite content of bacon cured directly with nitrite salts. “Some convert 40 percent, some convert 90 percent, so the consistency of the residual nitrite is highly variable,” Dr. Bryan says. Yet his biggest concern is not nitrite content but the possibility of bacterial contamination. “I think it is probably less healthy than regular cured meats because of the bacteria load and the unknown efficacy of conversion by the bacteria,” he says.²⁴

Nitrites were used traditionally to preserve food safely, including cured meat and fish, as well as some cheeses. Although improved hygiene and availability of refrigeration diminishes the need for nitrite, it remains useful for its antioxidant properties, antimicrobial activity, flavor enhancement, and color development.²⁵⁻³¹ Modern alternatives such as biological acidulants, parabens and sorbates are FDA-approved and generally considered safe. Yet biological acidulants such as sodium and potassium bisulfates have been linked to respiratory problems, including lung irritation and coughing,³² and parabens are significant endocrine disrupters, with the potential to adversely affect the fertility and sex lives of both men and women.³³ As for sorbates, the mainstream media only warn us about an association with contact dermatitis.³⁴ Older studies, however, suggested mutagenic sorbate and nitrite reactions.^{35,36} Biochemist Galen D. Knight, PhD, is sufficiently concerned to exclude them from his diet: “The sorbates and parasorbates are essentially polyunsaturated fats capable of forming both epoxides and enols, which are carcinogens. The 'bates should not be in our food supply if we want to remain healthy.”³⁷

THE BACON CURE

Could it be our ancestors were right after all? Could it also be that today’s new, improved and supposedly healthy versions of bacon are indeed not? The traditional way to make bacon is dry cured through hand rubbing with a mixture of herbs, sugars, salt, and the sodium nitrite curing salts. Vitamin C in the mix helps form the nitrosylheme pigment that gives cured meats their pleasing red color, and, as will be explained shortly, helps ensure that nitrites convert to healthy nitrous oxide and not carcinogenic

nitrosamines.

Traditional producers leave the bacon to cure for anywhere from a day to a month before slow-smoking it over applewood, hickory or other wood fires, generally from one to three days. The extended curing time intensifies the pork flavor and shrinks the meat so that the bacon doesn’t shrivel and spatter as it cooks. Flavor can vary quite a bit from producer to producer, and is determined by the ingredients of the cure, the method of smoking and the timing. The age, gender and breed of the pig, as well as its time outdoors, forage and feed all influence the final flavor of the bacon as well as its potential for health benefits or risks.

DIRTY LITTLE SECRETS

Supermarket bacon may also use sodium nitrite, but not in a traditional way. Instead, manufacturers opt for fast and cheap methods by which inferior quality factory-farmed meat is pumped and plumped with a liquid cure solution that includes sodium erythroate and sodium nitrite, along with “liquid smoke,” spices and flavorings heavy in MSG. After “curing” for a few hours, the pork is sprayed with more “liquid smoke” and heated until a smoke-like flavor permeates the meat. The pork is then quickly chilled, machine-pressed into a uniform shape, sliced, and packaged for sale. Pumped and plumped bacon may look big in the package, but shrinks, shrivels and spatters when cooked.

“Liquid smoke,” a product heavily favored by big food manufacturers, is produced by burning wood chips or sawdust, then condensing the smoke into solids or liquids and dissolving it in water. It is being investigated by the European Food Safety Authority for safety as a food flavoring because of evidence of genotoxicity and cytotoxicity. Indeed, one study suggests liquid smoke is more carcinogenic than cigarette smoke concentrate.³⁸⁻⁴¹

CONCERNS ABOUT NITRITE

Concerns about the safety of nitrite first surfaced in the 1960s when studies showed the presence of carcinogenic nitrosamines in bacon and other cured meat products. In the early 1970s, researchers at the Massachusetts Institute of Technology implicated nitrite itself as a car-

cinogen. The MIT study involved direct feeding of nitrite to laboratory rats and later studies did not support the headline-making conclusion that nitrite induces cancer. The USDA's concern then shifted to the formation of nitrosamines from nitrite combining with the amines available in meat, with regulators weighing the possible risk of cancer against nitrite's traditional and well-proven role protecting us from botulism and other forms of food poisoning.⁴²

Since then commercial bacon has been heavily studied and subject to regulatory monitoring of nitrosamine levels. Although nitrosamines have been found in many cured meats, they are most consistently found in fried bacon.⁴³⁻⁵⁰ A look at the research, however, shows it to be inconsistent, contradictory and confusing.

Over the years, most scientists have blamed the nitrosamines on frying although some data suggest nitrosamines can be produced as an artifact during the analytical procedure whenever residual nitrite is present.⁵¹ Wood smoke has also been blamed though the culprit might actually be "liquid smoke."⁵² In 1973, the Canadian Department of Agriculture found preformed nitrosamines in the readymade spice mixes favored by Big Ag bacon processors as well as many of the smaller producers. After the USDA confirmed the Canadian findings, regulators made these spice mixes illegal.⁵³ The USDA also soon required the use of sodium erythrobes and/or ascorbates in bacon processing after consistent research findings indicated these substances pushed nitrosamine levels way down.⁵⁴

Obviously some of the nitrosamine problem stems from industrial processing. The USDA may have outlawed certain spice mixes back in the 1970s, but preformed nitrosamines might well exist in the latest generation of artificial and "natural" flavorings and "liquid smokes." Also worrisome are references to "meat batters" and to high pressure, high temperature processing methods known to produce nitrosamines and routinely used to produce commercial bacon.

Choosing dry cured or "country style" bacon made by small producers would seem to be a safer option, but in some instances might generate even higher levels of n-nitrosopyrrolidine (NPYR) after frying compared to pump-cured bacon.⁵⁵ The problem is processing methods vary

widely, with different choices and concentrations of spices, sodium nitrite and sometimes sodium nitrate. The USDA now recommends that processors not add sodium nitrate because it is not necessary and the conversion of nitrate to nitrite is variable and somewhat unpredictable.

FAT IN THE FEEDS

From the WAPF point of view, the most interesting and helpful findings concern the effect of fatty acid composition on nitrosamine formation. After all, factory-farmed pigs routinely eat feeds that include soy, corn and other inferior oils while pastured pigs generally consume a more nutritious mix, often soy-free and in the best circumstances based on whey. In 1984, researchers discovered that bacon from pigs fed corn oil-supplemented diets contains significantly higher levels of the nitrosamines n-nitrosopyrrolidine and n-nitrosodimethylamine compared to controls. They also reported that bacon from pigs fed a coconut fat-supplemented diet contains significantly lower levels of n-nitrosopyrrolidine but no significant difference in n-nitrosodimethylamine levels compared to controls.

Given that the controls were fed a standard commercial corn and soy-based diet supplemented with vitamins and minerals, we can only wonder what might be found with bacon sourced from optimally nourished, pastured pigs. Be that as it may, one of the researchers' conclusions is telling: "Fatty acid analyses of the adipose tissue of the bacon samples indicated that n-nitrosopyrrolidine levels in bacon correlated well with the degree of unsaturation of the adipose tissue."⁵⁶ Other research supports the connection between nitrosamine formation and the fatty acid profiles of animal feed and meat. Nitrosamines show up more frequently in the fat than in the lean.⁵⁷⁻⁵⁹

The takeaway is clear: choose bacon from pastured pigs. That said, finding genuine, traditionally cured artisanal bacon is very difficult.

Many artisanal farmers do produce their bacon using the dry salt way without added nitrites, relying on salt, good sanitary practices and refrigeration to prevent contamination. Most "no added nitrate or nitrates" products are honest compared to the newfangled celery salt "uncured" bacons, and are obviously far healthier than supermarket pumped and plumped bacon-

There is probably nothing wrong with a good old-fashioned bacon cured with a precise amount of sodium nitrite curing salts.

Levels of nitrite naturally increase in the body to help boost oxygen when people live in high altitudes.

like products, or the fakin' bacons from turkey or soy.

That said, there is probably nothing wrong with a good old-fashioned bacon cured with a precise amount of sodium nitrite curing salts. If the idea of nitrite still seems scary, consider this: Ascorbic acid is routinely added to cured meats along with the nitrite in order to promote beneficial nitric oxide formation from nitrite, and to inhibit nitrosation reactions in the stomach that can lead to carcinogenic nitrosamines. Bringing alpha tocopherol (vitamin E) into the mix as well seems to further prevent occurrence of nitrosamine formation.⁶⁰⁻⁶³ Old-fashioned processing, involving leisurely time for curing and smoking, further enhances the conversion of nitrite to the beneficial nitric oxide molecule.

JUST SAY "NO"

In 1998 Robert F. Furchgott, Louis J. Ignarro and Ferid Murad won the Nobel Prize in physiology and medicine for their discovery of nitric oxide (NO) as a signaling molecule in the cardiovascular system. As the first molecule discovered that can literally communicate with other molecules, nitric oxide revolutionized conventional scientific thinking.⁶⁴

In terms of preventing heart disease, nitric oxide (NO) produced by the cells in our blood vessels signals the surrounding arterial tissues to relax. That lowers blood pressure, expands narrow blood vessels, eliminates dangerous clots and reduces the formation of plaque. Interestingly enough, NO lowers triglyceride levels, but not cholesterol, and researchers report that NO even seems to protect those with high cholesterol. WAPF thinking, of course, holds that NO's failure to lower cholesterol is a point in its favor, because cholesterol has many benefits and no protection against high cholesterol is needed.

By optimizing circulation, NO affects every part of the body. More blood flow means better oxygen transfer and more energy. More blood flow means better brain function and better attention. And more blood flow means a better sex life. Accordingly, NO is a key ingredient in many well-known erectile dysfunction products. Nitric oxide also benefits the immune system, where it helps us fight off infections, and the nervous system where it helps our brain cells

communicate properly. NO's myriad health benefits are summed up in the popular book *The Nitric Oxide (NO) Solution* by Nathan S. Bryan, PhD, and Janet Zand, OMD.⁶⁵ Although the book does not contain citations, a quick PubMed search reveals Dr. Bryan's contribution to at least eighty-eight journal articles, many establishing the NO benefits described above.

NO FOR LIFE

The message is that NO is essential for a long, healthy and vital life. Unfortunately, few people today produce enough NO for optimal health, and NO deficiencies have been identified in many chronic diseases. Although NO supplements have been developed and marketed, and might well be helpful for people on plant-based, lowfat, low-cholesterol diets, such products might not be needed with a return to traditional foods. Traditionally cured bacon, sausage and other meats cured with sodium nitrite might be just the ticket to increasing NO production in the body.

Another big NO-producing food is beets, suggesting yet another reason why so many WAPFers thrive on beet kvass. Although foods rich in the amino acids citrulline and arginine are often recommended to increase NO production, most people are not young enough or healthy enough to turn that trick. Perhaps the more direct route from nitrite to NO is the way to go.

NITRATES, NITRITES, AND THE NITROGEN CYCLE

But aren't nitrates (NO₂⁻) and nitrites (NO₃⁻) dangerous? Yes and no. Nitrates are natural products of the nitrogen cycle and are found in water, plants and animals. Approximately 80 percent of dietary nitrates are derived from vegetable consumption, and nitrites are naturally present in saliva, in the gut, and indeed in all mammalian tissue.⁶⁶ Clearly, we cannot be pro plant-based diet and anti nitrates!

Levels of nitrite naturally increase in the body to help boost oxygen when people live at high altitudes, and such people are often considered among the healthiest in the world.⁶⁷ In short, nitrites are not a problem, provided our diets are rich enough in antioxidants to facilitate the conversion of nitrites to NO and to prevent

nitrosation reactions that convert nitrites into carcinogenic nitrosamines.

It's obviously important to avoid eating readymade sources of nitrosamines, of the kind that occur in soy protein isolates, non-fat dry milk, and other products that have undergone acid washes, flame drying or high temperature spray-drying processes.⁶⁸⁻⁷⁰ People are also exposed to nitrosamines from some types of beer, cigarettes, nipples of baby bottles and the rubber used with braces in orthodontics.^{71,72} In other words, nitrosamines don't just come from cured meats. Furthermore, the nitrosamine content in cured meats has gone way down over the past few decades.⁷²

As for environmental damage from nitrates, this problem comes from the land use abuses of factory farming.

BRING HOME THE BACON

Then why do so many health experts condemn bacon and other cured meats because of their nitrite content? Well, why do fats and cholesterol still get a bum rap? The reason is bad studies and worse publicity, with the latest shoddy work out of Harvard a prime example. According to Dr. Bryan, the body of studies shows only a "weak association" with evidence that is "inconclusive." As he and his colleagues wrote in the *American Journal of Clinical Nutrition*, "This paradigm needs revisiting in the face of undisputed health benefits of nitrite- and nitrate-enriched diets."⁷³

So what's the last word on America's favorite meat? Indulge bacon lust freely (just buy carefully), know that the science is catching up, the media lag behind, and, our ancestors most likely got it right. ☯☯

The author thanks Dr. Sylvia Onusic for research assistance in preparing this article.

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WANTED: VOLUNTEERS FOR PORK SAUSAGE-BLOOD STUDY

Human subjects are needed for a pork sausage-blood study. Must have consumed a 90 percent or more WAPF diet for at least the past five years. No history of any disease or health condition, including no food allergies or other allergies. Must reside in or nearby the San Francisco Bay Area and be willing to come to Emeryville, California, for testing on two separate days. Interested prospective subjects please contact Beverly Rubik, PhD, principal investigator, at brubik@earthlink.net

From the Archives

THE ARREST OF DENTAL CARIES IN CHILDHOOD

By Julian D. Boyd, MD and S.L. Drain, DDS

Journal of the American Medical Association, June 9, 1928

Editor's Note: This fascinating article, published in 1928, was almost certainly read by Dr. Price.

Dental caries may be properly considered as a disease of childhood, susceptibility at this age period being almost universal. In surveys of school children it is unusual to find a mouth free from caries. The average child will have seven or more affected teeth in various stages of destruction. The rate of progress of the carious process and the number of teeth involved varies with the individual. As the child approaches maturity, retardation of destruction becomes evident. In some instances active caries may become arrested spontaneously during childhood. The factors involved in the inactivation have not been understood, nor have many instances been recorded.

ETIOLOGY OF DENTAL CARIES

The etiology of dental caries is a subject of controversy. It is generally conceded that a break in the continuity of the enamel is a primary requisite. The exposed dentin thus becomes susceptible to attack by external agencies. Any factor leading to enamel defects will thus predispose a tooth to caries.

It is evident, however, that other factors also are involved, for it is not unusual to find in the middle aged all teeth abraded almost to the gingival margin, with the dentin widely exposed, yet no evidence of active caries. Various strains of bacteria have been described as causative agents. It is obvious that the carious process involves a bacterial factor, but it is questionable whether this is due to any specific organism or is a secondary invasion of dentin which has previously been injured in such a way that it cannot withstand the many organisms found in the normal mouth. Strict oral hygiene is not necessarily a preven-

tive of caries, and many adult mouths which do not receive care and have exposed dentin show little carious activity. That some other factor is involved from those mentioned is made presumptive by the observations which form the basis of this study.

UNUSUAL ARREST OF CARIES

The present report was prompted by some unusual observations made in the course of repeated routine examination of patients in the dental division of this clinic. The examinations disclosed numerous instances of definite arrest of caries in children. Teeth containing large cavities, which ordinarily would have an area of softened dentin surrounding the zone of destruction, were found instead to be very dense. In these mouths in which there was evidence of rapid and extensive involvement of many teeth, further invasion was shown by subsequent examinations to be checked, and open cavities did not show any signs of progress months after they had first been described. Moreover, the occurrence of salivary calculus deposits on these teeth was almost universal, and it recurred rapidly after its thorough removal. Salivary calculus, though not uncommon in the adult, is very unusual in the child. Otherwise, these patients did not show anything noteworthy from a dental standpoint. Shedding and eruption were about normal in most cases. The degree of oral hygiene varied as greatly as in any unselected group of similar size. Some teeth showing unquestionable arrest of caries were found in the most poorly kept mouths.

When these dental observations were correlated with the medical histories of the patients, it was found that without exception the children with arrested caries were all diabetic patients who had been under careful management for six

Some teeth showing unquestionable arrest of caries were found in the most poorly kept mouths.

It may be safely said that these diabetic children ate regularly a diet more in accordance with the needs of a normal child than the average child receives.

months or more.

The diabetes itself does not offer an explanation of the arrest of caries. A review of the earlier examinations of many of these patients at the time that they first came to the hospital showed the caries to have been definitely active. Furthermore, it is known that in diabetes not under control and in ketosis there is a negative mineral balance which of necessity must lead to decalcification of teeth.

Since arrest of caries was not noted in children with any other disease or condition and since it is not dependent on diabetes, it appears that it must depend on some factor in diabetic management. A further study of other diabetic patients revealed a parallelism between the establishment of diabetic control and the quiescence of the caries.

RELATIONSHIP OF DIABETES MANAGEMENT AND DENTAL CARIES

The principle of diabetic management in this clinic represents an attempt to approximate normal metabolism. Insulin is prescribed in amounts sufficient to keep the blood sugar as nearly within normal limits as possible. The diet is designed to meet the requirements of a normal child for growth, activity, and health. It differs from the usual concept of an ideal diet for a normal child in that fat, rather than carbohydrate, is used as the chief source of energy, the fatty acid: dextrose ratio being 1.5:1. All these children were on the same ratio of protein: carbohydrate: fat, namely, 7:9:21. The total amounts prescribed varied according to each child's degree of development.

In general, the same foodstuffs were used for all. To a large extent these consisted of milk, cream, butter, eggs, meat, cod liver oil, bulky vegetables and fruits. The menu was designed to include approximately a quart of milk and cream daily. The fat was furnished principally as cream, butter, and egg-yolk. Each child received calories sufficient for full activity; the energy value was higher than is frequently employed in diabetic diets. Adequacy of insulin dosage was verified by frequent blood sugar estimations. These values closely approximated normal concentrations. Glycosuria [excretion of glucose into the urine] was different.

When diabetes is well under control we are

inclined to look on diabetic children as essentially normal and as not differing from other children in any definite manner. It seems reasonable to us to suppose that the insulin given has done nothing more than to assist in the maintenance of normal sugar metabolism. If these premises are granted, the only factor in the arrest of caries remaining to be considered is the character of the diet. The arrest of caries in these children was coincident with strict dietary regulation, and it seems probable that the diet was the essential factor leading to its arrest.

The menus which these patients received furnished the essentials of a complete diet, so far as our present knowledge can determine. The use of an abundance of dairy products, fruits and vegetables, supplemented with cod liver oil, insured a considerable supply of mineral salts and vitamins. It is probably of significance that the ash of the diet was predominantly basic. This, together with an adequate and balanced ration, is the essential difference between the diet of these children with arrested caries and that of the child whose caries are progressive. The average child is generally allowed to use his appetite as an index of his food needs. His menu is determined by the choice of food offered him. Menus employed in the home are often far from complete in accessory food substances and minerals. It may be safely said that these diabetic children ate regularly a diet more in accordance with the needs of a normal child than the average child receives.

The high incidence of caries during childhood, its activation in adults by pregnancy and lactation, and its frequent association with deficiency diseases give evidence of its dependence on metabolic disturbances. Such disturbances may depend in part or wholly on the character of the food intake. Howe, Grieves and Marshall have demonstrated the development of caries in laboratory animals receiving diets inadequate either in vitamins or in minerals. These dietary deficiencies result in disturbances of the mineral balance. Such disturbances can manifest their effects within a surprisingly short time. Demonstrable changes in tooth structure have been noted within a few hours after the ingestion of various substances which affect the mineral metabolism of the body as whole. It is

well known that calcium is readily mobilized from the bones and teeth when needed for the regulation of mineral metabolism. Chemical analysis of carious teeth shows reduction of the calcium and phosphorous. Associated with the development of tooth decay, the adjacent dentin becomes softened. These changes, by lowering the physiologic integrity of the dentin, permit bacterial invasion to occur.

It would seem reasonable to suppose that, with a correction of conditions leading to metabolic disturbances, the teeth should develop resistance to caries. The spontaneous arrest which is not uncommon in the adult may be credited in part to the relief from metabolic strain associated with growth. With an approximation of ideal conditions in childhood, arrest of caries should result.

AVERAGE AMERICAN DIET LACKING

To correlate these observations with the problem of caries in the child who does not exhibit a manifest form or recognized metabolic deficiency, we must consider the borderline states of nutritional disease conditions and study them in relation to the type of diet which is commonly employed by the average American family. Analysis of these diets from the standpoint of vitamin and mineral adequacy shows them to fall below the optimum values, sometimes to a marked degree. While their defective character might not reveal itself in the case of the adult who is free from undue metabolic strain, the same would not be true of the child, whose requirements of growth and development keep him continuously near the danger zone of metabolic imbalance.

In the case of these diabetic children, with their condition kept quite well under control by dietary and insulin management, we believe that because of the intake of a supposedly adequate supply of vitamins and minerals the caries has become arrested. The employment of similarly adequate diets by the average healthy child should be equally effective in the prevention and arrest of tooth decay. ○○○

LEMONADE AND RAW MILK PROTEST SERVED UP NEAR U.S. CAPITOL BUILDING

By Kimberly Hartke

About one hundred fifty protesters set up a lemonade and raw milk stand on the grassy park near the Capitol reflecting pool on Saturday, August 18, 2012. They were protesting the increasing government control over Americans' food choices.

"By engaging in peaceful non-compliance, we hope to show how the government is criminalizing normal human behavior," said Liz Reitzig, a Maryland mother of five children.



A child's first foray into business is often the traditional front yard lemonade stand. The National Lemonade Freedom Day is now in its second year. It is a response to numerous incidents around the U.S. where health departments have shut down children's stands citing their failure to get a permit.

This year the lemonade protesters were joined by the Raw Milk Freedom Riders, a group of moms whose milk supply, direct from local farmers, is being disrupted by government agencies. The two groups were joined by other liberty activists concerned about the prosecution of victimless crimes.

By focusing on "the right to voluntary exchange" these parents hope to raise the alarm bell of how rules and regulations are stifling commerce. "A child's lemonade stand is a learning experience. These health inspectors are teaching children the wrong thing," explains Rob Fernandes, founder of National Lemonade Freedom Day.

Margie McKeown, Libertarian candidate for Lieutenant Governor in Delaware attended the rally with her daughter. Both of them had experienced health benefits as raw milk consumers. "It helped me greatly in overcoming Rocky Mountain spotted fever and helped my daughter with her allergies," McKeown said.

Ajna Sharma Wilson came all the way from Los Angeles, California for the rally. She is the attorney for James Stewart. Her sixty-five-year-old client is now in a Ventura County jail awaiting trial over raw milk. James is a member of Rawesome, a private food co-op which secured raw milk through a goat share program. "It is important for me to come to the Capitol and be a part of this community. James Stewart is in jail for exercising his freedom, and for assisting others to exercise theirs," said Ajna.

Kimberly Hartke is the publicist for the Weston A. Price Foundation.



Anja Sharma Wilson, Max Kane and Liz Reitzig celebrate food freedoms in the nation's capital.

Homeopathy Journal

HOW DO YOU SOLVE A PROBLEM LIKE MARIA?

By Joette Calabrese, HMC, CCH, RSHom (NA)

No one could blame Angie and Arnold for their parental strictness. In fact most wished they'd kick it up a notch. To say that one of their offspring was hyper stimulated is a turn of phrase reserved for gracious company. Neighbors, teachers and relatives used more graphic terms to describe the Reynes' fourteen-year-old Maria.

Maria kicked at the boundaries of convention. She was primal and plucky. She was gutsy and experimental. Her personality was nothing the Reynes had ever witnessed.

Maria's worn out mother soothed her maternal heart with the thought that her daughter's "spirited" disposition might eventually serve her well in the harsh world of adulthood. Her father knew better, however. So did the neighbors.

Maria's behavior was never quite right. Well, perhaps she had actually been a rather normal child before that first ear infection at age four. Yes, thought her mother, she started having temper tantrums shortly after those illnesses. What was it about those infections that would make her daughter turn into such a...? But she couldn't say the word. After all, Maria is her child.

But it was easy for others to say. Maria was a brat. She was demanding, embarrassing, overtly rude and even promiscuous, if one could say that about a fourteen-year-old. The way she dressed reminded the neighbors of women from a different part of town. Maria's father had to police her clothing and whereabouts daily. Sometimes he was successful. Sometimes not. When he was not attentive, Maria would wear a bustier under her sweater that later became her outer wear and other shenanigans would ensue.

To say that the Reynes were heartbroken and exhausted is underreporting the effect this child had on the family. Maria was an alarming problem.

Once, a cousin who is a psychiatrist suggested that Maria might have a chemical imbalance and that a drug could be prescribed. The

thought of resorting to drugs rang like a distant bell that warned the Reynes of danger. Mr. Reyne had been suspicious of drugs used to alter behavior after reading *The Myth of Mental Illness* by Thomas Szasz, MD.

Besides, the Reynes shunned drugs of commerce in general, ever since Mr. Reyne suffered persistent leg cramps and loss of libido as a result of taking prescribed statins a few years earlier. And their nineteen-year-old son developed asthma after steroid use for fatigue from exams. Their youngest was left with diarrhea from an antibiotic about the same time. They were especially suspicious of drugs that could alter behavior, although that certainly would've been welcome about now, but not at the cost of worsening Maria's symptoms in the future.

The Reynes investigated the side effects of Wellbutrin on drugs.com to appease their relative and found this gruesome listing: "Bizarre behavior; confusion; decreased concentration and coordination; exaggerated reflexes; fainting; hallucinations; memory loss; new or worsening agitation, panic attacks, aggressiveness, impulsiveness, irritability, hostility."

The same site showed the makers of Cymbalta reporting that "new or worsening mental or mood changes including concentration problems, depression, panic attacks, aggressiveness, agitation and anxiety" were reported as side effects of their product.

MAKING A CHOICE

Besides the fact that conventional medicine often leaves a wake of long-term side effects and homeopathy does not, modern medicine places behavioral problems into diagnostic categories. That is, a large number of people are placed into the same small diagnostic class. For example, if Maria was considered manic depressive, she would share this diagnosis with children who were inactive or suicidal. That didn't fit. If in-

Conventional medicine has little or no interest in the etiology of disease. By contrast homeopathy considers the exciting cause of disease to be a critical factor.

stead she was analyzed as ADD, she would have been bundled in with restless children who bite, but Maria wasn't a restless biter. Regardless of the differences between the personalities within the diagnostic categories, all of those in it would be given the same drugs, often in the same frequency. Despite the diagnosis, the prognosis would have been the same: psychotropic drugs for many months, maybe years.

Even more important, conventional medicine has little or no interest in the etiology of an illness. "Idiopathic" is a common term in allopathy. It means "we have no idea how you got sick." Homeopathy considers the exciting cause to be a critical factor. In light of these factors, Maria's family sought the aid of a homeopath.

True to form, the appointment with the homeopath had to be rescheduled twice before Maria was ready to cooperate without a tantrum. When they finally met, the interview was comforting. Even Maria seemed less agitated.

They learned that homeopathy is a distinctive treatment for distinctive people. The

homeopath was interested in what made Maria tick. Her fears, pleasures, food interests and aversions. Even her sleep positions would be useful to a homeopath sniffing out the cause and remedy choice for such an individual.

The homeopath appeared curious, like a detective seeking clues, in spite of Maria's spicy language, as she looked for pieces of the puzzle as to what may have sparked the original changes in Maria. That's when her mother relayed the string of ear infections "treated" by antibiotics. The homeopath was interested in this information and focused in on which antibiotics were administered.

One antibiotic had been used for the first and second ear infections. By the time the fifth infection presented, Maria was put on a daily dose of another, more powerful antibiotic for close to a year. What followed was a series of stomach pains, alternating diarrhea and constipation, and impressive temper tantrums. Maria's parents relayed how she would slam her legs against the wall sometimes for hours, when she was supposed to be sleeping. They also awkwardly confessed that Maria began using curse words, even though they couldn't figure out where she had learned them; particularly the pungent, sexually explicit ones she spewed when she entered kindergarten.

One of the more disturbing symptoms was that at the age of ten Maria became fearful of dying. This was no run of the mill fear, but sometimes terrorizing panic. She blamed her parents for bringing her into this wretched world; words that seared Mrs. Reyne's heart.

LIARS DON'T PLAY CHESS

No one can lie to us and get away with it if we're not disposed to being vulnerable. I caution my student-clients that stepping into the conventional medical arena needs to be played like a game of chess. You wouldn't place your precious queen on the middle of the board, pull your hands away, and simply hope for the best. A seasoned chess player would imagine what the other player may do with his bishop or knight. Then he'd visualize his next set of options based on those potential moves.

Maria was the Reynes' queen. Initially, they unwittingly relied on that first antibiotic to remove the early ear infections. Now they know they should have done their homework and asked what the long term effects of antibiotics could represent. They also agree that they should have asked what would happen if they had refused antibiotics. Now they wish they had known of the later manifestations of suppressed ear infections and the dangers of the drugs used to treat them. Today the Reynes admit that they had not learned to play the game well enough. This doesn't mean that a doctor is necessarily an opponent. Yet it must be acknowledged that no one will consider our queen as valuable as we do. And unfortunately in our litigious world, doctors are required to practice defensive medicine. That is, superfluous drugs and tests are often ordered because the attending doctor could be legally responsible for not having followed the standard of practice, regardless of his private opinion.

Equally important, pediatricians and family practitioners are not educated as to the long-term effects of drugs because there are no double blind tests done on children, nor are they tested on adults for more than a few months. The only way for a doctor to recognize future issues is to have stepped outside the box and observed it clinically. He'd have to be aware of the time line and connect the dots on his own. This often doesn't happen unless some adverse effects happen to members of his own family.

Interestingly, in England, childhood otitis media is usually treated with nothing but a good dose of rest and perhaps an analgesic (<http://www.nhs.uk/Conditions/Otitis-media/Pages/Treatment.aspx>). If and when the ear drum ruptures, as it is allowed to do, the pediatrician expects that it will subsequently heal satisfactorily on its own, often allowing the events to end permanently.

As parents, it is up to us to learn the moves to make on the chess board. If we don't do our homework, we're easy prey to an alliance that has already memorized a sequence of moves designed to direct the parent seamlessly onto their side of the chess board. If we've done our groundwork, we will recognize the patterns and block the offense.

When it comes to the long-term dangers of drugs conventional medical fundamentalists skirt the discussion.

Based on this symptom portrait, the remedy chosen for Maria was *Nitric acidum*, a remedy shown to antidote the ill effects in certain people who have chronic ailments from antibiotic use, even as long as decades ago. It also matched her nihilist attitude, her proclivity for cursing, and an appetite for flagrant behavior.

Maria took the remedy one day every two weeks for a period of two months. Within a few weeks herpetic eruptions returned to the corner of her mouth, as she had had a few years previous. Mrs. Reyne knew that this could be a good sign in that it was something that had been suppressed by an over-the-counter medication numerous times. The cold sores lasted a few weeks and then obligingly departed. What also vanished were the nightly arguments in the Reyne household. Maria even started to dress more modestly and the pierced earrings in multiple orifices began to disappear.

Others noticed the changes in Maria, too.

Her grandparents beamed when they saw Maria engaged in making the family Sunday dinner. And her parents? Well, you can imagine their delight when she walked into church with her brothers and sisters, sitting together like close-set stones of a building foundation. Their family had a structure and calm for the first time in many years. ☯

Joette Calabrese, HMC, CCH, RSHOM(Na) is a classical homeopath who melds this style of medicine with WAPF principles. She meets with folks on Skype to help them return to health via these methods. She also teaches families how to use homeopathy in her virtual classroom in her popular webinars. She presents at WAPF conferences and throughout the U.S. To learn more about how homeopathy might fit your lifestyle, contact her office at (716) 941-1045 or www.HomeopathyWorks.net, for a free 15-minute conversation with Joette.

LONG-TERM DANGERS

Does a pharmaceutical company have the right to sell its products? Certainly! But we're not obliged to buy them. Now Maria's mother has made a point of learning enough homeopathy to treat her children herself, so that she is not subject to a paradigm that doesn't suit her family's needs. She recognizes now that the remedy that would have met Maria's otitis media without side effects and in relatively short order was probably *Chamomilla 30*. The remedy would have cost about twelve dollars, and certainly less than a co-pay.

Sometimes when Mrs. Reyne thinks of this, it unnerves her. Yet Mr. Reyne reminds her that it is because of their mistakes that the family was put on the path of using homeopathy for their acute problems—and that this has enabled them to avoid superfluous medical visits for their brood for the last several years. Well, except for the time when their son broke his arm. They were grateful for the x-rays and re-setting of the bone. That's the kind of medicine they've become comfortable with.

Are your drugs telling you the truth? In Maria's case, her parents trusted that the antibiotics given to their baby daughter were "indicated." But for what? To cure the problem of ear infections? Were the ear infections cured? Not if the drug had to be repeated for years. It simply thrust the pathology to a later date only to be approached again by another antibiotic. Furthermore, Maria was left with a more sobering illness. To the Reynes, it originally appeared that each ear infection was an isolated incident. Not until many months into the third or fourth antibiotic did they begin to question whether it was the same infection knocked down to a lower level, only to return with a vengeance. At that time, it certainly would not have occurred to them that they were trading the short-term and manageable pain of an ear infection for years of overwhelming behavior problems.

It's not as a result of double blind tests that we learn of behavior problems in children after antibiotic use. It's not our family doctors who warn of the seriousness of using such products. Instead we learn through a neighbor, WAPF, or a GAPS practitioners. We learn by doing our homework and eschewing the advice of drug enthusiasts.

Any substance that annihilates microorganisms in the digestive factory of the body (the stomach and intestines), including the beneficial ones, can only result in a chronic gut disorder and even a personality lobotomy of sorts. The Reynes certainly would not have acquiesced to such tinkering had they been able to consider all of the facts.

The bank has to advise us that our interest rate could go up in a few months. The fabric store warns that silk draperies will fade in the sun. It's good business to tell the truth, to warn customers, to protect them simply because it's the right thing to do. Yet when it comes to the long-term dangers of drugs (not merely the side effects, which are bad enough, but of effects to come years later) conventional medical fundamentalists skirt the discussion.

All Thumbs Book Reviews

Deep Nutrition:

Why Your Genes Need Traditional Food

Catherine Shanahan, MD and Luke Shanahan
Big Box Books

A favorite book among the paleodiet crowd, *Deep Nutrition*, takes the WAPF principles and presents them in new and interesting ways. Shanahan argues passionately for traditional food, embodied in her Four Pillars of traditional cuisine. She is equally passionate about the dangers of vegetable oils and sugar, presenting enough evidence to keep her readers off them forever.

The book's main asset is its graceful writing style, rare in books on nutrition and health. Like Michael Pollan's books, *Deep Nutrition* is highly readable. Consider this beautiful sentence: "Every year, growing battalions of familiar diseases are cutting a wider and wider swath of destruction through the normal experiences of childhood." Or this passage: "Natural fat consumption: down. Processed fat consumption: up. Heart disease up—way up. Forget for a moment what the experts are saying and ask yourself what these trends suggest to your inner statistician."

In a sense Shanahan's writing skills contribute to the book's many problems. Words flow easily off her pen, often too easily, resulting in writing that is rushed and scattered, often lacking in thorough explanation, often inaccurate and at times completely wrong.

Shanahan begins with the work of Weston Price, but doesn't slow down enough to explain his great emphasis on the fat-soluble activators. Yes, they are mentioned—she says that the fat-soluble activators are "Price's term for vitamins"—but only in passing, and not as the focus of his work. This omission is puzzling because the fat-soluble activators are key to building the beautiful facial structure she extols. In particular, vitamin A acts as the concertmaster for fetal development, providing the instructions that tell undifferentiated stem cells how to become differentiated cells for the heart, liver, bones, brain

and other tissues. Shanahan provides interesting information on this process without giving us the key—vitamin A found in organ meats, fish liver oils, and egg yolks and butterfat from grass-fed animals—almost like publishing a recipe but leaving out the main ingredient. Vitamin K₂, again mentioned only in passing, plays a critical role in the development of the middle third of the face, ensuring the beautiful high cheekbones that are the hallmark of traditional peoples.

Shanahan writes eloquently about how the symmetry of the face equates with beauty, but with no mention of the fact that it is vitamin A, available *in utero*, that ensures this symmetry. She does not advise pregnant women to take cod liver oil, only folic acid. She recommends cod liver oil as a good source of "long chain essential fatty acids"—they are not essential in the strict sense of the word—and does mention in an appendix that cod liver oil is a good source of vitamins A and D. She then warns about impurities and toxins in cod liver oil, advising consumers to purchase only the cleanest fish liver oils, but without providing any information on finding a high quality product (this information is available at westonaprice.org).

Shanahan makes fantastic claims about what food can do to your genes. ". . . Every bite you eat changes your genes a little bit," she writes. "Your genes are always changing," is the main theme of *Deep Nutrition*. But in fact, the genes are not always changing. Our genotype is very stable. What changes is the expression of the genetic blueprint, which indeed is very much tied in with nutrition. Sometimes Shanahan gets it right: ". . . diet changes how your genes work." But right from the start, Shanahan implies that you can change your genes to be like Tiger Woods or Halle Berry.

If one or more genes do change or mutate, the effects occur in the womb and are completed during the period of growth. Once that period is over, eating a healthier diet *may* improve our health, *may* help us lose weight, *may* help us



In a sense Shanahan's writing skills contribute to the book's many problems.

All Thumbs Book Reviews

have better hair and skin, but it won't change our genes. "Genes change in reaction to what we eat, think and do," says Shanahan and "Exercise, rest and eating right all work together to give you the kind of body you want," but these won't give you long legs, high cheekbones and broad shoulders if your diet did not program you for them almost from the very beginning.

Deep Nutrition contains much excellent discussion on the role of collagen in keeping us young looking, but the claim that bone broths can rejuvenate aging collagen is contradicted by the statement that elastin, a key component of collagen, "can be made only while your body is swimming in the hormones and growth factors that orchestrate its manufacture—during embryologic life, early childhood growth spurts, and adolescence."

Even when not talking about genes, Shanahan makes exaggerated claims for a traditional diet. "Getting healthy, really healthy. . . can be easy. . . everything you eat will help keep you young, slim, smart and beautiful." According to Shanahan, eating according to the Four Pillars will make better health and weight loss automatic, will even change the hormonally directed distribution of your weight. Sometimes we do hear about dramatic weight loss and health recoveries simply by switching to a traditional diet, but for those who have been on the Standard American Diet for most of their lives, the achievement of better health and weight loss is a difficult journey. In fact, as Price pointed out, it often takes several generations of nutrient-dense food, with special emphasis on the fat-soluble activators, to return to unobstructed expression of the genetic potential and perfect health.

Shanahan's Four Pillars are confusing. The first one is called "Meat on the Bone," but why eating a steak with a bone in it would be any more nutritious than eating a steak without the bone is not explained. This pillar includes the admonition to avoid overcooking meat, to eat meat with the fat and to make bone stock. The pillar should re-

ally be called "The Whole Animal" and include the second pillar, which is to eat organ meats. The Third Pillar is about fermented foods, including the fermentation and sprouting of grains. She recommends sprouted grain breads without any warning about the added gluten so many of these breads contain. Genuine sourdough breads are actually more nutritious and digestible than sprouted breads, but Shanahan claims that our ancestors didn't grind flour. In fact, even some of the most "primitive" peoples did grind flour, often with a pestle on a grinding rock. Grains were also soaked, wet ground and fermented.

The Fourth Pillar "Fresh, the Benefits of Raw" confuses raw with fresh. This section does contain an excellent discourse on the problems with pasteurization and homogenization of milk, but it is marred by the suggestion to consume organic pasteurized milk if you can't find raw. "Organic" milk is usually ultra-pasteurized and often from confinement cows—it's probably the greatest deception in today's food supply.

Conspicuously absent from the Four Pillars are seafoods, surely a key factor in most traditional diets, even of those living inland. Eggs are missing also. A pillar called "Sacred Foods" could include these important items.

The book includes a discussion of Marquardt's mask, a geometric format said to "crystalize" the ideal face according to the phi proportion. But no explanation is provided as to how the mask incorporates the golden mean, and when laid over the faces that Shanahan provides, seems like an arbitrary collection of lines. Shanahan is fond of illustrating classic facial structure with photos of models, actors and actresses—a poor choice given the widespread use of plastic surgery, including jaw and cheek implants. Some of her examples of beauty are actually thin-faced or even weird-looking. Much better to tell us more about a study she did on changing facial structure using old school photos, but that is just mentioned and she passes on.

Her otherwise excellent discussion of indus-

Conspicuously absent from the Four Pillars are seafoods, surely a key factor in most traditional diets, even of those living inland.

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trial fats and oils is marred by the introduction of a new term, “megatrans,” to describe the toxic brew of byproducts in modern cooking oils. The term is not used by biochemists and is inappropriate because these oils, however dangerous, contain very little *trans* fats. Those they do contain are created by the deodorizing process, not by heating as she claims.

Shanahan jumps on sugar with a mighty hammer, providing several interesting examples of patients whose health improved after eliminating sugar, but again with little heed to accuracy. For example, just reducing sugar consumption in pregnancy will not guarantee a perfect face in offspring, as she claims. She says that eating sugar coats our cells in sugar, but our cells are supposed to have a coating of sugar molecules.

The key problem with this chapter is the insistence that sugar and starch have the same effect on the body. Sugar breaks down into glucose and fructose while starch breaks down into glucose alone (she mistakenly says that grain is a source of fructose); studies carried out by Meira Field at the USDA found that at 30 percent of calories, only fructose had deleterious effects in rats. In fact, many traditional diets were somewhat high in starches, in the form of grains and tubers. Starch does not raise the blood sugar as precipitously as sugar, as Shanahan shows on the very same page as her claim that starch is as bad as sugar. In the context of a healthy diet containing plenty of fat-soluble activators, the adrenal gland can easily handle the gradual influx of glucose into the bloodstream from starchy foods. Along with sugar, Shanahan should inform her readers that coffee can also raise blood sugar and stress the adrenal gland; but Shanahan thinks coffee is fine.

The book contains numerous factual errors: B deficiencies lead to weak bones, diabetes and more, she says, but the reference for that statement is about vitamin D; Shanahan calls retinoids (not carotenes) vitamin A precursors, but later in the book she gets it right; she claims that whole

soy can be part of a healthy diet; that the only source of CLA is milk fat (all the fat of grass-fed animals contains CLA); that liver is the best source of vitamin D (ruminant liver contains very little vitamin D); that Gaelic Islanders built their houses of grass.

Most seriously, she misinterprets the work of Francis Pottenger, who she says “gives us valuable insights into the potential long-term consequences of overcooking.” What Pottenger’s research showed was that any cooking is bad for cats, and by implication, humans need some raw animal foods in their diets. But raw meats are not included in any of her four pillars

Many statements in the book require references, such as the claim that gut bacteria can produce all the vitamins we need except for vitamin D, or that first-born girls get “blunted uterine estrogen signals.”

Shanahan believes that the rich are eating healthy traditional foods denied to the poor. In fact, the diet of the rich in America is equally as bad as that of the poor. George Bush may have enjoyed a sumptuous White House inaugural dinner but his favorite food was Butterfingers candy bars crushed up on his cold breakfast cereal. The privileged do not “eat the way we all used to” as she claims; in fact most wealthy women suffer under the self-imposed agony of permanent lowfat diets.

The real breakdown in *Deep Nutrition* comes at the end, with dietary suggestions that go against large portions of her text. Dinner suggestions include starchy foods like spaghetti, pizza (homemade, but with the crust), rice and potatoes. Nut butters are high on her list, but they are never mentioned in the main text. Drinking a lot of pasteurized, homogenized “organic” milk is fine if you can’t get raw milk, she says. And then there are the sweets that she warns against so passionately—sweet wine, homemade cookies and chocolate. One breakfast suggestion is crepes with whipped cream and fresh fruit.

Only two recipes are provided, one for broth and one for liver. Where are the recipes for Filipino dishes like pigs knuckle soup she describes so eloquently? Or the Filipino-style salmon head soup? or paté? or the beef heart strips topped with bone marrow medallions that she and her husband enjoy? This book needs much more attention to the practical aspects of traditional diets and the recommendations need to be consistent with Shanahan’s text.

It’s a shame we have to give this book a Thumbs Down. Shanahan has the potential for becoming an important voice in the traditional diet movement. But she needs to spend some real time and thought on a second edition, working with a knowledgeable editor who has a sharp eye for inconsistencies, hyperbole, conjecture and mistakes. Many of the illustrations need reworking as well. Shanahan’s rich text and cornucopia of ideas deserve a long life, but it won’t happen unless she makes major revisions.

Review by Sally Fallon Morell

All Thumbs Book Reviews



Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria

By Stephen Harrod Buhner
Second edition, Storey Publishing, 2012

Those who own the first edition of Buhner's excellent *Herbal Antibiotics* will find the 2012 edition to be very different from the small, straightforward, short work of a decade ago. Our personal copy of the original is well-worn, well-loved, and well-used over the past seven years of raising three children. The new copy will surely follow in its footsteps, but will also require us to grow to make full use of its contents, just as the book itself has grown with the rise of super bugs and increased knowledge and understanding of the natural tools we have to protect ourselves from them.

Checking in at around four hundred pages, this new edition truly is a comprehensive introduction worthy to be on the shelf of any holistic practitioner, herbalist, farmer or parent. The book is also thoroughly WAPF-friendly, pulling no punches in condemning factory farms and other contributors to our current health and pathogen problems, while showing an appreciation for the melding of traditional practices, tools, and wisdom with modern research and insight.

In the opening sections, Buhner emphasizes that "bacteria are not our enemies," but rather play an integral role in supporting, maintaining and rebuilding health. He points out that "In declaring war on [bacteria], we declared war on the underlying living structure of the planet, on all life-forms we can see, on ourselves." Indeed, it is a war we are destined to lose unless we move from competition to cooperation with our microscopic co-workers.

Buhner also does an excellent job in pulling back the curtain on the hidden wizards of modern medicine, displaying their impotence in the face of pathogenic and degenerative disease for all to see. "In spite of cultural beliefs to the contrary, physicians can cure relatively

few of the conditions that plague us. . . drugs artificially alter the condition of the body, but do not cure the underlying condition." The emperor has no clothes. The physician has no clue. The pharmaceutical industry has no cure. But they make large amounts of money in the confusion and catastrophe inherent in the health struggles of modern life.

The book begins with a lengthy introduction covering where we are and why humanity stands on the verge of a dangerous cliff, ready to plunge into an age where modern medicine and its approach to treating infectious diseases and raising animals will come to a painful end. The statistics and stories are frightening because they are factually true; a dark reality that the mainstream media and most people choose to ignore.

Antibiotic overuse, both in humans and in agriculture, generates new strains of pathogens with far more complex offensive and defensive systems than their earlier versions, outpacing technological advancements in antibiotics and other treatment approaches, while maiming and killing ever increasing numbers of people each year. We stand on the brink of possible global pandemic not seen since the Middle Ages.

Buhner then dives into a complex discussion of general guidelines, pathogen types, and a short list of specific pathogens and treatment protocols. One thing readers will notice about this edition is the more nuanced and advanced approach to the whole field of herbalism—formulations, scientific research and literature, and vocabulary (terms such as "multi-drug efflux pump inhibitor" and "diaphoretic adjunct" appear, along with many others that caused me to break out a good dictionary).

Buhner covers particular herbs, including their usage, preparation, cultivation, traditional usage from around the world and current scientific research. Buhner has broken these herbs into three categories: systemic, non-systemic and synergists.

Bacteria are not our enemies but rather play an integral role in supporting, maintaining, and rebuilding health.

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Systemic herbs work against broad, dispersed infections that affect the entire body. These herbs pass through the gastrointestinal tract membrane, building up in the circulatory system and entire body. Non-systemic herbs work for targeted infections, such as ones in the lungs or skin, and generally do not pass through the gastrointestinal membrane.

Synergistic herbs increase the potency of other properties of both systemic and non-systemic herbal allies. Buhner points out that this is both an understudied area of herb use and one of the main reasons why many commercial herbal preparations and drugs based on particular herbal constituents are either less effective than they could be or ineffective when compared to traditional/whole preparations.

Even worse, as occurs with antibiotics, isolated constituents may contribute to the development of disease resistance. Nature abhors simplicity and monoculture. Or put another way, bacteria are smarter than the scientists seeking to annihilate them, just like plants and pests are smarter and more adaptable than the herbicides and pesticides people spray on their fields. The similarities between this micro(bial) problem and our macro environmental and farming problems are stark and startlingly similar. The root attitude of disrespect, disregard and disdain for nature and its rhythms, reasoning and wisdom runs deeply in both.

Herbal Antibiotics culminates with sections on strengthening the immune system, a handbook on herbal medicine-making, and a short but highly useful herbal formulary detailing basic directions for well over a hundred herbs. The last section is an especially useful quick reference for someone who has mastered the basics of making certain preparations and tinctures.

The book suffers two small drawbacks. First, the lack of pictures, both for the major herbs listed and recommended and for some of the equipment suggested. Buhner himself addresses this omission, encouraging readers to find “a

local plant person to help me with (learning to recognize them in the wild).” Perhaps Storey Publishing will put out a companion picture volume for readers who must proceed without a local guide to help with identification of the hundred or more plants listed in the book.

Second, the resource section is very small—just two pages—with only one listing actual resources. A section helping the uncertain reader to find a good local herbalist along with ways to assess his level of competence and expertise would have been useful, as would some pointed guidance on what sorts of questions to pose to individuals or companies proffering herbs or herbal formulations.

Herbal Antibiotics nevertheless deserves an enthusiastic rating of both thumbs up. While not as accessible to the uninitiated as the first edition, this second offering will surely serve an important role in equipping people and practitioners to protect themselves from the modern plagues we have brought upon our planet’s populace through pride and greed.

Review by John Moody

Synergistic herbs increase the potency of other properties of both systemic and non-systemic herbal allies.

JOURNAL NOW AVAILABLE AS
DIGITAL TALKING BOOK
FOR THE VISUALLY IMPAIRED

We now have our journal converted into an audio format available for the visually impaired. Special software is required for this, such as Dolphin Easy Reader. Go to the JOURNALS tab on our homepage. Starting with Fall 2011, click the journal you are interested in. Please tell others! Many thanks to Amy Adams of ePubUSA.com for this service!

All Thumbs Book Reviews



The Prepared Family Guide to Uncommon Diseases

By Enola Gay, Paratus Family Press

Imagine waking up one day to a world filled with people suffering from tuberculosis, whooping cough, measles, chicken pox, bubonic plague. What would you do? How would you know which infection you or your kids might be facing?

Well, this imaginary world is not too far-fetched. Certain infections once thought conquered and crushed are making a comeback. Conditions which many 21st-century parents have never had concern or even contact with are now popping up across the country. A whooping cough outbreak in the Pacific Northwest stretched from British Columbia to California. A school in California had an outbreak of over twenty students (all of whom were vaccinated, no less) with chicken pox.

The Prepared Family Guide provides an important resource for just such a worrisome time. More important, for any family that has chosen not to vaccinate their children, this book is a must (along with other complementary books) to ensure that if one of these infections does pop up, the family is prepared to deal with it.

The book's organization is excellent, both overall and in separate discourses on each particular disease. Each disease is addressed with a number of short sections including description, signs and symptoms, treatment, containment, history, and finally a "doctor says" comment.

Each section is useful, but especially the signs and symptoms and treatment sections. Many modern families have never seen a case of many of these diseases, and with their possible resurgence, a familiarity with their symptoms can enable a family to catch a condition before it becomes a crisis.

The work's main weakness is in the treatment section. First, treatment recommendations are relatively limited to conventional, modern medicine (drugs, antibiotics), and a few other,

more historical or natural remedies. Some treatment sections do include very useful and practical observations, such as the close trimming of fingernails for someone suffering from chicken pox to reduce damage from the urge to itch.

The book provides limited information on herbalism (including a natural anti-lice shampoo), with none on homeopathy or any other alternative healing arts for treating these conditions. This is somewhat understandable, given the author's credentials. But just as she consulted with a medical doctor to fill in certain gaps in the book, the inclusion of other disciplines would have further increased the tome's value.

The Prepared Family Guide also could use more generalized preventative information, both nutritional and environmental. For instance, in areas of the country where mosquitoes and their attendant diseases are increasing, the recommendation to build bat housing and introduce other natural predator controls would be useful.

What the book highlights is the growing need for a holistic, desk reference-type work made available and in a format that is accessible to average families covering a wide range of conditions and diseases, both contagious and degenerative.

Imagine a children's health guide detailing common conditions and diseases, along with recommendations from all the pertinent fields: dietary, supplementation, herbs, homeopathy, integrated medicine, historical remedies and treatments, and more.

Such a resource is sorely needed to equip and enable parents to bring the best of each discipline to bear on the disparate and sometimes challenging health conditions children contract. Until such a book is written, parents should build a good library with all the tools needed to raise healthy kids in a sometimes unhealthy world, including ones like *The Prepared Family Guide to Uncommon Diseases*.

Review by John Moody

A whooping cough outbreak in the Pacific Northwest stretched from British Columbia to California. A school in California had an outbreak of over twenty students (all of whom were vaccinated, no less) with chicken pox.

All Thumbs Book Reviews

How Statin Drugs Really Lower Cholesterol and Kill You One Cell at a Time

**by James B. Yoseph and Hannah Yoseph, MD
Published by James B. Yoseph
and Hannah Yoseph, MD**

As you may gather from this book's title, Yoseph and Yoseph are not advocates of statin drugs. They give their readers a detailed history of the development of statins along with an explanation of precisely what statins do to cell biology. This information is clearly referenced and displayed in boxes interleaved in the text at the appropriate places. If you don't want to read all the details in the references you can skip the boxes and read on. If you want to investigate the references immediately, they are right before you. I like it. Clearly, the authors know this subject is controversial so they back up everything they say as sturdily as possible.

Because one of the authors is an MD and they are covering all the details, there is a certain amount of technicalese in the book but it is all adequately explained and therefore understandable if you pay attention.

Early statin research was carried out by Sankyo in Japan and Merck in the United States and came to a screeching halt when all the lab animals developed cancer. The research also clearly showed that statins work by disrupting the mevalonate pathway. What essentially happens when you shut down the mevalonate pathway is that cellular DNA can no longer replicate itself. As an added bonus, the cell dies.

The American researchers in particular overcame this serious obstacle by jettisoning any inconvenient morals they might have had and forging ahead with development of the drug. There is no question that statin drugs reduce cholesterol in the bloodstream. Since modern medicine has been so effective at convincing everyone that cholesterol is to be feared above all else, there was much money to be made with such a drug. That's great if you're selling it, not

so good if you're taking it. Brown and Goldstein, two of the main researchers for Merck, wrote a treatise explaining how statins lower cholesterol and won a Nobel prize. They probably thought that was great, too. I suppose one might be impressed with the slick way they avoided any discussion of the disastrous side effects of statins.

By the time Yoseph and Yoseph finish explaining the history and mechanism of statin drugs, we are left with limited options. Either doctors who prescribe them don't really understand how they work, don't understand basic cell biology, or don't care about that as much as they care about their salaries. The authors point out the fundamental conflict of interest in our medical system.

Some of our readers may remember that Merck was forced to recall the painkiller Vioxx when the number of people having heart attacks became too large to hide. You may also remember the embarrassing fact that Merck happened to know about that problem before it ever released the drug onto the market. The authors of this book remind us of that debacle and go on to document the same pattern of behavior in the case of lovastatin (Merck's bestselling statin drug). Conflict of interest has motivated Merck and other pharmaceutical companies to misbehave in a number of cases that are a matter of public record.

The NIH-backed National Cholesterol Education Program (NCEP) set national policy for lowering cholesterol with statins. All doctors who established NCEP guidelines had financial ties to pharmaceutical companies who make more money if recommended cholesterol levels are lower.

Continuing the conflict-of-interest theme, we come to the FDA. In an advisory committee meeting held to review guidelines for lovastatin, the meeting was not chaired by an FDA employee but by a Merck consultant. The advisory committee included two Merck consultants and seven Merck employees. Half of the audience was made



Since modern medicine has been so effective at convincing everyone that cholesterol is to be feared above all else, there was much money to be made from statin drugs.

All Thumbs Book Reviews

Corruption in the FDA has reached the point where FDA scientists have written a letter to President Obama complaining about it.

up of Merck consultants.

Corruption in the FDA has reached the point where scientists who work for the FDA have written a letter to President Obama complaining about it. Part of that letter is reproduced in the book. There has been no response to that letter from either the FDA or the Obama administration. FDA-approved drugs kill one hundred thousand Americans and generate over two million adverse drug reactions per year. FDA-approved drugs are the fourth-leading cause of death in the U.S. They don't even try to hide that information. It's on their website. If you are keeping up with current events you know the FDA does not recognize your right to choose your own food and local, small farm food options are slowly but surely being outlawed. Here's a sobering thought: if this trend continues you will have no choice but to patronize the factory food and factory medical system where the only thing between you and disaster is the competence and integrity of the FDA.

In unrelated news, we're all going to die one day.

I don't seriously believe that this is how it will ultimately play out, but it could if we let it happen. One might wonder why everyone who

is prescribed statin drugs doesn't drop dead shortly after starting them. The pharmaceutical companies know that Americans haven't been dumbed down enough (yet) to fail to notice that particular side effect, so the drug is sufficiently diluted so that most victims won't start noticing severe symptoms for at least a few years. The average person is not very good at connecting cause and effect when the two are separated by years. It's a great racket.

The authors put forward theories concerning the real causes of cancer and heart attacks. I don't know for sure whether they are right but they are interesting. Even though most of our readers are familiar with the general subject, this book is very interesting and well done. Their devastating analysis of how statins work makes it clear that the end result can't be good even when short term results look promising.

The Japanese researcher Dr. Akira Endo is credited with finding the first statin. When asked why he wouldn't take it for his own high cholesterol, he answered with an inscrutable Japanese proverb, "The indigo dyer wears white trousers." To make sense of that you need to know indigo dye is toxic.

Review by Tim Boyd



MEMBERSHIP POSTER

Membership is the main source of financial support for the many projects of the Weston A. Price Foundation. We appreciate your help to increase membership. We are happy to send a free copy of our membership poster to those who will display it.

The poster is 8.5" x 11" with a cardboard flap that allows it to stand. It goes well with our Dietary Guidelines booklet. It can be displayed at an exhibit, a doctor's office, a library, a farmers market, etc.

If you will display it, please write for a free copy: info@westonaprice.org

All Thumbs Book Reviews

Living as Nature Intended
by Dr. Shagufta Feroz
Nastalique Publications

One common, off-the-cuff mainstream criticism of alternative medicine is that it is not evidence-based. It is not possible for anyone who works for or advocates conventional medicine to say that without dangling from one of the higher peaks of hypocrisy. Even if you don't agree, the fact that large crowds are increasingly giving the alternatives a try indicates there is a problem with the mainstream. Many people's personal experience with conventional medicine is unsatisfactory, so who cares if it is scientific? Perhaps we should not gullibly accept everything published on Medline just because it is published on Medline.

Dr. Feroz, a WAPF chapter leader in Pakistan, is obviously not suggesting that we immerse ourselves in conventional medicine in order to live as nature intended. She covers a wide range of alternative subjects. One topic briefly touched is the fascinating work of Dr. Fritz Albert Popp on the biophoton field. He has found that DNA generates very weak, coherent (laser-like) signals at frequencies of several billion hertz and uses those signals to communicate among cells. Unfortunately, cell phones also operate at those frequencies so getting too cozy with your cell phone is not going to be good for your health.

This book takes a holistic approach to health and a lot of subjects are covered over a lot of pages. The nutrition theme is pervasive and is consistent with WAPF principles.

The importance of liver health is another major theme. Problems with the liver eventually cascade into problems all over the body. There are at least thirty metabolic functions performed by the liver. While filtering and detoxification functions are well-known, other lesser-known functions include storing minerals and vitamins, including fat-soluble vitamins; constructing about fifty thousand enzyme systems used

throughout the body; and helping maintain blood pressure, blood sugar regulation and electrolyte balance. That is merely the very short list.

UCLA research compiled another list of behaviors associated with a healthy lifestyle. If you want to try those suggestions, they would be: sleeping seven or eight hours a night, eating breakfast, not eating between meals, maintaining normal weight, regular physical activity, engaging in moderate drinking, and not smoking. A quote from the May 2007 issue of the *Journal of the American Medical Association* says "Evidently, the ruse is over regarding the need for useless drugs. . . especially when simple lifestyle changes are just as effective. . ." *The British Medical Journal* stated that lifestyle changes are at least as effective as prescription drugs in reducing the risk of type 2 diabetes. *The New England Journal of Medicine* confirmed that statement.

Dr. Feroz quotes an observation to the effect that exercise is generally useless for weight loss. My personal experience is that while that opinion is controversial, it is nevertheless true. Exercise is a good thing but won't help most people much with weight loss if diet is not addressed, but not in the way it is conventionally considered. Another controversial observation along the same lines is that calorie counting is a huge scam. I would have to agree with that too. In fact, if you are a patient of Dr. Feroz, you are not allowed to count calories. That should be a no-brainer. Many people have been desperately depriving themselves of calories (or trying to) for decades now. Look around. How's that working out?

Timing is everything. That might be a slight exaggeration but timing is discussed extensively as it relates to a healthy lifestyle. It makes a difference when you sleep, how long you sleep, when you eat breakfast and other meals. The connection between lack of sleep and lack of health is pretty well known by now. It seems that eating breakfast is correlated with a smaller waist and

Continued on page 63



DNA generates very weak, coherent signals at frequencies of several billion hertz and uses those signals to communicate among cells. Unfortunately cell phones also operate at those frequencies.

All Thumbs Book Reviews



The Starch Solution
by John A. McDougall, MD
and Mary McDougall
Rodale Books 2012

Starch is the key to optimum health according to Dr. McDougall. Eat a starch-based diet and eschew animal products and you, too, can be healthy. He admits that his MD degree gave him no help in the field of nutrition (and he does need help). I don't know if McDougall came up with this starch idea himself, but he also doesn't claim to be the first to buy into this theory. He points to a lot of purported evidence to support such an assertion.

Literally from page one of *The Starch Solution* McDougall points to the Chinese as proof of the supremacy of a starch-based diet, and already I'm scratching my head. The Chinese are not generally vegan and not exceptionally healthy. From there we tour the globe from the perspective of ancient times to those more recent. McDougall recognizes the belief that the European Paleolithic diet consisted mainly of animal foods but points to traces of grains found on grinding tools from that time period to argue with that point of view. How that proves anything about animal foods in their diet leaves me still scratching my head.

Later on, he cherry-picks some data from Africa about the Bantu to support starchy vegan diets. According to Weston Price, who actually went to Africa, the Bantu were not as rugged as the neighboring Masai, who are decidedly not vegetarian. Tribes who ate animal foods clearly dominated tribes who didn't and took their lunch money to boot. Many African tribes including those who didn't eat a lot of animal foods did eat bugs and were not quite as vegan as some would have us believe.

Right after we finish our world tour, we are told that our DNA proves that we are starch eaters. This claim is based on the similarity between human and chimpanzee DNA. I'm still

scratching my head (maybe I should scratch my armpit) and here's why. We have "mapped the human genome" which seems to lead people to believe we have it all figured out. This is not even remotely true, which makes any sweeping claims based on DNA analysis shaky at best. The gene-coding DNA usually referred to in these comparisons is only a very small percentage of total DNA. For many years that other DNA was referred to as junk DNA until science changed its mind (again) and decided it is not junk but plays a very important role. When you take all of that DNA into consideration, it turns out we are not just hairless chimps.

Slippery phrases like "experts agree" and "there is no disagreement about this whatsoever among scientists" appear and I still can't resist reacting to that. Never in history have all the experts really agreed on anything. Even if McDougall meant that the majority of experts agree, more often than not that just means collusion or some powerful corporation has flooded the literature with pseudo-science in order to sell something.

Chapter Three tells us about the five major poisons found in animal foods. This is where it really gets good. The five villains are methionine, protein, fats, cholesterol, and dietary acid found in pretty much all animal foods. The essential amino acid methionine, found in meat, fish, eggs, cheese, etc., *is a toxin?* Among other things, this essential amino acid stands accused of causing foul-smelling gas and stools. Okay, if you sound like you're playing a tuba underwater in the bathroom and smell even worse, you may well have a problem but I don't think methionine is likely to be your biggest culprit.

Dr. McDougall's claims get more questionable from there but he does provide at least some references so before I go on I want to review the basic principle I use to sort this out. This book amply demonstrates that you can find studies on Medline, the Internet, and whatever else to back up veganism, or the Atkins diet, or anything in

We have "mapped the human genome" which leads people to believe we have it all figured out when this is not even remotely true.

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between. How do I decide what to believe? If there is a conflict of interest on the part of those who did the study or funded the study, that study is probably worthless information. Short-term studies that ignore the long term are highly suspect at best. Ivory tower studies that come to conclusions based on their little data sets and ignore any relevant history or, worse yet, contradict relevant history, don't impress me either.

So when I got to the chapter that would have me believe we are eating too much meat, which means we have too many cows, which generate too much gas, which means the planet is going to melt, my cowpie-o-meter just sucked a valve. This is a classic example of ignoring obvious history. There were more tuba-tooting bovines several centuries ago than there are today and somehow, the world survived. This is an example of a claim that ignores history. We have really hit bottom when we not only don't take responsibility for messing up our world but sink so low to blame it all on cows. The tired old argument that we can produce more food by getting rid of cows comes next. McDougall's suggestions imply removing all cows and substituting mono-cropping on a huge scale. He ignores certain inconvenient problems with that. What about land where crops can't be grown but is perfectly good for grazing? How do you maintain soil fertility without animals? Mono-cropping may look good in the short run but is a great way to turn your land into a desert in the long run. Then what do we do?

One of the biggest problems he ignores is that producing more food is not going to solve the hunger problem. He even hints that he has some vague awareness that food production is not the root issue, it is food distribution. Producing more food will not solve that problem. Later he feels so passionate about harm to health and environment that he encourages us to put Elsie the cow out to pasture and leave her there. Whose pasture? Who is going to waste their resources on an economically worthless cow? Who is going to have pasture when they are busy mono-cropping themselves

to death? What he's really implying is throwing Elsie to the wolves. I guess that's the humane thing to do.

Referring to elephants, hippos, cows, etc., he asks the question, "If plants can satisfy the demands of these enormous animals, wouldn't you think they could easily meet our own protein needs?" On westonaprice.org you can find information explaining why fat and cholesterol are important for good cognitive function. If the concept that different animals (as well as humans) have different digestive systems is too-o-o complicated for you then you need a nice, juicy, fat steak.

After committing intellectual suicide, McDougall goes on to include other knee-slappers in the book like citing a study that observed two people for six months, or claiming that vitamin D₂ is just as good as vitamin D₃.

There are almost one hundred pages of recipes at the end of the book. Even though McDougall explicitly doesn't like vegetarian fake animal foods, I see nostalgic echoes of animal foods scattered around the recipes, including no-parmesan cheese, cashew milk, and veggie burgers. Some recipes have Spanish names like No-Huevos Rancheros. I know that if I want a truly good breakfast, I'm going to have to break a few huevos. No matter what language this book is written in, el-thumbo is DOWN.

Review by Tim Boyd

Living as Nature Intended, continued from page 61
better cognitive function.

Speaking of thinking clearly, chapter fourteen gives the reader some quotes from Dr. Russell Blaylock explaining that we have an epidemic of neurological disorders that used to be rare. While neurosciences literature has no explanation (perhaps because that group of scientists doesn't eat breakfast) there is a long list of likely causes, from MSG to aluminum, lead, mercury and pesticide exposure, to mineral deficiencies, to *trans* fats, to lack of probiotics, to watching too much television.

The subject of women's health comes up toward the end of the book. Dr. Joan Borysenko is quoted as stating that "Women tend to be excluded from medical studies because they are too complicated to understand.

That's something every man has known for the past several thousand years." Perhaps some of the confusion is due to all the spin that occurs when the *British Medical Journal* reports that there are 29 percent more deaths from breast cancer among those who had mammography compared to those who didn't. The spin gets dizzying as vested interests try to explain why that doesn't mean you stop scheduling those regular mammograms. If you had breakfast this morning you may already know the thumb is UP for this book.

Review by Tim Boyd

All Thumbs Book Reviews



The Emperor's New Drugs: Exploding the Antidepressant Myth

By Irving Kirsch, PhD
Random House, 2009

Dr. Irving Kirsch originally set out innocently enough to investigate the placebo effect of antidepressant drugs. During the course of his investigations, however, a series of surprising discoveries led him to the conclusion that the actual “antidepressant effects” of the drugs ranged from ineffective to downright dangerous, including both minor and truly harmful and often fatal side effects such as diabetes, increased risk of heart attacks, severe weight gain, nausea and insomnia to name a few. Dr. Kirsch doesn't claim that antidepressants work any better than placebos. In the reverse, he claims that placebos work about as well as antidepressants but with none of the harmful side effects. Thus, placebos are actually powerful medicine.

How do you measure depression? This is important to know for those individuals who might visit a doctor at some point in their lives complaining of depression. A doctor determines a patient's level of depression based upon a numerical scoring method called the Hamilton Scale. This Hamilton Rating Scale for Depression, or HRSD, is a summation of scores compiled by doctors based on interviews and observations of patients. As Dr. Kirsch explains, “The doctor rates the patient's mood, thoughts about suicide, sleep disturbances and other symptoms of depression. For example one point is given if the patient feels that life is not worth living, and four points are given if the person has made a serious suicide attempt. The result is a numerical score that can range from zero to fifty-one.

Dr. Kirsch has systematically stripped the antidepressant efficacy claims by dint of large-scale meta-analyses that indicate 75 percent of an antidepressant's efficacy comes from its placebo effect, a mere 25 percent from the drug itself. Worse, for severely depressed patients who are

given ever larger doses of antidepressants, any improvements in levels of depression are likely due to the “enhanced placebo effect.” How do we know this? Because patients who took increased amounts of placebos showed just the same sorts of improvements as those who took increased amounts of antidepressants! This means that a sugar pill would have worked just as well as the prescription drug. The problem with high doses of antidepressants as opposed to placebos is not merely that they don't work, but that at higher doses, they do much, much more harm, as their side effects become seriously magnified, and often fatal.

Dr. Kirsch further suggests that patients given antidepressants as opposed to placebos in supposedly blind trials “improve” because they frequently “break blind,” which means that they develop terrible side effects from the drug and deduce—accurately—that they got the “real deal” as opposed to the placebo. This psychological trick actually produces an “enhanced placebo effect” because patients feel better as a result of knowing that they got the drug and not the placebo.

Dr. Kirsch analyzed thirty-eight clinical trials of major antidepressants, involving thousands of depressed patients, and as a result presents a shattering and methodically analyzed indictment of antidepressant efficacy, Big Pharma data-doctoring, and FDA collusion and complicity—all of which come at a large cost to human health.

Depression is a heterogeneous condition and is much more complex than lowered levels of say, serotonin, Kirsch asserts. In fact rigorous research shows that reducing serotonin levels, even dramatically, in healthy individuals has absolutely no effect whatsoever on their depression levels. That is to say, they do not get depressed at all! If reducing serotonin levels does not cause depression in a healthy person, how could we make the illogical leap that raising serotonin levels will make a depressed person feel better? We have been bombarded with “low serotonin”

Dr. Kirsch has systematically stripped the antidepressant efficacy claims by dint of large-scale meta-analyses that indicate 75 percent of an antidepressant's efficacy comes from its placebo effect, a mere 25 percent from the drug itself.

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and/or “low name-your-chemical” as the root causes of depression for some time.

Dr. Kirsch not only questions this theory, but offers evidence of the faulty “depression as chemical imbalance” theory—a theory that focuses blame on a handful of named neurotransmitters, thereby creating a strong case (and thereby fertile marketing environment) for “correcting” such “imbalances” via targeted drugs. Much like cholesterol-reducing drugs, depression drugs are big business—a business that can “scale” only if large swaths of the population can be deemed first to be depressed and second, curable through concerted, long-term use of antidepressants. Longer-term use here equals a lucrative, annuity-type revenue stream for pharmaceutical firms.

Via freedom-of-information requests to the FDA, Dr. Kirsch unearthed and analyzed raw data on *all* clinical trials pertaining to major antidepressants that were recently marketed. He discovered that in fact drug companies employed various nefarious schemes to dress up results that ranged from mixed to completely negative. They withheld negative studies from publication and published positive studies multiple times, thereby making it appear as though positive studies and outcomes in the drug trials outnumbered negative studies when in fact they did not. In several instances, clinical trials undertaken outside the United States mysteriously showed positive results, whereas the same trial carried out within the U.S. did not show these results. Yet the FDA was persuaded to accept the foreign studies as valid while the U.S. study was ignored. In other words, drug companies routinely cherry-picked results from the multi-site studies. There is good reason to believe that trials in foreign countries where the FDA does not have jurisdiction can be far more readily manipulated. Drug companies also published data that were different from what they submitted to the FDA; that is, they lied.

Dr. Kirsch asserts that equal or better efficacy in combatting depression can be obtained

from measures such as vigorous exercise, herbs that do not have the harmful side effects of antidepressants, the quintessential placebo called “psychotherapy,” and even through disclosed placebos—and all with far fewer side effects compared to antidepressants.

Citing an example of the complexity of the interrelationship between mind and body, the author reminds us of E.M. Forster’s novel *A Room with a View*, and in its context tells us of an interesting experiment. Roger Ulrich, a researcher at the University of Delaware, tested the hypothesis that rooms with pleasing views had a positive therapeutic effect on gall bladder surgery patients. Patients were divided into two groups: one group with a window view overlooking a park-like setting and a second group of patients with a window view onto a brick wall. He discovered that the former group required less medication, were in better spirits, recovered faster and were discharged earlier than patients in the second group. Thus in Dr. Kirsch’s opinion, the ability of emotions to affect health, for better and worse, is real, and the quality of any therapeutic relationship enhances physical improvement.

Cultural historian and profession, Dr. Morris Berman, who also reviewed this book, compares the psychiatric drugs of our time to the widespread and ultimately deadly use of leaden forks by early Romans: “The (same) leaden forks that wiped out a thriving earlier civilization” can do the same to us.

For the millions of Americans who are on long-term antidepressant prescriptions the future on these drugs does not bode well. However it bodes very well for the financial bottom lines of the drug companies. For anyone who might seek counsel for depression, I would recommend *The Emperor’s New Drugs* as required reading, and I would also recommend that everyone heed the warning that prescription antidepressants represent a poor health bargain.

Review by Sushama Gokhale 

Much like cholesterol-reducing drugs, antidepressant drugs are big business.

Tim's DVD Reviews

Architectural Perspective: The Effects of Artificial Light and Other Environmental Factors on Human Health and Behavior
Dr. John Ott
Lawrence Technological University

The late Dr. John Ott started out as a successful banker who liked to dabble in time-lapse photography at which he was exceptionally good. This hobby led to doing some films for Disney. Much of his more notable work involved time-lapse photography of plants. For a man playing with his hobby in the basement he had a very elaborate setup. Eventually he left banking to pursue the hobby full-time, and this led to some interesting discoveries about the effects of light on plants, animals and people. That is the subject of this video.

One of Ott's early projects called for photographing pumpkins as they grew. He needed to do this indoors under controlled conditions. There was one problem. They wouldn't grow. After ruling out bad seeds, inadequate fertilizer and camera shyness, he changed the fluorescent lights which produced a lot of yellow frequency light for a light bulb that produced more blue frequency. Problem solved. In other plants he found a correlation between virus susceptibility and light frequencies. Someone might want to study that in humans as well.

When Ott became involved in a project photographing chinchillas, he made one of many interesting (some might say bizarre) discoveries. At the beginning the chinchillas were consistently producing a vast majority of male offspring. When he changed the frequency of the light, they started producing mostly female offspring. What makes this a little stranger is that he changed the light ten days after conception. This phenomenon could have intriguing implications for someone like a dairy farmer, for example, who wants more heifers than bulls or egg producers who want more hens than cocks.

Dr. Ott demonstrated several times with

different people that when they are exposed to ungrounded fluorescent light, the deltoid shoulder muscle weakens significantly. He pointed out that doctors at NIH have observed that whatever weakens the deltoid muscle also weakens the heart.

Ott made numerous other discoveries. When full-spectrum lights were installed in Sarasota schools, for example, kids stopped bouncing off the walls, learning disabilities were reduced, grades improved and cavity rates decreased. Lab studies showed that retinas work better under full-spectrum light, including the dreaded ultraviolet light. Sunglasses reduce fertility. He also showed that television radiation makes rats—and children—go nuts. The rats were blocked from actually seeing the TV so we know they weren't just reacting to TV violence or game shows.

Most of this video came from a talk Dr. Ott presented at Lawrence Technological University in October 1988 to a class of architecture students. They were interested in how to design healthy buildings instead of sick buildings. A subset of this information is covered in the video *Exploring the Spectrum* by Dr. John Ott available at www.naturalenergyworks.net. Whether or not you believe everything he says, he makes a good case that optimal health depends not only on good, full-spectrum nutrition, but good, full-spectrum light as well. My thumb lights UP for this video.

Dying to Have Known

Written and produced by Steve Kroschel

The Gerson therapy for cancer treatment has always been controversial and continues to be. In this video an investigator interviews numerous people on both sides of the subject. Naturally Charlotte Gerson, daughter and assistant of Dr. Max Gerson, developer of the therapy, is introduced early on. As you might guess, she is favorable to the Gerson therapy. Shortly after that, Dr. Dean Edell asserts that Gerson hasn't cured any

Optimal health depends not only on good, full-spectrum nutrition, but on good, full-spectrum light as well.

Tim's DVD Reviews

terminal cancer cases and that all testimonials claiming otherwise are cases of misdiagnosis or involved a type of cancer that would have disappeared without intervention anyway. Several others who are critical of the therapy say similar things. This movie demonstrates that once your mind is made up, it rarely changes regardless of whatever evidence is out there to refute your position.

The current medical system has its shortcomings. Marcia Angell, former editor of the *New England Journal of Medicine* wrote an editorial titled "Is Academic Medicine for Sale?" Her answer, in a nutshell, is yes. Another good question asked in the video is that if allopathic medicine is the only thing that works and works well, why are millions of people looking for alternatives?

Dr. Wallace Sampson says that in order for him to be convinced that the Gerson therapy has any merit he would have to accept that everything we've known about cancer for the last fifty years is wrong. Since we don't have a cure yet, either everything we think we know is not right, or it is right and the best we have been able to come up with after fifty years are treatments that are worse than the disease. If that is the case then I'm forced to conclude that we are truly a race of slobbering idiots. I seriously doubt that anything will ever convince Dr. Sampson to change his mind.

Max Gerson's original therapy included raw liver juice. When that became hard to get, daughter Charlotte dropped that part of the therapy. Now a crude liver extract injection or desiccated liver tablets are used in the current protocol, something that is not mentioned in this video. That may be because one of the things being promoted here is a plant-based diet. T. Colin Campbell (*The China Study*) and Caldwell Esselstyn Jr. make appearances to promote that very thing.

This video is pro-Gerson. It is not hard for me to believe that the Gerson therapy (especially

the original one) results in cancer remission for many people. For anyone on the standard American diet and lifestyle, just about anything could promote health improvement. However, I think any implication that a vegan or near-vegan diet is the way to go in the long run is wrong. I find myself in the interesting position of disagreeing at least to some extent with both sides of the subject as presented here. That would mean my thumb is DOWN.

In Search of the Perfect Human Diet
Written and directed by CJ Hunt
Hunt Thompson Media, LLC

We are inundated with contradictory information about nutrition. The cacophony of claptrap is occasionally clarified with insightful newsflashes like this one from ABC News: Americans are fat. David Getoff, vice president of Price-Pottenger Nutrition Foundation, is one of the first experts to appear in this film. He explains that the facts aren't changing but we are confused because what the media want us to believe as fact keeps changing. Most believe that nutrition has something to do with obesity but there is little agreement beyond that.

Anyone who has worked in some way with nutrition will understand when Barry Sears, PhD, says that it is an emotionally charged issue. Religion, politics and nutrition are belief systems, and people often don't respond well to challenges to these systems. They put a lot of work into fortressing those beliefs so when you come along with some offensive fact that upsets that system, you will incur some hostility.

Getoff briefly explains how Weston Price studied the health results of traditional cultures that had been following their diet and lifestyle for thousands of years and remained healthy. When a modern study covering six months or even ten years appears to contradict what Weston Price saw, which one do you suppose is correct? Because the world is very different today it is

Max Gerson's original therapy included raw liver juice. When that became hard to get, daughter Charlotte dropped that part of the therapy.

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almost impossible to duplicate Price's work exactly but a professor in Australia confirmed some of it with a group of Aborigines who grew up on their traditional diet. They were healthy up to that point, then moved into civilization, gained weight and developed other related health problems. When she observed them return to the outback and the old ways, they lost weight and their health issues were resolved. Their traditional diet was 64 percent animal-based and they were less active in the bush than in the city. That clashes with a lot of belief systems. Jay Wortman, MD, has seen similar results with First Nation peoples in Canada.

We are next treated to the vegetarian view. We hear Joel Fuhrman, MD, claim that not only should we eat more fruits and vegetables but ought to make those foods the foundation of our diet. Alan Goldhamer, DC, says the mistake vegetarians make is trying to make up for the lack of meat in the diet. He wants us to just get rid of the meat, period. The creator of soy jerky says that anatomically we are herbivores. I'm not sure whose anatomy he is looking at, but I don't have multiple stomachs nor do I have the intestinal capacity of a gorilla.

Michael Eades, MD, points out that we can only get vitamin B₁₂ from animal foods and that fact alone does irreparable damage to the theory that we are naturally pure vegans. A series of other experts reinforces the need for animal-based nutrition, including Sally Fallon Morell. She points out that the Framingham study has been used to promote margarine and other foods that don't contain saturated fat. What the study really showed was that those who ate the most saturated fat, cholesterol and calories weighed the least, had lower levels of serum cholesterol, and were more physically active.

USDA guidelines are decided mostly by politics and politicians, not science. Eades analyzed the feed used by factory farms or feedlots to fatten up their cattle and pigs and found it almost exactly matches what

the USDA food pyramid recommends for the optimum human diet. Are we being fattened up for the slaughter?

More evidence that we are not adapted to a rabbit diet comes from archaeological and anthropological studies. Many thousands of years ago humans moved far enough north that only animal food would be available for large parts of the year. They have not found any evidence that they had produce trucked up from the south at that time. Professor Mike Richards has done extensive bone analysis to determine what the original owners of those bones ate. He has found no vegans until recently. There were a few cases where they thought they found an exception but later discovered they accidentally got a cow bone mixed in with the human bones. How that could happen, I'm not sure, but if some people think we anatomically look like herbivores, I suppose that would be an easy mistake to make.

A wide range of experts was interviewed in this movie and so, as you might expect, even those who are on the same side of the issue do not agree on every detail. One detail everyone might agree on is made by Getoff toward the end of the film. A healthy diet may not be convenient but an unhealthy diet will lead to even more inconvenience. The big picture message does agree with my thumb, which is UP for this movie. ☺☺



RAW MILK FREEDOM RIDERS IN MINNEAPOLIS

Kimberly Hartke, WAPF Publicist, pictured in back row, third from left, gave her new presentation, "The Real Deal about Raw Milk," in Minneapolis. She is pictured here with the Raw Milk Freedom Riders of Minnesota, who sponsored the event.

Food Feature

FLAVORED KOMBUCHA: A HOME BREWER'S GUIDE

By Dori Oliver

Years ago, I fell in love with the flavor of GT's organic kombucha variety dubbed "Botanic No. 9," an immune-boosting blend of bilberry, honeysuckle and red clover. I began to wonder how it was made and discussed the topic with other kombucha brewers. To my delight, some of them were already experimenting with adding flavors to their kombucha! Soon an entire group of us was trying new combinations and sharing our favorite results. Enthusiastic tasters—some of them committed non-health foodies—were swooning for flavors like grape, goji berry and honey-ginger.

Flavored kombucha can be made in a few simple steps and many local, common, as well as tropical and exotic fruits, herbs and extracts are easy to incorporate into the brew.

If you're new to brewing kombucha I suggest you become familiar with the process of making regular, unflavored kombucha before trying the flavoring options (see the sidebar "Five-Step Kombucha"). However, you don't need to be highly experienced to be successful in making flavored brews. There's nothing particularly difficult about these methods even though they may seem complicated to some first-time brewers.

Please note that these flavored kombucha methods have not been tested for potential health-benefits. If you drink kombucha as part of a treatment protocol for a health condition, you should brew it only according to the method presented in *Nourishing Traditions* or *Kombucha Phenomenon* (see sidebar). Kombucha made accordingly has been tested and proven to contain dozens of health-promoting compounds. For example glucuronic acid (which aids detoxification), chondroitin sulphate (a component of cartilage), and B-vitamins (used for a wide variety of everyday functions in the body) are all found in kombucha. It contains compounds that boost immunity, improve digestion, and assist the treat-

ment of many serious illnesses including AIDS, cancer, diabetes and multiple sclerosis.

THERE'S MORE THAN TWO FOR TEAS

The standard method of brewing kombucha calls for using organic black tea (orange pekoe) or organic green tea. Use a different style of organic tea (like oolong or pu-ehr) to dramatically change the flavor of the finished kombucha. Within each broad style of tea there are many particular types of tea.

In many ways kombucha mirrors the tea that it is made from. Light teas make light, thirst-quenching kombucha; darker, more full-bodied teas make heavier, full-bodied brews (similar to lagers and ales). My favorite type is a dark, earthy brew made from Shou Cha pu-ehr tea. Others to try are Sencha green, Gunpowder green, Ti Kuan Yin oolong, Assam black and Darjeeling black. White teas do not contain enough caffeine to support the kombucha organism and should not be used alone to brew kombucha. White tea can be used as an herb, however.

Substitute different styles and types (or blends) of organic tea directly into the basic kombucha recipe. Brew, ferment and bottle the drink according to the basic directions.

FRESH, FROZEN, DRIED OR JUICED?

Fruit flavors are familiar and easy additions to kombucha. When fruit is added to kombucha its sugar feeds the yeast in the brew, which results in a natural increase in the carbonation. Fresh fruits, frozen fruits, fruit juices, or dried fruits are nearly always on hand in my pantry and are simple to include in kombucha. Some of my favorites are: fresh in-season (or frozen) blackberries, blueberries, boysenberries, cherries, grapes, peach slices, raspberries, and strawberries; juices of apple, blueberry, grape, grapefruit, mango, mixed berry and pineapple; and even dried fruits

Light teas make light, thirst-quenching kombucha; darker, more full-bodied teas make heavier, full-bodied brews.

Another truly simple way to flavor kombucha is to use pre-made natural, organic flavor extracts.

like dates, elderberries, figs, goji berries, Incan berries (*Physalis peruviana*), mulberries and raisins easily mingle with the acidic drink and bring added carbonation.

SIMPLE FLAVORING INSTRUCTIONS

To make fruit-flavored kombucha, brew and ferment according to the basic directions (see sidebar below). When bottling, for each cup of kombucha, add 1 tablespoon fresh fruit, frozen fruit, or fruit juice. Or, for each cup of kombucha, add 1 1/2 teaspoons dried fruit. (For example, to a one-pint bottle add 2 tablespoons fresh fruit, frozen fruit, or fruit juice; or 1 tablespoon dried fruit.) Fill the bottle to the top with

finished kombucha, leaving only a quarter inch of headspace. When the jar is filled (and tightly capped) the carbonation-producing yeasts thrive in an oxygen-free (anaerobic) environment. The carbonation is trapped, but there is little room for buildup of explosive gas in the bottle! (See sidebar "Bottling Tips.") Place a sheet of waxed paper under the lid, cap the jars tightly, and store them in the refrigerator. The flavor will be stable for up to one week, and will become increasingly sour over time.

FLAVOR EXTRACTS AND INFUSIONS

Another truly simple way to flavor kombucha is to use pre-made natural, organic flavor

FIVE-STEP BASIC KOMBUCHA RECIPE

This recipe combines the brewing techniques outlined in *Nourishing Traditions* by Sally Fallon Morell and *Kombucha Phenomenon* by Betsy Pryor. These methods ensure the most health-promoting properties in the finished drink. If you drink kombucha as part of the treatment of a health condition you should always brew according to a recipe that relies upon these techniques.

The space where you brew kombucha can be kept as cool as 65 degrees F or as warm as 75 degrees F. To hasten the fermentation in cooler conditions add up to 2 cups of finished kombucha to the brew. Above 75 degrees F the fermentation accelerates and the tea can easily become too tart, tasting of vinegar within only a few days. Always remember to use non-reactive kitchen utensils washed with non-toxic dish soap (rather than detergent).

3 quarts clean water (well, spring, or filtered)

1 cup evaporated cane sugar

4 tea bags organic, black tea or 2 tablespoons loose-leaf, organic, black tea in a large muslin tea bag or other tea strainer

1/2 cup finished kombucha or 1/4 cup apple cider vinegar

1 kombucha mushroom (SCOBY)

STEP 1: Bring one quart of the water to a boil. Remove from the heat. Pour the water into a one-gallon heat-safe glass bowl or wide-mouth jar. Add the sugar and the tea. Stir until the sugar is dissolved. Cover and steep the tea for as little as 15 minutes, or until cool. Remove the tea bags. Add the remaining 2 quarts of water.

STEP 2: Add 1/2 cup kombucha from a previous batch or 1/4 cup apple cider vinegar (this acidifies the tea and prevents contamination from other microorganisms). Place the mushroom, dark-side down, in the liquid.

STEP 3: If you are using a bowl, cross several strips of masking tape over the top (to keep the cover from falling into the liquid). Cover with a tightly-woven cloth. Secure the cover tightly with a string or rubber band. Fasten a label to the jar with the date it was made. Store in a warm (about 70 degrees F), well-ventilated place, away from fruit bowls, compost bins and houseplants, and out of direct sunlight.

STEP 4: Depending upon the room temperature, the kombucha will be ready in six to twelve days. Kombucha is ready to drink when the liquid looks relatively translucent and a "baby" kombucha mushroom has formed above the mother. Most people prefer kombucha slightly sweet to pleasingly tart. After about one week taste it daily. When the flavor suits your taste, bottle the tea.

STEP 5: To bottle kombucha, remove the mother and the baby mushroom from the brew. Use a non-reactive funnel and glass jars or bottles with tightly fitting lids (or flip-top bottles). Fill the jars to the top, leaving only 1/4 inch of headspace. Place a sheet of waxed paper underneath the lid. (The paper prevents the acidic kombucha from corroding the lid.) Store in the refrigerator. Makes about 2 1/2 quarts.

To restore effervescence to chilled kombucha, remove from the refrigerator for 15 minutes. Strain the tea just before serving. Keep one or both of the SCOBYs to make additional batches of kombucha. Extra SCOBYs can be composted along with other kitchen waste.

extracts. Common extracts include vanilla, almond, lemon and orange. To flavor kombucha with an extract, brew and ferment according to the basic recipe. Then, when bottling, for each cup of finished kombucha add 1/8 teaspoon of your chosen extract. Place a sheet of waxed paper under the lid, cap the bottles tightly, and store them in the refrigerator. The flavor will be stable for up to one week.

Add grated, fresh ginger and raw honey for a sweet and spicy infused kombucha. To make ginger-honey kombucha, brew and ferment until the tea tastes "finished" (pleasantly tart). When bottling, for each cup of kombucha combine in a small bowl 1 1/2 teaspoons freshly-grated ginger root, 1 1/2 teaspoons raw honey, and 1 1/2 teaspoons filtered water. Use a fork to stir the mixture until evenly mixed. Then, strain and funnel the mixture into a bottle with a tightly fitting lid. Fill with kombucha, place a sheet of waxed paper under the lid, and cap tightly. Store in the refrigerator. The taste will be stable for up to one week.

A PHARMACY OF HERBAL ALLIES

Both herbalism and fermentation appeal to health-conscious, do-it-yourself personalities, so

it's no surprise that the two sometimes overlap. When alterative and tonic herbs are included in your kombucha, they can become simple, health-promoting additions to your everyday routine. It's especially rewarding to include herbs that you've gathered or grown yourself.

My favorite medicinal herbs to include in kombucha are calendula, chrysanthemum, dandelion greens, ginger, jasmine, lemon verbena, nettle, mint, red clover, sassafras bark, St. John's wort, white tea and yarrow. Many of these herbs have been used in fermentation historically and traditionally; think of yarrow ale, ginger ale and root beer (made with sassafras bark).

Before making herbal kombucha set aside an additional kombucha culture (also known as a mother, SCOBY, or mushroom). This set-aside SCOBY (symbiotic colony of bacteria and yeast) must never come in contact with the herbal brew. The properties and compounds in the herbs may affect the balance of bacteria and yeast on the culture and impact the integrity of future batches.

To make herbal kombucha, first reduce the amount of tea used by one-half. If you are using dried leafy herbs and/or dried flowers, add 2-5 times as much herbs as tea. Intensely flavored, finely-grated, dried barks and roots can be added

When alterative and tonic herbs are included in your kombucha, they can become simple, health-promoting additions to your everyday routine.

BOTTLING TIPS

Bottling kombucha makes the brew portable and can increase the carbonation. Follow these tips to ensure that your bottled kombucha stays tightly closed, doesn't corrode your lids, and has carbonation without exploding!

1. Use a jar with a tightly fitting lid. I recommend using regular-mouth mason jars, glass mineral-water bottles and twist top kombucha bottles (save, wash and re-use them). All are inexpensive and ubiquitous. Another option for bottling kombucha tea is to use bottles with a flip-top lids. Many German brands of beer are sold in bottles that can be washed and re-used. New flip-top beer bottles can also be purchased at most kitchen supply and brewery supply stores.

2. Use a funnel to fill the jars or bottles. Kombucha can safely come into brief contact with high-quality stainless steel and food-grade plastic. Look for Norpro brand stainless steel funnels. Their funnel and strainer combination really simplifies kombucha bottling!

3. Fill the jars or bottles to the top, leaving only about 1/4 inch of headspace. Fill the jars to help create an oxygen-deprived environment where carbonation-producing yeasts can multiply (when the jar is tightly capped). This also prevents the buildup of a large amount of gas under the cap. When the air space is small, there is much less chance of violent explosions resulting from pressure built-up under the cap.

4. Use a sheet of waxed paper under the lid. Kombucha is acidic and over time it will corrode metal lids. The waxed paper will protect the lid so that it can be reused indefinitely. It also helps to create a leak-proof gasket to trap the drink and carbonation inside.

5. Cap the bottles or jars tightly to keep the carbonation and the kombucha trapped inside!

Herbalism and fermentation both appeal to health-conscious, do-it-yourself personalities.

in proportions equal to the tea. I suggest using a muslin spice bag to simultaneously brew the tea and herbs. Ferment and bottle the kombucha according to the basic method. Herbalists may enjoy creating personalized blends that please palates and constitutions. Remember to keep detailed notes of which herbs you include and the proportions or amounts.

Fragrant, uplifting, and naturally sweet Flower Power Kombucha is my favorite herbal blend. To make it, combine 3 tablespoons organic rose petals, 1 tablespoon St. John's wort, 1 tablespoon red clover blossoms (about 3 large), 1 tablespoon chrysanthemum blossoms (about 3 large), and 1 tablespoon organic Sencha green tea. Then brew, ferment, and bottle according to the basic method described in the sidebar.

MANY FLAVORS, ONE CULTURE

The versatile kombucha SCOBY thrives on nearly all types and styles of organic tea. It graciously adapts to the addition of many traditionally fermented herbs. The kombucha beverage is equally flexible. Fruits and flavor extracts easily mingle with sweet, tart and effervescent kombucha. I hope that you'll try these techniques and perhaps even develop your own unique

blend of tea, fruits, and herbs. Remember to take notes (and strain before serving) and you'll surely discover a unique and delicious kombucha brew—perhaps one precisely suited to your own constitution or even the tastes of your non-health foodie friends! ☯☯

Dori Oliver lives in Portland, Oregon where she develops recipes, writes and teaches about fermentation techniques, and gluten-free nutrient-dense foods. She loves to help people become more comfortable and empowered in their home kitchens. Visit her blog at NourishingFoodways.com for more information.

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SCOBY STEWARDSHIP

Kombucha mushrooms or SCOBYs (a somewhat clinical acronym for Symbiotic Colony of Bacteria and Yeast) can be obtained from others who make kombucha or from a trusted supplier like Cultures for Health or Gem Cultures. The website "The Kombucha Exchange Worldwide" (<http://www.kombu.de/suche2.htm>) is a resource for connecting with people who sell and even give away cultures. Brewers often desire to share their prolific mushrooms!

Store extra kombucha SCOBYs for up to one month by placing them in a non-reactive container covered with sweetened tea. Cover tightly and keep at room temperature. The cultures can be stored longer if the tea is regularly drained and more sweetened tea is added.

Because kombucha SCOBYs are created with each new batch I suggest you keep two or three mushrooms on hand for brewing and compost the others. SCOBYs are mats of cellulose and abundant in microorganisms. They make an excellent addition to your household compost or worm bin.

Always remember to reserve a SCOBY before making an herbal kombucha. The addition of herbs may disrupt the microbiotic balance of the culture. Compost or otherwise discard both of the SCOBYs from an herbal batch. Don't use them to culture future batches of kombucha.

Soy Alert!

SOY-LING BACON: SICKENING SCIENCE EXPERIMENT

By Kaayla T. Daniel, PhD

Health experts often propose turkey bacon as a “healthy option” for those who decline to eat pork for either religious or health reasons. While this might seem an excellent alternative to the average health-conscious consumer, the question to ask is “What does it take to turn a turkey into a pig?” Well, dubious ingredients such as hydrolyzed soy protein, canola oil, hydrolyzed corn or wheat gluten, corn syrup, autolyzed yeast extract, “natural” and artificial flavorings and “liquid smoke.”

An even bigger question is “What does it take to turn a soybean into a pig?” More than you most likely want to know! Pig out intelligently with Smart Bacon®—a product advertised as bringing “that hearty bacon taste into the veggie world”—and you’ll get the following ingredients: Water, soy protein isolate, wheat gluten, soybean oil, textured soy protein concentrate, textured wheat gluten, less than 2 percent of natural smoke flavor, natural flavor (from vegetable sources), grill flavor (from sunflower oil), carrageenan, evaporated cane juice, paprika oleoresin (for flavor and color), potassium chloride, sesame oil, fermented rice flour, tapioca dextrin, citric acid, salt.

Yum, and just the thing for vegans following Dr. Neal Barnard of the Physicians Committee for (Ir)responsible Medicine, who recommends Smart Bacon® and similar products for those who crave bacon but want to avoid “the embarrassment” associated with consuming such an unhealthy substance.

How does it taste? I spat it out though the Smart Bacon® folks promised, “you’ll swear you’re back in grandma’s country kitchen (even if she lived in Brooklyn).”

For the “delicious hearty flavor of smoked bacon with a crispy bite” and “44 percent less fat!” try Morningstar Farms Veggie Bacon Strips®. Mavyn McDaniels, a Yahoo Voice

reviewer who is eco-conscious, mostly vegan and an avowed fan of Morningstar Farms meat analogue offerings, begged to differ. She started out wanting to like the stuff, and even asked “How bad could the fake stuff be?”

Very bad as it turned out. Given the ingredient list, better her taste-testing this than me! Here it is: egg whites, soybean oil with TBHQ for freshness, textured soy protein concentrate, modified corn starch, wheat gluten, hydrolyzed vegetable protein (corn gluten, wheat gluten, soy). Contains two percent or less of glycerin, salt, soy protein isolate, sodium citrate, sodium phosphate, sugar, natural and artificial flavors from non-meat sources, torula yeast, caramel color, monocalcium phosphate, sodium tripolyphosphate, natural smoke flavor, malic acid, guar gum, yeast extract, locust bean and guar gum, sodium sulfite, carrageenan, red #3, disodium inosinate, disodium guanylate, niacinamide, iron [ferrous sulfate], autolyzed yeast extract, nonfat dry milk, yellow #6, vitamin B₁ [thiamin mononitrate], vitamin B₆ [pyridoxine hydrochloride] vitamin B₂ [riboflavin], citric acid, cyanocobalamin.

Here’s what Ms. McDaniels reports:

“The fake bacon is worse than you can possibly imagine. First impressions: when you open the packaging, you’re hit by a pretty assertive synthetic aroma, an almost-but-not-quite right recreation of the meaty, smoky bacon smell. This eerie sort of Bacon Uncanny Valley continued into the visual—this fake bacon just looked like unchewed sticks of gum. It made me anxious—some primordial fear inside me clicked on, because the stuff just does not look like food.

“This product is basically egg whites, soy protein, corn starch, wheat gluten, and vegetable protein—oh boy!—and then, through the magic of science, it’s turned into this white, malleable strip with pinkish-red grainy texture-y stuff



“So repulsive I couldn’t recommend this product to even my worst vegetarian enemy.”

But compared to regular bacon, it's bad. Really, really bad. Not even close.

applied to the surface. For fun throw in some food coloring, artificial and natural flavorings, stabilizers, and preservatives . . .

“The instructions on the packaging read, 'Fry over LOW to MEDIUM heat, turning occasionally. DO NOT OVER COOK'— and boy, do they mean it. I don't know what that pinkish-red grainy texture-y stuff is, but if you're not careful, it goes from cooked to burnt in an instant. I accidentally burned the hell out of the first batch. To make it even more unappetizing, when cooked, it somehow developed these weird-looking bubbly pimples. When you cook it, it ends up as a dry, thin, crispy cracker.

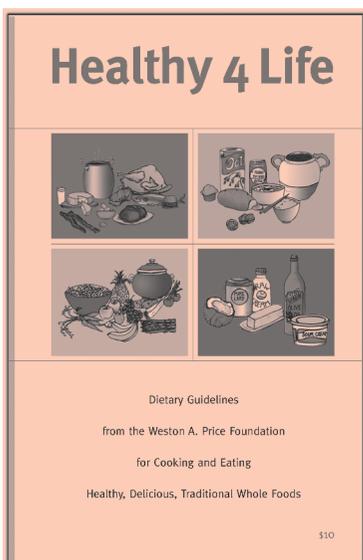
“How did it taste? I'll admit: it tastes like bacon. But compared to regular bacon, it's bad. Really, really bad. Not even close. It's too square, too artificial, too manufactured. This is supposed to be bacon, where the point is meaty, fatty, salty, smoky flavor.

“Some mad scientists in New Jersey have figured out how to synthesize a facsimile of the smell and flavor of bacon using ‘natural’ and ‘artificial’ flavors. It brings to mind the line by Jeff Goldblum in Jurassic Park: ‘Your scientists were so preoccupied with whether or not they could, they didn't stop to think if they should.’ So completely disconnected from the true item, and so repulsive, I couldn't recommend this product to even my worst vegetarian enemy.” 

Kaayla T. Daniel, PhD, CCN, is The Naughty Nutritionist™ because of her ability to outrageously and humorously debunk nutritional myths. A popular guest on radio and television, she has been on The Dr Oz Show, ABC's View from the Bay, NPR's People's Pharmacy and will appear this summer on PBS Healing Quest. Dr Daniel is the author of The Whole Soy Story: The Dark Side of America's Favorite Health Food, a popular speaker at Wise Traditions and other conferences, Vice President of the Weston A. Price Foundation and recipient of its 2005 Integrity in Science Award. To share your soy story or get a Special Report on recovering from soy and dealing with soy allergies visit www.wholesoystory.com.

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HEALTHY 4 LIFE Dietary Guidelines and Recipe Book

Our colorful, 84-page guidelines booklet with recipes is available. Instead of complicated formulas involving calories and grams, which most people don't understand, we simply recommend including high-quality foods from four food groups in the diet every day. The good groups are:

- Animal foods, including meat, dairy, seafood, and bone broths;
- Grains, legumes and nuts—properly prepared;
- Vegetables and fruits, including lacto-fermented products;
- Healthy fats and oils, including butter, lard, coconut oil and cod liver oil.

The feedback to this publication has been very positive. It is suitable for use in schools and inner city programs. To order online, go to www.westonaprice.org. Booklets are \$10 each or \$6 each for orders of ten or more.

Legislative Updates

POLICY UPDATE: FARM BILL AND GMOS
By Judith McGeary, Esq.

As many people predicted, it's looking more and more likely that the 2012 Farm Bill will actually be the 2013 Farm Bill. But the congressional saga is not yet done for the year.

STALLED BILL

The Senate passed its version of the Farm Bill in June, and the House Agriculture Committee passed its version of the bill in mid-July. The next step in a normal process would be for the full House to vote on the committee version, and then for the House and Senate to choose a conference committee to reconcile their versions of the bill. However, with the election looming, the House leadership decided to avoid holding a vote on the floor of the House in July. For the leadership, the problem was that the House might have actually voted down the bill, not to mention the prospect of ugly fights over amendments. Some Democrats will oppose the bill because of the deep cuts it makes in nutrition programs like SNAP (formerly known as food stamps) and some conservative Republicans will oppose it because those cuts aren't deeper.

The current Farm Bill (passed in 2008) does not expire until September 30th, so it is theoretically possible for Congress to finish this process and pass a new bill when they come back into session in September. Alternatively, the "normal" approach would be to pass a one-year extension to the 2008 Farm Bill, and let the next Congress argue it out.

But other, more unusual, proposals have also been floated in order to enable the Farm Bill to pass this year without members of the House being able to vote on amendments. For instance, the House could pass a one-year extension of the Farm Bill, or some other simple shell bill, but the conference committee would then develop a bill based on compromises between the Senate version and the House Agriculture Committee's version of the full Farm Bill. Although the full

House would have to vote on the final compromise, this messy process would skip the step where members of the House who are not on the Agriculture Committee would have a chance to amend the bill. Congress might also pass a short-term extension, just long enough to get past the election, and take the Farm Bill up during a lame duck session.

FARM BILL ISSUES

Unfortunately, there are a lot of things that should be amended in the House agriculture committee version. From gutting what little regulation currently exists for genetically engineered crops, to effectively abandoning country-of-origin labeling, the House bill is an ugly mess. How many of these flaws could get fixed on the House floor or during conference committee is far from clear.

Nonetheless, several sustainable agriculture organizations are pushing hard for Congress to pass a Farm Bill this year. The reason is that an extension of the 2008 Farm Bill would not cover several programs for beginning farmers, conservation and organic production, so these programs would lapse completely. These organizations have prioritized saving these programs over almost every other consideration.

This year's widespread drought adds another layer of public and political pressure to the equation. The Farm Bill contains many of the programs designed to aid farmers and ranchers in a disaster. The Democratic leadership of the Senate is arguing that the best way to address the drought is to pass a full Farm Bill that includes disaster programs. The House's approach, in contrast, was to pass a stand-alone bill in July that just dealt with disaster assistance. The House bill dealt mostly with programs to provide assistance to livestock producers who are not usually covered by crop insurance, and paid for it by cutting conservation programs. When Congress

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We used to have farm policies designed to try to smooth out some of the volatility of food markets without creating perverse incentives, by managing the supply of major commodity crops like corn, soybeans, wheat and other grains. These programs were dismantled in the 1980s and early 1990s.

re-convenes in September, the Senate will have to decide whether or not to pass the House's disaster bill, while the House continues to face the issue of whether or not to vote on the Farm Bill.

But this debate about short-term relief and the politics of the Farm Bill misses the big picture—why have so many farmers gone out of business despite the safety nets, and why are consumers facing higher prices for even low-quality food? Neither the House Committee version nor the Senate version addresses the fundamental problem, namely that government subsidies have created incentives for large-scale monocultures and industrial agriculture. Instead, both versions of the bill rely on a crop insurance program that sounds more palatable to the general public but changes very little in reality.

We used to have farm policies designed to try to smooth out some of the volatility of food markets without creating perverse incentives, by managing the supply of major commodity crops like corn, soybeans, wheat and other grains. These programs were dismantled in the 1980s and early 1990s, as discussed in the last issue of *Wise Traditions*. The first step in fixing this would be to create a grain reserve—a concept that dates back to ancient civilizations, which recognized the need (to which our current politicians appear oblivious) to have supplies of storable food in case of droughts or other disasters. Reserves can also be used to protect farmers when they have a great year, since overproduction drives down prices and can result in farmers going out of business just because of widespread crop success; with a grain reserve program, some of the bumper crop goes into the reserve to protect our food security and keep market prices from cratering. The National Farmers Union has a proposal for creating a farmer-controlled reserve program, but the current Congress has not even considered it. If the 2012 Farm Bill does indeed become the 2013 Farm Bill, we will have another opportunity to try to push for real reform to deal with the long-term problem of creating a stable food supply, rather than focusing on the latest crisis.

SPECIFIC FARM BILL AMENDMENTS

With no solid proposals to reform the fundamentals of the Farm Bill, our action alerts for

the 2012 Farm Bill focused on a few specific amendments that could have helped our farmers raise nutrient-dense foods with less interference from the government.

Thank you to everyone who took the time to act on the action alerts! Your calls do make a difference. After analyzing the senators' votes on the amendments discussed below, it appears that your calls turned several senators from likely "no" votes to "yes" votes. Even though the amendments did not pass, each legislator we influence brings us one step closer to winning next time.

On the Senate side, WAPF asked for your calls to support two long-shot amendments. The first, the DeMint Amendment, would have stopped mandatory Checkoff programs. There are currently eighteen mandatory "Checkoff" programs. Under these programs, anytime a farmer sells a cow or a gallon of milk or any other covered commodity, the farmer is legally required to pay a fee to industry-run organizations. These funds are used to pay for things such as the "Got Milk?" and "Pork, the other white meat" advertising campaigns. These advertising campaigns benefit primarily the retailers and grocery stores, yet the farmers are stuck paying the bills. When it comes to raw milk, the industry adds insult to injury by promoting only pasteurized milk products and even running ads against raw milk—but they still require raw milk farmers to pay to support those ads. The DeMint Amendment would have barred any Checkoff program from being mandatory, so that our farmers would no longer be coerced to support advertising efforts that are not in their interest.

The following Senators voted yes, supporting farmers' choice: Ayotte (R-NH); Brown (R-MA); Burr (R-NC); Coats (R-IN); Coburn (R-OK); Cornyn (R-TX); DeMint (R-SC); Graham (R-SC); Hatch (R-UT); Heller (R-NV); Johnson (R-WI); Kyl (R-AZ); Lee (R-UT); McCain (R-AZ); McConnell (R-KY); Murkowski (R-AK); Paul (R-KY); Rubio (R-FL); Sessions (R-AL); Toomey (R-PA).

The second amendment WAPF supported was the Sanders Amendment to permit states to require that any food, beverage or other edible product offered for sale have a label indicating that the food, beverage or other edible product

contains a genetically engineered ingredient. State efforts to require labeling of genetically-engineered foods have been met with threats that the biotech industry will sue any state that dares pass such a law, and the Sanders Amendment would have explicitly recognized that states are not limited by federal law on this issue. The Sanders amendment would also have required the FDA and USDA to provide a report within the next two years to specify how much of our country's food and beverages contain genetically engineered ingredients.

The following Senators voted yes: Akaka (D-HI); Begich (D-AK); Bennet (D-CO); Blumenthal (D-CT); Boxer (D-CA); Cantwell (D-WA); Cardin (D-MD); Feinstein (D-CA); Inouye (D-HI); Johnson (D-SD); Kerry (D-MA); Lautenberg (D-NJ); Leahy (D-VT); Lieberman (ID-CT); Manchin (D-WV); Merkley (D-OR); Mikulski (D-MD); Murkowski (R-AK); Murray (D-WA); Reed (D-RI); Rockefeller (D-WV); Sanders (I-VT); Tester (D-MT); Udall (D-NM); Whitehouse (D-RI); Wyden (D-OR).

Several other amendments that WAPF asked you to call about were blocked before coming to a vote. This was bad news for Senator Tester's Seeds and Breeds Amendment (guaranteeing funding for non-GMO research) and Senator Paul's Raw Milk Amendment (removing the ban on interstate transport of raw milk). However, it was good news when it came to Senator Feinstein's amendment to impose new regulations on laying hen operations, which WAPF opposed. Although we recognize the problems with the factory farm conditions, Feinstein's bill could have unintended consequences for pastured poultry farmers due to labeling and euthanasia provisions.

On the House side, we knew the House Agriculture Committee would be generally difficult for our issues, and the committee's version of the bill includes several damaging provisions: essentially conceding to WTO pressure on County-of-Origin Labeling, undermining live-stock market reforms, and fast-tracking approval of new genetically engineered crops. However, on the one amendment that WAPF supported, the committee did adopt a pared-down version, Representative Chellie Pingree's amendment to help small-scale slaughterhouses. The approved

amendment requires the USDA to submit a report to Congress on what needs to be done to meet the needs of small processors. Although it's narrower than we had hoped for, it can be used to lay the groundwork for more reforms in the next legislative session.

ANIMAL ID

Many WAPF members responded to the alert to call their congressman to express their opposition to the USDA's new animal ID rule—thank you! Although Congress did not cut the funding for the program, the calls triggered several offices to inquire more about the issue and raise concerns with the Office of Management and Budget (OMB). At the same time, a coalition of organizations is also urging OMB to send the rule back to USDA on the grounds that the agency has not addressed the real costs. We met with OMB staff in late June for a face-to-face discussion, and sixty-two organizations then sent a joint letter as follow-up. See page 78 for a few excerpts.

Typically, if OMB does not raise concerns about the costs or regulatory burdens imposed, a rule is finalized within ninety days after being sent to the OMB. At the time this article goes to press, over one hundred twenty days have passed since USDA sent the animal ID rule to OMB for review, and it has not yet been finalized. Under federal law, the OMB is not allowed to say more than the simple fact that the rule is going through the interagency review process, but the delay indicates that OMB is looking closely at some of the issues we raised.

LABELING GMO'S: THE CALIFORNIA BALLOT INITIATIVE

With state legislatures and governors caving to pressure from biotech companies, the tactic of taking the issue straight to the voters has become one of the few hopes for mandatory labeling of genetically engineered foods. California Proposition 37 would require clear labels letting consumers know if foods are genetically modified and barring companies from labeling foods that contain GMO's as "natural."

Unsurprisingly, companies like Monsanto and DuPont and their trade associations are fighting the proposition tooth and nail. Conventional

Many WAPF members responded to the alert to call their congressman to express their opposition to the USDA's new animal ID rule—thank you!

EXCERPTS FROM LETTER TO THE OMB ON ANIMAL ID

Contrary to assertions made by the USDA, the proposed rule exceeds the threshold to be recognized as economically significant. The cost of the proposed rule to the U.S. cattle industry alone is far in excess of \$100 million, and there will be additional significant costs to ancillary cattle-related businesses (such as sale barns and veterinarians) and to small-scale poultry farmers and backyard poultry owners.

As proposed, the ADT rule would ultimately require that every bovine that crosses state lines be tagged with an official form of identification. The identification number would have to be recorded on a certificate of veterinary inspection (CVI). Businesses such as livestock sale barns and veterinarians would have to keep records of the official identification for each animal for five years. The implementation of these requirements would occur in two phases, beginning with dairy cattle and cattle over the age of 18 months (commonly referred to as “breeder cattle”) and then covering cattle under that age (commonly referred to as “feeder cattle”).

In estimating the costs, USDA made several deeply flawed assumptions, discussed below.

The estimate that it would cost only eighteen cents in labor costs to apply the tag is based on the claim that it takes only one person one minute to tag a cow. But cattle are living animals, not inanimate objects. Cattle do not always run quickly and quietly through chutes, nor do they stand perfectly still to have their ears tagged. It typically requires a team of multiple people to manage these large, powerful animals. ... The time and labor involved is not only the exact moment of placing the tag, but gathering the cattle, sorting the calves from the adult cows, running them through the chutes, restraining each animal individually and placing the tag. The amount will vary based on the conditions, number of animals, behavior of the animals, type of equipment used and the handlers’ experience. A more realistic estimate for all of the labor involved would be anywhere from 5-12 minutes with a crew of three people, at a cost of \$2.70 - \$6.48 in labor. ... A study from North Dakota, which involved tagging 14,432 calves, estimated the cost of labor at \$7 for working the calves, tag placement and documentation combined.

Even assuming that USDA is correct that 35 percent of the cattle that would be subject to the rule are already using official identification, that means that at least 19.5 million cattle will be subject to new regulatory requirements under the rule. Based on the North Dakota study, that would mean a cost of \$331 million to \$526 million for cattle owners, not including the cost of the tags or the tag applicator. The North Dakota study also did not include the costs from the risk of injury to people or the requirement for certificates of veterinary inspection, so the true costs would be even higher.

Under the proposed rule, poultry moving interstate must be officially identified either through group identification or with a permanent sealed and numbered leg band. There are no exceptions to the ID requirement, and they apply to both the person who sends and the person who receives the animals. “Group identification” is defined so that it only applies when a “unit of animals” is managed together as one group “throughout the preharvest chain.” This definition describes the management practices at large, vertically-integrated facilities, but does not apply to the majority of small-scale poultry owners who frequently commingle poultry of different ages and from different sources.

In part because of the issues discussed below, the USDA Secretary’s Advisory Committee on Animal Health recommended that no new regulatory requirements be imposed on poultry owners.

CONCLUSION

The USDA has failed to conduct the required comprehensive cost-benefit analysis of the ADT rule. At numerous points in its analysis, the agency failed to consider available data showing that the scope of the rule and its impact on the industry would be far broader, and its costs far more extensive, than the agency admitted. We urge the OMB to return the rule to USDA for a thorough and complete analysis, which must acknowledge that the rule is economically significant.

food groups, such as the Grocery Manufacturers of America, have declared the defeat of this consumer-right-to-know provision one of their “top priorities.”

The controversy over Proposition 37 has brought new attention to the issue of “corporate organics” and so-called “natural” brands because many of these companies have joined forces with the biotech industry to fight labeling. The reality is that many natural and organic brands are actually owned by the handful of huge companies that control so much of our food supply. These companies don’t support organic or natural food products—they have simply purchased the brands in order to grab a share of what they view as a lucrative niche market. These companies often sell more food that has GMO ingredients than organic food and don’t want consumers to have a choice about the GMO. They especially don’t want consumers to know what is actually in their so-called “natural” products.

Most people assume that “natural” foods don’t have genetically engineered ingredients, but that is false. For example, Kashi, which proclaims its passion for “healthy, all-natural foods,” has GMO soy in its ingredients. Kashi is owned by Kellogg’s, the multinational food manufacturing company that has contributed six hundred twelve thousand dollars to defeat Prop 37 and keep GMO labels off their products.

Even some certified organic brands have played the same shell game. Honest Tea, for example, is USDA-certified organic, but is owned by Coca-Cola, which has contributed more than one million dollars to defeat GMO labeling in California. Coke also owns Odwalla, which produces “all-natural juices” and “nourishing protein bars,” and supposedly supports sustainable agriculture.

Silk carries the “Non-GMO Project Verified” seal on its soy milk, coconut milk and almond milk products. Both Silk and the Horizon Organic brand tell their customers that the brands oppose GMOs. Yet both are owned by Dean Foods, which has contributed two hundred fifty-three thousand dollars to defeat GMO labeling.

Seeds of Change, the organic seed and food company, is owned by candy giant Mars, which contributed one hundred thousand dollars to defeat GMO labeling. General Mills, which owns

Cascadian Farms Organic, Muir Glen, and Larabar, contributed five hundred twenty thousand dollars. Smucker, which owns R.W. Knudsen and Santa Cruz Organic, contributed three hundred eighty-seven thousand dollars.

In contrast, a few companies that are truly committed to organic and natural health have donated to support Proposition 37 and consumers’ right to know. These companies deserve a special thanks for their commitment: Nature’s Path, Dr. Bronner’s, Lundberg, Amy’s, Clif Bars, Annie’s Homegrown, Nutiva, Organic Valley, Glutino, Earth Balance, Udi’s Gluten-free, Late July Organic, OrganicVille, Sambazon, Eden and Earthbound Farm Organic. In addition, Dr. Mercola has donated eight hundred thousand dollars, and individuals from across the country have donated over seven hundred thousand dollars to the Organic Consumers Association’s Fund for this campaign.

Whether you live in California or not, Proposition 37 will affect your food supply. The corporate giants are determined to defeat it because mandatory labeling of GMOs in California would inevitably create huge pressure for nationwide labeling. If you live in California, take some time to volunteer to help spread the word in your community. And for those elsewhere in the country, you can also help by reaching out to anyone you know in California, as well as donating to the campaign.

To see how much money different companies have donated, both for and against Proposition 37, go to <http://cal-access.ss.ca.gov/Campaign/Measures/Detail.aspx?id=1344799&session=2011>

For more information on the California Right to Know campaign, visit <http://www.carighttoknow.org>. 

Whether you live in California or not, Proposition 37 will affect your food supply.



A Campaign for *Real Milk*

RAWMI: THE RAW MILK INSTITUTE

By Mark McAfee, Founder, Organic Pastures Dairy

For years, we have all known that raw milk production and consumption has been oppressed and hobbled by regulators and the huge dairy processors that are politically and economically tied to the regulators. After all, the processors do not like raw milk. They do not make any money on raw milk simply because raw milk does not ever get processed. Raw milk bypasses the processors and directly connects the farmer to the consumer—economically, nutritionally and spiritually.

High quality raw milk is a horror story for processors because processing is a method to fake high quality using technology to cover-up CAFO filth; and in the processing, the most allergenic food in America is created. Compounding their challenges, more and more humans cannot consume processed milk because of lactose intolerance.

High quality raw milk cannot be outsourced from China and it cannot be faked. High quality raw milk can only come from high quality ethical farmers who care and invest in their systems and conditions from “Grass to the Glass.”

THE SAFETY CARD

Processors and their friends in the FDA continuously use the Food Safety Card against raw milk. It is now time to establish a record of truth, a raw milk food safety record to demonstrate to the world that raw milk is a very safe food and can be reliably produced when standards are applied with care.

On March 25, 2010, Whole Foods Market discontinued raw milk in all of its stores nationally, including fifty-five California stores, eight stores in Pennsylvania and additional stores in Washington, Connecticut and other states. One of the leading reasons they gave for this action was the total lack of uniform national standards for raw milk. Raw milk in California was not the same as raw milk in Connecticut. Although

we in the raw milk movement were not happy about Whole Foods cutting-off raw milk sales, their argument did have some validity.

Nationally, raw milk standards are literally a scattered chaotic mess, and the dairy processors, national brands and the FDA love it this way. Raw milk is illegal in some places and it is legal in other places. In some places, it can only be sold on the farm but with no signs to advertize. Strangely it is legal to be sold in some places if fewer than 23 quarts per day are offered for sale and illegal if more than 23 quarts are sold. In some states it can be sold if you buy the cow or part of a cow. In Florida it can be bought as pet food. The U.S. raw milk situation has been intentionally configured to be a total mess.

For many years those of us in the raw milk movement saw this situation festering and brewing. We have heard farmers all over America saying, “Somebody help; somebody set some standards and lead us away from this chaos.” We waited and waited. Years passed and no one stood up to lead raw milk to a better place, a place of consistency, pride, safety and transparency, with high ethical standards that everyone, regardless of size or location, could achieve.

In this vacuum, The Raw Milk Institute (RAWMI) was finally born in late summer of 2011. The mission was to mentor and assist farmers and to establish “Common Standards” for raw milk production. This effort would assist consumers in their efforts to find and identify high quality, dedicated, committed raw milk producers and be able to see and understand their food safety efforts.

It has long been known that few consumers really know what to look for in their raw milk producer and farmer. The evidence of safe raw milk production is not easily seen from out in front of the barn gate or from the on-farm store. The evidence lies very deep in the practices of the farmer from “Grass to the Glass.” The evidence

A Campaign for *Real Milk* is a project of the Weston A. Price Foundation. To obtain some of our informative *Real Milk* brochures, contact the Foundation at (202) 363-4394. Check out our website, www.RealMilk.com for additional information and sources of *Real Milk* products.

of a farmer's hard work and efforts are found in the quality of the water source, the temperatures reached during cleaning, the feeds given to the cows, the bacteria counts of their finished products and so many more things that cannot be easily appreciated from the outside looking in.

THE RIGHT MESSAGE

At first, many raw milk farmers saw RAWMI as big brother coming to regulate raw milk producers and tell everyone what to do and how to do it. RAWMI was initially not welcomed and in fact it was shunned by many. RAWMI learned from this speed-bump and made some modifications to its voice and its mission. Instead of being the “responsible voice of raw milk,” RAWMI became “a tool and resource for raw milk producers.” This worked—invitations to mentor and help farmers started to flow in.

RAWMI STANDARDS

After working for more than eight months, RAWMI completed a vetting process that included:

1. A review of the RAWMI Common Standards by members of the RAWMI executive advisory board.

2. A review by farmers nationally and internationally.
3. A review by the California Secretary of Agriculture Small Herd Working Group members, which included the Department of Public Health, the California Department of Food and Agriculture (CDFA) state vet, and members of the County Health Department Medical Directors, as well as many small dairy operators.

The RAWMI Common Standards were officially published by the RAWMI directors in July 2012. The Common Standards are unique because they do not mandate how a farmer must produce raw milk. Instead, the Common Standards set the standard for how all raw milk should measure when produced properly using whatever production systems that the farmer may choose, depending on the size and location of the operations. Each farm and location is different and those differences are embraced by RAWMI. The Common Standards also go beyond any other standards and mandate that each farm develop and follow its own food safety plan to achieve success consistently. Each plan is different and reflects the farmer's innovations, location, conditions and size.

Each farm and location is different and those differences are embraced by RAWMI.



Charlotte Smith (left) of Champoeg Creamery in Oregon, first RAWMI listed raw milk farmer, pictured here with Mark McAfee (center) and Blaine McAfee (right).

RAWMI is a way for consumers to be able to identify high quality sources of raw milk and know that a third party has audited their systems.

OUTBREAK IN OREGON

In Oregon, twenty-three people were seriously sickened in February 2012 after consuming raw milk from a cow share operation. As a result of this outbreak, RAWMI was invited to provide training and additional assistance to more than fifty small Oregon raw milk dairy farmers who made the decision to stand together, embrace standards and improve raw milk production. The first RAWMI listed dairymen came out of this training and mentoring experience.

We are very proud to announce Champoeg Creamery and its owner Charlotte Smith as being the first "RAWMI listed" raw milk dairy operation in North America. Charlotte will be speaking about her RAWMI experience and the tools that RAWMI brings to her operations at the Santa Clara WAPF convention in November 2012.

It is hoped that more small dairy operations will follow her example and join RAWMI and become listed.

TRANSPARENCY

We have seen a national trend towards some raw milk producers "secretly hiding and being scared of transparency." We do not blame producers who hide away from exposure. In many parts of the U.S. raw milk production is illegal and hiding is required.

However, it will be very difficult to advance raw milk food safety or establish a track record of safety and increase consumer access to raw milk, if raw milk producers do not come out of hiding. RAWMI is not about hiding; it is about standing up and leading the way forward with pride and hard work.

So many small dairy operators fear government and fear exposure and this is not without merit or good reason. RAWMI is a tool that can

help farmers understand their own challenges and manage these challenges. RAWMI is a tool to allow transparency of the bacteria counts that each farmer should be so proud of. RAWMI is a way for consumers to be able to identify high quality sources of raw milk and know that a third party has audited their systems.

A RAWMI Listed Dairyman is connected to a broader brotherhood of like minded dairymen who challenge themselves every day to achieve excellence. These RAWMI listed dairymen act as mentors for one another and support each other in times of need. Most importantly, a RAWMI listed dairyman has a plan to help him avoid a time of need.

When the RAWMI listed seal is seen, consumers will know what they are buying and feeding their families.

Not everyone will embrace this new openness. Not everyone will want to stand up and establish a track record where there was none before. RAWMI is for pioneers who want to change the world and make it a healthier place for all to live, one baby, one family and one farmer at a time. RAWMI listed farmers will be a group of pioneers who will fear little because they will have done the hard work to assure excellence in their raw milk products.

The line to become RAWMI listed has formed and we now have many farmers interested and have submitted applications to follow Charlotte's lead. A brave new world of transparency and openness has been established and now it is up to us to join and support RAWMI as we establish a track record and prove that raw milk is safe and healing.

THE BENEFITS TO FARMERS

Each RAWMI listed farmer will have their own portal at www.rawmilk institute.org to dis-



play three essential pieces of information about their operations. That information includes:

1. The farmer's story and website.
2. A copy of their RAMP food safety plan showing the "Grass to Glass" efforts that they make to assure the very best raw milk possible.
3. Raw milk bacteria counts and testing results.

This type of transparency is something that consumers have been quietly demanding for years. It is also a way for the hard work and efforts of the farmer to be displayed and appreciated. When one hundred dairies are listed and showing their data, the FDA will have a pretty darn hard time denying the cold clean raw milk facts.

CALIFORNIA

It is interesting that not all localities have embraced RAWMI. In California, for instance, the political climate for micro-dairies has been less than inviting. In fact the situation in California is dynamic and changing. In 2013, a bill will be introduced in California to legalize the sale of raw milk off the farm as long as the farmer has three or fewer cows and sells to the final consumer directly off of the farm.

The draft is not final, but the content has pretty much already been negotiated with all the powers in charge. This happened as a result of the efforts of the "CDFA Small Herd Working Group" and the engagement and work of CDFA, Department of Public Health and the state vet along with cow share owners and yes, RAWMI was at all seven of the meetings.

This is huge progress and signals a "cease fire" in the CDFA attack against the California family cow and local consumption and sale of raw milk. RAWMI has been a part of the development of the voluntary self-certification standards that were drawn up at the working group, but RAWMI still appears to be an outsider for some micro-dairies because of the distrust for political process that so many of the family cow operations have had with state regulators. Some would rather hide than engage. As time passes more and more of the California small dairies are changing their attitudes and RAWMI is becoming more of a resource as transparency and food safety become more essential in the relationship between farmer and consumer.

In other states this political dynamic appears to be a reflection of the local situation. In Oregon there is little or no hesitancy to engage and become transparent.

FOOD SAFETY IS THE FUTURE

Food safety and testing are all new to most micro-dairies. Time and demonstrated RAWMI utility will change things. I can imagine a time when raw milk dairies will brag about their RAWMI testing numbers and RAWMI will become a place to read consumer raw milk testimonials that are FDA-banned at their own farmers' websites. RAWMI portal data will become something you take to your bank or your insurance agent for access to lower premiums. RAWMI portal data will be a household reference point for consumers seeking to learn about their food sources. We should all work to accomplish this as a goal. It will be good for farmers, consumers, cows, the earth and America.

The evidence collected by RAWMI is irrefutable and everyone, even our government, will be able to review and see the facts for themselves. RAWMI is a market builder and teaching organization.

Market building and teaching are the two most effective tools that can be used against the highly corrupt pasteurized milk commodity systems that ignore consumer health, raw milk test data, CDC and NIH research science and farmer sustainability. After all, the processors love a farmer that sells them milk at below cost.

It has been said that things are cheaper if you can steal them. That is exactly the paradigm of thought that runs through the minds and checkbooks of modern day processors and their dairy farm-killing, allergy-causing,

THE WISCONSIN RAW MILK ASSOCIATION

The Wisconsin Raw Milk Association (WRMA) (<http://www.wisrawmilkassociation.com>) is a small grassroots group of farmers and consumers committed to changing the raw milk laws in Wisconsin. The WRMA is presently working to pass a law legalizing the sale of raw milk and raw milk products, while ensuring a safe supply.

The Wisconsin Raw Milk Association is actively negotiating to get legislation introduced and passed that would legalize on-farm sales of raw milk. This would not only make on farm sales legal but would also further protect private food clubs. There are only a handful of producers, a small number of consumers and one lobbyist doing this work. The opposition has many lobbyists and financial supporters, a well-developed marketing campaign, an apathetic public, DATCP, public health professionals and the despotic federal agencies.

Andrew Mastrocola, Jefferson/Waukesha Chapter Leader, and others are spending much time and their own limited money to help this situation. They are calling for help. If you are able to donate to their efforts, see <http://pledgie.com/campaigns/17430>

lactose intolerance-inflicting brand interests.

Raw milk has entered a new century and will become a food with a new earned respect because of the hard work of farmers and the direct support of their consumers. RAWMI is a tool to get this done.

If you would like to become RAWMI listed or you know a farmer that could be assisted by RAWMI, please contact us. We are a 501c3 non-profit that is at your Raw Milk service.

Visit www.rawmilkstitute.org and donate your dollars to assure that this vision and its goals are accomplished. Our farmers need this support and our next generations need this food. A unified voice with common standards for safe clean raw milk is rapidly becoming reality and soon many

farmers will be RAWMI listed and supported. RAWMI is allied with Cow Share Canada and shares a similar vision and mission. 

Mark McAfee is the founder and CEO of Organic Pastures dairy in California, supplying raw milk to thousands of Californian children and their parents. He is also the founder of the Raw Milk Institute.

BACK ISSUES OF **WiseTraditions** AND OTHER INFORMATIVE LITERATURE

Fall 2005	Cod Liver Oil, Dioxins in Animal Foods, Rocky Mountain Oysters, Dairy Research, The Blood Moon
Summer 2006	Grain Issue: Gluten Intolerance; Healing from Celiac Disease; Gluten-Free Recipes; Food Allergen Labelling
Fall 2006	Is Vitamin D Toxic?; Sunlight and Melanoma; Vegetable Oil Nightmare; Saturated Fat Attack; Picky Eaters
Winter 2006	History of Organic Agriculture; Making Our World GM-Free; Vitamin D for Infants; Legumes
Summer 2007	Tuberculosis: The Excess Iron Connection; Traditional Diet of Mongolia; Lunch Box Meals; Bovine TB
Winter 2007	Children's Issue: Gut and Psychology Syndrome; Vitamins for Fetal Development, Traditional Remedies
Summer 2010	Activator Update; Holistic Treatment for Allergies; Acid Reflux; Dangers of Root Canals; Soul Food Recipes
Fall 2010	Essential Fatty Acids; Magnesium; Healthy Skin; Sacred Foods for Children; Tale of Two Calves
Winter 2010	Joel Salatin on the Politics of Food; Saving the Polish Countryside; Biological Farming; Bitters; Glutathione in Raw Milk
Spring 2011	Liver Health; Vitamin B6; USDA 2010 Dietary Guidelines; Good Breakfasts; Stoneware; Cheese is Serious
Summer 2011	Sulfur Deficiency; The Importance of Salt; The Senomyx Scandal; Why We Crave; Raw Milk Safety
Fall 2011	Pork - Live Blood Analysis Study; Pork Recipes; The Accumulated Wisdom of Primitive People; Protein Primer
Winter 2011	Dental Implants; Cavitation Surgery; A GAPS Case Study; Trans Fats in the Food Supply
Spring 2012	Good Fats, Bad Fats; China Study Myth; Salt and Our Health; Sustenance from Soup; Soy and Thyroid Cancer
Summer 2012	Nutrient Deficiencies from Drugs; Vaccination Update; Raw Milk Microscope Study; GAPS Diet for Mental Illness

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RAW MILK UPDATES
by Pete Kennedy, Esq.

MISSOURI – BECHARD FAMILY FARM

On July 31 Armand and Teddi Bechard entered into a consent agreement with the State of Missouri, ending a case that began in 2009. On two occasions in the spring of 2009, undercover agents from the Springfield-Greene County Health Department allegedly purchased raw milk at the Bechards' central delivery point, a health food store parking lot in Springfield.

The Missouri State Milk Board through the state attorney filed a lawsuit to enjoin the Bechards from delivering raw milk and cream to their customers at a central distribution point. Missouri statute allows for the sale and delivery of raw milk by unlicensed farmers; however, the Milk Board was insisting that raw milk could only be delivered to the customer's residence while prohibiting delivery at a central distribution point. The Greene County district attorney's office also brought a criminal action against Armand for allegedly selling milk at a premises off the farm; he was later acquitted on appeal in January 2011.

FTCLDF General Counsel, Gary Cox, provided the following summary of the settlement: "On July 31, 2012, Armand and Teddi Bechard entered into a settlement agreement with the Missouri State Milk Board over allegations that the Bechards illegally sold raw milk at a parking lot. The consent judgment, signed by Judge Michael J. Cordonnier, enjoins the Bechards from selling milk to 'strangers' who have not previously arranged for the sale and purchase of raw milk from the Bechards.

"However, the Bechards are free to sell raw milk to anyone they want and, after the sale has been arranged, can deliver the raw milk anywhere they want. In fact, the Bechards are allowed to deliver the raw milk to the customer's home, to a central distribution point like a parking lot in a shopping center, or to the customer at the Bechards' own farm.

"The prohibition against selling raw milk to 'strangers' would mean that the Bechards, when making a delivery to a central distribution point or at any other location, could not sell milk to anyone who 'walks up' to them and who has not previously arranged for the sale and purchase of the raw milk. In entering into the consent judgment, the Bechards did not make any admissions to any of the State Milk Board's claims or allegations."

WISCONSIN – VERNON HERSHBERGER

The trial of Loganville dairy farmer, Vernon Hershberger, for four alleged criminal violations of the Wisconsin food and dairy code has been postponed until January 7, 2013 at the Sauk County courthouse in Baraboo; Judge Guy Reynolds has set aside five days for the trial. The trial was originally scheduled to take place on September 25 (see *Wise Traditions* Spring and Summer 2012 issues for background).

Hershberger, who had been representing himself since the criminal complaint against him was filed, has retained the Farm-to-Consumer Legal Defense Fund (FTCLDF) to represent him at the trial. FTCLDF vice president and Wisconsin attorney, Elizabeth Rich, will be litigating the case for the Fund.

The latest pretrial hearing in the Hershberger case was held on July 11. During the hearing, Judge Reynolds ruled on motions filed by the Wisconsin Attorney General designed to prevent the jury from hearing information presented by the defense on the U.S. or Wisconsin constitution, Hershberger's religious beliefs and jury nullification as well as a request to prohibit any comment on the effect a conviction would have on Hershberger. The filing of the motions was an indication of the state's concern about the courageous farmer's popularity in the community and throughout Wisconsin. The state attorney general's office and the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) are determined to keep any focus off of how DATCP has made it difficult for dairy farmers to make a living and how the agency has limited consumer freedom of choice by cracking down on raw milk sales.

FEDERAL – CDC LETTER

The Centers for Disease Control (CDC) continued the federal government's ongoing campaign to prohibit raw milk sales and consumption in a July 18 letter to state epidemiologists and public health veterinarians entitled, "The Ongoing Public Health Hazard of Consuming Raw Milk." The letter, written by Dr. Robert Tauxe, states that its purpose "is to provide state and territorial public health officials with information and resources on the risks of consuming raw milk and other unpasteurized dairy products." After trotting out the usual statistics and arguments about the dangers of raw milk, the letter concludes by stating that "to protect the health of the public, state regulators should continue to support pasteurization and consider further restricting or prohibiting the sale and distribution of raw milk and other unpasteurized dairy products in their states."

The fact that CDC was moved to send the letter to state officials can be interpreted as an indication that the federal government realizes that its fight to further restrict or prohibit raw milk sales has not gone well. Demand for raw milk continues to increase and there has been little or no call for further restrictions on raw milk sales or distribution even in states where there have recently been foodborne illness outbreaks attributed to raw milk consumption. The law more likely to fall now isn't any state law allowing the sale of raw milk but rather the federal law prohibiting it from crossing state lines.

MINNESOTA – MICHAEL HARTMANN

On June 29 a pretrial hearing was held for Gibbon farmer Mike Hartmann in connection with nine criminal charges brought against him for alleged violations of the state food and dairy code. Hartmann's wife Diane, his brother Roger Hartmann, and alleged dropsite coordinator Linda Schultz all face the same charges but none was at the hearing; (see *Wise Traditions* Summer 2012 issue for background). Diane Hartmann was scheduled to appear for the hearing; when she did not show up, Judge Perkins issued a warrant for her arrest and incarceration. The judge had previously issued an arrest warrant for Roger Hartmann and Schultz after neither appeared for a May 3 hearing in the case.

At the June 29 hearing, the judge entered a not-guilty plea for Hartmann when the farmer refused to enter a plea himself. Judge Perkins scheduled Hartmann's trial to begin on August 28 in the Sibley County District Court. Mike Hartmann and the other defendants are charged with one gross misdemeanor and eight misdemeanor counts. Maximum penalties are one year in jail and/or a \$3,000 fine for the gross misdemeanor and ninety days in jail and/or a \$1,000 fine for each misdemeanor.

MINNESOTA – ALVIN SCHLANGEN

Trials for criminal charges against Freeport poultry farmer, Alvin Schlangen, in Hennepin and Stearns Counties, were rescheduled. The Hennepin County trial for four alleged violations of the state food and dairy code was rescheduled to begin on September 17, 2012; the Stearns County trial on six alleged violations of the food and dairy code is set to begin October 9 (see *Wise Traditions* Summer 2012 issue for background). In addition to the criminal trials, Schlangen is also a party to an administrative hearing in which the Minnesota Department of Agriculture (MDA) is seeking an order suspending Schlangen's sales for eleven alleged violations of the state food and dairy code; a hearing on the matter has been scheduled for December 4. The discovery phase of the case has been underway since the winter with MDA trying to get information from Schlangen relating to the operation of food buyers clubs the farmer has managed in the past and present. Schlangen requested a stay of the case from administrative law judge, Manuel Cervantes, on the grounds that evidence disclosed in the administrative matter could be subsequently used against him in the criminal case, destroying his fifth amendment privilege; the judge denied the request and, instead, issued a scheduling order for the case. MDA would likely use an order suspending Schlangen's sales as a pretext for seeking fines or possibly further criminal charges for future conduct the department regarded as violating the food and dairy code.

MDA's treatment of Schlangen and Hartmann amounts to nothing more than bullying farmers who have stood up to the department's efforts to restrict food freedom in the state in an attempt to discourage other farmers from doing the same. Minnesota remains the most draconian state in terms of raw milk enforcement.

NEW HAMPSHIRE – RAW DAIRY BILL

On June 7 a bill was signed into law providing that "a milk producer-distributor who daily produces for sale less than 20 gallons of raw milk or processes less than 20 gallons of raw milk into cheese aged at least 60 days, yogurt, cream, butter, or kefir shall not require a milk producer-distributor license, provided these products are offered as direct sales from the producer-distributor's own farm, farm stand, or at a farmers market to the food consumers within the state of New Hampshire only." The dairy amendment creates an opportunity for producers to increase their income by selling value-added products, something very few other states allow. It is difficult to see why states have not legalized the sale of raw dairy products other than milk and cheese aged sixty days because in the states where the sale of raw butter, cream and yogurt have been legal there are few, if any, cases of foodborne illness attributed to the consumption of these products. The sale of aged raw cheese is legal in every state but even small-scale cheese producers are subject to burdensome dairy plant requirements to be in compliance.

In addition to expanding the kinds of raw dairy products that can be sold, the bill also allows the sales to take place at farmers markets. Most states that have legalized the unlicensed sale of raw milk have limited sales to the farm, decreasing the producer's potential customer base. The bill (HB 1402) is a significant step in opening up new markets for small-scale raw milk producers.

For the latest developments on raw milk issues, go to www.thecompletepatient.com.

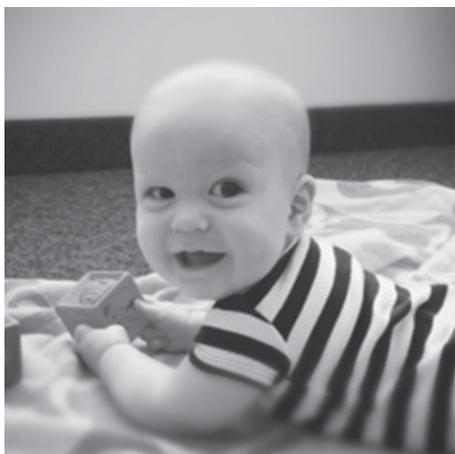
Healthy Baby Gallery

WAPF baby Anders Ross arrived ten days before his due date and weighed nine and one-half pounds! He was born at home after a three-hour labor. He never developed cradle cap, acne or any of the other baby health issues and only ever spit up around five times—and all five times after his mother attended holiday parties and indulged in sugary foods. Anders is now ten months old and his favorite foods include buffalo, steak and kombucha. Anders has never been sick and is a highly intelligent, happy and sweet little guy.



Weston Sage Alberlan is pictured here at eight and one-half months and thirty pounds. Still almost exclusively breastfed, he is shown sampling one of his favorite foods—dirt. Mom spent many years recovering her health with whole, organic, traditional foods after an over-medicated first birth experience. Her diet during pregnancy consisted of lots of pastured organic eggs, raw grass-fed milk, grass-fed beef, organic pork and chicken, organic and fermented fruits and veggies, and sprouted grains. Mom was impressed that after eating (and eating, and eating!) these foods (and going easy on sugar and gluten), baby Weston weighed over nine pounds at birth, over one pound *smaller* than her first son. Weston is even-tempered, healthy with no vaccinations, and has achieved early and effortless milestones. Mom and Dad both want to thank the Weston A. Price Foundation for providing the information that has allowed them to build a happy, healthy family.

At almost ten months, WAPF baby Sylvie Kastning couldn't be healthier! In fact, mom's chiropractor looked at her spine and felt her gut and said she has never seen such a healthy gut (by feel). She asked what I was doing and I told her about WAPF. She had not heard of WAPF, but was in total agreement with how awful grains are for babies. She was eager to get more info and tell all her mom patients! And she made sure to tell me to keep doing what I'm doing! Thank you for helping me raise a healthy and happy baby!



Logan George Laber arrived without a hitch at home. He was built on grass-finished meats, lots of bacon, eggs, pastured butter, fermented cod liver oil, sauerkraut and coconut oil. Mom was adjusted throughout pregnancy and experienced an efficient six-hour labor. He was adjusted the day he was born and regularly since, having two chiropractors for parents. His first food was egg yolk with bone broth at about six months and he did great! A happy and healthy babe!

Please send photos of healthy babies to Liz Pitfield at liz@westonaprice.org. Photos must be labeled with the baby's first and last name and accompanied by an email with text.

THE INTERAGENCY AUTISM COORDINATING COMMITTEE (IACC) MEETING, JULY 10, 2012
Report by Kimberly Hartke



Protestors turn their backs on Kathleen Sebelius, Secretary of the U.S. Department of Health and Human Services (pictured below).



Kathleen Sebelius, Secretary of the U.S. Department of Health and Human Services, welcomed the new committee saying, "The need for answers has never been greater." She told the committee that autism is one of the top three national health priorities for the Obama Administration.

Her remarks at the meeting prompted a quiet demonstration by a dozen people in the audience gallery. They stood up and turned their backs on Sebelius, and remained so the entire time she spoke. The back of their yellow T-shirts read: Sebelius Turns Her Back on the Autism Epidemic. One protestor wore a T-shirt that read, "My son's brain damage is government approved."

Mark Blaxill, author of *The Age of Autism* (ageofautism.com), a book that fingers mercury in vaccines as a neurological toxin, wore a yellow T-shirt that read: \$1 Billion Wasted Researching What Doesn't Cause Autism.

In his comments to the IACC panel, Blaxill said, "...to the federal representatives...you are working in a broken system... in a revolving door where your leaders leave public service and routinely go to work for pharmaceutical companies and consult with them about drugs and vaccines and how to get them through the approval process. It is hard to have a sense of confidence in the integrity of our government..."

One of the strongest statements among the public comments was made by Mary Holland of the Elizabeth Birt Center for Autism Law and Advocacy (ebcala.org). She told the IACC that their self-congratulatory remarks were inappropriate given the fact that autism rates doubled during their previous term. Holland said, "What is on parents' minds around the country and throughout the world is, 'what is the relationship between vaccine injury and autism?'... if you are not looking at that, this committee has a very questionable role."

Kimberly Hartke is publicist for the Weston A. Price Foundation. Visit her website at hartkeisonline.com

The Interagency Autism Coordinating Committee (<http://iacc.hhs.gov/>) was established by the Combating Autism Act of 2006. It is comprised of U.S. federal agency representatives and public members. The public members include autism advocacy groups, parents of autistic children and three autistic adults. The panel met on July 10, 2012 to welcome new members to the committee and kick off the next phase of their work.

In April, 2012, the Centers for Disease Control released the staggering statistic that one in eighty-eight American children is on the autism spectrum. A member of the panel, Lynn Redwood of the Coalition for Safe Minds, said that she believes that one in thirty-eight U.S. children now has autism.

The IACC website says the committee is to represent a diversity of ideas and perspectives. Yet, during the public comments, Jake Crosby, a student at the George Washington University School of Public Health blistered the committee for being stacked with people who are blocking research into vaccines as a probable cause of autism, calling each of them out by name.

Thomas Insel, MD of the National Institute of Mental Health is head of the committee. Insel conducted research on the autism drug Oxytocin which is now being promoted as a drug for shyness. During his introduction to the work flow for the day, Insel said, "The committee has discovered that we need to discuss the public comments offered at our meetings, so they feel heard." Notice he didn't say, "So we can learn," or "Because we need their valuable input." And, his next remark was even more surprising. "We will put off such discussion until the end of the meeting (several hours later)." It was even more obviously patronizing, once you heard the outrage expressed in the public comments. Interestingly, the panel ran out of time and the discussion of public input never happened.

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CHAPTER RESOURCES

Resources for chapter leaders can be accessed at <http://www.westonaprice.org/local-chapters/chapter-resources>, including our trifold brochures in Word format, chapter handbook, and PowerPoint presentations.

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Thank you to Suze Fisher, a chapter leader in Maine, for setting up a local chapter chat group. New chapter leaders can sign up at <http://groups.yahoo.com/group/wapfchapterleaders/>

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ANCESTRAL HEALTH CONFERENCE, held at HARVARD UNIVERSITY



Lauren Schoenfeld and her mother Pam manned the WAPF booth.



Robb Wolf and Mark Sisson, two of the biggest names in Paleo and Primal nutrition, sign up to be WAPF members.



Chris Masterjohn, PhD, of the Weston A. Price Foundation gives a presentation on carbohydrate consumption in ancestral diets.

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NUTRITION AND HEALTH CONFERENCE

Report by Cathy Sloan Gallagher, NTP WAPF Chapter Leader, South Shore MA

Held in Boston April 16-18, I attended the nutrition talks and the "Rating Popular Diets" plenary on April 16. This well-attended conference was sponsored by the University of Arizona College of Medicine at the Arizona Health Sciences Center. There were no alternative practitioners in attendance and books that WAPF would recommend were for the most part missing from the book sales table. The food was "politically correct"—lots of veggies, grains and fish, but no butter or red meat.

The presentations were lackluster, very repetitive and frustrating. Frustrating because every key presenter spoke about the dramatic increase in obesity, heart disease and diabetes, but all of them—with the exception of David Ludwig—were cautious about blaming sugar and refined carbs, and would not recommend healthy fats (except for fish oils) as a remedy.

Robert Lustig spoke on "hypothalamic obesity" and how insulin resistance and leptin resistance are two sides of the same card. He prescribes hormone replacement therapy to correct the problem.

David Eisenberg focused on integrating healthy cooking into medical facilities and increasing culinary literacy in general. He believes cooking is a necessary life skill (yes!). He is a diabetic so he acknowledged the evil of refined carbs but also avoids fats and cholesterol beyond "a little olive oil."

David Ludwig was the only speaker to acknowledge the connection between the introduction of lowfat foods and the increase in obesity. He referred to Gary Taubes' article in *New York Times* Sunday magazine, "What if It's All Been a Big Fat Lie?" He distinguished between whole unprocessed grains and refined grains in how they affect blood sugar. He even commented on how "My Plate" does not distinguish between types of grains and offers no mention of quality. He was promoting his new book *End the Food Fight* which is a program to help end childhood obesity. Overall, his presentation was a breath of fresh air.

The Rating Popular Diets Plenary speakers were all medical doctors or registered dietitians: Wendy Kohatsu, Cynthia Thomson, Carolyn Coker Ross, Ben Kliger, Roberta Lee, Maya Shetreat-Klein, and Myles Spar. Each speaker had been assigned a popular diet to research and extract the evidence from the fad. Diets presented were Sleep Doctors, Alkaline, HCG, Raw Food Vegan, and Paleo. WAPF was not part of the report nor was it mentioned. All in all, I think the reports were objective. They found faults for most and benefits for some. For the most part, comments were appropriate.

The Q&A was short but one individual commented on her "concern with the increase of individuals drinking raw milk, particularly pregnant women" and asked the panel members their opinion. No panel member was entirely without concern, but one suggested that it is very important to know the farm and the farmer that you are buying it from and that she knows many people that have done really well on it (yeah!). A few others responded that they were "cautiously concerned," particularly for children. Robert Lustig referenced a Copenhagen study and stated "drinking raw milk direct from the tank will increase estrogens." Lustig also responded to an earlier question about the safety of artificial sweeteners by saying "there is no hard science, so he can't say how bad they are."



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LOCAL CHAPTER BASIC REQUIREMENTS

1. Create a Food Resource List of organic or biodynamic produce, milk products from pasture-fed livestock (preferably raw), pasture-fed eggs and livestock and properly produced whole foods in your area.
2. Provide a contact phone number to be listed on the website and in our quarterly magazine.
3. Provide Weston A. Price Foundation materials to inquirers, and make available as appropriate in local health food stores, libraries and service organizations and to health care practitioners.
4. Provide a yearly report of your local chapter activities.
5. Be a member in good standing of the Weston A. Price Foundation.
6. Sign a contract on the use of the Weston A. Price Foundation name and trademark.

OPTIONAL ACTIVITIES

1. Maintain a list of local health care practitioners who support the Foundation's teachings regarding diet and health.
2. Represent the Foundation at local conferences and fairs.
3. Organize social gatherings, such as support groups and pot luck dinners, to present the Weston A. Price Foundation philosophy and materials.
4. Present seminars, workshops and/or cooking classes featuring speakers from the Weston A. Price Foundation, or local speakers who support the Foundation's goals and philosophy.
5. Represent the Weston A. Price Foundation philosophy and goals to local media, governments and lawmakers.
6. Lobby for the elimination of laws that restrict access to locally produced and processed food (such as pasteurization laws) or that limit health freedoms in any way.
7. Publish a simple newsletter containing information and announcements for local chapter members.
8. Work with schools to provide curriculum materials and training for classes in physical education, human development and home economics.
9. Help the Foundation find outlets for the sale of its quarterly magazine.

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WAPF EXHIBITS AT THE AMHERST, NH FARMERS MARKET

Chapter leaders Diane Nine and Tania Vera took a free booth at the Amherst, New Hampshire farmers market, August 16, 2012.

Farmers markets are a great place to introduce consumers to the WAPF message, and often booths for nonprofit organizations are available for free.

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WAPF EXHIBITS AT THE MOTHER EARTH NEWS FAIR



The Weston A. Price Foundation and the Farm-to-Consumer Legal Defense Fund had side-by-side tables at the *Mother Earth News Fair*. Pictured here (left to right) are Zach Blake, Susan Blake and Ginger Meta.

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MI

Creswick Farms. Dedicated to raising healthy, happy animals—lovingly cared for as Mother Nature intended—which provide high-energy, nutritious and delicious food sources for health-conscious individuals. No antibiotics, steroids or GMOs ever fed to our animals! (616) 837-9226, www.CreswickFarms.com.

MD

100% soy-free chicken, eggs, pork, veal and beef. Chicken livers, chicken feet and heads. Bacon and sausage. Raw milk blue and Cheddar cheese by cheesemaker Sally Fallon Morell. Southern Maryland, within 1 hour of downtown Annapolis and Washington, DC, so bring your coolers and stock up! Saturday farm tours. Store open Thurs-Sat 10-6 or by appointment. P. A. Bowen Farmstead, 15701 Doctor Bowen Road, Brandywine, MD. (301) 579-2727, pabowenfarmstead.com.

Nick's Organic Farm. Grass-fed beef (no grain ever), free range eggs, pastured chicken & turkey. Liver, organ meats, & bones. Pick up in Potomac or Buckeystown. Our cattle are always on organic pasture. Our cattle and poultry receive all organic feed, no hormones, antibiotics, or animal parts. We raise our own hay and grains and grind our own poultry feed. Quality Organic Products Since 1979. (301) 983-2167 nicksorganicfarm@comcast.net www.nicksorganicfarm.com.

Soy-free eggs from truly free-range, pastured, heritage hens. Fed organic, local grains, Fretrell fishmeal, kelp. \$6/doz. Soy-free, pastured, heritage pork freezer boxes for pre-order. Holistic horse boarding. Libertytown, MD (near Frederick) grazydays.com, Leah Mack (301) 639-2027.

Windmill Meadows Farm, Washington County. Grass-based sustainable family farm. Our focus: healthy, well-balanced soil produces healthy livestock on healthy grass for healthy, good-tasting food products. Grass-fed dairy, beef, goats, pasture-based poultry (broilers & layers). Availability to Washington DC markets (301) 739-5258.

MN

Farm on Wheels offers animals raised on green grass & certified organic by MOSA. Nutrient-dense cuts of beef, lamb, chicken, turkey, goose, duck, pork, lard, butter & eggs. No corn or soy. Farmers Market year round in St. Paul, Prior Lake, Northfield, Linda (507) 789-6679, www.farmonwheels.net.

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New York Buyers Club. Certified organic grass-fed dairy products from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork and chicken. Fermented foods, Green Pasture Products, soaked and dried nuts and raw honey. **Will ship.** (717) 768-3437. Pleasant Pastures.

Raw milk from dutch belted cows organic certified farm, grass-fed. Call us for other products. Ana Lups, Pleroma Farm, Hudson, NY (518) 828-1966.

PA

100% Grass-fed Cow Dairy SoyFree Sheep Cheeses, Raw Cow & Sheep Dairy Products available in season, Grass-fed Lamb, Pastured Poultry, Heritage, Large Black Pork raised in woodlots, **We ship.** Blue Mountain Meadow, (717) 423-5680.

Bareville Creamery 100% Grass-fed. We offer raw traditionally cultured butter from our grass-fed cows. **We will ship** to you or visit our farm to pick up. Daniel & Katie Zook, Leola, PA (717) 656-4422.

Fresh Grass-fed Raw milk, cream, butter, yogurt & cheese - veal, soy-free poultry, free range eggs, grass-fed beef and lamb. Frozen meats also available. **We will ship.** You are welcome to stop in or give us a call. Mark & MaryAnn Nolt (717) 776-3417.

Grass-fed organic raw milk and dairy food: 100% grass-finished beef and lamb, pastured pork, chicken and turkey, wild Alaskan salmon, fermented vegetables, raw honey, maple syrup and more. Long Island drop. Paradise Pastures, Paradise, PA (717) 687-8576.

Grass-fed, our specialty - 100% naturally raised beef including MSG-free hot dogs. Farmstead raw milk cheese aged 60 days - packaged or wheels. Heading towards non-A1 Herd. Milky Way Meadows, (814) 967-3406. No Sunday calls please.

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VA

Belle Meade in Sperryville. Pastured livestock, no hormones/antibiotics: chickens, other poultry, pork, grass finished beef, eggs; organic vegetables. Contact (540) 987-9748 or tanya@bellemeadeschool.org. Join e-mail list to receive availability updates. Pickup at farm; nearby locations; Fairfax County Government Center. www.bellemeades.net

Cow/Herd shares available, with Member in Local Kine (M.I.L.K.) Project in Fauquier County at Western View Farm, 2028 Laws Ford Rd., Catlett, VA 20119. For information call Martha Bender (540) 788-9663.

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Mount Vernon Farm raises 100% grass-fed beef & lamb, pastured pork and soy-free eggs. We have an on-farm store and buyers clubs throughout Northern and Central Virginia. Contact us at (540) 987-9559 or mtvfarm@gmail.com. www.mountvernonfarm.net and Facebook and Twitter

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Thomas Jefferson

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INVESTORS NEEDED

Launching the creation of WAPF-friendly food outlet for travelers (air ports, rest stops, etc.) Seeking individuals with business expertise to assist in preparation of business plan. Looking for support in all domains (finance, marketing, operations, strategic planning, etc.) Experience in food industry especially helpful. All contributions of expertise are welcome. Contact Katharine Spehar: kjspehar@gmail.com

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Abraham Lincoln

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HOMES and LAND—Looking for a Farm or Homestead in Virginia? Work with a 30-year veteran and WAPF member, Keith Hartke. Call National Realty, 703-860-4600, ext. 444 or email keith@nationalrealty.biz.

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DVDS

DVD "Nourishing Our Children" recently launched a DVD that may be used for one's self-education or to present to an audience. You will learn how to nourish rather than merely feed your family nourishingourchildren.org/DVD-Wise.html **Free shipping!**

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Tai Sophia is hiring a full-time faculty member for the MS in Nutrition and Integrative Health program. Interested individuals should forward a) a letter of interest, b) resume, c) a minimum of 3 references, and d) student evaluations from courses taught in the last 5 years to our Office of Human Enrichment at jobs@tai.edu, referencing Nutrition Faculty Position.

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Vermont Farm seeks helpers for 2012. We integrate American Milking Devon cattle, pigs and chickens with growing and fermenting six tons of vegetables. Our grain-free cows support raw milk sales plus butter and cheese making. We focus on selling nutrient-dense foods while eating well ourselves! Learning opportunities include milking, biodynamics, natural livestock care. Positions available April to November, short and long term. Cabins, food, laundry, Internet access and lots of education. Call Doug Flack, (802) 933-7752, Flack Family Farm, www.flackfamilyfarm.com.

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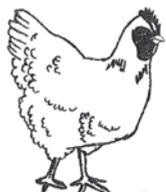
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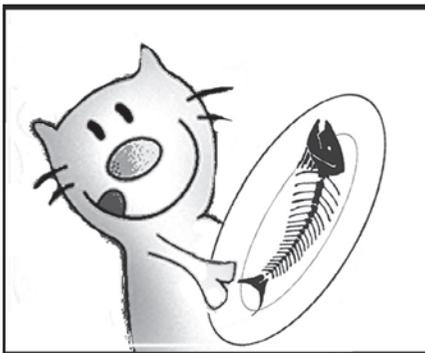


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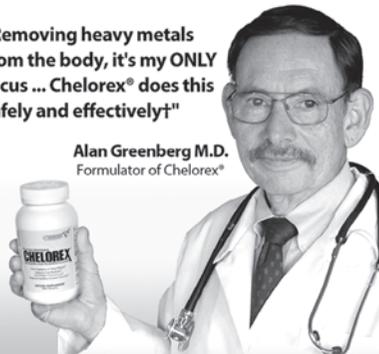
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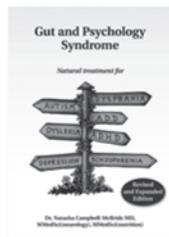
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The second manual, *Iqaluich Niginaqtuat, Fish That We Eat*, provides information regarding the traditional use of fish, their processing, recipes and eating enjoyment. It was compiled from the local traditional fish knowledge of northwest Alaska and was partially funded and placed on the web by the U.S. Fish and Wildlife Service.

The third manual in this series will similarly detail the traditional Inupiat processing techniques and recipes for sea mammals.

Presently there is no funding to support this work. Any suggestions would be welcome. The web link to *Iqaluich Niginaqtuat, Fish That We Eat*, is below. The report is located under the U.S.F.W. Northwest AK section. From here you can read it and/or download and print it. It should be printed double-sided due to the length (341 pages), including 100+color photos, sketches.

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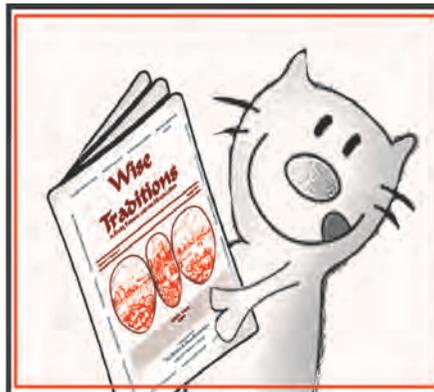
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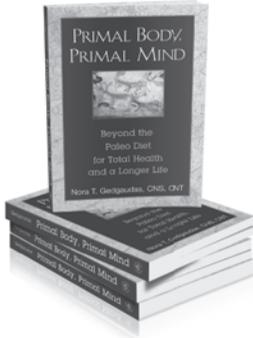
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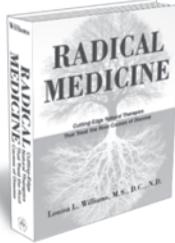
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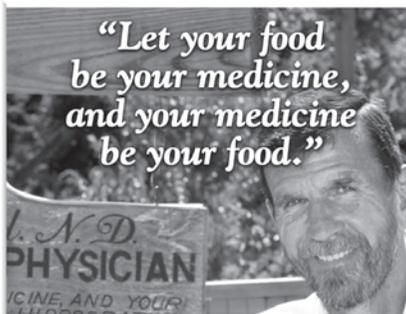


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