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Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

Volume 15 Number 1

Spring 2014



The Scientific Legacy of Dr. Weston A. Price
Dr. Price versus the Proponents of Fluoridation
Cows and Climate Change The Economics of Raw Milk

A PUBLICATION OF
THE WESTON A. PRICE FOUNDATION®
Education Research Activism
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TECHNOLOGY AS SERVANT

SCIENCE AS COUNSELOR

KNOWLEDGE AS GUIDE

COMMUNITY SUPPORTED AGRICULTURE

LIFE-GIVING WATER

PASTURE-FED LIVESTOCK

A CAMPAIGN FOR REAL MILK

SOY ALERT!

TRUTH IN LABELING

NON-TOXIC FARMING

PREPARED PARENTING

NURTURING THERAPIES

Wise Traditions

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THE WESTON A. PRICE FOUNDATION®

Education ♦ Research ♦ Activism

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Weston A. Price, DDS, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that men and women achieve perfect physical form and perfect health, generation after generation, only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the American diet through education, research and activism and supports a number of movements that contribute to this objective, including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy-based infant formula.

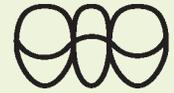
The Foundation seeks to establish a laboratory to test nutrient content of foods, particularly butter produced under various conditions; to conduct research into the "X" Factor, discovered by Dr. Price; and to determine the effects of traditional preparation methods on nutrient content and availability in whole foods.

The board and membership of the Weston A. Price Foundation stand united in the belief that modern technology should be harnessed as a servant to the wise and nurturing traditions of our ancestors rather than used as a force destructive to the environment and human health; and that science and knowledge can validate those traditions.

The Weston A. Price Foundation is supported by membership dues and private donations and receives no funding from the meat or dairy industries. 



Wise Traditions



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President's Message

This issue focuses on the work of Weston A. Price, starting with an analysis of his scientific method by Chris Masterjohn, PhD. We often think of Weston Price as merely an observer, a kind of curious dental anthropologist, whereas he was a scientist of the highest caliber, who conscientiously followed the scientific method. As Chris points out, Price's work could not have taken place at any other time: he studied primitive groups at that moment in history when they were on the cusp of modernity, and he was able to work with modern transportation and the camera. A few years earlier or later and we would lack the great gift of his book, *Nutrition and Physical Degeneration*.

Thanks to some excellent detective work by Sylvia Onusic, PhD, we now know more about how the book came to be published. Sylvia uncovered a letter from Weston Price requesting funding from the Buhl Foundation to publish his masterpiece. (Imagine Sylvia's excitement, finding this letter, signed by Dr. Price, while researching fluoride at the Thomas & Katherine Detre Library and Archives!) The Foundation denied his request upon the advice of Gerald Cox, a chemist and the first scientist to suggest mass fluoridation of drinking water. The two men provide a fascinating contrast: honest Dr. Price, who demonstrated that only a nutrient-dense diet—not mass fluoridation—could prevent tooth decay, and the wily Gerald Cox, who willingly served his corporate masters in helping them get rid of a toxic waste product by foisting it off on an unsuspecting public. Today Dr. Price is known and respected throughout the world, while the name Gerald Cox has been forgotten.

Meanwhile, science continues to validate Dr. Price's discoveries. Research indicates that his X Factor, now recognized as vitamin K₂, not only plays a major role in preventing cavities, but also is key to optimal facial development. Vitamin K₂ is found in organ meats, certain fermented foods, and the fats of grass-fed animals. Based on some preliminary and unpublished analyses, aged cheese from grass-fed cows is a particularly rich source, as is bear fat, a sacred food among primitive peoples.

Unlike most scientists of his day, who believed they were bringing the benefits of civilization to "savages" who had nothing to contribute to the West, Dr. Price came to isolated tribes and villages in the spirit of humility. He recognized the important fact that so-called primitive people had more to offer civilization than civilization had to offer them, and that unless modern man acted on their accumulated dietary wisdom, he was ultimately doomed to extinction. None of us wants to forgo the benefits of modern civilization, but unless we incorporate the discoveries of Weston Price into our lifestyle, and imitate the dietary practices of primitive peoples, that modern lifestyle will be our downfall. 



Letters



INTEGRITY IN SCIENCE

I was shocked to learn, in reading the Winter 2013 journal, that the Weston A. Price Foundation had chosen to honor Andrew Wakefield with its Integrity in Science award. I am deeply disappointed in the position that your organization has taken in regards to Mr. Wakefield's so-called research and wonder at how an organization such as yours, which seems to care about precedent and scholarly knowledge, can still support this man's case, which has been so thoroughly debunked by a wide swath of scientific journals and credible journalists, which do not have a bone to pick and are not in the pockets of the pharmaceutical industry.

I ardently believe that it is incumbent upon an organization such as yours to be willing to be as stringent as humanly possible when propagating information, which can have such far-reaching implications to people's health. Andrew Wakefield's research does not, in any reasonable standard, pass this important test.

Name Withheld

Dr. Andrew Wakefield was singled out for the wrath of the pharmaceutical industry when his research found the vaccine strain of measles virus in the intestinal tracts of children whose parents reported regressive autism and inflammatory bowel disease after the MMR vaccine. In the pursuit of the link between childhood vaccines, intestinal inflammation, and neurological injury in children, Dr. Wakefield lost his job, his career, his fellowships and his medical license. Many other teams and papers have replicated his work; these studies have been peer reviewed and

published. Dr. Wakefield is in fact suing the British Medical Journal (which repudiated his published research paper) and the journalist who attacked him most virulently. His boss and supervisor, prestigious pediatric gastroenterologist Professor John Walker-Smith, who was also stripped of his medical license and accused of the same supposed wrongdoings, sued in the High Court in Britain and was fully exonerated on all charges. The judge severely rebuked the British General Medical Council for its egregious misconduct. Dr. Wakefield's findings of a novel form of bowel disease are now so accepted in the scientific community that vaccine makers are attempting to develop a vaccine for bowel disease in kids with autism. There are well over two hundred scientific papers and case reports published in peer reviewed medical journals documenting and exploring vaccine injury and death. (These can be found at <http://www.greatergoodmovie.org/learn-more/science/>.) Both the U.S. and Italian governments have conceded that MMR can cause autism. Finally, I should add that WAPF, which supports non-toxic therapies, has always opposed toxic vaccinations. The Foundation will continue to support Dr. Wakefield and others like him, who have the courage to say the truth.

RETHINKING ANTIBIOTICS?

The Weston A. Price Foundation seems to me to be politically correct in its disregard for antibiotic use at this time in our history. However, I don't remember reading in Dr. Price's book that he did any research on them, so why does the Foundation jump on the bandwagon of condemning them? Are

we all under the shadow of propaganda that combines all antibiotics under one umbrella term (like the word fat, which doesn't distinguish between butter, Crisco or belly fat), and combines all use of antibiotics under that same high-dose/short-term umbrella that generates the super bugs like MRSA?

My superficial understanding, with the help of Wikipedia, is "The term antibiotic was first used in 1942 by Selman Waksman and his collaborators in journal articles to describe any substance produced by a microorganism that is antagonistic to the growth of other microorganisms in high dilution." Although antibiotics are produced commercially, we also have many natural antibiotics that fit this definition. There are also many synthetic drugs that are also now called by the same term, antibiotic.

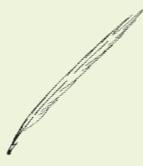
Antibiotics are not all the same. The ones that may be responsible for creating the so-called super bugs work by interfering with the cell wall of their target. Many disease causing microorganisms just change their cell wall to evade persecution, thereby making the antibiotics ineffective. When these types of antibiotics are used in the standard high doses as prescribed by physicians for a short term of a week to ten days, all susceptible "germs," as well as good

CORRECTION

The letter by Laura Livingston in the Fall 2013 issue of *Wise Traditions* contained an error of logic in the last sentence. The word inhibit should be favor: "Antibiotics that work by interfering with the cell wall selectively favor the mycoplasmas over our immune cells."



Letters



guys, are killed, leaving only the strongest bugs to repopulate.

On the other hand, there is a class of antibiotics that works by inhibiting protein synthesis within the cell. This class of antibiotics targets pathogens that lack a cell wall. Because the pathogens have no cell wall, they must live as parasites within cells of a host. They are slow growing and stealthily multiply within our cells until our cells burst. They give off toxins causing us pain, and release bits of our own destroyed cells that cause all sorts of “autoimmune” conditions.

Antibiotics targeting protein synthesis tend to be the antibiotic used in animal agriculture to “promote growth.” Low doses of these antibiotics, such as the tetracycline class, promote growth of animals in unhealthy agricultural

conditions by limiting reproduction of the pathogens that would normally slow the animals’ growth and cause disease. In low doses, the tetracycline class of antibiotics does not kill all susceptible micro-organisms, leaving only super bugs. Low doses do not harm the animal, or human host of the pathogen. Low doses slow down the reproduction of pathogens.

Living streptomyces bacteria produce low doses of tetracyclines in nature to do exactly the same thing—to defend against pathogens that would invade them. This is only my rudimentary understanding of a huge issue.

There have been many controlled studies, and case studies, that prove the infectious root of arthritis, scleroderma, and many, many of our chronic diseases.

This globe is now one big human CAFO, after all.

The late Thomas McPherson Brown devoted his life to curing people of rheumatoid arthritis with tetracyclines, and proved the efficacy of an antibiotic cure for scleroderma. A year after Dr. Brown’s death, in 1990, Dr. Joseph Mercola, having about a dozen rheumatoid arthritis patients, attended a meeting in Chicago sponsored by the Arthritis Institute, where a dozen physicians from around the country discussed Dr. Brown’s antibiotic protocol. Dr. Mercola himself said he used Dr. Brown’s protocol on thousands of his own patients with good results (<http://articles.mercola.com/sites/articles/archive/2010/08/16/rheumatoid-arthritis-protocol.aspx#!>).

In this video, Dr. Mercola wanders

WAPF on the WEB

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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. And check out our new realmilk.com/blog. Share your raw milk and WAPF testimonials on our publicist’s blog hartkeisonline.com. Contact Kimberly at press@westonaprice.org.

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



Letters



all around about needed nutrients that can be purchased in pill form. He basically ignores the importance of the power of tetracyclines to control the pathogens. My hypothesis is that all of the peoples studied by Dr. Weston A. Price were naturally exposed to streptomyces bacteria and the tetracyclines these bacteria produced. They didn't need to know about them, the streptomyces bacteria were in the lands they lived on and in their fermented foods because there was no way to keep them out. These bacteria increased in the fermented foods because the fermented foods were as rich in nutrients as the soils in which they grew.

We no longer have access to these specific microbial helpers. We no longer ferment the dirt of the forest along with our sauerkraut.

I have been almost totally cured of disabling rheumatoid arthritis with nothing other than Dr. Brown's tetracycline protocol, and only scorn from the many doctors I visited. I am what they call "non-compliant." In my second year of low dose tetracycline, I am getting younger all the time. I have heard from seven people about my letter on mycoplasmas in the Fall 2013 issue of *Wise Traditions*. I believe there are many more out there who are under the cloud of bad press for antibiotics. I cringe every time I see on the WAPF Facebook page articles condemning all antibiotic use, with no understanding of the huge numbers of people being sentenced to ignorance of the cause of their incurable disease.

Laura Livingston
Brooksville, Maine

Weston Price did not address the is-

sue of antibiotics because these drugs were just coming on the market when he retired. Starting in the late 1940s, antibiotics largely pushed out cod liver oil as a way of protecting against infectious disease. Our philosophy is always to try diet first—including, in the case of rheumatoid arthritis, bone broths, cod liver oil and fermented foods. Antibiotics, including low-dose tetracycline, should be a remedy of last resort, and even then, these allopathic compounds should be used in conjunction with a nutrient-dense diet.

ONCE AGAIN PRICE WAS RIGHT!

Sometimes the absence of something is more revealing than the presence of it. While other dentists were jumping on the antibiotic bandwagon in the early to mid-twentieth century, Dr. Weston A. Price continued to practice according to his conscience and the knowledge he had gained from his research on pulpless (root-canal) teeth. This included an assessment of his patients' susceptibility to disease and if this was indeed positive, appropriate cavitation surgery of the tooth (extraction and removal of all the surrounding dead bone). However, in patients who had a stronger constitution who he believed could reasonably quarantine the bacteria released from a root canal, Price practiced watchful waiting and would only intervene when signs or symptoms in these patients indicated the need for extraction.

Dr. Price was not only knowledgeable but a leader in researching and teaching about these dental focal infections. However, not everyone was in agreement on this subject. In fact, the backlash against these twentieth century pioneer physicians and scientists

diagnosing and treating focal infections (dental, tonsil, sinus, appendix, etc.) was fierce. For one, many conventionally oriented doctors felt that dentists were overstepping their bounds by performing oral surgery to treat systemic disease (rheumatoid arthritis, heart disease, ulcers, etc.) since they considered the body their turf. Further, endodontics was becoming a recognized field in dentistry, and these newly minted dental specialists didn't appreciate focal infection advocates vilifying their primary treatment—the placement of root canals. However, the most significant cause of the demise of focal infection interest and study in the mid-twentieth century was the discovery of antibiotics.

First identified by Sir Alexander Fleming in 1928, penicillin soon became the panacea for every medical and dental infection—or even any suspected infection since it was often used prophylactically. Further, this new "miracle drug" was readily embraced by both patients and doctors alike as a relatively cheap, painless, easy-to-administer and non-invasive alternative to extraction. Although Fleming himself warned that the "misuse of penicillin could lead to the selection and propagation of mutant forms of bacteria resistant to the drug" (*New York Times*, 1945), the unbridled optimism for the use of this medication continued to grow.

However, as we know today, Price's restraint was prescient. Bacterial resistance to antibiotics has become epidemic—ranging from MRSA (Methicillin Resistant Staphylococcus Aureus), to VRSA (Vancomycin Resistant Staphylococcus Aureus), to the horror of *Clostridium difficile*—a bacterium so virulent it literally peels the lining off



Letters



the colon and is estimated to cause two hundred fifty thousand infections and fourteen thousand American deaths a year (*Antibiotic Resistance Threats*, CDC, 2013). But this drug-induced morbidity and mortality is not only confined to hospital settings; “gut dysbiosis” has become a common diagnosis for the devastating effect antibiotics wreak on our intestines, leading to such autoimmune conditions as inflammatory bowel disease (IBD), Crohn’s disease, multiple sclerosis, psoriasis, rheumatoid arthritis, juvenile diabetes and Type 1 diabetes (*J. Autoimmun.*, 34, May 2010). And the related epidemic intestinal permeability (“leaky gut”) from antibiotics where the body has difficulty differentiating “self” (normal cells and tissues) from “non-self” (undigested food antigens, noxious excretion products from pathogenic microbes, toxic metals and chemicals, etc.) is the very definition of autoimmune disease itself. In fact, the use of antibiotic drugs in the twentieth century and the rise of autoimmune diseases – from only a handful in the early 1900s to currently comprising over one hundred different illnesses today—paralleled each other quite synchronously over the twentieth century.

Currently even conventional doctors and their allopathically oriented government agencies are sounding the alarm in regard to the ongoing misuse and overuse of antibiotics. Dr. Davies, England’s Chief Medical Officer, has stated that “Antibiotics are losing their effectiveness at a rate that is both alarming and irreversible. . .” (11/24/12, www.nursingtimes.net). And the conservative U.S. Centers for Disease Control and Prevention (CDC) recently issued a report naming antibiotic resistance as one

of the most “urgent” threats to global health, and warning both physicians and scientists about the “potentially catastrophic consequences of inaction” (*Antibiotic Resistance Threats*, CDC, 2013).

These frightening forecasts can certainly be daunting. But it is important to remember that killing bugs is an allopathic creed arising out of conventional medicine only in the last two centuries. By following the wise traditions of our ancestors as Dr. Weston A. Price observed in the fourteen different cultures he studied around the world in the 1930s, properly prepared nutrient-dense diets provided these exceptionally healthy indigenous peoples with readily assimilable proteins, fats, and carbohydrates to deal with life’s stressors and to ward off disease. Thus, by utilizing the dietary principles Dr. Price discovered, along with skillful biological dentistry and a non-toxic and healthy lifestyle, as well as nutritional supplements, herbs, and homeopathic remedies when required, we too can achieve and maintain optimal health, and relegate modern allopathic drugs to where they primarily belong—to be used only occasionally in acute emergencies.

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

For more information on the rise and fall of focal infection research please see Chapter 8 in Radical Medicine by Louisa Williams. For more information on the harm antibiotics do, see Curing CASPERS at www.radicalmedicine.com.

INEDIBLE

My daughter told me this today

and I found it interesting. A friend had given her a box of gluten-free crackers at Thanksgiving. She and her husband did not like the crackers so, since they live in a redwood forest with lots of critters around, they tossed them into the forest for the animals to eat. They assumed the animals would eat the crackers. But, she told me, the crackers are still there, and they have not even gotten moldy. Made me think of butter versus margarine!

Joy Erikson
Novato, California

SOY AND FEVERS

I want to share a success story. My son was having asymptomatic fevers of unknown origin (one hundred four degrees for six to twelve hours, at least twice a month) and getting sick all the time. He already had some odd reactions so we got him allergy tested. It turned up that he reacted to all the things he had natural aversions to. Two of the biggies were soy and legumes. We had been vegetarian for years, and all of his life. We omitted all these items from his diet and introduced local soy-free clean meats. Since doing this, he has not only been sick less, but also has not had one asymptomatic fever.

Melodie Stiles
Chattanooga, Tennessee

SOY AND ECZEMA

My son is sensitive to soy. It caused one of the most vicious and aggressive cases of eczema that many doctors and pediatricians have ever seen in a child (nummular eczema).

Since going organic and avoiding soy, my son is free from eczema hell. No more unfermented soy for him! He would scratch his back up against his



Letters



crib in the night till he bruised and bled. My husband and I purged a basketful of creams and ointments the other week and couldn't believe that what ended up being the solution was eliminating soy and tidying our diet. We are pretty good, but when we slip up or eat out frequently during busy times, my son suffers again.

Anna Black
Ottawa, Canada

TRULY GOOD FOOD

The health benefits of raw milk are well documented. Our own doctor praises my family for producing our own food from our garden and milking the cow that gives her raw white gold to us on a daily basis. My four healthy and beautiful children only got ear infections when I bought pasteurized milk from the store when my cow was dry. (Those were three sad months!)

But that is not what I want to write about. I have to mention the superior taste that raw, nonhomogenized milk has, something even my young children have noticed. My five-year-old turned his nose up at the store-bought (organic) milk for the first month of buying it, claiming it was "weird tasting." Now I'm no expert or foodie, but my children are right. There is no comparison. Raw milk is a perfect example of truly good food.

Julie Wheelock
Colmar Manor, MD

When raw milk is unavailable, it's probably best just to give your children cheese.

MOVE TO AMEND PETITION

How can we put pressure on multinational agricultural corporations to improve their environmental responsi-

bility, product quality, and treatment of employees and livestock? How can we give more power to small farms?

One easy but important step is to sign the petition at the Move To Amend website (<http://movetoamend.nationbuilder.com/petition>). It states "We, the People of the United States of America, reject the U.S. Supreme Court's Citizens United ruling and other related cases, and move to amend our Constitution to firmly establish that money is not speech, and that human beings, not corporations, are persons entitled to constitutional rights."

Let's get big money out of politics! Elected officials should work for human well being, not shareholder profits!

Alex Korman
Winston-Salem, North Carolina

STATIN ACCIDENTS

In the article "Dangers of Statin Drugs" on your website, I believe that another danger should be addressed. Over the past few years I have noticed many automobile accidents that do not appear to have any reasonable cause, usually involving elderly drivers.

Examples include backing into a building when the driver intended to go forward; stepping on the accelerator instead of the brake; and turning left instead of right—or the reverse of this action. Most, but not all, accidents have been minor.

Your article identifies issues of "memory loss," "confusion," "slow reaction times," and "weak leg muscles." These could definitely explain these strange accidents.

Would it be possible for your organization to research such accidents and determine whether statin drugs could

be identified as a basic cause? If so, it may be advisable to add a warning not to drive when using statins.

Robert A, Klabis
Bedford, Massachusetts

It is very difficult to obtain such information, but we can assume that the widespread use of statin drugs makes driving more dangerous for all of us. And what about airplane pilots? Former astronaut Duane Graveline describes how an attempt to warn pilots not to take statins was quashed by the pharmaceutical industry.

WISE TRADITIONS IN SLOVENIA

As a chapter leader, I was intrigued by the raw milk vending machines throughout Slovenia. When I researched more about this amazing republic, I was impressed with the health, nutrition, and safe travel freedoms.

Off I went on an adventure for five weeks in December 2013 and January 2014. Sylvia Onusic (who offers summer tours to Slovenia) recommended I contact Vesna Veliscek (now a chapter leader in Slovenia) for her hands-on activities (www.slocally.com). Vesna and I attended a gourmet Food Walk in charming Ljubljana led by Iva Gruden of www.Ljubljananjam.si. I invite you to visit these impressive websites for their unique offerings.

There it was, a clean, gleaming beacon of health: my first of many raw milk vending machines. With joy, I inserted half a Euro and received a glass bottle, then inserted one Euro to dispense one liter of fresh, creamy, rich milk. Since I had kefir grains with me, I cultured the milk that very evening in my hotel room. I cultured every two to three days and



Letters



fattened up my happy grains. I left these grains with three families who are now actively culturing and passing on the kefir grains to others.

By the way, I visibly lost weight on this trip by consuming the richest and most delicious food that Slovenia has to offer, that is, the traditional Slovenian foods. This was the typical breakfast served: a plate mounded with homemade prosciutto, salami, hard and soft cheeses, farm eggs with pancetta, olives and olive oil from the trees outside, white corn polenta, warm bread from the stone oven, fresh and dried fruit, and hot tea from herbs growing within view. This is how I started my day.

Please contact me if you wish to know what I had for lunch and dinner!

Vesna's hands-on activities were varied: a beekeeper for raw honey, bee pollen, royal jelly and propolis; promoting a remote village for its sheep and goat cheese; running a restaurant serving trout from the Soca River a few steps away; and promoting specialty wine cellars. Vesna and I had many serendipitous experiences by being in the moment.

Miha Gartner of www.slotrips.si assisted me with tourist farm stays, seaside accommodations and airport transfers. His attentive follow-up was so appreciated.

All in all, I enjoyed being in the company of slim and active Slovenians with their sparkling eyes and warm, welcoming smiles. I am returning to this remarkable country for May and June to enjoy the cherry blossoms, ripe orchard fruits and the summer season. Revisiting Iva, Vesna and Miha will be a joy.

Rosemary Duma, RN
Chapter Co-Leader
Las Vegas, Nevada

NO GMO

I read the articles on genetically modified organisms (GMOs) and Roundup in the Fall issue of *Wise Traditions*. They were astounding! They arrived at a time when I was bleeding and under doctor's care for bladder problems. After reading the articles I stopped eating all GMO foods. Now I am eleven days without a show of blood and I feel my strength has returned! Thank you for that information.

Still, changing my diet to eliminate all GMO-produced foods has been very depressing. I doubt that any one I tell about this menu change of mine will ever want to do it. Soy oil is in almost everything. Even in vitamins. And can there ever be a complete list of GMO foods? Will they never stop till all crop foods are GMOs?

The Weston A. Price Foundation is very courageous to teach people about GMOs. You are going to be either hated or loved.

Judith Lagowski,
San Francisco, California

MIXED MESSAGES?

I was appalled and disheartened with my 2014 Shopping Guide which reads on page 1, "Shopping Guide Now Available as an iPhone App."

Thomas Cowan, MD, a member of the WAPF Board of Directors, gave the following excellent advice in 2009: "Throw away your cell phone; live as far away from a cell tower as you can" (Winter 2009, page 26). Beverly Rubik, PhD, in her *Wise Traditions* 2012 conference talk, warned WAPF members of the harmful changes in the blood when exposed to wireless devices (as seen under dark field microscopy).

German studies clearly show the pathological agglutination effects on human red blood cells (also termed rouleaux) after just twenty to ninety seconds on a wireless phone. Even more disturbing is the fact that a bystander almost six feet away was found to suffer blood changes as pathogenic as the blood of the nearby phone user.

People ignore the effects of "second-hand" radiation on those in the vicinity of the transmitting wireless devices. Yet, it is documented in many independent scientific studies that fetuses, babies and children are the most vulnerable to harmful exposure effects of radio frequency microwaves.

Many grocery shoppers are mothers. Some are pregnant or have young children with them. I often see moms using iPhones within inches of their babies in shopping carts, some of whom are allowed to play with wireless devices. Microwaves blasting from cell phones pass through barriers (concrete, wood, glass) and travel miles to cell towers. Imagine how easily they penetrate human bodies, especially those of babies. The Russian government warns: "Use of mobile telecommunication devices for those under eighteen or pregnant should be restricted" (Russian National Committee on Non-Ionizing Radiation Protection).

High levels of radio frequency microwaves and electromagnetic fields from an iPhone were described by a WAPF member in the Summer 2013 *Wise Traditions* (page 9): "I just tested my wife's iPhone and I was shocked. My meter measures both microwaves and magnetic fields. Not only did the phone put out the expected microwaves, but it also generated a huge electromagnetic



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field. The phone spiked my meter from three feet away. . . I have never seen such strong fields from any appliance—that's what was so shocking." Yet, this is the very device now recommended for accessing the WAPF 2014 Shopping Guide!

In a YouTube video, Dietrich Klinghardt, MD makes the following comment: "Right now we are in the process of sacrificing generations of children in the name of the god of cell phones and electro-communications. . . they are being crippled in their soul development and their higher development."

And in a private training seminar for medical doctors Dr. Klinghardt explained: "The worst one [cell phone], by the way, is now the iPhone. I don't know if you know how the iPhone works, but the iPhone is a horrible, horrible idea . . . Every iPhone user is a broadcasting panel. You're a walking, broadcasting panel. And the only way you can switch that function off is by taking the battery out. Even if you turn it off, the iPhone is still a sending mast. It's a really evil technology. Unbelievable!"

Thank goodness WAPF has been tireless in its warnings about soy, GMOs, processed foods, and so on. Just as important are consistent warnings on the well documented and devastating effects of radio frequency microwave-emitting devices. Should the WAPF actively contribute to harm by offering an iPhone download of the Shopping Guide in the name of making product selection quick and convenient?

The words of Dr. Neil Cherry (1946-2003), Associate Professor of Environmental Health at Lincoln University, New Zealand, should guide us all: "Electromagnetic fields and radiation damage

DNA and enhance cell death rates and therefore they are a Ubiquitous Universal Genotoxic Carcinogen that enhances rates of cancer, cardiac, reproductive and neurological disease and mortality in human populations. Therefore there is no safe threshold level. The only safe exposure level is zero, a position confirmed by dose-response trends in epidemiological studies."

Ken Hardy
Chapter Co-Leader
Las Vegas, Nevada

Much as we may object to cell phones, iphones and ipads, they are not going away. Our Shopping Guide App will reach thousands of people who have never heard of WAPF before, and help them find foods that could protect them, at least partially, from the effects of EMFs. Rest assured, we will still continue to publish the Shopping Guide in hard copy form, for those who do not use cell phones or iphones (including myself). We will even be providing a version of the Shopping Guide for old fashioned computers.

CRUSADER

I am a chapter leader in a small town, and for years I was discouraged by low numbers attending our chapter meetings. Starting in 2010, there were three to five at meetings, then it grew to twelve for a while. Then a young woman named Jodi started coming to meetings last year. She had been extremely ill with many symptoms, up to thirty in all, the main one being frequent incapacitating migraine headaches. After changing her diet she started to feel better, and then after one meeting she chatted with Dr. Wayne Feister, and he said to her,

"Maybe it is the MSG." She then did a lot of study, and became quite the expert on food additives. She is now celebrating one year of great health with no headaches.

She is so happy she has become a crusader for the Weston Price Foundation. She orchestrated an article in the local paper with a photo of her and myself with the whole story. She and I have since had many inquiries. The local library contacted me because folks had come in there wanting more information on WAPF. I had to go in and explain that yes, they already have *Wise Traditions* on the shelf. I also took in my WAPF business card, plus some brochures.

Jodi has been posting info on her Facebook page causing my group to grow even before the newspaper article. We now have about thirty people at meetings, and we are still growing! The dear girl is on a mission.

Jane Kraft, Chapter Leader
Kenton/Hardin County, Ohio

A FOOD EVENING

I have been a chapter leader for Herefordshire in the UK for two years and for twelve years have been running a guest house with my partner Robert Elliott. Our overriding passion is real food (sourcing, cooking and eating!) and since being introduced to Weston Price by one of our guests, we have taken every opportunity to talk about the Foundation and its work to anyone who has been prepared to listen!

In 2008 we published Rob's first book, *The Food Maze*, a distillation of our own research into modern industrial food production and its impact on our health and the environment, wrapped around our own personal journey of

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discovery. We are always thrilled when we get positive feedback from those who have read it and as a result change the way they do things, such as swap their supermarket allegiance for independent shops, start growing their own vegetables or seek out a local raw milk producer.

For example, a couple named Hannah and David came to stay with us last November. They coincidentally had read *The Food Maze* before they visited us. Since November they have been spreading the real food message to family, friends and their local community. Their enthusiasm knows no bounds and I would love to share it with you. They live in Irthlingborough, Northamptonshire and have two young children. Below is the letter we received from them.

"The food evening we hosted a couple of weekends ago was a great success. It felt a bit odd at first, but we soon settled into it, and everyone was very well fed by the time they left. We talked about everything we've learned and done, gave out books and then we just fed people.

"We had eating going on in our living room, and the dining room was set up a bit like a shop—with loads of produce set out (mainly dry whole foods and toiletries) with prices per unit marked on so that people could see and touch them, and get a real sense of value for money.

"Then we had another table with loads of books on it and David had some brilliant chats with people there.

"It was really nice to hear the conversations that emerged naturally over 'dinner.' The food was a slightly strange concept, but we wanted to take people on a tour of a whole day of eating. So

rather than a big full-on meal, we did small portions of breakfast, lunch, dinner and tea. It felt mighty odd giving people a small bowl of porridge with their glass of wine to start a Saturday night dinner party, but it actually worked brilliantly! So we had porridge with various toppings—homemade yogurt, local honey, homemade jam and Rapadura sugar. Then David made a delicious pearl barley risotto with local cheese and thyme from the garden. We had homemade breads with homemade



butter and a birthday cake for one of our guests made with stoneground flours, Rapadura sugar, butter from the dairy, and eggs from our friends' chickens. We also had raw milk tastings.

"We had an old fashioned butter churn on display, which was passed around throughout the evening. Everyone helped to make the butter (from untreated cream from the dairy) that we ate with the bread later on.

"The parting shot was really to invite people to be part of three strands we're involved in—online wholefoods bulk shop, raw milk/cream/butter round, and FarmDrop. It was a great success. The amazing thing is that everyone who

came has sent me a shopping list, so I am placing an enormous order on Friday night. We are collecting approximately forty pints of milk every ten days or so at the moment—it's only for three families so far, but that's fine for now.

"FarmDrop is exciting. I have a webinar interview that will teach me more, but it looks likely that I will be setting up one here in Irthlingborough. This will be the first in our region, and hopefully will happen in the next few months. If you have a look at the website you'll get the gist of it : <http://www.farmdrop.co.uk/#/>

"The other exciting thing that has happened since I last wrote, is that we have got chickens! Still very young, so no eggs for a little while, but they seem very happy in our yard, and the children have been absolutely wonderful with them. I would say our food waste has been reduced by well over 75 percent now that all the veg peelings are going straight to the chickens!"

A footnote to the story is that Hannah's application for a FarmDrop in Irthlingborough has been accepted. We await with great anticipation the next chapter of their story.

Sally Dean, Chapter Leader
Herefordshire, UK 

Gifts and bequests to the Weston A. Price Foundation will help ensure the gift of good health to future generations.

LES DAMES DC FOOD SYMPOSIUM

by Kim Hartke, WAPF Publicist

Les Dames d' Escoffier is an international organization of Women in the Culinary Arts. It originated in New York City, and the second oldest chapter is the Washington, DC chapter. Every two years the DC chapter holds a food symposium, where women in the food, beverage, and hospitality industry gather to learn about trends, techniques, and professional skills they will need to excel in their field. The event is open to the public, and many who attend are interested in food, nutrition, and wine. This year, for the first time, the Weston A. Price Foundation exhibited at this fascinating day of food festivities and workshops.

The international president of Les Dames, Beth Allen described their mission as advocacy, farming, nutrition, health and wellness, and philanthropy. The women of Les Dames to date have raised four million dollars and awarded scholarships to help deserving women attend culinary school.

The sessions during the event incorporated many topics close to the Weston A. Price mission. One of them, called Backyard Farming, featured a live hen, Oprah Henfree, who came for show and tell. The panelists also discussed bee-keeping, kitchen gardening, farmers markets and sustainable farming.

"Charcuterie: How Salt and Time Transform" was about home food preservation which demonstrated nourishing traditional foods such as liver pâté, gravlax, and rillettes. Another speaker taught about olive oil and how to evaluate a product's purity and authenticity.

A fascinating session called "Food and Culture" was led by the writers of American Food Roots, a website devoted to telling food stories. The new Internet journal highlights the cultural diversity that abounds in our melting pot America. The website is looking for unique food heritage stories, and they are creating an active and engaged community around geographic and ethnic foodways. The writers plan to write or film more stories about agriculture. One of the writers mentioned how huge fermenting is now, but seemed unaware of the role that Sally Fallon Morell and Sandor Katz have played in popularizing this traditional food. She attributed the interest in ferments to the availability of produce at farmers markets.

Particularly insightful was the panel discussion about the future of restaurant food. Phil Petrilli, who worked for Chipotle during its ascendancy (he helped engineer the chain's relationship with Joel Salatin), is now leading the

national operations of Noodles and Company. He said both of these restaurant chains are based on the concept of "fast casual." He said today's recession-weary consumer is eating out less, and demanding more in quality, while still wanting an economical meal. He said consumers' palates are expanding and flavors like curry and coconut are no longer scary but desirable. He sees spice levels and heat levels also increasing on restaurant menus. He explained that cravability still rules, and is created by sugars, fats and salts. Noodles and Company makes their chicken stock in-house at commissaries around the country, with fresh produce brought in daily.

The leading restaurant consultant in the world, Michael Whiteman, appeared on the panel through a video linkup from his home in Brooklyn. When asked about food trends,

he said that innovation has stalled at the upper end of the market. He believes all the hot food trends are coming from the bottom end, where food is most affordable. He said the innovators are the chefs in food trucks, hipster joints and start-up fast casual restaurants. He claims that what is exciting today's diner are the mash-ups of different ethnic foods, such as a Mexican taco topped with Korean kimchi. He said people want

the collision of cultures on their tongue, and he dubbed all these gastronomic experiments and multinational taste thrills "world food."

Lisa Kartzman, communications director of a food importer, Roland Foods, listed the top food trends. She said the top trends are flavors and spices, fresh herbs, health and wellness, ancient grains, gluten-free, non-GMO, organic and sustainability. She said when Roland first exhibited at the Natural Products Show, only one and one-half aisles were devoted to food products. Today, half the show is food. She also said more and more chefs are asking for non-GMO products.

It was a rewarding day, and it was heartening to hear echos of Weston A. Price principles in many of the sessions. The Dames were very excited to have WAPF as a new exhibitor, so chapter leaders in metropolitan areas may want to find out if there is a similar event sponsored by the Dames in your city.



Kim Hartke at the WAPF booth.

Caustic Commentary

Sally Fallon Morell takes on the Diet Dictocrats

CRANIOFACIAL DEVELOPMENT

The narrowing of the face that occurs after a population has abandoned its native diet and embraced Western processed food continues to perplex the medical and dental establishments, which just can't seem to make the connection between food and physical development. In Dr. Price's day, scientists blamed lack of facial development on "race mixing," a premise that Dr. Price soundly denounced. Today orthodontists blame crooked teeth on everything from genetics to thumb sucking to soft foods—that is, everything but the obvious decline in nutrient density in modern diets. Dr. Price's studies led him to the conclusion that facial narrowing took place primarily when the three fat-soluble vitamins (vitamins A, D and the X Factor, now recognized as vitamin K₂) became deficient in the diet, and modern science is beginning to prove him right. Researchers have shown that in rats, vitamin K deficiency during pregnancy results in "facial dysmorphology." Vitamin K-dependent proteins concentrate in the nasal septal cartilage of the fetus. In humans, if vitamin K is not present in adequate amounts, or is blocked by drugs like warfarin, during the critical period of six to nine weeks gestation, the cartilage calcifies prematurely, resulting in "maxillonasal hypoplasia," that is, underdevelopment of the maxilla, the bone that determines the shape of the middle third of the face (*Australian Dental Journal* 1994;39:2). Vitamin K depends on vitamins A and D for signaling, so all three vitamins are involved in the process of facial development. These discoveries point to the important of preparation for pregnancy with nutrient-dense foods, in order to build up stores for the critical early weeks of fetal development. Adequate spacing of children allows a mother to replenish these stores before the next child.

PRENATAL VITAMIN A DEFICIENCY

When discussing the scourge of tuberculosis that plagued mankind during the 1930s, Price speculated that the same factors that resulted in underdevelopment of the face also caused the underdevelopment of the lungs. New research suggests the validity of Price's theory. Researchers at Columbia University Medical Center have found evidence that prenatal vitamin A deficiency results in postnatal airway hyper-responsiveness, a hallmark of asthma. The study, conducted in mice, shows that short term deficit of vitamin A while the lung is forming can cause profound changes in

the smooth muscle that surrounds the airways, causing the adult lungs to respond to environmental or pharmacological stimuli with excessive narrowing of the airways (*Journal of Clinical Investigation* 2014;124(2):801–81). "Researchers have long wondered what makes some people more susceptible than others to developing asthma symptoms when exposed to the same stimulus," said Dr. Cardoso, senior author. "Our study suggests that the presence of structural and functional abnormalities in the lungs due to vitamin A deficiency during development is an important and underappreciated factor in this susceptibility. More generally, our findings highlight a point often overlooked in adult medicine, which is that adverse fetal exposures that cause subtle changes in developing organs can have lifelong consequences." Previous studies had shown that retinoic acid (RA)—the active metabolite of vitamin A—is essential for normal lung development. We also know that vitamin A is essential for normal development of the kidneys and the heart—and probably every other organ as well. All the more reason to prepare for pregnancy by consuming foods rich in vitamin A like cod liver oil, liver and grass-fed butter—and continuing these foods during the entire pregnancy and lactation.

FATHER'S DIET MAY AFFECT DEVELOPMENT

Remember that primitive peoples made sure that men (as well as women) consumed special nutrient-dense foods before conception, and science is confirming this practice as well. A study published in *Nature Communications* (10 December 2013) on mice linked folate deficiencies in the paternal diet to a higher rate of birth defects compared with those whose fathers received adequate folate. The findings raise concerns about dads unknowingly passing on harmful traits through molecular markers on the DNA of their sperm. These epigenetic markers don't change the genetic information, but rather switch parts of the genome on and off. They are susceptible to environment and diet throughout fetal development, but were thought to be wiped clean before birth. Studies such as this one reveal that some of these markers may survive all the way from sperm to baby. "We should be looking carefully at the way a man is living his life," said study author Sarah Kimmins. "Environmental exposure is remembered in the developing sperm and transmitted to offspring." Since it takes human males about three months to produce fully grown

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sperm from stem cells, Kimmins speculates that men trying to have children should try cleaning up their diets even temporarily. “If a man has been living a bad, unhealthy lifestyle, he will not only improve his own health [by cleaning up his diet] but the health of his offspring,” she said.

FOOD TECH STARTUPS

What’s the solution to a chicken and egg production system that wastes energy, pollutes the environment, causes disease outbreaks, uses routine antibiotics and confines chickens to tiny spaces? The thinking man’s answer is thousands of pasture-based farms, raising chickens in the outdoors. But the techies of the San Francisco Bay area have another idea: create a processed plant replacement for eggs. Funded by prominent Silicon Valley investors and Microsoft Founder Bill Gates, startup company Hampton Creek Foods is developing egg-less mayonnaise, omelets, French toast, cookies and cakes. Sounds like a fresh new idea but we have seen this product before: it’s called Egg Beaters and in one famous study, rats fed Egg Beaters died while those fed real eggs thrived (*Pediatrics*. 1974 Apr;53(4):565-6). Another Gates-backed company is targeting chicken itself. Beyond Meat sells “chicken-free strips,” which, they claim, have the taste and stringy texture of poultry but are made from plant protein. The company is also working on a product that mimics beef. These food substitutes are already for sale at trendy markets like Whole Foods so be sure to read labels! We’re guessing that the “plant protein” being used is soy.

BUTTER AND BACON

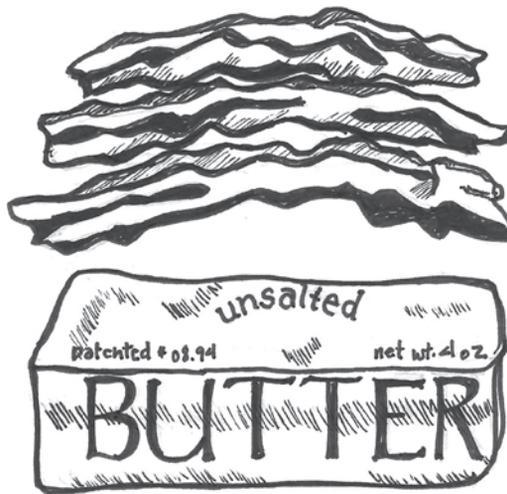
Butter sales are up! Per capita consumption is now at a forty-year high of 5.6 pounds per person—a long way from the eighteen pounds per person consumed in 1900, but still a 65 percent increase since the year 2000. Bacon consumption is also on the rise, remaining in high demand over the last six years in spite of price increases totaling almost 22 percent.

One senses panic on the part of the Diet Dictocrats in the form of Internet articles warning consumers not to put butter on their popcorn or to eat whole grains rather than bacon and eggs for breakfast. If you must eat butter, they say, then just have a little bit for the flavor you need. One food blogger claims that “there is a growing awareness that a little butter goes a long way. Instead of slathering the butter on. . . home cooks are recognizing that a pat or two can provide just enough flavor.” Fortunately lots of people just aren’t listening anymore, and are doing lots of slathering. The world will be a much happier and healthier place when we all insist on enough butter on our bread to show teeth marks.

BUTTERFAT AND THE WAISTLINE

The foes of full-fat dairy products like to warn consumers that butterfat and other animal fats will cause weight gain. But two recent studies have concluded that the consumption of whole fat dairy products is linked to *reduced* body fat. In one paper, middle aged men who consumed high-fat milk, butter and cream were significantly less likely to become obese over a period of twelve years compared to men who never or rarely ate high-fat dairy (*Scandinavian Journal of Primary Health Care*, 2013 Jun;31(2):89-94). The second study is a meta-analysis of sixteen observational studies aimed at exploring the hypothesis that high-fat dairy foods contribute to obesity and heart disease risk (*European Journal of Nutrition* 2013 Feb;52(1):1-24). The researchers con-

cluded that the evidence does not support this hypothesis; in fact, the reviewers found that in most of the studies, high-fat dairy consumption was associated with a *lower* risk of obesity. Scientists are scratching their heads as to the reason—there’s the satiety factor in butter, for one, and possibly bio-active components that boosts metabolism. Vitamin A and iodine in butter make it a great food for thyroid function, and short-chain fatty acids in butter raise body temperature. But maybe it’s because butter is a real food that nourishes the whole body,



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and does not make us tempted to eat more and more, the way that butter substitutes do.

DANGEROUS PASTEURIZED CHEESE

It's kind of embarrassing. FDA and state health departments are constantly warning us not to consume raw cheese, yet all the most recent dairy outbreaks have involved pasteurized cheese. In 2009 listeria in pasteurized Quargel acid-cured cheese sickened fourteen people and caused at least four deaths in Germany and Austria. In 2012, Frescolina Ricotta pasteurized cheese imported from Italy sickened twenty people and led to four deaths. Last year eighteen people got sick from pasteurized cheese in Australia, leading to two deaths and one miscarriage. The Crave Brothers listeria outbreak late in 2013 led to four hospitalizations, one death and one miscarriage. Now another listeria outbreak, this time from pasteurized *queso fresco* has sickened dozens including seven in Maryland. One person died in California. Why is FDA not warning the public that pasteurized cheese—especially pasteurized soft cheese—is deadly and should never be consumed?

GUILTY VERDICT

In an historic verdict, an Italian tribunal in Ferrara, Italy has awarded two hundred thousand Euros to the family of Francesco Finessi, a twenty-two-year-old soldier in the Italian Alpine special corps, who died in 2002. Francesco developed non-Hodgkins lymphoma after receiving “too many vaccines with very little time in between.” The sentence established a precedent long awaited by thousands of vaccine-injured soldiers. At the verdict, Francesco's mother Santa Passaniti declared: “Justice has prevailed after ten years of struggle. Too many dead boys, too much silence. After being marginalized, even threatened, finally the justice we always hoped for has arrived. But this is not enough! We will not stop until the military doctor who wrongly administered those vaccines to my son is convicted” (*Repubblica Espresso* January 27, 2014).

AUTISM-THIMEROSAL CONNECTION

In February of this year, through a Freedom of Information request, Dr. Brian Hooker finally obtained long-awaited data from the Centers for Disease Control proving the connection between the mercury-based preservative thimerosal in vaccines. According to Hooker, the data on over four hundred thousand infants born between 1991 and 1997, which was analyzed by CDC epidemiologist Thomas Verstraeten, MD, “proved unequivocally that in 2000, CDC officials were informed internally of the very high risk of autism, non-organic sleep disorder and speech disorder associated with thimerosal exposure.” The CDC still maintains that there is “no relationship between thimerosal-containing vaccines and autism rates in children” (PRWeb, February 19 2014).



GMO SOLUTION?

Dengue fever, which afflicts from fifty thousand to almost four hundred million people in tropical regions annually, is said to be an infectious disease caused by the mosquito-borne dengue virus. Symptoms include fever, headache, muscle and joint pains, and a characteristic skin rash that is similar to measles. In a small proportion of cases the disease develops into the life-threatening dengue hemorrhagic fever, result-

ing in bleeding, low levels of blood platelets and blood plasma leakage, or into dengue shock syndrome, where dangerously low blood pressure occurs. Current efforts to control the disease focus on the eradication of mosquito breeding grounds, (with no recognition of possible nutritional causes). The genetic engineers have come up with a new idea—the release of hundreds of thousands of mosquitos genetically engineered to produce sterile offspring. In 2015, researchers plan to release millions of male mosquitoes in a village in Panama. “Many concerns about GM organisms are that we are letting a genie out of a bottle, that once released you can't put them back,” said Dr. Andrew McKenny of the research team. “The beauty in this system is what we are releasing has a deleterious trait.” In spite of the hype, many scientists remain skeptical. “There

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are risks to releasing insects that have genetic modifications,” said Thomas Walker from the London School of Hygiene and Tropical Medicine. “When you eradicate the mosquito population, you also eradicate part of the food chain. Mosquitoes are prey for a large variety of predators” (*The London Times*, February 5, 2014). For an example of the role mosquitos can play in the food chain, Google "mosquito hamburger."

MERCURY POISONING FROM DENTAL FILLINGS

The FDA has long denied any harm from amalgam (mercury-based) dental fillings but a new study cites FDA data to demonstrate the fact that dental amalgam may indeed cause mercury poisoning in genetically susceptible children. The finding arises from a reanalysis of a key clinical trial cited by FDA as evidence for the safety of amalgams (*BioMetals* February 2014, Volume 27, Issue 1, pp 19-24). The report asserts that mercury vapor from dental amalgam appears to contribute significantly to mercury body burden, and that this exposure appears sufficient to cause harm to susceptible individuals. Finally, the report notes that many Americans with amalgams are exposed to unsafe levels of mercury vapor according to well-established regulatory standards. The FDA and the American Dental Association (ADA) base their claims of safety largely on the results of two randomized, controlled, clinical trials on amalgam, which are known as the Children's Amalgam Trials. The initial results, reported in 2006 in the *Journal of the American Medical Association*, showed no significant difference between the children who received amalgam fillings and those who received resin composite fillings in terms of group-average measures of brain function. Contrary results were observed in 2011 by an independent team that reanalyzed in more detail the longer of the two clinical trials. The investigators divided the amalgam group into high, medium, and low amalgam exposure. This refinement revealed biomarkers of known metabolic harm, called porphyrins, that were associated with higher levels of amalgam. A further reanalysis found that boys who had a common genetic variant, in addition to more exposure to mercury, experienced measurable brain deficits, particularly attention deficit. In addition, from 2011 to 2013, a total of four separate reanalyses have revealed several measures of biological harm to children in a clinical trial lasting seven years. According to lead author, Kristin Homme, "We're concerned because mercury appears to be the most biochemically

plausible explanation for many mysterious conditions, from developmental disorders to neurodegenerative conditions."

GOOD NEWS

A growing number of farmers are abandoning genetically modified seeds, but it's not because they are ideologically opposed to the industry. They are switching back to non-GMO crops because they are more productive and profitable (*Modern Farmer*, January 2014). The re-converts to non-GMO seeds are not hippies but conservative Midwestern farmers making a business decision. GMO seeds cost more, and sell for less on the global market. For example, grain dealer Clarkson Grain pays farmers an extra two dollars per bushel for non-GMO soybeans and an additional one dollar per bushel for non-GMO corn. Furthermore, the GMO seeds are not working as well as they did originally. "Five years ago the [GMO seeds] worked," said farmer Christ Huegerich, who along with his father planted GMO seeds. "I didn't have corn rootworm because of the Bt gene, and I used less pesticide. Now, the worms are adjusting, and the weeds are resistant. Mother Nature adapts." Today, over sixty million acres of cropland in the U.S. are plagued by weeds that are resistant to the popular glyphosate herbicides. Spectrum Seed Solutions president Scott Odle thinks that non-GMO corn could be 20 percent of the market in five years. The free market could very well spell the end of GMO seeds—the best news we have heard in a long time! ☺☺

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.

The Scientific Approach of Weston Price

by Chris Masterjohn, PhD

Weston Price was far more than a dentist. He conducted his pioneering work in nutritional and medical anthropology, which culminated in his epic treatise, *Nutrition and Physical Degeneration*,¹ after twenty-five years of laboratory and clinical research into the causes and consequences of tooth decay had already earned him national recognition as a leading scientist. The work contained therein is far more than an interesting travelogue or a survey of the health of traditional cultures: Price recorded within its pages nature's closest approximation to the gold standard of today's evidence-based medicine, the randomized controlled trial.

THE SCIENTIFIC BACKGROUND

In 1915, Price became the first director of the American Dental Association's Research Institute.² By that time, he had been administrating his extensive research program for fifteen years and had already published over one hundred fifty papers in scientific journals. As director of the Research Institute, he commanded a team of sixty scientists and had at his disposal an advisory board of eighteen of the leading scientists in a variety of disciplines, including Victor Vaughn, then president of the American Medical Association, and Charles Mayo, a founder of the Mayo Clinic.

Several of Price's findings from this early research formed the foundation of the research he later published in *Nutrition and Physical Degeneration*. He had found it difficult to induce tooth decay in animals simply by introducing a putative cause and concluded that susceptibility to tooth decay likely involved a deficiency of protective factors. Price could distinguish animals and humans who were susceptible to tooth decay from those who were immune simply by measuring whether their saliva extracted or donated minerals when he mixed it with powdered bone: saliva from immune individuals always donated minerals to the bone.

Price's twenty-five-year research program,

however, was unable to answer a critical question: what were the protective factors that provided this immunity? To answer this question, Price turned to other cultures with population-wide immunity to tooth decay.

PRICE'S STUDY DESIGN

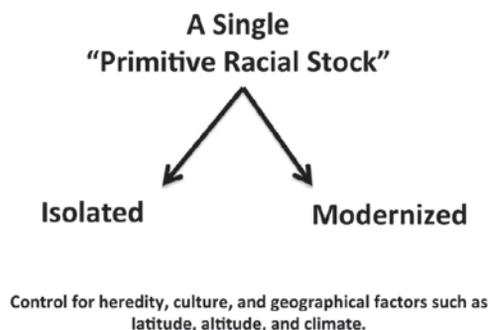
Price understood the need for scientific controls, and Americans without tooth decay at that time were a rarity. He also wanted to establish "standards of excellence" to see just what sort of freedom from physical degeneration was possible. Emphasizing the need for scientific controls, he set out not simply to observe foreign people free of tooth decay, but rather to observe both immune and susceptible groups who could be closely matched for heredity, culture, latitude, altitude and climate. Thus, he looked specifically for genetically homogeneous groups on the cusp of modernization to serve as a series of what we could call "natural experiments." (See Figure 1.)

Price described his search in this way (page 472): "A comprehensive study of modern degeneration will require the use of controls in order that standards of excellence may be established. Not finding adequate controls in our affected groups, it became necessary to look elsewhere in Nature's great biological laboratory, which has been in operation throughout the history of life."

Price concluded that tooth decay likely involved a deficiency of protective factors.

FIGURE 1: A SERIES OF NATURAL EXPERIMENTS

Price sought out "primitive racial stocks," by which I believe he meant genetically homogeneous groups that were "primitive" both in the sense that they had not yet modernized and also in that they had not mixed with other races, since a common theory at the time was that dental deformities were caused by race mixing. Wherever he could, he studied these groups on the cusp of modernization so that he could find some subgroups that had remained "isolated" from modernizing forces and others that had already modernized or that were in the process of modernizing. This allowed him to control for factors that were relatively homogeneous within each "primitive racial stock" but radically different between "primitive racial stocks." Ordinarily, these factors confound observational studies and make their results difficult to interpret. Experimental



studies attempt to control for them through randomization. Controlling for them in this unique way rendered Price's observations similar to a series of "natural experiments"—observations of the results of, as Price put it, "Nature's great biological laboratory."

By showing that physical degeneration followed the adoption of "the displacing foods of modern commerce" in each modernized group while each group that remained true to its traditional diet remained free of degeneration, Price showed that these effects were not a result of factors that could have confounded a comparison between groups, such as heredity, culture, or geography. By showing that this trend persisted in so many different groups regardless of these factors, Price showed that the effect was robust and independent of them.

Price turned to cultures with population-wide immunity to tooth decay.

Price performed dental examinations, took thousands of pictures, collected dietary and other ethnographic information, and collected samples of food, soil, and saliva for laboratory analysis. Had Price used this extensive data to simply compare one group to another, his conclusions would have been riddled with problems (see Sidebar on page 20). Price’s unique study design, however, allowed him to do something quite different: he made all of his comparisons between the isolated and modernized subgroups of each culture. By comparing the isolated Swiss to the modernized Swiss, and the isolated Gaelics to the modernized Gaelics, and so on, Price made comparisons wherein both isolated and modernized subgroups of each culture had similar genetics, a similar cultural history, and lived in similar climates and at similar altitudes and latitudes.

NATURE’S RANDOMIZED CONTROLLED TRIAL

Price’s unique approach allowed him to maximize both the real-world context of his work

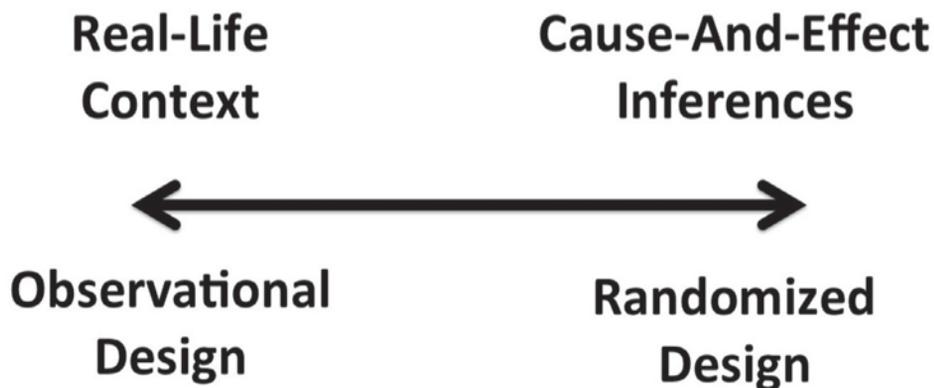
and his ability to make inferences about cause and effect, which are two qualities of scientific research that are ordinarily at odds with one another (See Figure 2).

Within any population, we can expect to find a distribution of many different factors that could influence the risk of disease. These include differences in diet, lifestyle, and hereditary factors such as genetics. If we simply observe how these factors correlate with health and disease, whether we are comparing individuals within a population or comparing one population to another, this multitude of potentially important factors makes it extremely difficult to understand cause-and-effect relationships. Because these factors make the interpretation difficult, we call them “confounders.”

In order to make a strong inference about cause and effect when we observe a difference between two groups, we want the distribution of potential confounders to be as close to identical as possible between them. The only reliable way to do this is to randomly distribute participants

FIGURE 2: THE SCIENTIFIC TRADE-OFF BETWEEN OBSERVATIONAL AND RANDOMIZED DESIGNS

The types of evidence we use to study human health generally fall into two types: observational and randomized studies. In observational studies, scientists observe things the way they are, without experimentally manipulating anything. In randomized studies, scientists randomly allocate whatever or whomever they are studying—whether chemicals, cells, animals, or humans—to different groups receiving different experimental treatments. The strength of observational studies is that the context is much closer to the day-to-day reality of most people, while their weakness is their lack of control for factors that confound our ability to infer cause-and-effect relationships. Conversely, the strength of randomized studies is that they control for these confounders, but their weakness is that they lose real-world context. The more rigorously we control a system, the more we distort it. And, the more we know how that distorted system works. Any evidence thus falls somewhere on the spectrum shown below. Yet the trade-off isn’t a zero-sum game. Scientists usually work with highly distorted yet very knowable experimental systems, always searching for ways to maximize the relevance of these systems so that their amenability to being studied isn’t all for naught.



Price made all of his comparisons among isolated and modernized subgroups of each culture.

into each group. Because the means of allocating participants to a group is random, every single potential confounder—even if it is a confounder that no one knows about or has even imagined—has an equal chance of winding up in each group. For this reason, scientists consider the randomized controlled trial to be the most reliable means of studying cause-and-effect relationships in humans.

The effectiveness of randomization is proportional to the number of participants in a study. Imagine flipping a coin: if you flipped a coin twice, you would not necessarily get heads once and tails the other time. If you flipped a coin several hundred times, however, you would likely get heads very close to half the time.

Even very large randomized controlled trials, however, have limitations: they are usually far too short to understand the long-term effects of anything, and they are always conducted in a dramatically different context than anything we could call “real life.” At a minimum, researchers are monitoring the subjects and telling them what to do, which puts the subjects in a different category than people acting spontaneously. The scientists are likely drawing their blood, which in and of itself affects a person’s biology (most obviously by removing iron and red blood cells), and in extreme cases they may be locking the subjects in metabolic wards under close surveillance and even controlling their physical activity. As a result, randomized controlled trials gain the ability to make inferences about cause and effect at the expense of real-world context (Figure 2).

The communities Price studied were likely much more homogeneous than our own modern society, with its ethnic melting pots and vast proliferation of choices. They nevertheless undoubtedly had their own distributions of dietary, lifestyle and hereditary factors. Although the distributions are unlikely to have been identical from, for example, one Swiss village to the next, they are likely to have been quite similar. Indeed, they are likely to have been far more similar between two Swiss villages than they would have been between a Swiss village and an African tribe, or between obese Americans with heart disease and lean Americans with healthy hearts.

Price’s study design thus targeted the best

of both worlds. It was observational, and firmly rooted in real-life context, free of experimental controls. At the same time, he exploited an opportunity that was largely unique to the brief window of time open to him, wherein so many different groups were on the cusp of modernization all over the globe. Thus he had the opportunity to make repeated observations in many different geographical, cultural and genetic contexts, wherein he could compare isolated and modernized groups with as similar distributions of confounding factors as possible. While this is not, overall, the most effective way to remove factors that confound inferences of cause and effect, it is the most effective way to do so in an entirely natural and spontaneous context. Few other studies could get the best of both worlds in this way, and probably none has ever done so on such large a scale.

In this sense, Price’s study design was to observe the closest thing to a randomized controlled trial that nature has to offer.

PRICE’S CENTRAL FINDING

Price found that the most consistent change that occurred with modernization was the replacement of traditional diets with the “displacing foods of modern commerce.” These foods, according to Price, included white sugar, white flour, white rice, syrups, jams, canned goods, and vegetable oils.

Price verified in the laboratory that the nutrient contents of soil and individual foods were also much higher among the traditionally living groups, and that their saliva donated minerals to powdered bone, a characteristic he had long associated with immunity to tooth decay. In every instance, modernization was associated with a proliferation of tooth decay in the first generation and dental deformities in the second. Attributing the disease to the dietary changes is not completely free of confounding, but the finding was robust across so many cultures and genetic stocks in so many different latitudes, altitudes, and even continents, that we can conclude that the risk of confounding is extremely low.

THE SCOPE OF PRICE’S WORK

Although Price’s central finding focused on a decline in dental health, his work is broader than

Price's study design was to observe the closest thing to a randomized controlled trial that nature has to offer.

this. He provided evidence that tuberculosis, cancer, ulcers, appendicitis, cystitis, and gall bladder disease also increased, with the evidence being strongest for tuberculosis. He also performed animal experiments and clinical interventions, provided fascinating anecdotes from his clinical experience, and set his research in the context of the most rigorous science of the time, which together offered even stronger support for his hypothesis that nutritional deficiencies induced by the “displacing foods of modern commerce” were behind these epidemics of degenerative disease.

One of the most impressive things about the scope of Price's investigations is the sheer amount of data he collected. By 1929, for example, Price had already been taking samples of butter between once a month and once a week from two hundred seventy locations in the United States, Canada, Cuba and Mexico to measure

the vitamin content. Along with these samples, he collected additional information about the date the animals were milked as well as their diets and living conditions. By 1945, Price had analyzed over twenty thousand samples of butter and had expanded the operation to include locations in Australia, Brazil and New Zealand. He also mentioned measuring the vitamin content of butter samples from Switzerland and Egypt. With these data, Price showed that even in a single location, the vitamin content in dairy products could vary up to fifty-fold seasonally, and that in sixteen different regions the fluctuation in vitamin content over the course of the year was inversely related to the mortality from heart disease and pneumonia.

Price demonstrated among his own patients that the simple addition of high-vitamin butter oil and cod liver oil could alter the properties of saliva in a way that favored immunity to the

COMPARING DIFFERENT TRADITIONAL CULTURES IS FRAUGHT WITH PROBLEMS

Price's approach was to compare isolated and modernized subgroups within each of the cultures he studied. It may be tempting to use his data to compare one traditional culture to another, but this is a far less valuable and far more confounded approach. To illustrate why, let us consider how adaptations in vitamin D metabolism among the Inuit could confound such a comparison between this group and any of the others Price studied.

Suppose we compared the Inuit and the Gaels. On page 441 of *Nutrition and Physical Degeneration*, we see that the traditionally living Inuit had only 0.09 percent of teeth attacked by cavities while the traditionally living Gaels had 1.2 percent of teeth attacked. Thus, the Gaels had thirteen times more tooth decay than the Inuit. We might conclude from this that the traditional Inuit diet is superior to the traditional Gaelic diet, perhaps because it did not contain oats or other cereal grains.

Such a conclusion would ignore the fact that the Inuit and Gaels might have hereditary differences that affect skeletal and dental health. In fact, there are good reasons to believe that the Inuit have specific adaptations related to vitamin D metabolism that protect their skeletal health at the expense of other measures of health, particularly the nervous system.

Explorers have long described a phenomenon called *pibloktoq*, a form of hysteria, among the Inuit of the Thule District of northern Greenland. There is considerable evidence the phenomenon could result from low blood levels of calcium during times when vitamin D and calcium are scarce:⁶

- The disorder involves a period of hours or days in which the person seems irritable or withdrawn, followed by sudden, wild excitement with irrational, offensive, and dangerous behavior. It ends with convulsions and stupor. Finally, the person recovers but cannot remember the experience.
- It certainly occurs in northwest Greenland, probably occurs elsewhere in Greenland, and might occur anywhere in the world. The degree to which it is a specifically Inuit disorder is unclear.
- It occurs most often in the late winter and early spring, and least often in the summer.
- It can reach epidemic proportions in the Thule district.
- It resembles tetany, a condition caused by low concentrations of calcium in the blood, which involves involuntary muscle spasms and sometimes severe convulsions, and is often complicated by emotional and cognitive disorganization.
- Medical reports have often noted a tendency towards signs of tetany, such as convulsions in infants and leg cramps in adults, among the Inuit.

tooth decay. He also performed controlled animal experiments showing that rats grown on whole wheat were immune to tooth decay, while those grown either on white flour or bran were highly susceptible. He conducted other experiments in rats and turkeys showing that high-vitamin butter oil and cod liver oil synergized to promote healthy mineral balance, protecting against rickets and weak legs.

Price conducted a nutritional intervention in his patients consisting of the following: three-fourths teaspoon each of high-vitamin butter oil and cod liver oil chased with four ounces of tomato or orange juice; stews made from green vegetables, carrots, meat, marrow, and the juices of broiled meat, which were rotated with organ meats and fish chowder; rolls made from freshly ground wheat with liberal quantities of high-vitamin butter; cooked fruit; and two glasses of whole milk. This regimen reversed over 90

percent of active cavities, without the need for fillings, as shown by X-rays and in limited cases by silver nitrate staining.

Although Price did not have a control group, his findings are consistent with those of a controlled study based on similar principles published by May Mellanby, who discovered vitamin D with her husband, Sir Edward Mellanby. Price also cited a controlled study showing that cod liver oil reduced the incidence of tooth decay. The findings are simply remarkable, moreover, and the likelihood of such a reversal occurring by chance seems negligible.

Price's work went beyond dental health. His evidence that modernization led to a dramatic increase in the risk of tuberculosis included the following:

- Although the Swiss government considered tuberculosis the most serious disease

In every instance, modernization was associated with a proliferation of tooth decay in the first generation and dental deformities in the second.

- In certain regions of Alaska and Greenland where the fishing is poor, access to calcium from dried whole fish and vitamin D from marine oils is often scarce. Combined with lower availability of vitamin D from sunlight, whether because of latitude or clothing, Inuit dwelling in these regions could easily become deficient in vitamin D and calcium, especially during the winter.
- In someone already suffering from low total calcium, prolonged deep breathing or hyperventilation from emotional stress could lower the concentration of carbon dioxide in the blood, which would in turn alter the acid-base balance and thereby reduce the concentration of ionized calcium in the blood. Thus, the ionized calcium would transiently become low enough to cause an attack.

There is just one problem with this argument: if the Inuit are vulnerable to tetany caused by vitamin D and calcium deficiency, why have rickets and osteomalacia been so rare among them? One author suggested that the physically difficult Arctic environment led to adaptations in vitamin D metabolism that spare the skeleton at the expense of the nervous system by reducing the normal blood concentrations of parathyroid hormone.³

This explanation is quite plausible. Calcitriol, the most active form of vitamin D, will increase the amount of calcium we absorb from food all by its own, but it needs the help of parathyroid hormone to leach calcium from the bones so that it will enter the blood and become available to the nervous system. As a result, parathyroid hormone helps spare calcium for the nervous system at the expense of the skeletal system. Conversely, a lower level of parathyroid hormone would spare calcium for the skeletal system at the expense of the nervous system.

A 2004 paper published in *Calcified Tissue International* supports this idea. Inuit consuming "western fare" and living in Denmark had lower 25(OH)D, a marker of vitamin D status, than Danes. They had higher calcitriol, however, and lower parathyroid hormone. Inuit consuming "traditional fare" had 25(OH)D levels comparable to Danes, but had even higher calcitriol and even lower parathyroid hormone. Thus, the Inuit seem to have specific adaptations that allow them to produce high levels of the most active form of vitamin D, along with low levels of parathyroid hormone, even when vitamin D is relatively scarce. In such times of scarcity, we would expect this adaptation to support their skeletal systems at the expense of their nervous systems.

Price's data is consistent with this hypothesis. The Inuit not only had one of the lowest rates of tooth decay on their traditional diet; they also had one of the lowest rates of tooth decay on a modernized diet: only 13 percent, compared to thirty percent among the Gaels and Swiss.

This is just one illustration of hereditary differences in skeletal metabolism that could exist between the different traditional cultures that Price studied. There are likely many other examples, making it important to emphasize Price's intentional study design—comparing isolated and modernized subgroups of each culture—over the many other much more confounded observations we could casually make when reading his work.

Price showed that even in a single location the vitamin content in dairy products could vary up to fifty-fold.

affecting Switzerland, Price found not a single case among the isolated groups of the Loetschental Valley. Several Swiss clinicians told Price that tooth decay tended to correlate with tuberculosis among the modernized Swiss.

- On the Isle of Lewis, tuberculosis was rapidly becoming a problem in the younger generation inhabiting the modernized parts of the island, despite the immunity of previous generations.
- Price was unable to find people living under primitive conditions in Wales. Some suggested he might find such people on the Island of Bardsey off the northwest coast, but the people he found living there were recent colonists living largely off white flour, marmalade, sugar, jam and canned goods. Tuberculosis, mouth breathing, and tooth decay were rampant. Public health officials told Price they believed that the people's defenses against the disease were declining for unknown reasons. Like the Swiss investigators, they observed a tendency for tuberculosis and tooth decay to correlate. To Price, the walls of the ancient castles, cemeteries, and great monuments of this island bespoke the glory and power of a lost people. In the new era, tuberculosis had wiped out the people almost to the point of extinction. The government had recently repopulated the island with fifty healthy families, but they too were dying of tuberculosis.
- Similarly Price found severe cases of tuberculosis among the modernized North American Indians, but did not report any cases among the traditional subgroups, noting that the "modernized Indian children are dying of tuberculosis which seldom kills the primitives." Price was also able to find some Indians at the point of contact with modern civilization where tuberculosis appeared to attack the younger generation whose bodies were built on modern foods,

PRICE'S EVOLUTIONARY APPROACH

Although Price did not study hunter-gatherers as windows into our evolutionary past, he did write about the importance of understanding biological evolution in the 1945 edition of his book, in the chapter entitled "How Mother Nature Made Us." There, he wrote the following (pages 460-1):

"It is exceedingly important that if we are to stem the tide of modernized self-destruction, that we come to know the nature of and origin of both our physical being and our personalities, in order to ascertain what we have lost and how the loss may be prevented. As an approach to this it is important that we review and visualize our origin. The current teachings of the three R's and simpler sciences and most of our religious and social philosophies have failed to relate us correctly to our past which so largely controls our physical behavior and mental attitudes."

Price then spent two paragraphs making the case that all "forms of life have a similar origin" and that humans and apes "have developed from a common progenitor." Directly following this, he lamented that "much of modern thinking and teaching has failed to recognize as common the origin of man with many animal forms and its significance for understanding his form and behavior." The principal importance of this recognition, in Price's view, was the need to understand that we and all other animal life must obey the same laws of nature in order to thrive.

Price first described how humans differ from "simpler forms of life" by relying not only on instructive instincts, but also willful behavior. This is potentially problematic because our willpower and intelligence are highly variable, so willful behavior opens the opportunity to make mistakes.

He then described in detail the life and reproduction of a tent caterpillar, and concluded that it is all made possible by chemicals "synthesized from the minerals, acids, bases, hormones and vitamins furnished by the rapidly growing green cherry leaves, plus sunshine and atmosphere." But what if the caterpillar had a will to develop technical savvy, like us?

"Suppose the caterpillar had learned to rob the plant juice of its carotene, then the vitamin A could not form and no eyes could be made or many of the other structures; or if only starches and sugars were eaten, no body could be built or capacity to reproduce and continue the race. Its safety is provided in both its ignorance and the rigidity of Mother Nature's laws. . . . We humans have the same rigid restrictions regarding food selection as the simpler forms of life when foods are evaluated from their chemical basis. Our greater complicity however, introduces new behavior patterns due to injuries to the structure and therefore the functions of the forebrain. All primitive races that have lived on for long periods have done so by obeying Nature's rigid laws."

Price's ultimate conclusion from this is found in the closing words of the book: "life in all its fullness is this Mother

with the typical signs of modernization such as mouth-breathing, dental deformities and an underdeveloped middle third of the face, whereas the parental generation appeared to be free of the disease. He made similar findings among the native Alaskans. Finally, he also spoke to Dr. Josef Romig, a surgeon with thirty-six years of experience among both traditional and modernized subgroups, who told him that large numbers of modernized natives of Alaska and Canada die of tuberculosis. The good doctor told them to return to their traditional diets, on which they tended to recover.

- Price also found tuberculosis common among the modernized groups of Peru, the Pacific Islands, Africa, and Australia.
- In some cases, Price examined the rates of dental deformities in tuberculosis sanatoria, such as those in New Zealand and those housing modern Americans, and found rates exceeding 90 percent and even approaching

100 percent.

- The native Maori considered the traditional seafoods, particularly fish organs, as highly effective in the treatment of tuberculosis, indicating they had some experience with the disease, but were apparently able to keep it in check with good nutrition.
- Finally, Price cited published research conducted among modern Americans showing a strong statistical relationship between an underdeveloped, deep, narrow chest, rather than a “flat and wide” chest, and tuberculosis. These also correlated with low income. While Price recognized the role of bacteria in the disease, and the role of nutrition in the immune defense, he considered poor nutrition during development to make a major contribution to the increased risk of tuberculosis among modernized people by compromising the development of the chest cavity just as it compromises the development of the face and dental arch.

A controlled study showed that cod liver oil reduced the incidence of tooth decay.

Nature obeyed.”

His point that we and the tent caterpillar must both comply with the laws of nature to thrive is compelling, yet his contention that this somehow depends on recognizing our common ancestry with the tent caterpillar seems at odds with large chunks of his own observations.

For example, on page 322 he discussed how until shortly before the chapter was written, lions, tigers, leopards and other captive felines were not reproducing efficiently. When animal specialists observed African lions taking the organ meats as first choice from slain zebras, human captors began feeding their captive felines organ meats. Lo and behold, they began reproducing. It would seem from this that humans were not consuming poor diets because they considered themselves uniquely exempt among all animal life from the laws of nature. It would rather seem that humans were feeding both themselves and many other animals deficient diets because they did not understand the laws of nature.

Conversely, many if not all of the healthy “primitive” groups Price studied were creationists, and generally supported their obedience to the laws of nature with cultural justifications that had nothing to do with a recognition of common ancestry with animal life. Let us consider these examples:

- The natives of the far north of Canada reported that they derived their dietary wisdom from the teachings of “a great Power.”
- The Tongans did not even acknowledge common ancestry with the white man. When the world was created and populated, they maintained, they were the first to be made, next was the pig, and last the white man.
- The Neur tribe near the Nile in the Sudan ate liver because “they have a belief which to them is their religion, namely, that every man and woman has a soul which resides in the liver and that a man’s character and physical growth depend on how well he feeds that soul by eating the livers of animals.”
- The Swiss consumed the nutrient-rich June butter not because they recognized common ancestry with animals but because they considered it a life-giving gift of God.

It is modern Europeans and Americans who developed a scientific understanding of biological evolution and simultaneously developed a way to make foods that stimulate the pleasure centers in our brains without providing any nutrition. On the other hand, Price himself adhered to this understanding of biological evolution but provided the very foundation for our return to natural, nutrient-dense foods. It thus seems clear from Price’s work that a great diversity of views about human origins can support the willful and humble obedience to nature’s laws that allows the human being to thrive.

One of Price's central conclusions was that the traditional cultures he studied successfully maintained vibrant health on their traditional diets not by accident, but because they had accumulated wisdom about how to nourish their soil, plants and animals, and thereby nourish themselves.

It is possible that isolation could have protected many of these groups from the spread of the tuberculosis bacterium, but nutrition almost certainly played its own role. Price provided limited evidence, moreover, that other diseases were associated with modernization. This evidence includes the following:

- Dr. Romig, mentioned above, informed him that in thirty-six years of experience treating both primitive and modernized natives of Alaska and Canada, he had never seen a single case of malignancy among the primitives but found it frequently among those who had modernized. Similarly, acute surgical problems with internal organs such as the gall bladder, kidney, stomach, and appendix were rare among the primitives and common among those who had modernized.
- Dr. J. R. Nimmo, the government physician serving a group of Torres Strait Islanders for thirteen years, informed Price that he had operated on several dozen malignancies in several hundred modernized whites over the course of that time, but had not seen a single definite case and had seen only one possible case among some four thousand traditionally living natives over the same period. Nimmo also stated that other issues requiring surgical intervention were rare among these natives.
- Dr. Andersen, in charge of a government hospital in Kenya, informed Price that in several years serving the primitives of that district he had rarely seen malignancies and had seen no cases of appendicitis, gall bladder trouble, cystitis, and duodenal ulcer.
- Price also provided fascinating anecdotes from his clinical experience, wherein nutrient-dense foods corrected seizures and chronic fatigue related to low blood levels of calcium, and made remarkable improvements in childrens' performance at school. He even performed a surgical intervention to correct a narrowed palate that induced puberty in a child long failing to develop through that stage of life, probably by releasing pressure on the pituitary gland.

Thus, while Price's most rigorous findings

were those falling within his field of specialty, oral health and dental deformities, he also made a compelling case that the "physical degeneration" associated with modern refined foods is much broader in scope, and that adequate nutrition beginning with the prenatal nutrition of the parents and continuing through development and adulthood is one of the most importance defenses we have against disease, and one of the most important bulwarks we have to support vibrant health.

PRIMITIVE WISDOM

One of Price's central conclusions, as described in more detail in the Fall, 2011 issue of this journal, was that the traditional cultures he studied successfully maintained vibrant health on their traditional diets not by accident, but because they had accumulated wisdom about how to nourish their soil, plants and animals, and thereby nourish themselves. This quote (page 161) captures his conclusion well:

"In my studies of these several racial stocks I find that it is not accident but accumulated wisdom regarding food that lies behind their physical excellence and freedom from our modern degenerative processes, and, further, that on various sides of our world the primitive people know many of the things that are essential for life—things that our modern civilizations apparently do not know. These are the fundamental truths of life that have put them in harmony with Nature through obeying her nutritional laws."

It may be tempting to suggest that Price's studies of hunter-gatherers offer insight into our "evolutionary past" and even the superiority of "evolutionary diets" devoid of cereal grains. Price did offer an evolutionary perspective, which is discussed in more detail in the sidebar on page 22, but his purpose in studying hunter-gatherers was the same as his purpose in studying horticulturalists, pastoralists and agriculturalists: not to develop windows into the ancient past, but rather to study "standards of excellence" in a rigorously controlled manner.

As discussed in the sidebar below, Price's data offer little if any support to the belief that cereal grains are unhealthy. On the contrary, Price concluded that some groups were able to successfully use cereal grains to support vibrant

health because they had accumulated the wisdom necessary to do so.

MODERN KNOWLEDGE

In Price's assessment, the mistake of modernity was to emphasize the accumulation of knowledge at the expense of wisdom (page 301): "There are two programs now available for meeting the dental caries problem. One is to know first in detail all the physical and chemical factors involved and then proceed. The other is to know how to prevent the disease as the primitives have shown and then proceed. The former is largely the practice of the moderns. The latter is the program suggested by these investigations."

Price was not against learning "in detail all

the physical and chemical factors involved," and in fact he devoted considerable effort to learning about these factors. His opposition here is to insisting on completing this knowledge first, before proceeding to address the problem of modern degeneration by tapping into the solutions found among the successful "primitive" groups he studied.

Price observed the backward steps that modern society kept taking with each new piece of knowledge it obtained. With a little knowledge, it first removed the vitamins from its bread. With a little more, it replaced these with isolated vitamins. Price cited a study showing that isolated vitamin D caused placental calcification and fetal kidney stones when given to pregnant women,

In Price's clinical experience nutrient-dense foods corrected seizures and chronic fatigue.

WHEAT AND OTHER CEREAL GRAINS

Some writers, mostly in online comment threads and forums, have suggested that the grain-eaters among the groups Price studied fared worse than other groups, or that none of the healthy groups Price studied consumed wheat. As discussed in the sidebar on page 20, making comparisons between groups in this manner is fraught with interpretative problems. Beyond this, however, such statements are simply incorrect.

While tooth decay rates among the oat-eating Gaels (1.2 percent) and the rye-eating Swiss (4 percent) were considerably higher than many other groups consuming their traditional diets (page 441), though still dramatically lower than those consuming modernized diets, Price studied a number of grain-eating African tribes with much lower rates of tooth decay. These include the Chewya at Kisumu, Kenya (page 141), who subsisted on "large quantities of fish . . . together with cereals and sweet potatoes," and suffered from tooth decay at a rate of only 0.2 percent. Price found the same rate of tooth decay among the Dinkas in Jebelein, Sudan, who similarly subsisted on fish and cereals (page 150).

Among the Bantu (page 150), Price found not a single decayed tooth. Price reported that they lived "largely on dairy products from cattle and goats, together with sweet potatoes, cereals, and bananas."

It is also important to note that the tooth decay figure for the Swiss (four percent) is likely an inflated estimate of what would occur on the traditional Swiss diet, since Price repeatedly encountered young men and women who reported never having a cavity until they traveled to one or another city around the age of eighteen or twenty, spent a year or two there, and developed rampant tooth decay that came to a halt once they returned home (page 32). Thus, some of the tooth decay Price observed among the Swiss may have resulted from modern diets they consumed while traveling.

Although Price did not directly study any healthy groups that ate wheat as their *traditional* staple, he did study healthy wheat-eaters. Among about one hundred sixty modernized Native American students at a training school called the Mohawk Institute (page 85), 77 percent had suffered from tooth decay with a total of 17 percent of teeth attacked by cavities. Every single one of these cavities, however, had healed. "The Institute maintained a fine dairy herd," he wrote, "and provided fresh vegetables, whole wheat bread, and limited the sugar and white flour." This diet appeared not only to sustain good health, but to reverse damage the students had presumably suffered from more refined diets they had consumed prior to enrolling at the institute.

That whole wheat could make up a substantial proportion of such a healing diet was consistent with Price's clinical results, where he used rolls made from freshly ground whole wheat as part of his tooth decay reversal program, as well as his animal experiments, wherein he showed that refined wheat but not whole wheat produced cavities in rats.

Although Price didn't study the Pathans of India himself, he had the following to say about them (page 291): "The most physically perfect people in northern India are probably the Pathans who live on dairy products largely in the form of soured curd, together with wheat and vegetables. The people are very tall and are free of tooth decay."

Although Price never reported traveling to India, he was familiar with the work of Sir Robert McCarrison (page 479), who studied several groups in that land that thrived on wheat-inclusive diets.

While none of these observations should provide the final word in a debate about the health value of grains, they are important to keep in mind so that when Price's work is brought up in such a debate, it is presented accurately.

Price observed the backward steps that modern society took with each new piece of knowledge it obtained.

whereas cod liver oil did not. After seeing the tooth decay that resulted from white flour and sugar and the soft tissue calcification that resulted from pure vitamin D, how could Price be anything but discouraged by the track record that the progress of knowledge had generated?

The problem was that many, once they obtained some new knowledge, were tempted to sacrifice the wisdom of previous generations rather than use their knowledge to further enrich the pool of accumulated wisdom. Price was humble enough to learn from the Swiss, who “recognize the superior quality of their June butter, and without knowing exactly why, pay it due homage.” Others would simply discard this recognition because it was not rooted in the superior epistemology of modern science, considering it perhaps even worthless precisely because the Swiss paid this homage “without knowing exactly why.”

Price strongly advocated the humble sentiment that what we do not know likely far exceeds what we do know. Indeed, it may be that what we know is only the tip of the iceberg (Figure 3). He used this sentiment to justify his continual support for the use of natural foods, which may differ from modern substitutes in ways we do not

completely understand. “Great harm is done, in my judgment,” he wrote, “by the sale and use of substitutes for natural foods” (page 294).

PLACING PRICE’S WORK IN CONTEXT

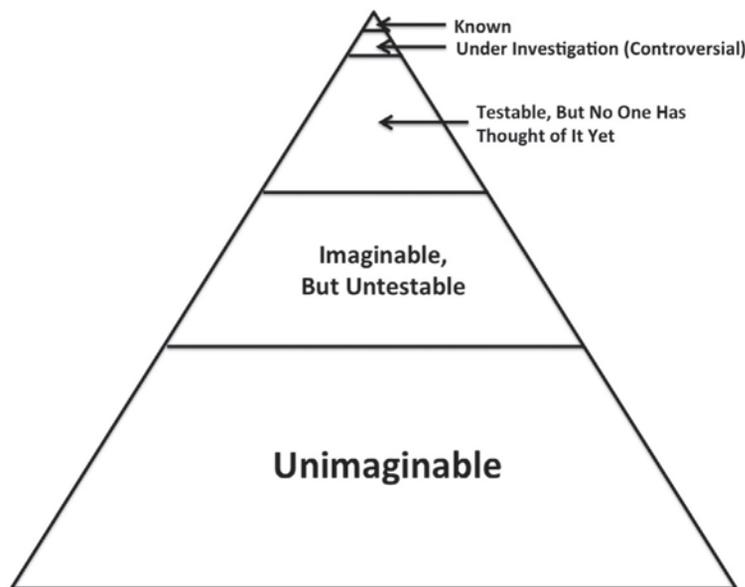
Tradition, of course, has its limitations. It would be just as problematic to discard the scientific method and blindly accept every human tradition as it would be to discard the wisdom of past generations. It would be similarly problematic to discard our own experience in deference to either of these sources of knowledge. How are we to respect and embrace the wisdom of our ancestors, while using science and our personal experience to refine and enrich the pool of accumulated wisdom?

In other words, how are we to place Price’s work in its proper context?

There are many legitimate uses of evidence, some of which are as simple as collecting observations about the world for the sake of curiosity and appreciation. Evidence that should inform our decisions about how to eat and live to be healthy could be broadly divided into three categories, each of which makes its own essential contribution: evidence supporting a framework for interpreting how to act in the face of uncer-

FIGURE 3: THE GREAT UNKNOWN

Price placed a strong emphasis on acknowledging the things we do not know. As shown above, we might suppose that most of what is true probably is not known, the bulk of which is likely untestable or unimaginable. Although not shown, much of what is “known” may be wrong.



tainty, experimental evidence demonstrating cause-and-effect relationships, and personal experience.

The modern program that Price opposed, which was to “know first in detail all the physical and chemical factors involved and then proceed,” superficially appeared to be based on scientific certainty. In reality, however, it took the status quo as its framework for interpreting uncertainty. Refined flour and sugar were the norm, and society’s managers added nutrients back to the diet one by one as science demonstrated their importance. Price argued for a “common sense” that took for granted diets associated with health rather than those associated with disease. In other words, a “common sense” rooted in evidence rather than in the status quo.

Price documented a broad range of traditional diets that were consistent with freedom from disease at a population level, meaning even the most vulnerable members of the population were protected. We may not be able to say with certainty that every single element of every single traditional diet is health-promoting, but we can certainly say that this range of traditional diets is consistent with population-wide freedom from disease. Thus, this range offers a much better source of “common sense” about diet than the current status quo.

Price provided strong evidence that the transition from diets based on traditional, nutrient-dense foods to diets based on the “displacing foods of modern commerce” caused the physical degeneration that ensued. Thus, the central theme of our approach to nutrition should be to emphasize nutrient-dense foods and banish refined foods and vegetable oils.

While this finding is incredibly powerful in itself, it leaves much to be answered. Were some traditional diets superior to others? Were certain factors protective rather than others? Were some neutral, or some harmful? How do they work together in the proper balance? What is the full range of diseases attributable to diet?

For diseases that are less clearly attributable entirely to the nutritional transition, such as heart disease, what are the roles of sleep, stress, social structure, infection and other variables? How do all these factors interact with features unique to our own society? Do our modern lives place

special demands on us?

We can broaden, deepen and strengthen our understanding of Price’s work with experimental science, through which we can begin to provide answers to some of these questions. Valuable experimental evidence ranges from experimental animal and cell models that deepen our understanding of physiology to randomized, controlled, clinical trials in humans that provide clear evidence for effects on human health.

Each individual, finally, is unique and dynamic. As a result, one person’s nutritional needs may differ from another’s, and her needs at one time in her life may differ from her needs at another time. Even after all the foregoing evidence is taken into account, then, a person must heed her own experience.

The work of Price and others following his approach thus lays our foundation of common sense, while experimental science broadens and deepens our understanding of how to achieve health, and our personal experience fine-tunes our approach to an individual level best suited to each of us. In this way, we seek knowledge not to replace the wisdom accumulated by our ancestors, but to build upon, expand, refine and enrich this pool of accumulated wisdom. ☯☯

Chris Masterjohn, PhD, is creator and maintainer of Cholesterol-And-Health.Com, a web site dedicated to extolling the benefits of traditional, nutrient-dense, cholesterol-rich foods and to elucidating the many fascinating roles that cholesterol plays within the body. Chris is a frequent contributor to Wise Traditions, the quarterly journal of the Weston A. Price Foundation, and is a perennial speaker at the annual Wise Traditions conference. He has published eight peer-reviewed publications. He has a PhD in Nutritional Sciences from the University of Connecticut and is currently working as a Postdoctoral Research Associate at the University of Illinois where he is studying interactions between vitamins A, D, and K. The contents of this article represents his independent work and does not necessarily represent the positions of the University of Illinois.

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Nutrition, Fluoridation and Dental Health:

Weston A. Price versus Gerald J. Cox

by Sylvia P. Onusic, PhD, CNS, LDN

They were contemporaries, living and working at the same time in the same country, and focused on the same topic—tooth decay. But they took totally different paths and their contributions were worlds apart. Weston A. Price was a dentist, world traveler and humanitarian who valued what people could teach him. He lived large and his laboratory was the world. Gerald Judy Cox, a chemist, involved in all that chemistry could bring, never stepped far from his lab rats. Although he traveled in the U.S. to professional meetings, he lived in Pennsylvania for most of his life.

Dr. Weston Price was born in Canada in 1870 and graduated from the University of Michigan Dental School in 1893. He had a busy and successful dental practice in the early part of the 20th century in Cleveland, Ohio. He was head of research for the American Dental Association and a well-regarded scholar. Price and his wife traveled the world examining the teeth and health of people living in primitive cultures. He found that people who kept to traditional diets were healthy, physically strong, good-looking, vibrant, and largely immune to tooth decay.¹

Price is mainly known for his work on the role of nutrition in dental and physical health with a focus on dental caries. His work is immortalized in his book, *Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effect*, which is dedicated to his wife, Florence. First published by Paul B. Hoeber, Inc. Medical Book Department of Harper & Brothers in 1939, the book is now in its eighth edition.² Unlike many books written in the 1930s that have long been forgotten, his book remains a popular work judged favorably by commenters on Good Reads.com, who describe *Nutrition and Physical Degeneration* as a “life-changing” work.³

Dr. Gerald Judy Cox was born in Illinois in 1895 and graduated from the University of Illinois with a PhD in chemistry in 1925.⁴ The majority of Cox’s fame came from his work with fluoride at the Mellon Institute in Pittsburgh during the 1930s, and it was this work that earned him a permanent position of professor of dental research at the University of Pittsburgh Dental School in 1948. He stated, “I came to the School of Dentistry, University of Pittsburgh in September 1948 as professor of dental research because of my involvement in fluoridation of water.”⁵ Upon retirement in 1965 he was granted the title “emeritus professor.”⁶

FELLOW AT THE MELLON INSTITUTE

Cox had experience as a fellow at the Mellon Institute where he received financing first from the Mellon family for work with aluminum and then from the sugar industry for his work on sugar and dental caries.⁷ When the Sugar Institute of New York ceased its financial support, he applied in 1935 for funding and was successful in obtaining yet another fellowship, financed by the Buhl Foundation,¹¹ designated as the “Nutrition Fellowship,” which was a continuation of his previous work.⁸ During Cox’s nutritional fellowship from 1935 to 1940 he quickly turned his focus to fluoride and devoted the majority of his experiments trying first to prove the existence of fluoride in the diet of rats, and then to proving that this fluoride prevented dental caries.⁹

The Mellon Institute in Pittsburgh was founded by the same Mellon family that owned Alcoa aluminum manufacturing plants. The

plants produced large amounts of fluoride, a toxic waste.¹⁰ They made their research facilities available to scholars for a price.

Cox had experience working with lab rats. While at the University of Illinois from 1917 to 1919 he worked in animal nutrition laboratories where his master’s degree and PhD studies focused on nutrition in rats. From 1925 to 1929 he managed the laboratories there and in July 1929 he became an aluminum fellow at the Mellon Institute.¹²

As would be expected, during this fellowship he found that cooking in aluminum pans did not cause damage, while copper cookware was a culprit in depleting vitamin C. While working for the Sugar Institute of New York, he was careful to say that sugar didn’t initiate cavities, just made them worse: “We found that sucrose and glucose as a 2/3 ration after initiation of carious lesion promoted enlargement of the cavity as compared to starch, but did not initiate cavities.” He also noted that eating corn meal produced caries in rats.¹³

His project proposal to the Buhl Foundation in 1935 summarized all his prior work, which he continued as a nutrition fellow: butter, halibut oil, milk, and meat prevented dental caries.¹³ But Cox did not further pursue any research into whole foods. The Mellon Institute in 1935 announced the fellowship with a press article saying that Cox had discovered a new vitamin.¹⁴ At one point, he proposed a study using various milk products but this never came to fruition. He soon took another path, identifying this mysterious vitamin as fluoride or aluminum in the rat’s lab chow as the “new vitamin” that might prevent cavities.¹⁵

Cox described his experiments as the “first controlled laboratory experiments which proved that fluoride prevented cavities.”¹³ In his project proposal he suggested that the Buhl Foundation call upon men of science to back him up.¹⁶ But his critics from the Pennsylvania State College, Dr. R. Adams Ducher, chairman of the department of agriculture at Penn State, in a letter to Clare V. Starrett, associate director of the Buhl Foundation, reviewed Cox’s study and findings in 1935 along with those of his colleague, Dr. N.B. Guerrant of the same department, and found them wanting. They criticized him for his lack of control variables.¹⁷ Cox would feed one food,

While working for the Sugar Institute of New York, he was careful to say that sugar didn’t initiate cavities, just made them worse.

Cox was a major force in giving the Mellons and other industrial giants a way to shift liability from their huge fluoride waste dumps by promoting fluoride as a health benefit.

followed by a different food, then another. His critics noted that effects that Cox attributed to one substance could indeed be attributed to other substances, such as butterfat. But this criticism made no difference to any of the parties involved and Cox continued on with his flawed science, which he militantly defended.

Ducher thought the vitamin that conferred caries resistance was vitamin C, which rats could make themselves. He thought that Cox had in some way disabled the rats' production of vitamin C through the diet he fed them, which led to dental caries. To rebut this statement Cox added lettuce to the diet, which he thought had "a lot" of vitamin C. The lettuce did not prevent caries, showing that Ducher's statement was not valid. According to Guerrant, the most important finding was that "the offspring from the fat diet had distinctly lower incidence of caries than did the young on a high carbohydrate diet."¹⁷

ENTER FLUORIDE

At this time, the fluoride issue was indeed becoming a headache for the Mellons and the aluminum industry as more and more of this toxic byproduct entered our rivers. Other industries, such as synthetic fertilizer manufacturing and atomic power production, became equally implicated.¹⁸ In 1933, Dr. Lloyd DeEds, senior toxicologist with the U.S. Department of Agri-

culture and lecturer in pharmacology at Stanford University, published a sixty-page review on fluoride poisoning. He wrote, "The possibility of fluorine hazard should

... be recognized in industry where this element is dealt with or where it is discharged into the air as an apparently worthless by-product." Vegetation and livestock near aluminum plants were being poisoned. "The superphosphate plants were pouring 25,000 tons of fluorine into the air and adding 90,000 tons to the top soil each year."¹⁹

Cox was a major force in giving the Mellons and other industrial giants a way to shift liability from their huge fluoride waste dumps by promoting fluoride as a health benefit. He became a vital cog in the fluoridation machine as one of the first researchers to propose, based on his rat studies, that fluoride prevented cavities and to suggest its addition to public water supplies.²⁰

In explaining how he came to the conclusion that fluoride prevented cavities, Cox said that he heard a presentation at a meeting in Detroit on the prevention of cavities in rats by feeding them aluminum salts. He then started a study to produce mottled teeth in rats by feeding them fluoridated water during pregnancy and lactation. After weaning, the rats were put on a caries-producing diet, yet none of the rats developed cavities or mottled teeth. In his convoluted thinking, "so it appeared that fluoride was good

FINDINGS FROM COX'S NUTRITION FELLOWSHIP

Even though Cox quickly turned to fluoride research in 1936, research during his sugar fellowship and at the beginning of his nutritional fellowship established the following:

- The parents of pups with immunity to dental caries were fed during the mating, pregnancy and lactation with the following: yeast, alfalfa, haliver oil, fresh liver, certified milk and whey concentrate.
- "Approximately 80 per cent of the dental caries in the young have been prevented by the diet of the mother during pregnancy and lactation."
- Rat pup resistance and "immunity to dental caries...resulted from feeding increased amounts of haliver oil (halibut oil) to mothers of the experimental rats during the periods of pregnancy and lactation." Presumably the effect is attributable to an increase of vitamin D. He later went on to observe that vitamin D was not a factor but used another unsuitable source of vitamin D.
- "A diet high in butter fat likewise has added to caries resistance."
- "Mothers with a 100 percent meat diet have pups with caries resistance. The best results of the Fellowship to date have been those obtained with the meat diet with added calcium carbonate."
- "Positive results with whole milk were due to a more favorable level of calcium and phosphorus or possibly to the fat content" and "milk contains an anti-caries substance."²⁵

for the teeth.” He didn’t include the aluminum salts in the prescription.²¹

Cox was at the right place at the right time and did the “right” thing for his mentors. Cox admitted that he got his life-time position at the University of Pittsburgh Dental School because of his fluoridation work.^{22,55}

At the University of Pittsburgh, it was his job “to stimulate research and assist those with research projects to final publication.” He was the first man to head a department of research in a dental school; he became professor emeritus upon his retirement in 1965 but was not replaced. He prepared several editions of “Survey of the Literature on Dental Caries” with U.S. government grants.²³

Pittsburgh’s water was fluoridated in early 1951²⁴ and Cox appeared gleeful in a ditty that gives new meaning to the term ‘F-word’:²⁵

Paeon In Anticipation
of F-Day In Pittsburgh

On with the dents
Let alloy be unconfined!
For F is in our water
And peace is in my mind.

Gerald J. Cox
February 27, 1951.

Sixty years after fluoridation, dental caries remain a problem in Pittsburgh’s children. According to the Pennsylvania Department of Public Welfare, tooth decay affects 48 percent of children by the age of eight, even those who drink fluoridated water. “By age fifteen, this percentage increases to 50 percent. In low-income households, 33 percent of children have untreated tooth decay, in comparison to only 10 percent of children in higher-income households.”²⁶ An oral health assessment commissioned by the Pennsylvania Department of Health and conducted by the University of Pittsburgh School of Dentistry from 1998-2000, found high rates of caries and untreated caries in the cities of Philadelphia and Pittsburgh; both cities have had fluoridated water supplies since the 1950s.²⁷

PRICE’S WORK ON FLUORIDATION

As chairman of a Committee on Brown

Staining of the Teeth for the National Research Council’s Division of Medical Sciences, Price was also involved in fluoride research. While head of the committee in 1926, he was in contact with other international researchers. The French had noted that the same brown mottling occurred with frequency in Morocco, Algeria, and Tunisia—they called it *le darmous*.

The head of research for those countries, Dr. Henri, sent samples to Price for analysis in his laboratory.²⁸ Price found 2.3 and 3.1 parts per million (ppm) fluoride in the samples from North Africa and published these results in a paper which he read at a meeting of the International Association for Dental Research in 1932, “Evidence of a need for fluorine in optimum amounts for plant and animal growth, and bone and tooth development, with thresholds for injury.”²⁸ Price pointed out that the water from districts in North Africa was extremely high in fluoride and that there was severe damage to teeth of “sheep, cows, goats, donkeys and horses, as well as humans living in that area.”²⁹

While serving on the the committee, Price noted the toxic effects of fluoride on mineral metabolism and on permanent enamel defects, but his research was ignored. He pointed out that the addition of natural sodium fluoride to the rats’ food results in a decrease in blood levels of iron, calcium, phosphorus, and potassium. A one percent concentration of sodium fluoride in the diet resulted in a general disturbance of mineral metabolism. Because bone and tooth tissue differed and teeth did not regenerate, defects to enamel caused by mottling would be permanent.²⁹

Today the Centers for Disease Control (CDC) and the Public Health Service state that the enamel defects caused by fluoride are “cosmetic” but the discoloration cannot be removed by abrasion or creams and the only solution to correct the unsightly teeth are expensive caps and crowns.³⁰

Around the same time that Price was working on the problem of *le darmous* and publishing his paper on fluoride and mineral metabolism, Cox was an aluminum fellow at the Mellon Institute. He was not a dentist but followed the dental literature. It is very possible that he read Price’s articles.

Price noted the toxic effects of fluoride on mineral metabolism and on permanent enamel defects, but his research was ignored.

Price noted that these processed foods displaced nutrient-dense foods in the primitive diet, causing a decline in all vitamins and minerals, but particularly the fat-soluble vitamins A, D and K₂ (then referred to as the X Factor).

NUTRITION AND DENTAL DECAY

In his book, *Nutrition and Physical Degeneration*, Price concludes that “foods of commerce,” such as flour, sugar, canned milk, pastries, and modern processed vegetable oils cause nutritional deficiencies that result in many dental issues and health problems. The dental problems he observed were tooth decay starting in the first generation and, in the second generation, dental deformities such as crowded teeth, improper development of the facial structure, narrow jaws, overbites, and underbites, a general condition he referred to as the “underdevelopment of the middle third of the face.”³¹ Price noted that these processed foods displaced nutrient-dense foods in the primitive diet, causing a decline in all vitamins and minerals, but particularly the fat-soluble vitamins A, D, and K₂ (then referred to as the X Factor).

Recent research corroborates his conclusions. For example, a malformative mid-facial alteration, known also as maxillonasal dysplasia or Binder’s Syndrome, is caused by a lack of vitamin K₂ brought on by the drug warfarin taken during pregnancy, vitamin deficiency during pregnancy because of excessive nausea and vomiting during the first trimester, or a defect in vitamin K₂ metabolism.³² These factors can result in a cleft lip, a flat profile with a convex upper lip, a short nose and a flat or depressed nasal bridge, usually resulting in a Class II malocclusion, a misalignment of teeth or an incorrect relation between the teeth of the two dental arches requiring treatment with orthodontics.³³

Price convincingly argued that this lack of development was nutritional in origin, that without adequate vitamin and mineral intake, the facial bones cannot be built strongly enough to support broad facial structure. He explained that the facial narrowing was not a genetic condition,

nor caused by mixing of races (the current theory of his day), but occurred in spite of genetics, through factors we now refer to as epigenetic. But Price concluded, as did Dr. Francis Pottenger through his work on cats, that this physical degeneration could be positively reversed within several generations of good nutrition.³⁴

Throughout his career Price produced several technological innovations and published many papers in medical journals and textbooks. His research materials include some fifteen thousand photographs, four thousand slides, and many filmstrips.³⁷ For instance he knew that root canals were dangerous and associated with adverse health problems whereas tooth extraction was much safer. His only child died from an infected root canal which he had placed.³⁸ The dental establishment, prospering on the new procedure of root canals, ridiculed his observations and called him “radical.”³⁸ Price was not afraid to acknowledge the elephant in the room—the fact that there would be little need for dentists, endodontists, and orthodontists when people practiced good nutrition.

Still, his book *Nutrition and Physical Degeneration* received glowing reviews. In 1940, a review in the *Canadian Medical Association Journal* called the book “a masterpiece of research.” A 1950 review in the *The Laryngoscope* called Price, “The Charles Darwin of nutrition.”³⁹

PRICE AND COX ON A COLLISION COURSE

Despite their differing work ethic and focus, the paths of Price and Cox did collide. Cox clearly expressed his opinion of Price in a letter he wrote to Clare V. Starrett of the Buhl Foundation board in July 1938. Price was seeking funding from the Buhl Foundation to publish his book, initially named *Primitive Keys to Modern Degeneration*. Price wrote to Starrett on June 21, 1938 (on the

TRADITIONAL FOOD BANISHES CAVITIES

Any decline in cavities independent of fluoride is attributed to refrigeration, better overall nutrition, and increased consumption of cheeses.³⁵ A 2014 CBS News report describes a study in which the researchers found that eating cheese increased dental plaque pH, which in turn decreased the odds of developing cavities. Cheese, a time-honored traditional food, contains healthy amounts of calcium, saturated fats, and vitamins A and K₂. But in the discussion, the sadly misguided researchers attributed the lower pH to pyrophosphates, “which are commonly found in fluorides and toothpaste which can re-mineralize a tooth that has been surrounded by acid.” And in keeping with the low-fat paradigm they advised eating low fat cheese “so people can snack on a healthier option while still getting the same benefits.”³⁶

Despite their differing work ethic and focus, the paths of Price and Cox did collide.

recommendation of B.F. Carley of Pittsburgh) asking for funding for the publication of his book.⁴⁰

With the letter Price included a prospectus describing his book and exhibits based on a text that he had prepared for the National Academy of Orthodontic Surgeons and the Connecticut and Ohio State Dental Associations which had given him medals of honor. He also noted that Dr. Ernest Hooten of Harvard University, the most famous physical anthropologist of his day, made several complimentary references to Price's work in his book *Apes, Men and Morons*. Dr. Hooten went on to write the preface for *Nutrition and Physical Degeneration*.⁴⁰

Starrett turned to Cox for an opinion. Cox was aware of Price's work on fat-soluble vitamins as activators important for dental health. He wrote, "I would expect that a book by Price would be depressing to the civilized reader, that is, it would be pessimistic and play upon fears that would promote still further ill-reasoned food fads that irritate conventionally trained nutritionists."⁴¹

He painted Price as a dentist "of poor repute professionally, according to two unnamed sources." Price's dental practice was located across the street from the Cleveland Clinic and Cox was scornful of the fact that a neon sign on Price's building proclaimed, "Cleveland Dental Clinic."

"The proximity of the establishment and the near copying of their name was quite irksome to the staff of Cleveland Clinic," he wrote, which was pure conjecture on his part as he did not name witnesses. And as far as we know, he never visited Cleveland. Cox continued to cast aspersions on Price by stating that his name was not found in the Cleveland phone directory and he may have changed the name of his clinic or moved.⁴¹

Referring to a conversation with a Gundersen from the Quaker Oats Laboratories, Cox reported that Dr. Gunderson "believes Price is 'quackish' and that he is highly opinionated with insufficient evidence."⁴¹

The Buhl Foundation declined to fund Price's book. But despite Cox's negative review Price soon published his book with a prestigious firm.

Cox sent a book review to his handlers at the Buhl Foundation. He again called Price "pessimistic," yet admitted that Price "believes that civilization has the power within itself to survive and advance itself to even more trying conditions." He referred to the groups studied by Price as "really weaklings who never survive the rigors of civilization."⁴²

He also mentioned an article in *Harper's Magazine* by Walter C. Alvarez, MD, entitled "Why Can't We Have Perfect Teeth?" which discusses the work of Price. Cox dismissed Alvarez because his book, *Nervous Degeneration*, was advertised on the jacket of Price's book.⁴³ Cox suggested that "this fact suggests promotion by the publishers at the expense of *Harper's Magazine*." The publishers did, in fact, own *Harper's*.⁴⁴

Nutrition and Physical Degeneration continued to receive accolades. Ironically, Cox's proposal to the Buhl Foundation for funding for the nutrition fellowship in 1935 seemed to echo the words of Weston Price, who had written about his travels in dental journals. Here Cox dared to praise the primitives whom he would later call "weaklings" in his review of Price's book in 1938.

Indeed, one section of Cox's proposal begins with the title, "Are Sound Teeth a Heritage of the Human Species?" in which he supports Price's findings that tooth decay is not a natural part of the human condition, although he does not credit Price's work: "It seems entirely proper to speak of caries-resistance as being inherent in the human race. Evolutionary processes would scarcely permit the survival of a species whose digestive process is hampered at the outset. But it is not necessary to invoke mere theory for a belief that man can carry all his teeth into the grave. Eskimos are famous, if not even notorious, as having little trouble with tooth decay. Inhabitants of isolated islands or of areas shut in by mountains have been known as groups to have excellent teeth."⁴⁵

Cox continued on page three of his project proposal to describe the devastating effects of modern diets on teeth, which he had certainly read in the work of Price and others: "Eskimos, reared on the diets of civilization, develop the need of corrective dentistry as rapidly as any of the admittedly susceptible races. This insidious

LETTER OF WESTON A. PRICE TO THE BUEHL FOUNDATION,
SEEKING FUNDING FOR *PRIMITIVE KEYS TO MODERN DEGENERATION*
(Later published as *Nutrition and Physical Degeneration*)

Starrett CV

Key
John Starrett

WESTON A. PRICE, D. D. S., M. S.
DENTAL RESEARCH LABORATORIES
8926 EUCLID AVENUE
CLEVELAND, OHIO

June 21, 1938.

Mr. C. V. Starrett, Asst. Mgr.,
Buehl Foundation,
Farmers' Bank Building,
Pittsburgh, Penna.

My dear Mr. Starrett:

Through the kindness of Mr. B. F. Carley of your city I am advised to write you relative to a very important manuscript that I just completed dealing with the wisdom of primitive races and indicating the means whereby many of them have been able to perpetuate their stock in good physical condition through thousands of years. This is in striking contrast with the rapid degeneration of our modern white civilization and in contrast with the rapid breakdown of these primitive racial stocks wherever they come in contact with our modern civilization and have adopted certain of its methods of living. The title of the book is *PRIMITIVE KEYS TO MODERN DEGENERATION*. My investigations throw very important light on the cause of our rapidly increasing modern physical, mental and moral degeneration in many communities.

The book will carry two hundred full page illustrations and twenty-eight half page and about three hundred and forty pages of text. The message is so important and the scope so far reaching that the book should have very wide distribution. I have an estimate from one of the leading printers for printing 5000 volumes at \$1.39 a copy. This would be in excellent binding and paper with fine illustrations.

There is an opportunity here for some foundation to make a very important contribution to humanity throughout the world as a philanthropic work. My concern is that the material shall have wide distribution. The expense has of course been very great for obtaining the material involving travelling approximately one hundred and twenty-five thousand miles.

I am enclosing herewith a prospectus of the work for your information.

I anticipate that Mr. Carley has already discussed the matter with you as he suggested he would do so. I would be glad if you would advise me whether the Buehl Foundation would be interested in investigating this matter to note whether it comes within the scope of its activities, and interest.

Yours very sincerely,

Weston A. Price
Weston A. Price

WAP:RWM

REPLY OF GERALD COX TO PRICE'S REQUEST

THE SYSTEM OF PRACTICAL COOPERATION BETWEEN SCIENCE AND INDUSTRY
FOUNDED BY ROBERT KENNEDY DUNCAN

MELLON INSTITUTE OF INDUSTRIAL RESEARCH

UNIVERSITY OF PITTSBURGH

PITTSBURGH, PA.

July 1, 1938

Mr. C. V. Starrett,
The Buhl Foundation,
Farmers Bank Building,
Pittsburgh, Pa.

Dear Mr. Starrett:

I have studied the letter and prospectus of Weston A. Price as requested by you and herein are my impressions.

Since the beginning of active study of dental caries I have been familiar with the work of Weston A. Price. He strongly favors the theory of malnutrition as the dominant influence in dental caries and thus offends those who believe bacteria play the leading role. Price has developed a test for susceptibility to caries which consists of analyzing saliva for calcium and phosphorus before and after contact with bone chips. If these elements are lost to the bone chips the subject is regarded as immune to caries; if calcium and phosphorus are taken up by the saliva, susceptibility is indicated. Price has voluminous data to indicate that his test is sound. Corroboration is supplied by the dental group at Northwestern University which uses the Price test with some modification.

Using his test Price claims that he can render susceptible subjects immune to caries by feeding certain "activators". The activators, in normal parlance, are the fat soluble vitamins. Persistence in the use of the term suggests a crank, but Price may be a crank of the type the world needs.

The activators used by Price are principally the low melting fractions of butter obtained from cows which have been selectively pastured preferably on the green wheat plant. In spite of his objections to cod liver oil, Price uses it in making up his activator mixture.

There is no need to comment on the travels of Price. They are authentic and deserve recording in book form.

I am aware of two adverse views on Price, one indicating that he has poor repute, professionally. His Cleveland location was, at least about 1932,



In 1949 the medical community was still not sold on fluoride.

influence of the diet indicates that the individual may be born with immunity to caries if it has been fed into him; that the heritage of the human race is rather a mechanism of producing enduring teeth if that mechanism is supplied with all its requirements at the proper time. Some, however, have been notably substantiated by systematic study as for example, the elevation of cod liver oil to an essential place in the infant's diet.⁷⁴⁵

THE END OF THE FELLOW

Cox argued that caries could be prevented with fluoride, ridding parents of the need to practice good nutrition. But at first Cox was not certain. "The data on fluorine and its influence on teeth are not sufficiently convincing" he wrote in 1936. "The levels of the element which are effective are too near the minimum which may be achieved by rigorous elimination of fluorine from the diet. Fluorine is deposited in the bones and thus a reservoir is created."⁴⁵

But a short time later, upon several suggestions from Francis Frary, the chief chemist at Alcoa, Cox started looking at the mysterious fluoride in a different way: "Fluorine may be such a substance or the active constituent of meat." Cox claimed that he was the first researcher to suggest that municipal drinking water be fluoridated (but maybe someone at Alcoa gave him the idea).⁴⁶

Cox's funding came to an end in 1940 and his annual fellowship grant of twelve thousand dollars per year was not renewed. Cox stated that his funding was discontinued because his proposal that drinking water be fluoridated, made at the September 29, 1939 meeting of the National Water Works in Johnstown, was rejected. At the end of Cox's article in that organization's journal, the editor castigated Cox for the article's call for fluoridation of public water supplies.⁴⁷

FORCE FED FALSE FLUORIDE

In 1949 the medical community was still not sold on fluoride. An article that year by Dr. D. C. Badger in the *American Journal of the Diseases of Children*, supported by a press release by the American Medical Association, discussed the phenomenon of children with mottled teeth in various American communities with high fluoride levels in the water supply.⁷⁷ The article

suggested that children receive distilled water until six years of age.

H. Trendley Dean, the father of fluoridation, also suggested the same a short time before he flip-flopped to promote water fluoridation.⁴⁸ Cox's findings that fluoride given to mothers prevented cavities in the offspring were expanded to the concept of fluoride after birth. "If the children were given distilled water," Cox warned, they "would be prone to cavities. . . . To minimize the mottling, and still prevent cavities, fluorine levels should be adjusted seasonally to provide an optimal amount of fluorine." While Badger was concerned about the complications of dental fluorosis, there was no concern or scientific interest on the part of Cox or Dean about potential harm from dental fluorosis.⁴⁸

By the way, as a professional chemist Cox erred continuously in referring to "fluorine" added to the water. Fluorine is a toxic gas which combines easily with other materials such as calcium, uranium, and most other metals; it is almost never found in its native state. It is the fluorides and their derivatives that are added to the public water supply.

HYDROFLUOROSILICIC ACID

The cheapest form of fluoride used in water supplies today, now imported from China, is hydrofluorosilicic acid, an industrial by-product which contains, in addition to fluoride, arsenic, cyanide and cadmium as well.⁴⁹

Hydrofluorosilicic acid is described by Solvay Chemicals as a hazardous material (Haz Mat Class 8 corrosive). "A corrosive material is a liquid or solid that causes full thickness destruction of human skin at the site of contact within a specified period of time."⁵⁰ It is produced as a byproduct of aluminum smelting from spent pot lining (SPL). Alcoa Aluminum describes SPL as a "waste product from the smelting of aluminum, considered to be a hazardous waste in various countries because it contains significant quantities of absorbed fluorides along with traces of cyanide."⁵¹

"OPTIMALLY FLUORIDATED WATER"

The CDC of the U.S. Department of Health and Human Services and the American Dental Association (ADA) support community water

MAZOLA CORN OIL AND GERALD COX

Cox's fellowship days were over in 1940 and he had a young son and wife to support. He returned to his home state of Illinois to work for the Corn Products Refining Company, the world's largest corn refinery, in Argo, Illinois from 1944-1948. In 1948 he went to the University of Pittsburgh as director of dental research.¹ The company supplied the materials for Argo cornstarch and Mazola corn oil. Mazola was first made in 1911. The brand is now owned by the ACH Food Companies. ACH is a subsidiary of Associated British Foods. Brands include Argo cornstarch, Fleischman's yeast, Karo corn syrup, Kingmill bread, Mazola corn oil, Patak's Ryvita, Spice Islands, Twinings and others.²

What his job involved at Corn Products is unclear, but he may have been working on corn oil. He kept cases of the stuff in his Pittsburgh basement and in his old age, spent time writing and advising that people take corn oil for dandruff, dry skin, warts, nails, acne, psoriasis, osteoporosis, lowering cholesterol, loss of voice, poor hearing, gastric ulcers, hemorrhoids, arthritis, stiffness, the common cold and even body odor. He says that he provided cases of Mazola to the Pittsburgh Pirates with the recommendation that it would prevent stiffness after games. The team physician told him that Mazola increased their stamina.³

A 2013 study found on the Mazola website concludes that Mazola "lowers cholesterol more than extra virgin olive oil and has more cholesterol-blocking plant sterols than other cooking oils." The study was presented at the American Society for Nutrition in 2013 funded by ACH Food Companies and PepsiCo.⁴ Cox kept detailed records of his and his wife's cholesterol levels from 1957 to 1963, and pointed out Mazola's effectiveness.^{1,3} Lower cholesterol in aging individuals is a strong indicator of mortality, frailty and subclinical disease.⁵ The myth that cholesterol causes heart disease has been thoroughly debunked.⁶

Corn oil is high in omega-6s and contains little or no omega-3s. It's created with high-heat processing, causing the polyunsaturated fats to become rancid.⁷ Today Mazola's "Pure Corn Oil" is made from GMO corn. A 2009 study of the Giles Seralini laboratories linked GMO corn to organ breakdown of the liver, kidneys and heart in lab animals. Researchers discovered that the longer rats were exposed to GMOs, the greater the toxicity of GMO corn and the higher the incidence of disease.⁸

Today, various experiments, also with lab rats, find that corn oil ingestion blocks cancer-fighting enzymes related to the growth of colon and prostate cancer cells. Omega-6s promote the growth of prostate cancer cells that have a greater chance of metastasizing to bone.⁹⁻¹¹ In the Dawson study at the University of California, corn oil caused obesity, insulin resistance, and inflammation of the pancreas which could lead to pancreatic cancer. Headlines from the study, "High-fat/calorie diet accelerates development of pancreatic cancer" went viral on the World Wide Web. However, the conclusions of the Dawson study state "that a diet high in fats and calories leads to obesity and metabolic disturbances similar to humans and accelerates early pancreatic neoplasia in the conditional Kras G12D mouse model," and in the abstract¹² researchers failed to note that the "high-fat, high-calorie" component in the diet was corn oil. The only way a reader would know that corn oil was involved was to purchase and read the entire text. However, one report from the American Association for Cancer Research described the diet as one high in corn oil.¹³

Gerald Cox struck out again. First, by ignoring findings that foods could prevent dental caries, and helping Big Industry to unleash a toxin without thought of future damage; and second, by promoting a cancer-causing agent without thought of future damage. For Cox it was better living through chemistry; for Price, it was better living by obeying Nature's laws.

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fluoridation as the “single most effective public health measure to prevent tooth decay”⁵² despite a growing body of evidence that fluoride is both ineffective and harmful. Despite more than two hundred fifty research articles documenting the harmful effects of fluoride on humans, published by institutions in China, Germany, Turkey, Poland, and England since 2005,⁵³ U.S. government health officials continue to fluoridate our water. The goal of the U.S. and Pennsylvania state government is to increase the number of communities that provide “optimally fluoridated water,” says the U.S. Surgeon General’s report, *Healthy People 2010*.⁵⁴

Things were different in 1939, when the USPHS (United States Public Health Service) regulations stated that “the presence of fluorides in excess of 1 ppm (part per million) shall constitute rejection of the water supply.” In 1943, the *Journal of the American Medical Association*, published “Chronic Fluorine Intoxication,” which stated that “fluorides are general protoplasmic poisons, changing the permeability of the cell membrane by inhibiting certain enzymes.”⁵⁵ After receiving funding from Kettering Laboratories, which produced the fluoride-based chemical freon and participated in the fluoride-dependent

development of the atomic bomb, the AMA changed its position and supported water fluoridation in the 1950s.⁵⁶

In 1986, the EPA Environmental Protection Agency established the maximum contaminant level goal (MCLG) for fluoride and maximum contaminant level (MCL) at a concentration of 4 mg/L (milligrams per liter) or 4 ppm (parts per million). The MCL is an enforceable standard. At the request of the EPA, the National Research Council considered the issue and reported its findings in 2006 in a five-hundred-page report, *Fluoride in Drinking Water*. The major conclusion was that “4.0 mg/L ppm was too high and should be lowered. . . . The potential health risks are skeletal fluorosis, bone fractures and severe enamel fluorosis, which may increase the risk of dental decay.”⁵⁷

FIRST DO NO HARM

While the CDC lists water fluoridation as one of the “ten greatest health achievements of the 20th century,” alongside vaccines, fluoride has been linked to autism and studies show that fluoride is a factor in many neurological conditions such as hyperactivity, dementia, brain damage, and lower IQ.⁶⁶

“Especially troubling are more than twenty human studies from China, Mexico, India, and Iran reporting IQ deficits among children exposed to excess fluoride, by four human studies indicating that fluoride can enter and damage the fetal brain; and by a growing number of animal studies finding damage to brain tissue (at levels as low as 1 ppm) and impairment of learning and memory among fluoride-treated groups. Fluoride’s ability to damage the brain represents one of the most active areas of research on fluoride toxicity today.”⁶⁷

LEGACY OF THE TWO CONTEMPORARIES

Two professionals who dedicated their careers to the field of dental health could not have anticipated the influence of their work on future generations. Cox promoted the agenda of big industry first and foremost, while Price practiced honest science focused on health and good nutrition. His work takes on new relevance with the emerging field of epigenetics. Meanwhile the dangers of fluoridation, which in scientific circles has become a religion and a sacred cow, have become ever more clear.

A Google search for “Weston A. Price” turns up hundreds of “hits” while a search of Gerald J. Cox and variations turns up a handful of titles devoted to fluoridation.

Two organizations are devoted to preserving the work of Weston A. Price and interpreting his message for the modern audience. The Price-Pottenger Nutrition Foundation (PPNF), a nonprofit organization established in 1952, maintains an archive of Price’s manuscripts and photographs and carries the mandate to keep his masterpiece *Nutrition and Physical Degeneration* always in print.⁵⁸ The Weston A. Price Foundation with a current membership of over sixteen thousand, founded in 1999, actively promotes the principles of a nutrient-dense diet through research, education and activism. The Foundation has over six hundred chapters established throughout the U.S. and globally, which help people find nutrient-dense foods such as raw milk and pasture-raised animal products. Many bloggers have adopted his message and publish regularly based on themes from his work.⁵⁹

Price’s work is discussed in many books and journal articles while Cox’s work is forgotten. Several books that discuss the fluoride debacle, such as *The Fluoride Deception*, cast Cox’s role as one of duplicity and conspiracy. He did what Alcoa wanted and gave a happy smile to fluoride, a toxic waste product that was becoming a serious national problem.⁶⁰ Although he wasn’t a dentist, for his work with fluoride he was rewarded with a professorship for life at the University of Pittsburgh, teaching biochemistry and promoting research; he was also the recipient of grants from various government agencies.

In 1995 Phyllis Mullenix, a prestigious toxicologist at Harvard's Forsythe Dental Research Institute, published her findings on the effect of fluoride on the rat brain which included hyperactivity in rat pups born to dams who were fed fluoridated water. She was summarily dismissed from Harvard shortly after publication.⁶⁸

In addition other fluoride studies have shown cell death, genetic damage, impaired thyroid function, impaired production of melatonin in the pineal gland, arthritis, back problems, muscle disorders, bone fractures and osteosarcoma, a bone cancer found in young boys. Fluoride inactivates some sixty-two enzymes, blocks the formation of antibodies, and damages sperm.⁶⁹ Fluoride damages body

systems and the brain through its capacity to increase lead absorption.⁷⁰

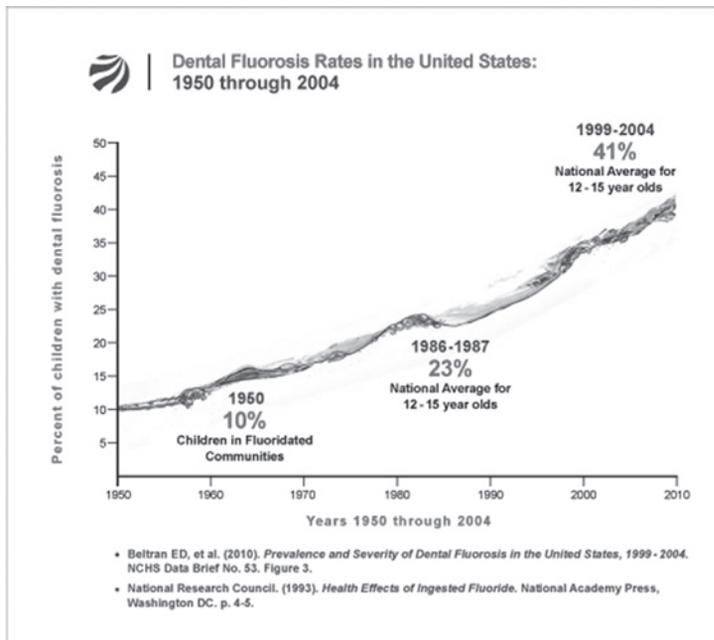
The total body burden of fluoride is growing from an estimated 10 percent of children in fluoridated areas with mild dental fluorosis in 1950 to recent CDC data that show that the fluorosis rates have risen consider-

ably, with 41 percent of American adolescents afflicted, a figure understated because it combines data from fluoridated and unfluoridated communities. Studies of fluoridated towns in the U.S. and Canada have rates as high as 70 to 80 percent. Fluorosis varies by race, with the highest rates found among black children,⁷¹ the very same children that water fluoridationists say they want to protect from cavities.

The CDC and other government agencies say that dental fluorosis is "just cosmetic," but scientists know that it is an indication of excess fluoride exposure.⁷² Around 50 percent of fluoride is cleared through the kidneys—if the kidneys are in good working order—and the other 50 percent is stored in the bones and teeth and body organs.

The body burden may be much higher in people with diabetes, kidney disease, and in children.⁷³

In November 2006, the American Dental Association began recommending to parents that



Drinking fluoridated water did not work well for Cox. In a personal letter written in 1969, Cox says that he "was in the dental chair eleven times from February to May of that year getting fillings." Yet he never seemed to question the efficacy of the poison he helped set upon the world and continued to work for fluoridation until the end of his life. In the same letter he says that he was a member of the Drug, Device and Cosmetic Board of Pennsylvania and was working toward mandatory fluoridation in Pennsylvania.⁶¹ Cox died in Pittsburgh in 1989.⁶²

To date, despite their many efforts, fluoride proponents have yet to impose mandatory fluoridation in Pennsylvania.

A query about Cox at the University of Pittsburgh Dental School, alumni office, archives, Falk Library and Hillman Library turned up only one reference to Cox. He is mentioned in the history of the dental school. At Mellon University, where he was a fellow for almost a decade, there was no information. But an extensive collection of the files covering his work as a fellow funded by the Buhl Foundation are preserved at the Heinz Memorial Library Archive in Pittsburgh, Pennsylvania. During this time, from 1936 to 1940, he published several articles about fluoridation, which are available.⁶³ An inquiry at the University of Illinois, where he obtained his BS, MA, and PhD in chemistry, turned up some few lines on the name of his wife and son.

Among the handful of references to Cox on the Internet, one reference refers to his removal from a township meeting where he became a little too excited about the refusal of the municipality to fluoridate the water there. He was removed by police after he repeatedly yelled at a local priest who opposed fluoridation.⁶⁴

Cox's professional papers have not been preserved in any archive. In a 1969 letter he says that he has to "get rid of the many papers" from his office. A few papers are in the possession of his family.⁶⁵

Did Gerald J. Cox truly believe that fluoridating public water would bring better dental health to all who drank it based on his rat studies, or was he a scientist for sale? He acknowledged that nutrition "partly shaped the structure of the tooth" and knew that too much fluoride caused cavities and dental fluorosis, but still dedicated himself to putting this highly toxic chemical in the water.

infants from birth through 12 months of age should have their formula prepared with water that is fluoride-free or contains low levels of fluoride to reduce the risk of fluorosis.⁷³ Fluoridated water contains two hundred fifty times more fluoride than mother's milk.⁷⁴

In 2010, a study showed increased fluorosis risk among infants who were fed infant formula reconstituted with fluoride-containing water, as well as for those using fluoridated toothpastes.⁷⁵

In 1979 Balfour D. Mattox made these comments at the presentation of the College of Dentistry's honorary fellowship to Cox: "The public should be doubly in his debt for the legacy he has bequeathed to those who have had the benefit of fluorides and the millions yet unborn who will reap the harvest of his multi-faceted research."⁷⁶

It is ironic that the comments made by Mattox in 1979 have come full circle. It is now those unborn who "reap the harvest" of dental fluorosis, infertility, diabetes, autism, neurodevelopmental, and neurodegenerative diseases, all alarmingly on the rise. Is this indeed the legacy of Gerald D. Cox?

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FURTHER READING

A free e-copy of Chris Bryson's book, *The Fluoride Deception*, published in 2004. can be downloaded from Sheep Pee Free E-Book: <http://sheeppee.wordpress.com/2011/07/19/free-e-book-the-fluoride-deception-by-christopher-bryson/>

The Case Against Fluoride, by Paul Connett, director of the Fluoride Action Network, was published in 2006. The book is a great read and well documented. Chapter four, "The Evidence of Harm," contains information on fluoride effect's on the brain, and endocrine system.

The Fluoride Action Network is an international coalition seeking to broaden public awareness about the toxicity of fluoride compounds and the health impacts of current fluoride exposures. Most journal articles about fluoride, including some not indexed on the National Library of Medicine, can be accessed at their website: www.flouridealert.org.

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Time for a One-Eighty on Cows and Climate

by Joann S. Grohman

Listen to many talks by highly qualified scientists and others deeply concerned about our future, as well they might be. Some are concerned about climate change, others about starvation. In their summary remarks – I wait for it: their suggestions for how we can mitigate disaster always include a well-meant suggestion that we eat less meat on the grounds that to do so will liberate more resources to grow human food. Few seem to question this supposed cause and effect.

Cattle are not competing with humans for grass, their real food. The fact that corn and soy are fed to animals reflects the artificial circumstances in which the animals are kept. Cows are being criticized for making inefficient use of what is not their natural food. This use of land and feed is part of the agribusiness/CAFO complex. A more courageous suggestion would be to banish CAFOs and instead feed animals locally on their natural food. This would eliminate both competition for grain and the CO₂ burden associated with its commercial production.

Furthermore there is no shortage of land. An artificial competition has been set up leaving animals, especially cows, as offenders. There is no shortage of land or resources for local food production, although current usage is inhibited by restrictive zoning. Food production in an integrated small farm system is capable of being far more productive per acre than the agribusiness model since all of the different parts support each other, plus benefit from the hand of the owner. The cow's manure goes to feed the soil instead of causing pollution.

THE WATER MYTH

Simon Fairlie, in his wonderfully readable and important book *Meat, the Benign Extravagance*, devotes an especially witty chapter to the water requirements of cows. Fairlie spent an entire year trying to find the basic scientific studies that would support allegations such as that cows use enough water to float a battleship, or that a cow uses twenty-five thousand gallons of water for every pound of meat. For some misconceptions about cattle there seems to have been an original germ of fact on which tottering accusations are perched. For these water claims there is nothing. As a reality check, Fairlie gives us the life story of his steer, Bramley. For a year and a half on his acre of grass Bramley was happily satisfied with his tub of ten gallons of water a day. Most of this water Bramley used to anoint the grass. The rest left his body as vapor or was incorporated into his flesh.

THE CARBON MYTH

In 2009, a United Nations Food and Agriculture Organization (UNFAO) paper entitled "Livestock's Long Shadow" contained the statement that livestock accounted for 17 percent of carbon dioxide (CO₂) contributions to the atmosphere, greater than the contributions from transportation. This claim was soundly refuted by qualified experts within hours of publication. But too late. The claim appears only in the introduction to the publication and is not supported within the text of the paper itself. It was seized upon by reporters and trumpeted around the world. It has become an unchallenged meme quoted without question. This exaggerated fossil fuel use by livestock has no validity even within

the agribusiness model of livestock management. For reasons best known to himself, the author of the introduction bundled everything from the manufacture of the tractors that produced the animal feed, the milling and transportation of the feed, and everything else related to livestock production into their fossil fuel account. In the case of transportation he counted only direct use of fossil fuel when driving. It bears repeating, the natural diet of cattle is grass.

THE METHANE MYTH

And then there's methane, a more potent global warming gas than CO₂. Methane is a carbon compound produced during anaerobic fermentation, a process which occurs only in the absence of oxygen. The cow's rumen is a fermentation vat in which bacteria break down cellulose from plants and use the liberated carbohydrates as an energy source to build complete protein. Any energy left over will be liberated as methane. Periodically the cow belches and releases the gas. Fermentation is the process by which grass is converted into the world's most perfect food, milk. Far from congratulating the cow on her magic, reporters presuming that the methane gas left through the cow's rear exit, made this the subject of endless humor. Vegetarians and others immediately blamed cows for contributing to climate change with their methane emissions. Cows and all living things that subsist solely on plants produce methane. This is the way nature has always worked. This cycle has never unbalanced the atmosphere.

Manure in the open air is not a source of methane. Again, methane is only produced in the absence of oxygen. When dropped on the pasture manure is the natural source of fertility for the land. Many authors have assumed that methane is also produced on pasture or when manure is composted, but such is not the case; both occur in the presence of oxygen and are not sources of methane.

POSITIVE CONTRIBUTIONS

So far, none of the negative misconceptions about cows have survived scrutiny. What about the positive contributions your cow can make? Whole books have been written about the special contributions of cows to humans, from the begin-

When dropped on the pasture manure is the natural source of fertility for the land.

Without the nibbling, trampling and fertilization of herbivores, grass fails to function as this massive carbon sink.

ning of civilization. And it is now increasingly accepted that a key contribution of cows is that they thrive best grazing on grass. This turns out to be important not just to cows but also to the planet.

Grass, the world's most widespread crop, is truly amazing. All plants remove carbon from the atmosphere and incorporate it into their structures, but most plants if bitten off regenerate slowly or not at all. Loss of growing leaves is a severe setback. Trees sequester a lot of carbon in their leaves and trunks, but when the tree dies that carbon will mostly be released back into the atmosphere, more quickly in case of fire.

The growth nodes of grass are at the soil surface. When grass is eaten it is a signal to the plant to send up new leaf growth, resulting in denser turf. The more it is eaten, the faster it grows and the more carbon it captures and stores underground in its roots. As grass is trampled by grazing animals it is pushed underground along with manure and urine where it decomposes and its carbon feeds soil microbes. This property of grass is entirely dependent on the presence of herbivores. Without the nibbling, trampling and fertilization of herbivores, grass fails to function as this massive carbon sink. Grass without grazers dies above ground and loses its carbon back into the air.

REBUILDING GRASSLANDS

Allan Savory has greatly expanded our understanding of the work of which grass is capable. Savory was born in what is now Zimbabwe to a long established colonial family. His life has been devoted to rebuilding grasslands. Careful observation and a courageous willingness to move past older ideas (including his own) has enabled him to understand grass and its interdependence with grazers, predators and the soil.

Working both in Africa and the United States, Savory has demonstrated how desertification is initiated and reversed. He shows that grass must be encouraged by herbivores. To properly encourage grass, herbivores must graze in a dense pattern. Grass achieves its maximum turf-building response only under the grazing pressure of bunched animals, and then the animals must move on, leaving the grass to regrow. In the wild this is absolutely dependent on the presence of predators, otherwise the animals will stray apart in a random fashion and the turf-building effect is lost. It can't be overemphasized: grass, cattle and predators evolved together and are mutually interdependent. Soil fertility is the result of their alliance. This is the perfect example of ecological unity.

CARBON

There is a finite amount of carbon. It exists in five phases:

In the atmosphere as carbon dioxide (CO₂);

In the biosphere: carbon is in the form of carbohydrate, that is, plant material;

In the pedosphere (soil) in three states:

- Labile pool: carbon from decaying plant material may oxidize and return to the atmosphere or it may be fixed by microorganisms and stay in the soil.
- Occluded light fraction: carbon is trapped inside soil crumbs where it will stay for years unless the surface is disturbed permitting oxidation.
- Heavy fraction: beneath the occluded light fraction, carbon is bonded to soil structure and is not available to microorganisms. Carbon in the soil behaves like a sponge. With increased carbon, soil holds more water and thus supports more plant growth which pulls more carbon out of the atmosphere, a positive feedback loop.

In the lithosphere (solid earth), carbon moves downward and occurs as crude oil, coal, diamonds or other carbonaceous compounds;

In the hydrosphere (oceans), carbon is mostly in the form of bicarbonate ions and carbonic acid.

RESEARCH PROJECT

The capacity of grass to store carbon is well recognized, but its potential as a major factor in reducing atmospheric CO₂ hasn't been seriously considered. There haven't been the experimental studies to accurately quantify its effect. Scientists haven't even considered grass capable of involvement in carbon trading. This situation is about to change with the work of the Marin Carbon Project.

This is a research project initiated by a Marin County, California rancher named John Wick. Like Allan Savory, he discovered that removing livestock from his land and resting it had the reverse effect to what he was seeking. Both density of turf and soil fertility diminished faster than had been occurring with livestock on the range.

He wanted to try a new approach. He teamed up with one of the world's foremost soil carbon sequestration experts, a bio-geophysicist with a lab at Berkeley named Whendee Silver. She agreed to do the study despite considerable initial skepticism. What he wanted was a controlled study that would yield unassailable statistics. With the cooperation and support of other interested ranchers in the area, Wick spread dairy manure composted with straw a half-inch deep over several large test plots. Adjacent plots served as controls. After a year, core samples were taken to measure soil carbon to compare with samples taken at the beginning of the trial. At the end of the year, carbon in the treated plots had increased by a ton per hectare, not counting the carbon in the compost. They have now measured an additional ton of carbon per hectare per year without adding any more compost. This is new carbon in the soil which had been removed from the air.

Carbon behaves like a sponge, so that the treated soil held three times as much water. John Wick and the other ranchers also noted that the land could carry more cattle, an observation often noted by Allen Savory, and that the land profits from the additional livestock.

What Wick and Dr. Silver found with their core samples is that this newly sequestered carbon moves downward to lower soil levels where it remains in stable storage unless it is plowed. Using computer modeling, Dr. Silver's research group asserts that if half of California's rangeland were treated with compost in this way, in any

given year, as much atmospheric carbon as is emitted by California's traffic could be removed from the air and permanently stored. Land restoration, improved air quality, and increased agricultural productivity have been claimed by Savory and many others. What the Marin Carbon project does is provide solid proof that by working with natural systems, our air and soil damage can be reversed with unexpected speed. Complete statistics on the Project are available online.

This is an incomparably important study. I hope that we can now hear less about technofixes involving filling the sea with iron filings or building machines to put carbon down holes in the ground. The Marin Carbon Project proves that by working with a natural process we can both feed ourselves and reverse global warming. Furthermore, it is something that we can all do ourselves without waiting for someone to form a new government agency and hire contractors.

COWS ARE KEY

We can save the world one cow and one farm at a time. If this all seems too good to be true, bear in mind that it worked fine for some millions of years, building topsoil that was many feet deep. It is the current practices of extractive farming which need to defend themselves.

It is clear that far from being a destructive force, cows are the key to rebuilding air quality and soil fertility. Cows provide for us by completing the cycle of life on our own farms or on the rangelands of the world, turning sunshine into food of the highest quality and taking the excess carbon out of the air and putting it back into the soil where it is needed. 

Joann Grohman farms and writes in Carthage, Maine. She is the author of Keeping a Family Cow (Chelsea Green) as well as other books and articles. Visit her website at www.real-food.com.

What Wick and Dr. Silver found with their core samples is that this newly sequestered carbon moves downward to lower soil levels where it remains in stable storage unless it is plowed.

Farm and Ranch

WHY CELL FUSION CMS SEED IS CREEPY

By Andrew Still

By international organic certification standards cell fusion is considered GM, but not necessarily in the U.S.

Recently I have been asked by several farmers and seed savers to write up a little something about a technology few people know about, which is becoming more and more prevalent in our food system. When I bring it up in passing everyone seems to want to know more and their first question is often, “Why have I never heard of this?” After discussing it with many other organic farmers a question I always get is, “Is that illegal for organic farming?” I answer by saying “No, not yet at least.” And then predictably they say, “Well, it shouldn’t be allowed.”

This technology has been called “cell fusion CMS” and it is used to create male-sterile breeding lines, which are then used to create many common F1 hybrid seed varieties. These hybrid varieties are found in many seed catalogs and include many hybrid cabbage, broccoli, and interestingly, Belgian endive, among other crops. The technology has been around for the last few decades and is sometimes called hybrid seed from protoplast fusion cytoplasmic male sterility (CMS). I have nicknamed it “transgeneric cybrid seed.” It is a kind of a biotech revision of a naturally occurring breeding technique that now straddles the border of genetic engineering. I say revision because some cytoplasmic male sterility can occur naturally, yet cell fusion CMS does not occur naturally.

In organic agriculture, GMOs are of course expressly forbidden. I was confused whether this cell fusion CMS technology was GMO or not so I looked up the definition in the IFOAM Standards. IFOAM is the International Federation of Organic Agriculture Movements and they say:

“Genetic engineering is a set of techniques from molecular biology (such as recombinant DNA) by which the genetic material of plants, animals, microorganisms, cells and other biological units are altered in ways or with results that could

not be obtained by methods of natural mating and reproduction or natural recombination. Techniques of genetic engineering include, but are not limited to: recombinant DNA, cell fusion, micro and macro injection, encapsulation.”

So by international organic certification standards cell fusion is considered GM, but not necessarily in the United States or in many other countries that disregard the IFOAM standards. Maybe we all should just start calling it a GMO and have some actual parity in organic standards. I will now try and explain how it works with as little jargon as possible.

LET'S CREATE A "CYBRID"

My favorite example is based on the 1996 patent for making chicory hybrids with sunflower mitochondria. Many of the new hybrid Belgian endive (aka witloof chicory) varieties are the result of this type of technique. Using a cell of a Belgian endive (*Cichorium intybus*) and a cell of a sunflower (*Helianthus annuus*), the cell walls are dissolved with an enzyme. The chicory cell has its cytoplasm including its mitochondria irradiated and destroyed and the sunflower cell has its nucleus irradiated away. These two broken cells are then fused together into a single cell with electric shock stimulus or a special chemical. What is left is a new plant cell that is transgeneric if not transgenic. The cell is then grown in the laboratory into a plant and is then crossed to another plant to make it more likely to survive outdoors. The chicory nucleus and sunflower mitochondria don’t quite like to be in one cell and create a plant that does not produce pollen and can be used to make hybrid seed. This is evolutionarily dubious and in the wild this situation would be evolutionary suicide.

Without this type of male sterility these seed companies would need to use hand pollination

or spray pollen-killing chemicals (male gametocides) or find naturally occurring male sterility or self incompatibility. Many companies prefer cell fusion CMS for various reasons. However, it is probably impossible for a sunflower to cross with a chicory naturally and who knows what the risks of swapping cytoplasm pose to our health, the environment, or to the foundation of our food system. The thing that bothers me most about this technology is not whether it is pseudo or actual GMO, but that it further concentrates control over our seed supply in the hands of a few companies whose goal is not to feed us, but to profit from us.

And yes, seed of varieties produced using this technology are currently allowed on organic farms in the U.S. and in Europe. Why? Because if we want to eat organic broccoli it must be allowed. (Hear my sarcastic tone?) Honestly, there probably is not enough non-cybrid seed available to sow because most of the big broccoli breeding companies are producing exclusively cell fusion CMS hybrids.

In 2009 there was a meeting organized by the European Consortium for Organic Plant Breeding (ECO-PB), and they discussed what some people call cybrid seed. They produced a very interesting document (see link in the sidebar below). It is some of the most thought provoking and well considered writing I have read in a long time. It shows that the Europeans have put much more thought into this than us Americans.

WHAT DO WE DO ABOUT IT?

If it was up to me no cell fusion CMS seed would be allowed in organic agriculture. However, the more realistic compromise proposal that pops in my head would be to require that only open-pollinated and naturally produced hybrid seed can be certified organic. It is as simple as that. We wouldn't need to change anything else, at least in the short term.

Currently organic farmers can use non-organic seed if an organic substitute is not available. So the big farms that "need" to plant their transgeneric cybrids could continue to do so. Cell fusion CMS hybrid seed should be phased out over time as enough organic seed becomes available. Ideally, organic farms should be strictly sowing organic seed but that is

not currently possible, due to current seed supply. Maybe someday.

If cell fusion is truly classified as a GMO then there will be some interesting fallout. What if the Safe Seed Pledge included cell fusion CMS as well as GMOs? If the Safe Seed Pledge is supposed to guarantee that seed companies are not selling GMOs then should those seed companies continue to sell cell fusion CMS hybrids? Unfortunately if this were to happen immediately then more than half of safe seed pledge signers would probably not be truthful, because so many seed companies are reselling these suspect seeds.

As an organic farmer, I currently buy exclusively open pollinated, non-hybrid seed to avoid cell fusion CMS and I have to be very careful where I get that seed. If farmers like me want to avoid cell fusion CMS they should be able to buy certified organic seed and be confident that it is not cell fusion CMS. I buy certified organic food because I can be sure it is not GMO. Seed should be no different. 

Andrew Still has been working on organic farms since 2003. He owns Adaptive Seeds, which grows and distributes over three hundred fifty varieties of Pacific Northwest seeds. He is also a partner in Open Oak Farm near Brownsville, Oregon, where he grows 20 acres of grains, dry beans, and mixed vegetables.

STRATEGIES FOR A FUTURE WITHOUT CELL FUSION TECHNIQUES IN ORGANIC AGRICULTURE

Some conclusions reached in the 2009 meeting organized by the European Consortium for Organic Plant Breeding were:

- The scientific definition of GMO in Europe and the United States is different from the political definition, meaning Cell Fusion is scientifically a GMO, but is not regulated as a GMO.
- Lack of labeling of cell fusion CMS hybrids makes it nearly impossible to know which varieties are cell fusion CMS hybrids and which ones are not.
- Certified organic seed is generally acknowledged to be cell fusion CMS-free, but it is not required to be so and may become predominantly cell fusion CMS in the future if nothing is done to prevent this.
- Cell fusion CMS is truly anti-evolutionary and is contributing dramatically to the the loss of agricultural biodiversity in the seed industry, as the genes cannot be recovered from cell fusion CMS hybrids.

To quote plant breeder Jan Velema, "Breeding should contribute to a durable and sustainable use of cultivated plants instead of exhausting diversity without leaving anything for our future."

To access the complete document, visit http://www.ecopb.org/fileadmin/ecopb/documents/Proceedings_Paris_090427.pdf.

Technology as Servant

DON'T GET CANNED: PREPARE NOW FOR CANNING SEASON

By John Moody

If you are reading *Wise Traditions* I imagine your home must have at least a few (and more likely, a few dozen, or perhaps, for some readers, a few *hundred*) Ball or Kerr brand Mason jars in full service. From storing fresh raw milk and yogurt, nuts and dried fruits, bone stocks and ferments, stacked in the freezer and on pantry shelves, most real food enthusiasts find endless uses for these ingenious jars.

Mason jars have quite a history. Invented by Pennsylvanian tinsmith John Mason in the mid 1800s, the sealable glass jars quickly became available to the masses for home use thanks to the advances in manufacturing brought about by the industrial revolution.

Modern use was mainly driven by their importance during the two world wars, especially the second, when the government, to conserve limited resources for the war effort, specifically food, fuel and metal, encouraged home gardening, small animal husbandry and home food preservation. (What a contrast to our times, when growing a vegetable garden or keeping chickens is a crime in many locales!)

The Mason jar boom was on, with over three million jars sold in under a decade. Not long after the war, home canning (along with gardening and a number of other traditional self-sufficiency skills) declined significantly throughout the late 1900s as food companies jockeyed to hook Americans on their "modern" convenience products. Ironically these convenience foods had also been designed to meet the needs of the war effort as an efficient means to feed troops. It was a matter of slick marketing propaganda to sell the same products to civilians in peacetime by virtue of the "freedom" they purported to offer from domestic drudgery.

Today we find ourselves on the cusp of a mini-renaissance in kitchen arts, largely driven by the local and real foods movements. And thus

Mason jars, canning and home food preservation are once again in the spotlight, showing up on the pages of newspapers and TV shows.

SHOULD YOU DROP THE BALL?

Mason jars are endlessly useful, and overall, exceptionally safe (except for breakage) since they are made of non-reactive glass. Unlike metal, which corrodes, leaches, cannot handle acidic items and requires dangerous chemical coatings to ensure proper sealing and shelf life, single-piece glass jars are safer and easier to use by almost any measure. Yet, the glass-style jars have a couple of major drawbacks. Their lids often contain BPA and other chemicals in the sealing ring. Ball and many other companies claim that their lids and containers are BPA-free, but this isn't quite accurate.

Some manufacturers make this claim by adding an extra, BPA-free lining over the BPA lining. This is akin to painting a lead-free paint over existing lead paint instead of *removing* the lead paint layer. The contamination is still there, waiting for a scratch or some other unlucky circumstance to set the chemicals free into your food. Given the very high temperatures that canning requires, and the fact that chemicals love high heat and liquids to get mobile, an extra coating on the lid does not strike me as adequate protection against potential contamination of food.

Some makers swap out BPA for another, generally less well known or understood chemical. But how reassuring is this really? It's like our paint analogy: "Hey, look at this lead-free paint, which now contains trans-hydroxy-carbo-polymer!" Wonderful strategy.

Fermentation presents a second problem for metal-lidded jars. We have often seen the metal lids degrade and even disintegrate into ferments and food. A distinct turn-off. The lids can also

Mason jars are endlessly useful, and, overall, exceptionally safe.

corrode and degrade even in storage if proper precautions are not taken, something home canners have long known and something I witnessed firsthand in my grandparents' basements and root cellars.

DON'T BE A TATTLER TALE

Because of the inability to reuse Ball lids coupled with the BPA concerns, Tattler created an alternative to the standard metal rims and lids Ball offers. These lids are reusable, BPA-free, and if reused, very affordable on a per-use basis. They are made from hard plastic (hence no plasticizers needed) and have genuine rubber rings. Since they are non-metallic, they resist corrosion and rusting, even in storage, and thus are advantageous for use when fermenting in Ball jars. Note that the jars do use the Ball metal rims, and are a two piece (plastic lid and rubber gasket) replacement for the integrated standard metal lid.

The BPA-free solution with these lids is identical to the BPA-free approach I have described above: getting rid of BPA only to replace it with potentially hazardous XYZ is not necessarily an improvement. Also, the limited testing done on estrogenic activity (EA) of these various BPA-free products and plastic polymers is not encouraging.

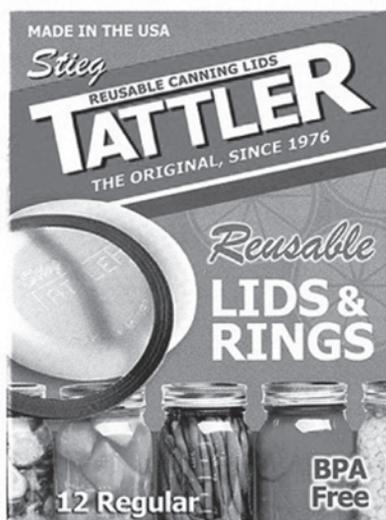
George Bittner, founder of the plastics testing company CertiChem, released results from a recent study testing plastic packaging materials designed to come in contact with food. "The testing showed that more than 70 percent of the products released chemicals that acted like estrogen. And that was before they exposed the

stuff to real-world conditions: simulated sunlight, dishwashing and microwaving, Bittner says."¹¹

To make sure this is clear to readers, BPA-free does not mean safe, nor free of, other similar or even more dangerous chemicals that act similarly or even worse than BPA and other estrogen mimickers.

The second issue to consider with the Tattler lids is performance. Our own personal experiments (though we are no master canners, and generally prefer other methods to preserve our foods) have resulted in less success than with traditional canning jars lid/rim combos.

Others report results that run the gamut from astounding to so-so. Most of this may be because nearly everyone is accustomed to using the traditional Ball/Kerr metal canning lids, as are most resources that provide canning instructions and advice. Thus, if you switch over to Tattler, expect to encounter a learning curve, take the time to read up, watch videos, and learn from those who have mastered their successful use.



TO WECK OR NOT TO WECK?

The original Mason jar had one major alternative: glass jars with metal clasps to hold a glass lid with rubber gasket in place for canning. This was known as the Lightning closure (taken from the name Lightning embossed on the side of the jars), but is more commonly called the bail closure. While the Mason-style jars took root in the States, the bail-style became more popular in Europe. If you are going to can, but are concerned about the chemicals used in the standard Mason jar lids, the bail-style jars are finally once again

While the Mason-style jars took root in the States, the bail-style became more popular in Europe.

BPA, PLASTICS, AND PUBLIC DEBATE

The issues surrounding BPA and EA (estrogenic activity) of plastics are complex, high stakes, and highly controversial. A major court case even took place, with little public awareness, about this issue. While beyond the scope of this article, I would be remiss not to provide readers with these further resources to read and consider themselves:

<http://www.npr.org/blogs/health/2013/07/15/201523240/bpa-free-plastics-going-on-trial-in-texas>
<http://www.austinchronicle.com/news/2013-08-02/eastman-wins-jury-still-out-on-plastic/>

widely available in the United States.

Weck (Glaushaus) has introduced a line of canning jars that use glass lids with rubber seals and metal clamps in the traditional design. First, note that their products are durable, beautiful, versatile. . . and expensive. The Weck jars cost two to three times more per jar than the standard Mason jars of similar size. My hunch and hope is that these attractive and well-designed jars will come down in price as demand increases. Second, their jars are easy to use and highly versatile. We have enjoyed easy success using them for both types of canning (water and pressure), but also for fermenting, where their closure style lends itself to allowing ferments to self-vent excess gasses.

DON'T GET CANNED INTO A CORNER

As most people know, Mason jars are very versatile. Jarden, the owner of Ball and Kerr brands, sells far more Mason jars than are actually used for canning purposes each year. So what are people doing with them?

So many things! Storing food (and pencils and flatware, and a hundred thousand other things...), doing science experiments, and saving seeds, among so many other applications. Even better, of late a number of companies have produced all sorts of accessories to make Mason jars even more versatile and valuable. Below, I want to highlight a few.

ReCAP!

Ever cry over spilt raw milk? Cry no more! ReCAP has created a lid for Ball jars with a pour spout, turning the potential for spilled and dribbled messes of milk, maple syrup, and so on,

from the storage jars into a dripless delight! The only small grievance we have to make with these wonderful contraptions is that they sometimes seal very tightly onto the underlying Mason jar, which means no leaks, yet requires strong hands to remove.

CUPPOW AND ECOJARZ

While they are separate companies, these two manufacturers offer very similar products that turn any Mason jar into a drinking vessel. The cognoscenti may protest that they already drink directly out of Mason jars. True enough, but how often did you spill all over yourself? Now, spill no more!

The designs by both companies are made to work with straws, with Ecojarz specifically made to work with glass and stainless steel straws that the company also sells. The main distinction between the two companies is that the Ecojarz line is made from all metal and glass and silicone, whereas Cuppow accessories are plastic. Both use the metal rim made for the canning jars to secure their lids in place.

With these many variations on the glass jar theme, the home food preservationist has versatile options to choose from in the pursuit of so many do-it-yourself activities in the kitchen and beyond. This introduction provides some direction and perhaps even inspiration to help point the way to the vessels and capping systems best suited for all the tasks you've planned year round.



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Several companies have recently produced accessories to make Mason jars even more versatile.

BIG BALL VERSUS WECK THE HOUSE

In our house we use Ball jars for drinking vessels and for freezing soups and other foods, using the plastic BPA-free freezer lids and not allowing the food to come into contact with the lid. For refrigerator storage we use the Ball jars with a ReCAP lid for maple syrup and similar pourable items. The jars are also perfect for dry goods storage (nuts, seeds, dried fruit, and so much else). We do use the jars for some limited canning applications.

For canning via water bath and pressure methods we prefer Weck jars, and use them preferentially for culturing products as well. More information about Mason jar accessories and how to purchase are them provided below:

RECAP - www.masonjars.com CUPPOW - www.cuppow.com ECOJARZ - www.ecojarz.com

My thanks to ReCAP, Cuppow, and Ecojarz, who each sent me samples of their products to review for this article. All three companies have great customer service and staff.

Homeopathy Journal

HELP! I THINK I'M DYING!
REMEDIES FOR PANIC ATTACKS AND HIGH ANXIETY
By Joette Calabrese, HMC, CCH, RSHom (NA)

If you have never experienced a panic attack, then count your blessings. If you or someone you care about suffers from this overwhelming condition, do read on, for I have a point of view toward the eradication of panic attacks and intense anxiety that may interest you.

Even though you may not actually be dying during a panic attack, it surely feels like it. I know; I used to suffer them and I've witnessed many others in this ghastly state of mind. When they're over, you wonder what all the fuss was about, but no amount of mind control can bring the relief of sanity when the tsunami crashes down upon you.

I teach my students and clients that the first place to look for the source of the disorder is with inadequate nutrition and/or the use of conventional drugs. If there are not enough calming saturated fats in the diet, for example, or if statin drugs are being taken, I've noted time and again that this can put the mind into a state of either chronic background anxiety (as relentless as Muzak in an elevator) or throw the sufferer into all-embracing panic attacks. Coconut oil, cod liver oil and butter added to the diet have helped many of my clients as has the decision to do away with superfluous drugs. Yet some conditions are not addressed by these measures. Although psychiatric counseling might seem to be called for in the case of chronic anxiety, I contend that often panic attacks are not truly psychiatric in nature, they merely present as such.

TURN TO HOMEOPATHY FOR A CURE

The first time I witnessed a panic attack was in a young mother after she had taken a drug for pinworms. Within minutes of taking a dose of this drug, which was essentially a pesticide, Paula flew into a surge of physical and mental restlessness. She described it like this: "It was as though my body was possessed, like I had drunk a pot of strong coffee and eaten a pound

of sugar all at once. My mind was racing; my heart pounding and perspiration was beading on my face. I was actually dashing about my living room like the house was on fire and I needed to escape but it was only happening to me. My family stared at me in wonder. I knew it was the drug I had just ingested and I also knew when I took it that it would be risky since I'm sensitive to lawn pesticides. They make me feel the same way, but this experience was tenfold, because I swallowed those horrible pills."

The remedy that not only relieved Paula's symptoms but put her in a better state for when her neighbors sprayed lawn pesticides was *Arsenicum album* 30. "Within about five minutes of taking the little pills, my shoulders dropped, and the intense fear and restlessness melted away. It was miraculous." Paula has since learned how to treat pinworms with homeopathic remedies instead of submitting to toxic allopathic strategems and is prepared with her protective remedy should pesticide exposure affect her in the future.

Then there was my cousin Mary who called me one evening describing conditions similar to Paula's. Mary had no idea what had caused her fearful sensations. She was certain, though, that she was about to die of a heart attack; she was not in pain yet she couldn't get the thought of impending death out of her mind. She decided to call me before she left for the emergency room. I asked her what she had been doing that day to see whether we could unearth the exciting cause.

Mary's family had been out for the day and she saw this as an opportunity to hunt through her children's Halloween candy stash. Her intention was to eat only one or two small pieces of chocolate, but after eight morsels, her heart began pounding. She recalled that when she was a child, she had eczema and that chocolate exacerbated the rash. Ever since understanding the damning association of the two, she had always felt deprived of chocolate. Nowadays, whenever

The first place to look for the source of the disorder is inadequate nutrition and/or conventional drugs.

We don't always need to discover the etiology of disease for homeopathy to effect a cure.

the opportunity presented itself, she would steal away and indulge in her sweet secret. Mary hadn't considered the premise that the excess of chocolate was the problem until we began talking about it. "I never had this kind of reaction to it. In the past, it might have caused some loose stools or a little reemergence of eczema, but not a feeling that my heart was racing."

If you are already familiar with homeopathy, you might guess the remedy that I chose for Mary. It is one that is used after overindulgence, particularly of a stimulant. If you guessed *Nux vomica*, you are correct. Mercifully, Mary had a homeopathy kit and I waited on the phone while she dropped a few of the little pills into her mouth. For her, it required a second dose about twenty minutes later for her galloping heart to calm and I witnessed her demeanor transform from terror to tranquility. The next day, she told me that shortly after we hung up, she slept for twelve hours. "Today I feel better than I have for weeks." Should she ever overindulge again, she's prepared with her remedy.

But what if the cause of panic attacks has nothing to do with what was ingested? What if they seem to appear from nowhere? This is when homeopathy can do its niftiest work because we don't always need to discover the etiology of the condition.

OTHER CASES OF ANXIETY

Meet Elisha. She is a twenty-five-year-old mom who had panic attacks related to the delivery of her children. At the time of the birth of her first baby, she experienced gob-smacking anxiety while in labor. Certain she was destined to die, her anxiety was worse than her labor pains. She muscled through them. Then with her second pregnancy, her anxiety reappeared and the panic grew as she did, until towards the fortieth week she was beside herself with anxiety. But it wasn't until she was in labor that her knowledgeable midwife dropped a few doses of *Aconitum* 200 into Elisha's mouth and it halted the anxiety attacks within minutes. Soon after the birth, as she lay with her babe in arms, her panic reappeared only to be met with another few doses and complete resolution followed: "It was like a miracle. The anxiety never returned despite the fact that I've had two subsequent babies."

Elisha's fifteen-year-old brother Martin also suffered panic attacks but his were different. Martin's anxiety would appear only in the evenings and the pediatrician had given him Valium. Martin thought the name was cool; it sounded heroic. (Thank you, pharmaceutical marketing team.) It's not so nice a name when you learn that it is a medication belonging to the drug class called benzodiazepine. Martin told his

REMEDIES FOR ANXIETY

When studying homeopathic remedies, it is wise to refer to the great medical minds of this noble art. Dr. William Boericke's book *Homeopathic Materia Medica* is as pertinent today as it was in its first edition of 1901. Here is what Dr. Boericke tells us about the various remedies appropriate for anxiety and panic:

1. *Arsenicum album*: "Pulse more rapid in morning dilatation. Cyanosis. Angina pectoris. Great anguish and restlessness. Changes place continually. Fears of death, of being left alone. Great fear, with cold sweat. Despair drives him from place to place. General sensibility increased."
2. *Nux vomica*: "Nux vomica is pre-eminently the remedy for many of the conditions incident to modern life. Seeks stimulants, coffee, wine, possibly in excess. These things are associated with other indulgences; at table, he takes preferably rich and stimulating food. These conditions produce an irritable nervous system, hypersensitive and over-impressionable, which *Nux* will do much to soothe and calm. Hypochondriac states depending thereon....always seems to be out of tune; inharmonious spasmodic action."
3. *Aconitum*: "After-pains, with fear and restlessness. Great fear, anxiety, and worry accompany every ailment, however trivial. Forebodings and fears. Fears death but believes that he will soon die; predicts the day. Restlessness, tossing about."
4. *Coffea cruda*: "It stimulates the functional activity of all organs, increasing the nervous and vascular activity. Great nervous agitation and restlessness. Extreme sensitiveness characterizes this remedy. Unusual activity of mind and body. Bad effects of sudden emotions, surprises, joy, etc. Nervous palpitation."

mom that he liked the high he felt from taking the pills, but the next day, he was often drowsy and ill behaved.

His mom was appalled that her son was experiencing a false euphoria and becoming interested in getting high, so she started the family on the GAPS (Gut and Psychology Syndrome) diet, and concentrating on obtaining ingredients from only the cleanest farm raised foods. She prepared all meals from scratch, which brought Martin's overall condition up a notch. The daytime drowsiness thankfully fell away before Martin's family weaned him off Valium. Now with his new diet and no synthetic drugs, Martin's school time anxieties lightened, yet the nocturnal anxieties persisted. Instead of sleep he sometimes paced at night praying for rest. Meanwhile his heart felt stepped up and he perspired profusely.

The remedy chosen for Martin was *Coffea* 200. When Martin learned the name of the remedy, he said it made sense in that it was derived from coffee and was in fact quite accurately the way he often felt: as though he had drunk a large quantity of coffee.

REMEDIES CAN BE INTERCHANGEABLE

Coffea 200 is a remedy that Elisha, Paula, and Mary all might have profited from as well. Just because the remedies chosen for these others were different doesn't mean that some of them may not be interchangeable or used in different circumstances. *Coffea* 200 is one of our premier remedies for anxiety and sleeplessness. That might have suited any of these situations.

Martin took *Coffea* 200 before bed every night for a few weeks and his anxiety vanished while his sleep became fully restored. His family is relieved not only because his sleep was reinstated, but most significantly, he was not ingesting a daily dose of psychotropic drugs.

Allow me to leave you with one more important remedy that may make your choice even easier. A most ubiquitous remedy that seems to work regardless of the circumstances and is probably available at your local health food store is *Ignatia amara* 200. For someone who suffers long term, chronic anxiety, this may become your remedy of choice. It can be used for those who suffer fear, worry, grief, or nearly any disturbing emotion and it can safely be administered over

a period of weeks and months. As improvement ensues, its use may be eliminated and then reinstated later, if the anxiety reappears. Most likely it will not be needed again and again. Remember, homeopathy doesn't cover up symptoms; it resolves illness.

Here we have five simple homeopathic remedies: *Arsenicum album* 200 for when a poison has been ingested or inhaled, *Nux vomica* 200 for when there's overindulgence of a stimulant, *Aconitum* 200 often used around birthing, *Coffea* 200 to resolve anxiety associated with insomnia, and *Ignatia* 200 when in doubt or if nothing else seems to fit. If you or your family suffers from anxiety or panic attacks, have these aids on hand and choose the one that most closely matches the circumstances and symptoms. Then watch the magic of homeopathy melt away the suffering at your healing hands. ☯☯

Joette Calabrese, HMC, CCH, RSHom(Na) is a homeopath who melds homeopathy with WAPF principles. She meets with folks on SKYPE to help them return to health via these methods. She also teaches families how to raise a drug free family in her virtual classroom in her popular webinars, books and CDs. She is an expert presenter at WAPF conferences and throughout the U.S. To learn more about how homeopathy can fit your lifestyle, contact (716) 941-1045 or www.JoetteCalabrese.com for a free 15 minute conversation with Joette. To start integrating homeopathy into your life, download a FREE first aid chart by going to JoetteCalabrese.com.

ARCHIVED RESEARCH OF DR. WESTON A. PRICE NOW AVAILABLE ONLINE

The Price-Pottenger Nutrition Foundation is pleased to announce the posting of over one hundred research papers of Dr. Weston A. Price, as well as original research and archives from Dr. Francis Pottenger.

This treasure trove is free to PPNF members only.

Visit ppnf.org/research-archives for more information.

For someone who suffers long term chronic anxiety *Ignatia amara* 200 may be the remedy of choice.

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***Death by Food Pyramid:
How Shoddy Science, Sketchy Politics,
and Shady Special Interests
Have Ruined Our Health***
by Denise Minger
Primal Nutrition, 2014

Death by Food Pyramid contains so many highlights, so much good information, and gets so many things right, it is hard to review it without wanting to reproduce it. From the skewed science and agenda-driven government agencies to the confused and confusing experts and their contradictory and confounded studies and suggestions, page after page exposes the unfolding history of diet in the second half of the twentieth century in all its tragic madness and folly.

On every major issue—saturated fats, cholesterol, PUFAs, and the all important fat-soluble vitamins and the work of Weston A. Price—Minger is not only on the mark, but demonstrates her skill for exploring and explaining the more complex and nuanced sides of these issues ably and simply. More important, the book does an excellent job at equipping and educating readers so that they can continue their nutrition-education journey themselves.

The work begins more like a historical detective novel than a flat outline of modern nutrition, with the USDA food pyramid being the prime suspect, and dozens of ancillary players filling out the story line. The plot, full of twists and turns, will entertain, enlighten and enrage readers, as we discover that the sacred food pyramid and food system foisted upon us by government and science is none too scientific nor sacred; in fact, it is the product of powerful industries, political strong-arming and assorted scoundrels, aided and abetted by shoddy science.

After cracking open the history of the food pyramid in the opening three chapters, Minger takes a brief detour in chapters four and five to equip readers with important tools for evaluating nutritional and medical research. In these

chapters she does an excellent job demonstrating just how third-rate and shady modern science can be, and how dangerously unreliable so much of it is for drawing conclusions about human health and diet. Her discussion and display of the lab rat diet (page 75), which most people have probably never seen, packed with chemicals and processed components that are unrecognizable as food, is just one way she annihilates the public's blind trust in modern research and the outlandish claims it creates in the mainstream media. "So when a news story says something like 'High-fat diet in mice causes [terrible illness],' it really means researchers fed mice a diet of soybean oil, hydrogenated coconut oil, sugar, and maltodextrin to make them obese, and then studied the effects of that obesity" (page 76).

Minger moves on to some of the most infamous animal and observational studies of all time and the conclusions they spawned: the Lipid Hypothesis (chapter six), the Diet Heart Hypothesis (chapter seven), and the Framingham Study (chapter eight). Each is covered in a compelling manner, with attention to placing each key researcher in his proper historical setting to better understand the limits of science at that time, the biases of the researchers themselves and the pressures they faced. This probing analysis provides the reader with a better understanding of how modern dietary dogma rolled down the wrong track to a perilous dead end.

Throughout the work, Minger shows a gift in finding primary source quotes that stick with the reader and summarize important sections of the book succinctly, such as this one from Yudkin regarding the work of Ancel Keys: "Another way of stating these findings is to say that, if you wish to increase the number of people dying from accidents, violence, cancer or strokes, then give them a diet low in cholesterol and fat" (page 127). Not only do low-fat diets seem crazy, they make people crazy!

Another choice gem to display Minger's skill in summarizing long sections with memorable

Minger does an excellent job at equipping and educating readers so that they can continue their nutrition education themselves.

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quotes from the researchers themselves, is this one from William Castelli, who had served as the director of the famous Framingham Study starting in 1979, about the findings of the study: "In Framingham, MA, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower people's serum cholesterol . . . the opposite of what the equations provided by Hegsted et al. and Keys et al. would predict" (page 143).

The book then moves on to the concurrent rise in PUFA consumption that occurred from the turn of the last century into an explosion by the late 1900s.

As Minger wryly remarks about processed oils and their origins: "But one man's trash had become another man's treasure, so to speak, and P&G [Procter and Gamble] had pioneered what's now an American tradition; getting rid of agricultural waste products by feeding them to humans. ***The company had effectively bridged the gap between garbage and food***" (page 153, emphasis mine). If this doesn't succinctly show what PUFAs really are and why they are so damaging, what else will?

Moreover, Minger also displays how companies took advantage of the insecurities that had gripped Americans through the propaganda of modern advertising and social engineering, "The company deftly played upon women's burning desire to be 'modern'" (page 154). She also reveals the lengths these industrial giants went to ensure the public was not warned about the dangers of these pseudo-foods.

The American Heart Association created "fifteen thousand pamphlets with a carefully worded demotion of *trans* fats that never saw the light of day. That's because Fred Mattson—a researcher gainfully employed by P&G—convinced the AHA's medical director to remove all traces of those incriminating statements. Instead. . . the AHA revised the brochure to make it more palatable to the margarine and shortening industries. Decades would pass before the AHA

dragged *trans* fats back onto the cutting block" (page 157).

The closing of *Death by Food Pyramid* is sure to delight fans of Weston Price, as he crowns the entire last chapter, serving as the answer to how we can reclaim our health and find trustworthy dietary information in an age of special interests and pseudo-science. Unlike many writers, who include references to Price mostly to rubber stamp their own work or to try to win a hearing for views that are incompatible with his research, Minger gives his work a fair and accurate presentation and endorsement, including covering some of Price's most important observations, such as his comparison of matching population groups to see firsthand the deleterious effects of industrial food.

We can only hope *Death by Food Pyramid* will follow in the steps of Minger's widely popular writings on *The China Study* and reach millions of readers with common sense, scientifically sound, historically wise, and health-promoting dietary advice. Two thumbs up and a big thank you to Denise Minger for all her work.

Review by John Moody

The closing of *Death by Food Pyramid* is sure to delight fans of Weston Price, as he crowns the entire last chapter, serving as the answer to how we can reclaim our health and find trustworthy dietary information in an age of special interests and pseudo-science.



THE RIGHT GATE!

Chris Masterjohn finds himself leaving from Gate K2 on his trip to the "Don't Eat Anything with a Face" debate in New York. For more information on the debate, see <http://blog.cholesterol-and-health.com/2013/12/watch-veg-anism-debate-wednesday-by-live.html>.

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***Fat Chance:
Beating the Odds Against Sugar,
Processed Food, Obesity and Disease.***
by Robert H. Lustig, MD
Plume Publishing

In this 2012 full-length book follow-up to his 2009 YouTube sensation, *Sugar: The Bitter Truth*, Dr. Robert Lustig describes how increased consumption of sugar has paralleled a steep rise in obesity and metabolic disease (diabetes, heart disease, cancer and dementia) over the last thirty years, amid dietary recommendations to eat less fat and cholesterol (and therefore more carbohydrates). He claims that the answer to the epidemics of obesity and metabolic disease lies in understanding the biochemical and physiological effects of our increased consumption of sugar, and offers his recommendations for how to address these problems.

In perhaps the strongest aspect of his book, Lustig deconstructs one of the most pervasive, and possibly damaging health misconceptions of our time: a calorie is a calorie. If this were true, then he says it would also be true that, “If you eat it, you better burn it, or you will store it.” According to this logic, it makes sense that the behaviors of gluttony (overconsumption of calories) and sloth (too little exercise) should cause obesity, and decades of diet advice have assumed that this is a proven, fundamental truth.

Lustig refutes this idea by devoting a large section of the book to describing the neurophysiology of the ventromedial hypothalamus (a part of our brain that controls how our body responds to hunger and feeding). He explains how our fat tissues signal to our brain that our body is well-fed via the hormone leptin. After eating, leptin causes feelings of satiety (we feel full), and signals our metabolism to speed up and burn energy. Conversely, when the leptin signal disappears, our metabolism slows to conserve energy, and we feel hungry.

Lustig describes how a high insulin level

blocks the leptin signal. Interfering with our leptin signal both slows our resting energy expenditure, and also tricks our brain into signaling the “hungry” state, even when we have eaten. He describes that the linchpin of his argument is the hormone insulin, which is secreted after eating carbohydrates, and is the main hormone promoting fat and glucose storage in our adipose (fatty) tissue. By Lustig’s argument, a high insulin level triggers overconsumption of calories, but it also slows our metabolism, so that we burn fewer calories. His focus on the role of the brain in controlling our physiology and feeding behavior stems from his research interest in leptin signaling, but he does not completely describe what he means when he says that a calorie is not a calorie.

In his description of the possible ways in which hormones drive the behaviors of gluttony and sloth, Lustig avoids confronting the role of refined glucose-containing carbohydrates (starches) in promoting obesity. In spite of his own description of insulin being the linchpin of his argument, he completely ignores the well documented observation that any carbohydrate that raises insulin also promotes fat accumulation. As Gary Taubes has reviewed very convincingly in his book, *Good Calories, Bad Calories*, insulin has been shown to cause obesity even in undernourished individuals! Taubes’ hypothesis is that foods that raise insulin cause all food calories to be stored as fat, at the expense of the energy needs of the other tissues. His emphasis is that those starving tissues are what signal the brain to stimulate hunger and feeding behaviors, rather than the other way around. In *Fat Chance*, Lustig never returns to make a conclusion about what he actually means when he says that a calorie is not a calorie.

It is important to keep in mind that in the context of the Western diet, the degree to which starchy carbohydrates cause obesity or may contribute to metabolic syndrome has not been determined. Carbohydrates have been an integral part of the diet of many traditionally

Lustig explains how our fat tissues signal to our brain that our body is well-fed via the hormone leptin.

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living cultures around the world, without causing metabolic syndrome. For example, carbohydrates from fruits, tubers, potatoes, honey and grains have provided a significant portion, or even in certain cultures (or seasons) the vast majority, of the caloric needs.

However, from a metabolic perspective, there are important differences from our modern cuisine. First, and perhaps most important, no traditional cultures utilized highly refined carbohydrates such as white flour or sugar, which are devoid of most or all of the nutrients that their unrefined sources contained. Cultures that have relied upon grains have traditionally also used methods of preparation, such as soaking and fermenting, that reduce the presence of toxins and anti-nutrients contained in the whole grain. Most traditionally utilized carbohydrate foods contain large amounts of fiber, which as Lustig also argues, slows the digestion of carbohydrates in the body. Lustig's metabolic argument about fructose toxicity (and the possible role of the accompanying glucose) hinges upon the speed with which liquid sugar or fructose hits the liver, and fiber slows this process and reduces the corresponding insulin release. In the extreme example of bingeing on honey or fruit as a sole source of calories, it

would be expected that significant weight would be gained from the resulting spike in insulin. However, since large quantities of fruit or honey would most likely have occurred seasonally, the metabolic state would also change once the season changed, with subsequent periods of low insulin allowing the body to burn off the excess stored energy and return to its natural body fat composition. In the typical Western diet, sugar is available year-round, and even between every meal. In this situation, the high insulin state would be expected to drive long-term weight gain and other metabolic disturbances that Lustig has described as the toxic effects of fructose.

After introducing the concept of hormones driving our caloric intake and resting energy expenditure, Lustig describes different aspects of our modern lifestyle that rewire our energy metabolism in this way. He describes the prevalence of processed and fast food in the standard American diet, and the replacement of fat by sweeteners. He spends a chapter describing the properties of sugar that qualify it as an addictive substance. Each chapter of the book begins with a clinical vignette describing some of his UCSF childhood obesity clinic patients' health conditions, which illustrate various aspects of his book

Carbohydrates have been an integral part of the diet of many traditionally living cultures around the world, without causing metabolic syndrome.

BACK TO BUTTER: A TRADITIONAL FOODS COOKBOOK

By Molly Chester and Sandy Schreengost

Intrigued by the principles of traditional foods but perplexed on how to get started? Here's a good place to begin, with this beautifully illustrated cookbook. A well-organized, well-illustrated Part One introduces the concepts of healthy fats, pasture-raised animal foods, raw and fermented dairy, natural sweeteners and proper preparation of grains and legumes. Then come the delicious recipes in Part Two—roasted shrimp salsa, cultured cream cheese olive dip, chili with roasted corn, chicken salad with dates and walnuts, millet salmon cakes with creamy dipping sauce, roasted pork tenderloin with onion marinade, meatballs with mushroom gravy, and fresh corn pudding, to name a few. Dessert recipes include sourdough bread pudding with raisins, crispy peach cobbler and sour cream drops. There's no sparing of butter and cream in these yummy offerings.

While Molly provides the recipes, her mother Sandy gives us wonderful photographs, scattered throughout the book. This mother-daughter team provides constant inspiration—from the first knife cut to the final topping of chopped parsley. A big Thumbs UP to this delightful cookbook.

Review by Sally Fallon Morell

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topics. For example, one concerns the hunger of an eight-year-old girl diagnosed with type 2 diabetes, and another an obese eight-year-old boy whose father brought home unlimited quantities of juice from his job.

Eventually Lustig describes fructose metabolism, and the ways in which it promotes metabolic syndrome. He states that sugar and high-fructose corn syrup are metabolized exactly the same in our bodies, so are effectively equivalent sources of fructose. He has written a very understandable description of the known metabolic effects of fructose (including liver inflammation and insulin resistance, chronic rise in insulin levels, high blood pressure, fatty liver, cancer, and more). These effects of fructose are significant because they challenge the widely held assumption that fat causes heart disease.

One of Lustig's most important contributions from his YouTube lecture was his description of the role of two different kinds of LDL-cholesterol in heart disease. Many people think of LDL as being the "bad" cholesterol, but he explains beautifully in his lecture that one type of LDL is small, dense and able to slip under the edge of the cells lining our blood vessels and initiate atherosclerotic plaques that lead to heart disease. This small, dense LDL-cholesterol is caused by eating carbohydrates. The other type of LDL-cholesterol is large and buoyant, and does not cause heart disease. This is the type of LDL that increases after a meal containing saturated animal fats. So, while some evidence shows that the total LDL-cholesterol level does correlate with death rates from cardiovascular disease, it is now well understood that this is due to eating carbohydrates, not fat!

Lustig argues that fructose is much more potent than glucose at raising the levels of small dense LDL. However, his critics have pointed out that the degree to which this is true in humans has not been proven. The idea that sugar could be the cause of metabolic syndrome and heart disease represents a complete paradigm shift from our

decades of assumption that eating fat causes heart disease. Although this represents one of Lustig's most significant contributions from his lecture, the point was only briefly mentioned in his book.

One of my fundamental criticisms of the book is that although he vilifies sugar, Lustig claims that eating sugar is specifically bad because it is both carbohydrate (glucose) and fat (fructose) at the same time. His logic here is very vague, and contradicts his prior statements that fructose (and its metabolic effects) are distinctly different from those of fat. To say that fructose is fat is certainly not true, and when he equates fructose with fat, it perpetuates the last thirty years of nutrition and medical advice that have led to our present state of health. It may be that eating glucose with fructose can make the effects of fructose worse by raising insulin levels, but to me this would implicate carbohydrates, not fat, as the cause of metabolic disruptions.

This example brings me to another general criticism of his book. The style and organization are confusing, and most of his claims are spoken as truth without supporting evidence. One frustrating example was for his chapter on fructose, when he describes how fructose in the liver is metabolized to excess acetyl-CoA, which is converted into fat that can promote heart disease. His description did not clarify what type of fat is formed or how that fat promotes heart disease, but did refer to his chapter on metabolic syndrome. I flipped to that section of the book, but acetyl-CoA is not mentioned at all in that chapter, and the sections referring to how an overburdened liver exports fat referred back to the chapter where I started. I found this type of circular logic in many places in the book.

After describing how fructose is a toxin, the second half of Lustig's book reaches beyond his area of expertise in metabolism and neuroendocrinology into recommendations for personal and public health solutions to the obesity epidemic. In this part of the book, he speeds through de-

He states that sugar and high-fructose corn syrup are metabolized exactly the same in our bodies, so are effectively equivalent sources of fructose.

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scriptions of possible strategies for eating that have been proposed as solutions to obesity and disease, such as Atkins, vegan, traditional Japanese, Mediterranean, Ornish, and Paleolithic. All of these diets restrict the intake of sugar.

To his credit, in one chapter he does describe several good examples of how humans are perfectly evolved to eat fat, which he calls the “hunter” lifestyle. However, he dismisses a low-carb, high-fat “paleolithic” diet as “too expensive.” It was disconcerting to read his contrasting comments about a vegan diet, which he calls the “gatherer” lifestyle (all carbohydrates). He states that a vegan diet (even a “fruitarian” diet!) can be perfectly healthy, and is practiced with success by multiple cultures around the world. Here is where I was hoping that he would combine existing knowledge into a strategy for eating that keeps our metabolism running, reduces inflammation, and helps our hunger/reward hormone system work well. However, he does not recommend a dietary strategy.

From Lustig’s description of our physiology, it is easy for me to see how a sugar-free diet could help prevent metabolic syndrome. This advice may be enough to improve the lives and health of the large portion of the population that has metabolic syndrome, but he does not describe or justify a dietary strategy for optimal health. Instead, he ends with the underwhelming advice to simply cook your own food.

For a public health solution Lustig is an advocate for cutting sugar out of processed food. He briefly outlines the roles of government programs such as SNAP and WIC, the FDA and USDA, and the Farm Bill in promoting overconsumption of sugar. His view is that a lawsuit against the FDA to remove fructose from its Generally Regarded As Safe (GRAS) list would be the only way to force food manufacturers to reform, but that it is politically untenable (after all, it only took about one hundred years of eating *trans* fat before the FDA removed it from the GRAS list just last year). He obviously believes that speak-

ing out about the toxicity of sugar is important for swaying public awareness, and that the way to force change is through lawsuits that will not happen until massive numbers of people begin to pressure politicians to support such maneuvers. Notably, the FDA has just this year proposed changing the Nutrition Facts label on food products to include a line for added sugars, and to eliminate the line for percent calories from fat. So, it is possible that changes in awareness about the effects of sugar have already percolated through the ranks of the health and nutrition authorities.

I am not sure how to “digest” the take-home message that federal regulations on sugar are the solution to chronic disease. Although restrictions on sugar would force changes in the processed food industry that would be high-impact because so many people depend upon it, this approach still perpetuates a processed- and fast-food culture that cannot provide healthy, nutrient-dense food. It is a disaster that we depend so heavily upon industrial agriculture for advice on diet and health rather than upon the traditions of our cultural wisdom.

Understanding how sugar can be toxic to our health is an important goal, and this book does describe well the shocking metabolic effects of fructose. However, Dr. Lustig’s diet advice unfairly blames fat, and he has not reconciled his concept that a calorie is not a calorie with the known role of refined carbohydrates in causing obesity. Overall, his claims are presented without evidence, and the book does not provide a fundamentally new solution. Take ninety minutes to watch the YouTube lecture, but I give the book a disappointed Thumbs Down.

Review by Jeff Grinstead

It is a disaster that we depend so heavily upon industrial agricultural for advice on diet and health rather than upon the traditions of our cultural wisdom.

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Food Politics

By Marion Nestle

University of California Press;

Revised and Expanded Edition (2007)

Marion Nestle is one of the most respected and frequently quoted authorities on food marketing and government nutrition policies. She was the chair of New York University's Department of Nutrition, Food Studies and Public Health from 1988-2003 and has participated in several advisory committees and review boards regarding food and nutrition. Her CV contains an impressive list of academic and professional credentials, publications, honoraria and awards.

Food Politics, one of her most well-known works, is an in-depth and damning exposé of how food companies, lobbyists, government agencies, and congressional representatives often serve their own interests at the expense of public health. Unfortunately, her unquestionable expertise in these matters is clouded by her blanket condemnations of saturated fat, cholesterol and salt. Her clinging to outdated beliefs about these crucial nutrients overshadows what is otherwise an excellent treatise on the insidious and often invisible forces behind national nutrition policy.

Dr. Nestle explains the all-too-familiar revolving door between food companies, lobbying firms, and the highest echelons of government. The employment in regulatory agencies of individuals with long professional and financial ties to food processors is a glaring example of the fox guarding the henhouse. The same could be said for food industry sponsorship of the Academy of Nutrition and Dietetics (AND, formerly the ADA, American Dietetic Association). Nestle takes the AND to task for this supreme conflict of interest, and mentions registered dietitians who are uncomfortable with the obvious implications but feel powerless to influence the larger organization.

The author does an excellent job of explaining the difficult balancing acts that lead to stunted

and wishy-washy recommendations to “eat less” of and “cut back” on certain foods, while emphasizing that balanced diets have room for everything—“in moderation” of course. Recommendations to eat less meat, for example, upset the powerful lobby of cattlemen and ranchers, not to mention small farmers at the local level. The same goes for eggs, butter, sugar, salt and any other whole food or single ingredient: each one has an interested party whose members not only vote, but make generous cash contributions to political campaigns. In this environment, it's difficult for public health organizations to produce strong, consistent messages that run the risk of ruffling financial feathers.

And speaking of consistent messages, Nestle details turf wars between the FTC, USDA, and FDA over which agency is responsible for regulating print and TV food advertising, supplement labels, health claims on food packages and more. She devotes time to DSHEA, the Dietary Supplement Health and Education Act, which largely governs the claims that can be made for vitamin, mineral, and herbal supplements and foods that contain them. The act's stipulations, along with other regulations, explain why these claims are typically either vague (“may help support the immune system”) or so circuitous as to be nearly meaningless (“supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease”).

Nestle particularly shines in the significant space she devotes to food marketing aimed at young children. She points out that children are often unable to distinguish between commercials and programming, and the ethics are murky when commercials for unhealthy snack foods are aired during popular children's shows.

Much more pervasive and potentially harmful than this low-level tactic are the business arrangement entire school districts have made

Dr. Nestle is part of the old guard, clinging tightly to outdated views on saturated fat, red meat, cholesterol, salt, and full-fat dairy.

with food manufacturing conglomerates. Middle and high school students are a tempting and captive audience. Nestle lifts the rug on how soda and snack companies make deals for exclusive “pouring rights” and vending rights across school districts (wherein only their products, without competition, are offered in vending machines and lunch line snack bars). In exchange for unfettered access to this lucrative market for their products, they sponsor events and supply cash-strapped schools with computers, AV equipment, sporting equipment, and upgraded facilities. Nestle details how tantalizing these arrangements are to superintendents of school districts with multi-million dollar budget shortfalls.

These aspects of the book make for enlightening—if, at times, dense—reading. However, these important issues come with a hefty dose of nutrition misinformation. Dr. Nestle is part of the old guard, clinging tightly to outdated views on saturated fat, red meat, cholesterol, salt, and full-fat dairy. She seems to have a knee-jerk reliance on the old standard of “eat less, move more” as the key to getting to and maintaining a healthy weight. She makes no mention whatsoever of the different hormonal effects of fat, protein and carbohydrate, nor of the powerful role these play in the regulation of appetite and body fat storage and mobilization.

One point where she does hit the nail on the head, however, is the fact that food companies too often like to “blame the victim.” They tell us that body weight is a matter of personal choice and personal responsibility, thereby absolving themselves of any role their pervasive advertising and well-researched marketing strategies might have in making it harder for the public to make good choices. The truth is, feeding ourselves well is about personal responsibility, but it’s easier to make better choices when we’re not bombarded with advertisements extolling the virtues of soy, vegetable oils, and sugary breakfast cereals.

Food Politics is an important work. Unfortunately, while Nestle lifts up the rug covering back-door deals and “follow-the-money” games that craft nutrition policy and, ultimately, the products we see at the store, she does so while continuously harping on her nutritional bad-boys as if the science were settled as to what causes obesity, heart disease, and other modern ills. As

readers of this journal know only too well, the science is far from settled, and more cracks appear daily to crumble the brick wall of the low-fat, low-cholesterol, carb-centric diet. It is disconcerting that someone with a PhD in molecular biology—particularly someone who has such broad influence in the popular media as well as in the classroom—has failed to stay current on the scientific literature.

The author states in the appendix, “The optimal ranges of intake of specific nutrients can be estimated only for *populations*. Optimal intakes for *individuals* are difficult to define; people vary in requirements for genetic reasons, and also because diet interacts with other factors that affect the use of nutrients, such as smoking cigarettes, taking medications and being physically active.” (Emphasis in the original.) Despite this, Nestle seems to rely on the now-defunct food pyramid to guide everyone. She refers often to the virtues of the complex carbohydrates, vegetables and fruits that make up the bulk of the pyramid, while using the phrase “top of the pyramid foods” for things like fats, oils and sugars, which she would likely recommend everyone limit, regardless of weight, disease condition, genetic propensity or metabolic status. She pays brief lip service to the need for individualization in dietary planning but the majority of the book shows her to be firmly entrenched in conventional, population-wide recommendations for lowfat, low-cholesterol, and low-calorie diets.

She also says, “Nutrition is a thinking person’s field, requiring critical analysis at every step of learning and interpretation, as well as an unusually high tolerance for ambiguity and uncertainty.” I couldn’t agree more. Unfortunately, Nestle doesn’t seem inclined to engage in critical analysis of the government’s nutrition recommendations of the last half century, nor does she seem to realize that these recommendations are the result of the very industry connivance she so soundly condemns. She is quicker to suggest that people have become more overweight and chronically ill because they’re not following the recommendations, rather than entertain the possibility that those recommendations are flawed.

Nestle should stick to what she does best: calling out both private industry and government agencies for their collusion in crafting toothless legislation that emphasizes personal choice, balance and moderation, while doing everything they can to increase profits and encourage people to buy and eat more. I have no argument with the author on these issues. But if I were an overweight diabetic, I wouldn’t trust her to be my nutritionist. She would no doubt encourage me to eat lots of starchy whole grains, polyunsaturated vegetable oils, and limit my intake of the animal foods that have nourished healthy, robust, physically fit people for thousands of years.

Review by Amy Berger 

JOURNAL NOW AVAILABLE AS
A DIGITAL TALKING BOOK FOR THE VISUALLY IMPAIRED

We now have our journal converted into an audio format 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!

Tim's DVD Reviews

Earthlings

**Written and directed by
Shaun Monson**

Speciesism is defined in this movie as the human treatment of other species as mere objects. Animal abuse is documented in detail here. The food industry is not the only one guilty of this abuse. The list is long.

The pet industry is one of the first examined. Puppy mills and other opportunists over-produce dogs, cats and other animals that end up on the street or in pounds where life usually ends quickly and miserably. Pet owners who abandon their pets or don't spay or neuter are also part of the problem. Pounds and shelters often don't have the resources to do their job as well as one might hope.

Clothing companies often raise furry animals in overcrowded and inhumane conditions. Science and medicine do rather appalling things to animals in the name of research. The entertainment world is not so entertaining when we see what goes on where cameras are not supposed to peer. We are shown videos of circus elephants and even tigers being beaten. Sometimes the abuse is part of the entertainment and happens even when the cameras are on. Bullfighting and rodeos are such examples. Even zoos often put animals in restrictive displays where they cannot possibly be happy.

And of course there is the food industry. Most already know about factory farms. The video reveals clips of abattoirs that claim to do kosher slaughtering. Whatever they are doing, it is not kosher. Factory farming is also practiced with seafood in a way that threatens all sea life.

There are lots of video clips showing examples of these abuses. This is the most graphic movie on the subject I have seen and is definitely not for the squeamish. While there are a couple of times where the narrator comments that a particular scene would make anyone switch to vegetarianism, there is very little of that overall.

In the big picture the movie is not so much about what to eat but about the horrors of animal abuse. I happen to agree with that primary message that animal abuse is horrible and it needs to stop. This movie shows us why we need to be careful about where we get our food and earns the movie a hesitant thumbs UP. *Earthlings* also earns the dubious distinction of being the most disturbing thumbs up movie I've seen so far.

The Phantom of the GMO

By KFP Productions

Available at <http://kfpproductions.bandcamp.com/track/the-phantom-of-the-gmo-a-parody-of-the-phantom-of-the-opera>

Or on YouTube at <http://www.youtube.com/watch?v=0EamEFdUz1E>

For those who enjoy dabbling with DNA for dollars by the dump-truckload, the news has not been all good. The big island of Hawaii recently passed legislation banning any new GMO operations on that island. I have also heard that China has rejected more than one shipment of GMO corn and Connecticut has passed GMO labeling legislation. In the Winter 2013 issue of this journal, Judith McGeary mentioned pending legislation in several other states and in Germany. Most of these new developments include major exemptions and labeling may not solve the problem. These efforts have raised awareness but we still have a long way to go before the GMO situation is under control. We still need more awareness.

The Phantom of the GMO is a parody which puts the message of GMO danger to the music of the Phantom of the Opera. It runs less than four minutes. That raises awareness of the GMO threat and gets a thumbs UP.

Many of the experts agree that environmental toxicity is a major factor in cancer. The conventional approach would have us believe that more toxicity in the form of chemotherapy and radiation is the cure.

Tim's DVD Reviews

Rethinking Cancer

Directed and Edited by Richard Wormser

Produced by Linda Goldman &

Richard Wormser

This video was produced back in 2009 when cancer was a big problem for a lot of people. Many of you may be aware that it is still a big problem and very little progress has been made. Actually almost all progress with this problem in the last century has been in the wrong direction. Some have begun to notice that mainstream medical oncologists don't really have any new answers and the old answers don't work. Five of those people are interviewed here and give their detailed stories.

Four of the five people had cancer and one had Lyme disease. All started by consulting the experts at leading medical facilities. Many of the experts agree that environmental toxicity is a major factor in cancer. The conventional approach would have us believe that more toxicity in the form of chemotherapy and radiation is the cure. These people understandably had their doubts. It takes a lot of courage to face cancer and the treatment for it. It takes even more courage for those who have been conditioned to trust the experts to walk away from those experts. It gets a little harder when those experts throw hissy-fits and quote threatening statistics (which I'm pretty sure they just make up) indicating that you will die if you don't follow their toxic protocols. As we know, experts are always right—except when they're wrong, which seems to be most of the time.

These five people instead decided to follow the advice of The Foundation for Advancement in Cancer Therapy (FACT). The video does not go into great detail regarding therapy but it consists of a detox program that involves a mostly vegetarian diet and juicing. Dr. Philip Incao is featured and talks very generally about the approach and he also interviews Dr. Sheryl Leventhal who raises many good points about

the shortcomings of conventional treatment. She mentions that oncology really doesn't care about the cause. It is more concerned with just detecting that there is cancer and stamping out the symptoms. I think this is a key point. When you have to solve problems and provide solutions that actually work, one thing you learn about problem-solving is that until you understand the cause and base your solution on that understanding, nothing is going to work. The standard oncological approach to solving cancer problems without understanding the cause is a fundamentally and fatally flawed approach.

Dr. Leventhal also points out that active patients are really much easier to help than passive patients. The typical medical treatment appeals to passive patients who want a magic bullet cure that doesn't involve changing the lifestyle habits that got them into trouble to begin with. Active patients will make more effort to make corrections based on the real cause. This is all good as far as it goes. The producers don't really go into exactly how or what to eat for the long term so I will give them the benefit of the doubt and give the video a thumbs UP. I can believe that a vegetarian or even vegan diet can work as a temporary detox as long as you don't try to eat that way for the rest of your life.

Farm to Fork: Wyoming Dairy Herd Shares

Produced by Wyoming PBS

Wyoming recently revised regulations to allow herd shares in that state. State regulators still maintain that raw milk will probably kill you so raw milk sales are not allowed in the state but they seem to have decided that as long as no one pays directly for raw milk, it is safer than if it was sold. If that last sentence didn't make much sense, that's the point.

Either way it is a good thing to have more access to raw milk. The FDA tells us raw milk is inherently dangerous. Fortunately, there are a lot of people smarter than the FDA. Not only in Wyoming, but around the country this increased access is causing a stampede of demand for this high-risk stuff. In truth, as Sally Fallon Morell points out in the video, there is little risk and there would be even less with reasonable regulation.

There are many scenes of day-to-day operations at a small farm running a herd share and a little cheese making class at the end of the video. This film rates thumbs UP. 

Soy Alert!

SOYBESITY: SOY FOR THE WEIGHT LOSS MARKET

By Kaayla T. Daniel, PhD, CCN



For people, soy products are promoted as high-protein, low-fat and perfect for weight loss. For factory farmers, soy-based animal feeds are just the thing to fatten fish, poultry and animals quickly and profitably for market.

As Americans get fatter and fatter, the soy industry has stepped up its efforts to promote soy as the ticket to weight loss. In school cafeterias soy is presented as the “healthy” meat and dairy alternative that can prevent childhood obesity. In health food stores and supermarkets, it’s promoted as a “miracle food” that can prevent heart disease, cancer, bone loss, menopausal symptoms, and weight gain. Soy ingredients also predominate in the shakes, bars, and other products that serve a growing weight loss market that has rocketed from fifty-five billion dollars in 2006 to sixty-six billion dollars today.

It’s a lucrative market. In 2009, the Centers for Disease Control (CDC) reported 69.2 percent of adults over the age of twenty to be overweight, with 35.9 percent of them obese. In Europe, the International Association for the Study of Obesity reported 53.1 percent of the population overweight, with 17.2 percent obese. And as the American way of eating spreads around the world, fattening will follow, opening up even more future markets.

Clearly the soy industry has reason to perceive vast potential for profit. Accordingly, it has not only funded research on soy and weight loss but held conferences to present favorable findings to food industry representatives, health-care professionals, dietitians and university scientists. These events have been sponsored by the Illinois Center of Soy Foods, the National Soybean Research Laboratory and many other pro-soy organizations, and their carefully orchestrated headlines have been widely reported in the media.

The latest effort comes from soy giant Solae, which recently teamed up with the British Obesity Society to run a survey in which nutritionists are being asked to weigh in on the role of protein in the diet and on weight management. The researchers don’t seem to be interested in just any protein, however, but only in soy. As Dr. Marcus Stephen, formerly CEO of the Brit-

ish Obesity Society, put it, “The British Obesity Society is really excited to be partnering with Solae on this soy perception survey. We have worked hard together to establish an effective survey that will produce some interesting and useful insights. We look forward to the findings and working with Solae to produce the report that will inform and educate on the consumption of soy as part of weight management and a healthy diet.”

David Welsby, a science fellow at Solae added, “Solae has worked in close collaboration with the British Obesity Society to create a survey that helps identify where more work needs to be done to educate nutritionists and the public on the benefits of consuming soy as a source of protein, specifically focusing on the value of consuming soy protein as part of a weight management programme and achieving a healthy diet.”

Can’t wait to weigh in on this one when it comes out!

In the meantime, it’s fair to say that when the soy industry trumpets its products for weight management, it’s speaking out of two sides of its mouth. Which side is messaging, of course, depends on who’s meant to be listening. For people, soy products are promoted as high-protein, low-fat and perfect for weight loss. For factory farmers, soy-based animal feeds are just the thing to fatten fish, poultry, and animals quickly and profitably for market. Can we have it both ways? Only with the power of public relations, the corruption of scientific research, and the collusion of the many government and nonprofit organizations canoodling with Big Soy.

The truth is soy protein is fattening despite its reputation as a low-carb, low-fat, low-glycemic index, high-protein ingredient. More than seventy years of studies document adverse effects on the thyroid, most often manifesting as hypothyroidism with its familiar symptoms of weight gain, fatigue, lethargy, and malaise.

Sadly, the cause and effect is not always clear cut. In some individuals the hypothyroidism develops so gradually that soy does not take the blame. In others, soy stimulates the thyroid, initially contributing to hyperthyroidism with increased metabolism, energy, and weight loss. This, of course, explains why some short-term studies show weight loss. While some overweight individuals might perceive this as a good thing, such stress on the thyroid leads all too soon to glandular exhaustion and long-term hypothyroidism.

Soy's anti-thyroid effect also comes from estrogenization through the phytoestrogens known as isoflavones. Although not identical to human estrogens, they are close enough to confuse the body and interfere with the production and utilization of all hormones. Weight gain is a common result of endocrine disruption and the confounding of the body's regulation of fat storage and fat burning,

Soy, of course, is not the only devil in weight loss products. Jenny Craig, NutriSystem, Medi-Fast, Herbalife, and other diet delivery plans all offer processed and packaged products with long lists of dubious ingredients, including the excitotoxins MSG and aspartame, both of which are associated with weight gain. Add in wheat gluten, milk protein isolate, high fructose corn syrup, fiber and a host of artificial colorings, flavorings and texturizers and it's clear soy protein isolate, textured vegetable protein, and other soy ingredients are not even the worst ingredients. If and when such products contribute to weight loss,

the two most likely reasons are reduced food absorption and gastrointestinal disturbances, leading over time to malnutrition and health challenges. To repurpose a quote from coach Vince Lombardi, "Show me a good loser and I'll show you a loser." ☺☺

Kaayla T. Daniel, PhD, CCN, is vice president of the Weston A. Price Foundation and on the board of directors of the Farm-to-Consumer Legal Defense Fund. She is known as The Naughty Nutritionist™ because of her ability to outrageously and humorously debunk nutritional myths. She is coauthor (with Sally Fallon Morell) of the upcoming book Nourishing Broth: An Old-Fashioned Remedy for the Modern World, scheduled for Fall 2014 publication. Her book The Whole Soy Story: The Dark Side of America's Favorite Health Food (2005) has been endorsed by leading health experts, including Drs. Russell Blaylock, David Brownstein, Larry Dossey, Nicholas Gonzalez, Joseph Mercola, Kilmer McCully, Doris J. Rapp, JJ Virgin, and Jonathan Wright. Dr. Daniel has been a guest on The Dr. Oz Show, PBS Healing Quest, NPR's People's Pharmacy, ABC's View from the Bay, and Discovery Channel's Medical Hotseat, and has shared the stage with Dr. Mark Hyman, JJ Virgin, Gary Taubes, Charles Poliquin, Dr. Joseph Mercola, Joel Salatin, David Wolfe and other prominent health experts. Visit Dr. Daniel's website www.drkaayladaniel.com and subscribe to her newsletter The Naughty Edge.

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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

Legislative Updates

PROGRESS IN THE CONTINUING FSMA SAGA
AND GMOS HEAT UP FOR 2014

By Judith McGeary, Esq.

The debates over the Food Safety Modernization Act (FSMA) started back in 2009 and appear nowhere near a conclusion. While one chapter of the story closed with the passage of the Act in 2010, the implementation process through agency rulemaking has been a hot topic ever since, and will continue to be so for a long time to come.

There have been some encouraging developments in the last few months, however. Both FDA and Congress have taken steps that will provide important opportunities for more scrutiny of the problematic regulations under FSMA.

First, in December, just a few weeks after the public comment period closed on the proposed regulations, the FDA announced that it will issue revised proposals on four of the areas that received the most criticism: water quality standards and testing, the standards for using raw manure and compost, provisions governing farms that do value-added products, and due process issues under the Tester-Hagan exemption for small-scale, direct-marketing farms and producers. The FDA plans to issue new proposed regulations on these issues in the summer of 2014 and seek a second round of public comments. (See sidebar for highlights of the original proposed regulations.)

It is not common for an agency to issue a second set of proposed regulations; and announcing the intention to do so within weeks of the public comment period closing on the first set is very unusual. FDA's actions show that it heard that its first proposal was simply not acceptable and would not be allowed to stand.

Of course, while FDA got the message that the first proposal was unacceptable, it remains to be seen what FDA will do in the second round. Given just how bad the first set of proposed regulations were, even significant improvements could still mean a bad second proposal as well. But, regardless of their content, having a second

round of proposed regulations at least provides another opportunity for farmers and consumer to weigh in and influence the process.

The second recent development is also unusual in the political world. As mentioned in the last couple of *Wise Traditions* articles, Representative Benishek of Michigan had introduced an amendment to the Farm Bill to rein in the FDA's rulemaking under FSMA. While Congress typically would wait to see what the final rules looked like before taking action, this time they decided to act earlier—the final Farm Bill includes the Benishek amendment in a somewhat weakened form.

As passed, the Farm Bill requires the FDA, when it publishes a final produce safety rule, to also publish an economic analysis as well as an analysis of the scientific information used to develop the final rule, “taking into consideration any information about farming and ranching operations of a variety of sizes, with regional differences, and that have a diversity of production practices and methods.” Even more importantly, the Farm Bill requires the FDA to publish a plan to systematically evaluate the impact of the final rule on farming and ranching operations. The agency must further develop an ongoing process to evaluate and respond to business concerns. The Farm Bill also calls on the Comptroller to report on an annual basis to the House and Senate Ag Committees about how the evaluation and response process is going.

While this is not as strong as the original Benishek amendment, it is still a step forward and sends a signal to the agency that Congress will continue to be involved, and not just leave food safety regulations in the bureaucrats' hands. The required process for evaluating and reporting the impacts of the rule will also provide opportunities for change in the future, if FDA's final rules prove unworkable.

Judith McGeary is the Austin, Texas chapter leader, an attorney and small farmer in Austin, and the executive director of the Farm and Ranch Freedom Alliance. She has a B.S. in biology from Stanford University and a J.D. from the University of Texas at Austin. She and her husband run a small grass-based farm with sheep, cattle, horses, and poultry. For more information go to www.farmandranch-freedom.org or call (254) 697-2661.

At the same time, public awareness of the issues continues to increase. In February, the *L.A. Times* published an article focusing on the FDA's visit to an organic farm and the threat posed by the regulations to organic farmers. The Center for Science in the Public Interest (CSPI) showed its ignorance and bias, claiming that the regulations would only cost a "few cents" to "tweak" farming practices. Rather than acknowledge the excellent safety record of sustainable farms, CSPI's view is that manure should not be allowed on the farm; instead, it should be trucked off the farm to compost at a commercial facility under the FDA's proposed regulations, and then be trucked back to the farm. Sadly, CSPI and groups like it simply don't understand, and don't seem to want to understand, the realities of farming healthy food. CSPI is opposing the changes to the proposed regulations and pushing for FDA to move forward with the original version.

CSPI is not the only group that claims to speak for consumers and is pushing for the FDA to move forward. The Center for Food Safety (CFS) sued the FDA in 2012 to try to force it to issue the FSMA regulations quickly. Last summer, the district court ruled against FDA and set deadlines for issuing the regulations. FDA appealed, but recently reached a settlement with CFS, creating a new time line for finishing the food safety law rules. The settlement allows the

FDA to extend the deadlines for food safety regulations only if CFS and the other plaintiff (the Center for Environmental Health) agree. Under the settlement, the FDA has agreed to issue a final rule for facilities by August 30, 2015, and a final rule for on-farm produce safety standards by October 31, 2015.

While the facilities and on-farm proposed rules have deservedly drawn the most attention, other aspects of implementing FSMA also require comment. In response to the comments on the produce safety rule, FDA has acknowledged that the rule will have a significant impact on the environment, which means that the agency must perform an Environmental Impact Statement. WAPF weighed in at the first stage of the process, submitting comments on the sorts of issues and impact FDA should consider. As the agency takes its next steps, public input will become more and more important.

WAPF also submitted comments on yet another proposed FSMA rule, this one dealing with intentional adulteration. FSMA directed FDA to address the threat that the U.S. food supply is vulnerable to intentional actions, whether by terrorists or economic interests seeking to disrupt the food supply. Sadly, both Congress and the FDA continue to ignore the true solution to this problem: decentralizing and re-localizing our food system. Instead, FDA's proposed rule involved yet more paperwork for companies to analyze and address the risks. Most WAPF-friendly producers will be exempt, since the proposed rule exempts facilities with less than ten million dollars in annual revenues, as well as most farms. But the agency is looking at setting a different threshold for dairy farms, which was the focus of WAPF's comments.

At the risk of stating the obvious, the situation with FDA and the implementation of FSMA poses many dangers to our farmers and food producers. Through the work that WAPF, its members, and many other organizations have done in the last four years, we have won important

FDA'S PROPOSED FOOD SAFETY REGULATIONS

In 2013, the FDA proposed regulations to implement two key provisions of the Food Safety Modernization Act (FSMA): a produce safety rule for farms and a hazard analysis and risk-based preventive controls (HARPC) rule for facilities. The twelve hundred pages of proposed regulations contained numerous problems, of which several stood out as major issues for sustainable farmers and food producers. Specifically, the proposed regulations:

1. Required a nine-month waiting period between applying manure and harvesting a crop;
2. Treated compost tea with additives (such as molasses or kelp), static compost, vermicompost, and many other types of biological inoculants the same as raw manure, with the same nine-month waiting period;
3. Required weekly testing of the water by farmers who use surface water sources, such as ponds or creeks, for irrigating;
4. Applied recreational standards to water sources, so that the presence of relatively low levels of generic *E. coli*—which is not pathogenic—would require the farmer to either treat the water source with antimicrobial compounds or stop using it;
5. Treated many farmers as processing "facilities" simply for making common value-added products;
6. Empowered FDA officials to revoke a food producer's Tester-Hagan exemption (which protects small, direct-marketing farms and processors from the imposition of the new on-farm produce safety standards and HARPC rules) without any due process or effective recourse for the producer.

WAPF, its members, and many others objected to these unnecessary and costly provisions in the proposed rules. In its December announcement, the FDA acknowledged the outcry and stated that it would issue revised proposed regulations on these topics in the summer of 2014.

Through the work that WAPF, its members, and many other organizations have done in the last four years, we have won important victories that limit the damage FSMA will do and have had a significant impact on the implementation of the law.

victories that limit the damage FSMA will do and have had a significant impact on the implementation of the law. But like so much in the political arena, we could easily lose those victories if we do not stay involved and active. As I've written many times before, stay tuned!

UPDATE ON GMOS

While the FDA focuses on the supposed threat of foodborne illness from compost, it continues to ignore the health threats posed by genetically engineered foods or GMOs. But as more and more Americans learn about GMOs, the issue is heating up at an increasing pace.

In the world of scientific research, the fight against GMOs suffered an unexpected and unwarranted setback. In November, the journal of *Food and Chemical Toxicology* retracted the paper by Professor Séralini, which found severe toxic effects (including liver and kidney damage), increased tumor rates and higher mortality in rats fed Monsanto's genetically modified NK603 maize and/or the associated herbicide Roundup. The journal's editor admitted that none of the usual criteria for retraction applied (there was no fraud, etc.), but claimed that the "inconclusive" nature of the results was the basis. Using that reasoning, however, large numbers of scientific studies should be retracted. The appropriate course of action would be for critics to conduct studies to prove or disprove the hypotheses, not to retract the study.

Fortunately, another study, the Carman study, is still available for citation. This long-term study on the effects of feeding genetically engineered grains to livestock was published in the *Journal of Organic Systems* last summer. The researchers found statistically significant increases in severe stomach inflammation in the pigs fed GMOs, as well as an increase in the size of the uterus in female pigs fed GMOs. The results are deeply concerning for anyone who suffers from or has a loved one who suffers from digestive problems, food allergies or fertility challenges. Both studies remain available at www.farmandranchfreedom.org/gmo/gmo-studies-research/

One just-published study goes to the underlying issue of GMO labeling: are GMO crops "substantially equivalent" to non-GMO crops?

The common-sense answer is "no," and the study substantiates that. The study analyzed three groups of soybean samples: 1) GMO soybeans, 2) non-GMO soybeans grown conventionally (with chemicals), and 3) non-GMO soybeans grown organically. Results showed that the organic soybeans had the healthiest nutritional profile (although they had less saturated fat) than the conventional and GMO soybeans. In addition to being less nutritious, the GMO soybeans also contained significant levels of glyphosate (the herbicide used on Roundup Ready crops) and aminomethyphosphonicacid (AMPA). AMPA, the chemical compound that glyphosate breaks down to, is even more toxic than glyphosate. While the residue levels are below the EPA's tolerance levels, they are dramatically higher than levels shown to cause severe harm to beneficial microorganisms that are needed in the digestive tracks of both livestock and humans¹

On the political side, bills to label or otherwise limit GMOs are being considered in twenty states this year. Two states, Colorado and New Hampshire, have already rejected legislation, and some others will inevitably fail—it is an uphill battle to pass any bill, and GMO labeling bills face extremely well-funded and well-connected opposition. But there are several that look particularly promising.

Vermont may be the first state in the nation to require GMO labeling with no strings attached (remember that Connecticut's and Maine's bills include "trigger clauses" that require other states to adopt the laws before they go into effect). The House passed the bill by an overwhelming majority last year, and the bill, H. 112, has been cleared by the Senate Agriculture Committee. Currently the Judiciary Committee is considering it and is likely to hold hearings early in March.

Hawaii is another hotbed of citizen action on GMOs. Last year, several individual islands passed measures restricting the cultivation of GMO crops and the use of pesticides. This local pressure has led to the state legislature weighing in. SB 2454 seeks to establish a task force to assess what actions, if any, the state should take on the cultivation of GMOs. The group would have to issue a report with recommendations to the legislature in 2016. The bill has been approved by Senate committees on agriculture, ways and

means, education and the judiciary and labor, and appears poised to soon head for a full vote. A second measure, SB 2521, would require the labeling of GMO foods, and has cleared Senate committees on health, the judiciary and labor.

California is back on the GMO legislative scene also. Although Prop 37 was narrowly defeated in the 2012 ballot initiative, it seems that lawmakers in Sacramento are ready to tackle the GMO labeling issue themselves. SB 1381 was introduced by Senator Noreen Evans, who has described the bill as a “cleaned up” version of the ballot initiative, placing the burden for labeling on food manufacturers and closing loopholes that opponents of the 2012 measure said would result in frivolous litigation.

The other states considering measures are Alaska, Arizona, Florida, Maryland, Michigan, Missouri, New Jersey, New York, Oklahoma, Oregon, Rhode Island, Tennessee, Utah and West Virginia.

At the federal level, the long-awaited and dreaded approval of crops engineered to be resistant to the herbicide 2,4-D is getting closer. The USDA released its environmental impact statement in January and acknowledged that approval of the crops would significantly increase the amount of 2,4-D used in agriculture; by some estimates, the increase would be twenty-five-fold. Yet the USDA completely failed to address the impacts this increase would have. As this article goes to print, the public comment period is drawing to a close, and it remains to be seen how USDA will respond to the outrage generated by its plans to approve these “Agent Orange” crops.

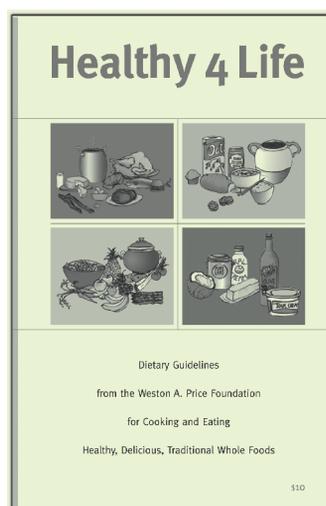
In an overlapping comment period, USDA also sought public input on the issue of co-existence, namely the “concurrent cultivation” of GMO and non-GMO crops. As WAPF states in its comments: “The track record from the last twenty years of coexistence of genetically engineered and non-genetically engineered crops shows that our existing system is not workable and not equitable.” WAPF submitted extensive organizational comments that concluded with several recommendations, including urging the agency to:

1. Establish mandatory measures that prevent GE contamination. Our country has used voluntary measures for the last twenty years, and they have failed. Furthermore, education alone cannot prevent contamination. USDA must mandate best practices to prevent GE contamination by all farmers who use GE seed and require concrete contamination prevention measures on their farms, such as requiring farmers planting GE crops to use buffer zones, rather than placing that burden on non-GE farmers. Included in these measures should be a halt in the planting of GE crops whose pollen is easily spread long distances, such as alfalfa, canola and sugar beets.
2. Adopt a fair compensation proposal. The patent holder should be responsible for segregation and traceability, from seed to plate. They should be held responsible for the economic and market harms their products cause. Those who promote, profit from and use GE products must be responsible for preventing contamination and for covering the financial risks associated with contamination.

The free market can only work if certain conditions are met. One of the conditions is that the price of the item reflect its true cost—something that the biotech companies have avoided so far. Another condition is that buyers have the information they need to make informed choices, another missing item in our current system. It’s time for our food system to address these basic issues. 

REFERENCE

1. T. Bohn et al, Compositional differences in soybeans on the market: glyphosate accumulates in Roundup Ready GM soybeans, Food Chemistry 153: 207-215 (2014).

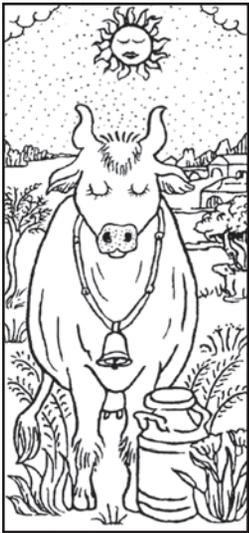


HEALTHY 4 LIFE: DIETARY GUIDELINES AND RECIPE BOOK

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 westonaprice.org. Booklets are \$10 each or \$6 each for orders of ten or more.



A Campaign for *Real Milk*

WHAT RAW MILK SALES WOULD DO FOR NEW JERSEY

Joseph Heckman, PhD

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In New Jersey 86 percent of farm gate revenues comes from sale of crops and only 14 percent from sales of livestock, dairy or poultry products.

This percentage revenue stream from animal products places New Jersey near the bottom among states.

Expanding opportunities for livestock farming, especially pasture-based production systems, can significantly improve the sustainability of agriculture. When farmland is planted to perennial grasses and legumes to feed livestock, carbon is effectively removed from the atmosphere and sequestered in soils.

A recent survey of the Mid-Atlantic region showed that soils under pasture contain 62 percent more organic carbon than soils under row crops.

In contrast to many states that have large livestock industries and an over-abundance of manures, New Jersey has a deficit of local animal manures for building soil fertility.

Thus, diversifying New Jersey agriculture to include more pasture-based livestock systems would provide local manures for soil fertility and carbon sequestration as a sustainable way to build soil quality.

At more than fifteen thousand dollars per acre, New Jersey farmland is among the most expensive in the nation. For comparison, neighboring Pennsylvania and New York have per acre farmland values of about five thousand dollars and two thousand dollars, respectively.

DEMAND FOR RAW MILK

Demand for fresh whole fat unprocessed milk, commonly referred to as raw milk, has increased markedly.

By some estimates about ten million people in the United States consume milk raw. Currently about half of the states in the U.S. allow raw milk sales. Connecticut, New York, and Pennsylvania are states in the Mid-Atlantic region that permit raw milk sales. Interestingly, most large milk-producing states permit raw milk sales.

New Jersey currently does not permit raw milk sales and ranks forty-fourth among states in terms of dairy production.

In Pennsylvania, farms with raw milk permits increased from about twenty-five to over one hundred fifty in the last decade. Within that same time frame the total number of dairy farms in Pennsylvania declined by about a third due to consolidation. The total number of cows in Pennsylvania has remained about the same.

Those dairies with raw milk permits tend to maintain small herds and market directly.

RAW MILK IN NEW JERSEY

Legislation that would allow sales in New Jersey and several other states is pending.

In New Jersey, a bill that would have permitted raw milk sales overwhelmingly passed the Assembly in spring 2011. A Senate hearing was held in December 2011, but the bill was never voted on.

The same bill was reintroduced on February 2, 2012 when after a hearing by the Assembly Agriculture Committee the vote was five in favor and zero opposed. With no senate hearings scheduled in 2012 or 2013 the bill expired. In 2014, however, a bill was introduced once again to permit raw milk sales; the Assembly version is numbered 543 and the Senate version is 1285.

An unknown number of New Jersey raw milk consumers travel to neighboring states to purchase raw milk. Ironically, these New Jersey consumers travel past local farms that want to, but are not permitted to sell raw milk.

The potential economic impact on New Jer-

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sey agriculture may be illustrated by one notable example of a Pennsylvania organic raw milk dairy farmer who supplies many New Jersey consumers.

This particular farmer from central Pennsylvania currently operates weekly drop points in Eastern Pennsylvania at two locations on the west bank of the Delaware River.

At just one of the two raw milk drop points, this dairy farmer serves over two hundred fifty families—nearly all of them crossing over the border from New Jersey.

In addition to organic raw milk, which sells for seven dollars fifty per gallon, this farmer also sells organic pasture raised eggs, chicken, turkey, beef, and pork, and sometimes even vegetables and apple cider.

Well more than one hundred thousand dollars of annual sales take place at just one of the two drop points and sales are still expanding (personal communication with this Pennsylvania dairy farmer).

Milk, more than any other food, is what regularly brings people to the market place. Many retailers sell milk simply to bring traffic to the market and this drives the sale of other products. Farm fresh organic grass-fed raw milk is a particularly strong magnet that attracts shoppers and leads to the sale of many other farm fresh foods. This point has been demonstrated by examples showing that whenever a farm discontinues sales of raw milk, sales of all other farm products drop markedly. It is evident that the New Jersey farm economy is disadvantaged from marketing local farm fresh foods by the current law prohibiting the sale of raw milk.

Raw milk consumers want good quality and strongly prefer milk from grass-fed cows with minimal grain feeding.

New Jersey has favorable climatic and soil conditions for growing grasses that would support economically viable pasture-based raw milk dairies. Also, with the large population density of New Jersey within driving distance of farms, the Garden State is well positioned for direct on-farm sales of raw milk from small- to modest-sized dairy operations.

CASE STUDIES

Two case studies described below serve to

illustrate the economic viability for raw milk dairy farming.

In 2010, Joel McNair, editor of *Graze Magazine* described the potential economics of a small pasture-based raw milk dairy. He assumed that the dairy would be selling whole raw milk produced by just twenty cows directly to the consumer. He projects a production level of twenty thousand gallons of milk selling for five dollars per gallon.

This would result in an annual gross income of one hundred thousand dollars. (Alternatively, if the milk price is set at seven dollars per gallon, the annual gross income may be one hundred forty thousand dollars).

This twenty-cow dairy would require about forty acres of good pasture land along with a simple barn, and a small milking facility kept exceptionally clean.

A second example is of an organic forty-three-cow dairy operation that in 2008 had a net farm income of about twenty-two thousand dollars from selling its organic raw milk to a processor for pasteurization. If one made the assumption that all of that raw milk would instead be sold directly to consumers at six dollars per gallon, the net farm income may be raised to three hundred forty thousand dollars. This estimate is based on figures provided by an organic dairy farm in New England.

The real economics of raw milk dairy farming probably lies somewhere between these two models. Certainly a dairy farm selling to processors cannot automatically switch over to raw milk sales without changes and upgrades in the production system. Also, milk production decreases as cows are transitioned from a high-grain diet to predominately pasture and forage feeding. Furthermore, because raw milk sales rely on direct marketing, time and effort are required to develop a customer base. Raw milk consumers tend to be well educated and rather discriminating in terms of production system and food quality. The “Know Your Farmer, Know Your Food” philosophy very much applies to the raw milk market.

MARKET SIZE

Another approach to the question of the economic potential of raw milk is to use some

It is evident that the New Jersey farm economy is disadvantaged from marketing local farm fresh foods by the current law prohibiting the sale of raw milk.

assumptions to estimate the size and value of the market. By assuming that about 3 percent of the population (percentage based on CDC survey of several states in the USA conducted in 2007) of New Jersey are or want to consume one gallon of raw milk per week at seven dollars per gallon, the value of that raw milk is estimated to potentially be about ninety-five million dollars annually.

These scenarios suggest that permitting raw milk dairy farming in New Jersey would present new economic opportunities and potentially reinvigorate dairy farming in the Garden State.

Also, worth noting is the fact that direct marketing of raw milk within New Jersey would facilitate marketing of locally produced meat, eggs, vegetables and fruit. At the present time, due to the prohibition of raw milk sales, millions of dollars in potential local farm income is leaving New Jersey to surrounding states.

POSITIVE ECONOMIC IMPACT

A survey conducted in 2009 by the Massachusetts chapter of the National Organic Farming Association (NOFA-MA) of raw milk dairies in Massachusetts indicated that permitting raw milk sales had a positive economic impact in that state. Massachusetts may serve as a model for New Jersey because the states are of similar size and population density. A summary of the Massachusetts survey is available at this link: <http://www.nofamass.org/programs/organicdairy/pdfs/RawMilkinMassachusetts.pdf>.

Some have argued that food safety concerns with legalizing raw milk sales could result in an outbreak that would damage the market for all milk. However, this argument must be considered in the context that no food can be guaranteed to be perfectly safe, including pasteurized milk. Two notable examples of pasteurized milk outbreaks documented in *Journal of the American Medical Association*: In 1985, more than one hundred

sixty-eight thousand people were sickened with salmonella from pasteurized milk; and in 2007, listeria from pasteurized milk was linked to three deaths. It is questionable whether the market for pasteurized milk suffers significantly from illnesses and death linked to pasteurized milk.

People drinking raw milk are passionate about their food choice. They like the taste or believe in or have personally experience health benefits from drinking raw milk. They will find one way or another to procure raw milk.

The real question is whether that raw milk will come from a local dairy, a herd share, a family cow . . . or from another state?

Joseph Heckman, PhD, is a professor of soil science, Rutgers University, where he teaches several courses: Soil Fertility, Organic Crop Production, Traditional Organic Food & Farming Systems, and Agroecology. He conducts research and extension programs on optimizing nutrition and soil quality in support of plant, animal, and human health. Dr. Heckman is chair of the Organic Management Systems Community within the American Society of Agronomy. He recently published book chapters in Soils and Human Health and in Organic Farming, the Ecological System. <http://www.cook.rutgers.edu/~plantbiopath/faculty/heckman/heckman.html>.

ECONOMIC LOSS TO MARYLAND FROM PROHIBITION OF RAW MILK SALES

| | | |
|---|-----------|--------------------------|
| Population of Maryland | 5,700,000 | |
| Percentage of raw milk drinkers in Maryland = 3% according to 2007 CDC survey | | |
| Number of raw milk drinkers in Maryland in 2013 | 180,000 | |
| Maryland \$\$ spent on raw milk from Pennsylvania = \$5 x 50 weeks x 180,000 | | \$ 45,000,000 |
| Maryland \$\$ spent on meat, eggs, etc. from Pennsylvania raw milk farmers = \$20 x 50 weeks x 180,000 | | \$180,000,000 |
| | TOTAL | \$225,000,000 |
| Total loss of economic activity = \$225,000,000 x 2.7 multiplier effect | | \$608,000,000 PER YEAR!! |

COW SHARES IN CANADA, MICHAEL SCHMIDT CASE

In a predictable decision on March 11, the Court of Appeal for Ontario dismissed the appeal of Michael Schmidt from the Ontario Court of Justice's decision convicting the farmer for violations of the Ontario Health Protection and Promotions Act (HPPA) and the Ontario Milk Act. The court decision came about a month after holding a hearing on the matter. (See *Wise Traditions* Spring and Winter 2011 issues for more background on the case.)

Schmidt was originally acquitted in January 2010 of all nineteen counts of violating HPPA and the Milk Act by New Market Justice of the Peace Paul Koharsky. In September 2011, the Court of Justice reversed Judge Koharsky's opinion, convicting Schmidt on fifteen of the nineteen counts. Schmidt had been convicted for distributing raw milk and other raw dairy products through cowshare agreements. In issuing its decision, the Court of Appeal noted, "one of the stated purposes of the Milk Act, s.2 is 'to provide for the control and regulation in any or all respects of the quality of milk, milk products and fluid milk products within Ontario.'"

Judge Koharsky had held that there is a distinction between the public and private distribution of raw milk and that informed consumers had the right to waive the protection of the public health laws; instead, Justice Robert Sharpe of the Court of Appeal protected the dairy industry monopoly under the guise of promoting the public health.

In his opinion, Justice Sharpe turned a blind eye towards freedom of food choice, holding that "lifestyle choices as to food . . . to be consumed do not attract Charter [Canadian Constitution] protection." He cited that "[a] society that extended constitutional protection to any and all such lifestyles would be ungovernable." He further cited that such choices are not "basic choices going to the core of what it means to enjoy individual dignity and independence." In distinguishing cases "where the state seeks to administer medical treatment without the individual's consent" from the lack of access, the ruling cost raw milk consumers—the court took the freedom-crushing stance that "in this case, the ban simply prevents an individual from acquiring a product that the individual subjectively believes would be beneficial."

Among the facts before the court was Schmidt's sale of a one-fourth interest in a cow without a written contract which provided the purchaser the ability to obtain dairy products from the farmer's herd of twenty-four cows, an arrangement Justice Sharpe called "a marketing and distribution scheme" available to the public. The ownership situation at the time was different from the current setup; the people obtaining raw milk at the present time have each invested two thousand dollars in the farm. It remains to be seen whether the Province of Ontario will take enforcement action against Schmidt now that the fact situation leading to his conviction no longer exists.

In the twenty years Schmidt has distributed raw milk, no one has ever become sick from the dairy products he has provided shareholders. The farmer said he would appeal the Court of Appeal decision to the Canadian Supreme Court. He also made clear he would continue distributing raw milk to the farm's shareholders. His fight to legalize raw milk in Ontario goes on.

OREGON – CHRISTINE ANDERSON

McMinnville dairy farmer Christine Anderson won a significant victory when her attorneys negotiated a settlement over her federal lawsuit challenging Oregon's ban on advertising raw milk sales. Under the terms of the settlement, Oregon Department of Agriculture (ODA) Director Katy Coba agreed to stop enforcing the advertising ban and ask the legislature to dismiss the ban in return for Anderson dismissing the lawsuit.

On-farm sales of raw milk are legal in Oregon. In 2012, ODA ordered Anderson, owner of Cast Iron Farms, to take down prices for her raw milk from the farm website. Violators of the ban faced penalties of a thousand dollars in fines and up to a year in jail.

Several other states where raw milk sales are legal currently have bans on advertising the product. At least one of those states, Oklahoma, has had legislation introduced to repeal the ban since the Anderson settlement.

Anderson was represented by the Institute for Justice and local counsel Melinda Davison.

STATE RAW MILK BILLS

Another busy session for raw milk legislation in the state houses is underway. A number of bills have been introduced that would legalize or expand raw milk sales or distribution. No legislation has passed yet, but there is still a chance in several states where legislatures will be in session until later in the year. The states where raw milk bills have been introduced include the following:

CALIFORNIA

The Home Dairy Farm Raw Milk Safety Act (AB 2505) has been introduced in the California General Assembly. The bill would allow unlicensed on-farm sales direct to the consumer where the farm has no more than three lactating dairy cows or fifteen lactating goats or sheep. There are sanitary, testing and labeling requirements in the bill; but farmers would not be inspected for compliance with those requirements unless there is a consumer complaint or "other reliable source of information" that the "raw milk produced or sold by a dairy farm may be adulterated or otherwise unsafe for human consumption."

At the present time, only the licensed sale of raw milk is legal in California; there are currently only a handful of dairies that are licensed. AB 2505 has been assigned to the General Assembly Committee on Agriculture.

GEORGIA

AB 718 would have allowed the retail sale of raw milk to consumers if the milk "is conspicuously labeled or identified as 'Ungraded Raw Milk.'" The bill had a hearing in the House Committee of Agriculture and Consumer Affairs but was not voted out.

HAWAII

SB 2562 would legalize herdshare arrangements allowing the distribution of any raw dairy product to the owner of a cow, goat or sheep or the owner of a share in a cow, goat or sheep. If passed into law, farms operating herdshares must register with the state department of health, must provide a warning statement to consumers that the milk is not pasteurized, and must give the consumers information describing the standards the farm uses with respect to herd health and the product of raw milk or raw milk products.

SB 2562 has been referred to the Senate Committees on Agriculture, Health, and Commerce and Consumer Protection in January.

A companion bill HB 1987 was also introduced and referred to the House Committees on Agriculture, Health, and Finance. It passed out of the Ag committee after testimony in favor of the bill by the Hawaii Farmers Union and others but has been deferred by the Health committee.

LOUISIANA

House Bill 247 would legalize the on-farm sale of cow and goat milk as long as the average monthly quantity of raw milk the farm sells does not exceed five hundred gallons. There is a requirement that signs posted at the point of sale and labels on the milk bottle both contain the following statement: "This product, sold for personal use and not for resale, is fresh (goat or whole) milk that has not been pasteurized. Neither this farm nor the milk sold by this farm has been inspected by the State of Louisiana. This owner assumes liability for health issues that may result from the consumption of this product."

HB 247 also allows the on-farm sale of raw cow's or goat's milk cheese as long as the cheese is aged for sixty days. The bill gives the state Department of Health and Hospitals the authority to issue any rules necessary for the administration of the proposed law.

HB 247 has been referred to the Committee on Agriculture, Forestry, Aquaculture and Rural Development.

MAINE

LD 1786 would allow the unlicensed on-farm sale of raw milk and raw milk products as long as the consumer has the opportunity to inspect the farm; products sold are to have a label with the statement, "This food has been produced at a facility that is exempt from licensing and inspection by the State of Maine."

The power of the state to inspect does remain under the bill if there is reason to believe that a dairy product produced under the exemption is adulterated. LD 1786 prohibits any written advertising.

Current state law allows the licensed sale of raw milk on the farm, at farmers markets and in retail stores. Prior to 2009, the policy of the state was to allow unlicensed on-farm sales of raw milk.

LD 1786 has been referred to the Joint Committee on Agriculture, Conservation and Forestry; the committee has held a hearing where representatives for the state department of agriculture, Maine Farm Bureau and the Maine Cheese-makers Guild all testified in favor of the bill.

MARYLAND

Two raw milk bills have been introduced in Maryland this session. House Bill 3 would have legalized herdshare agreements and exempted them from regulation as long as the consumer with the ownership interest in a dairy animal or herd of dairy animals entered into a written contract with the farmer related to the boarding of the animal(s). The bill would have allowed for the distribution of raw milk and raw milk products to shareholders.

HB 3 had a hearing before the Health and Government Operations Committee but was tabled. There will be a workgroup formed this spring to study the legalization of raw milk in Maryland.

SB 1092 would legalize the sale of raw milk as long as the farmer (1) registered with the Department of Health and Mental Hygiene, (2) entered into a contract with the consumer, (3) complied with recordkeeping requirements, and (4) followed sanitary and testing standards. The same version of this bill was originally introduced in 2009. SB 1092 has been referred to the Senate Rules Committee.

MASSACHUSETTS

House Bill 3857 would allow licensed raw milk farmers (or the farmer's agent) to deliver raw milk directly to the consumer off the farm as long as the consumer has a direct, contractual relationship with the farm. The farmer can also make delivery through a community supported agriculture (CSA) group. Delivery can be made to the consumer's residence or to a drop-site but, with the exception of CSA delivery, not in a retail site.

HB 3857 has been referred to the House Committee on Ways and Means.

MISSISSIPPI

House Bill 862 and Senate Bill 2765 both stated that nothing in the law "shall be construed as prohibiting the independent or partial owner of any hoofed mammal...from using the milk from the mammal for the owner's personal consumption or other personal use." Both bills died in committee.

NEW JERSEY

Senate Bill 1285 would legalize the licensed sale of raw milk and raw milk products direct to the consumer and at retail stores. Producers would be subject to inspection and testing requirements and must post warnings on the premises and bottle labels stating that raw milk does not provide the protection of pasteurization. The permit program would be funded by a permit fee to cover the costs of the state Department of Agriculture administering the program.

SB 1285 has been referred to the Senate Committee on Economic Growth.

Assembly Bill 543 is similar to the senate bill with the main differences being that sales would be restricted to the farm where the milk is produced and the Department of Agriculture and the Department of Health and Senior Services would have joint jurisdiction over raw milk producers. The raw milk permit fee would need to be in an amount to cover the costs of both departments administering the program.

AB 543 has been referred to the Assembly Agriculture and Natural Resources Committee.

RHODE ISLAND

Senate Bill 2224 would legalize the licensed sale of raw milk at retail as long as the raw milk met the bill's labeling requirements, was sold no longer than five days from the time the container was filled, and the seller posted signage in the area where the raw milk was sold with the warning statement, "Raw milk is not pasteurized. Pasteurization destroys organisms that may be harmful to human health." The state milk commission is given rule-making power to issue regulations for the handling and sale of raw milk. Producers who sell less than twenty quarts of milk per day or cream made from less than twenty quarts of milk per day are exempt from the licensing requirement.

SB 2224 was referred to the Senate Committee on Health and Human Services; the committee recommended that the bill be held for further study.

SOUTH DAKOTA

SB 126 would have allowed the unlicensed sale of raw milk and raw milk products direct to the consumer; current law prohibits the sale of raw milk without a license. The bill had labeling and testing requirements; but those producing, selling, trading or bartering less than an average of five hundred gallons of raw milk per month were exempt from any regulation.

The bill was referred to the Senate Committee on Health and Human Services but was tabled when the raw milk and small farm advocacy group Dakota Rural Action and the South Dakota Department of Agriculture reached an agreement to create a workgroup charged with evaluating the current statutes and regulations on raw milk and discussing ways to improve the regulatory climate for raw milk producers in the state.

WEST VIRGINIA

House Bill 4274 would legalize the sale of raw milk, with the commissioner of agriculture being charged with proposing rules and regulatory standards on milk sales for legislative approval. The bill has been referred to the House Committee on Agriculture and Natural Resources; if it passes out of that committee, HB 4274 must then go before the House Committee on Health and Human Resources. A companion bill, Senate Bill 478, has also been introduced. SB 478 has been referred to the Senate Committee on Agriculture and Rural Development; if the bill passes out of that committee, it will move on to the Senate Committee on Health and Human Services.

Another bill that has been introduced, House Bill 4273, would legalize distribution of raw milk through herdshare agreements. The bill would charge the commissioner of agriculture with proposing rules and regulatory standards on herdshares for legislative approval. HB 4273 passed out of the House Committee on Agriculture and Natural Resources and is now before the House Committee on Health and Human Services.

Finally, Senate Concurrent Resolution No. 79 has been introduced. The resolution requests that "the Joint Committee on Government and Finance conduct a study of topics related to developing cottage food industries and small farms in West Virginia," focusing on raw milk among other foods.

WISCONSIN

Senate Bill 236 in its original form would have legalized the unlicensed sale of raw milk if the raw milk producer complied with registration, labeling, signage and testing requirements. The bill was referred to the Senate Committee on Financial Institutions and Rural Issues which passed an amended version of SB 236.

The amended version allows a dairy holding a milk producer license (which all Wisconsin dairies selling milk for pasteurization must have) to obtain a Grade 1 unpasteurized milk permit to sell raw milk if sampling, testing, signage, labeling, and recordkeeping requirements are met. The state Department of Agriculture, Trade and Consumer Affairs will inspect the Grade 1 dairies at least once every two years. If SB 236 passes the Senate, it needs to pass through committee in the General Assembly before it would go up for a floor vote.

For the latest developments on raw milk issues, go to www.thecompletepatient.com. Those who have not joined the Farm-to-Consumer Legal Defense Fund are encouraged to do so. Membership applications are available online at www.farmtoconsumer.org or by calling (703) 208-FARM (3276); the mailing address is 8116 Arlington Blvd, Suite 263, Falls Church, VA 22042.



SPECIAL DELIVERY

Mark McAfee (in Santa Claus hat), CEO of Organic Pastures dairy in California, delivers raw milk in his own private plane to families in Mammoth Lakes, California.

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. |
| Fall 2006 | Is Vitamin D Toxic?; Sunlight and Melanoma; Vegetable Oil Nightmare; Saturated Fat Attack; Picky Eaters. |
| 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. |
| 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. |
| Winter 2012 | Vitamin A Synergies; The Story of Zinc; Natural Skin Cream; Slovenian Soups and Stews; Soy Infant Formula. |
| Spring 2013 | Nutritional Roots of Violence; Glycine for Mental Stability; Pork Study; Homeopathy for Mental Illness |
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Healthy Baby Gallery



At one week old, long before he has ever chewed on anything, whether hard or soft, Isaac James has an exceptionally wide jaw and well-developed face. His mother consumed liver, raw milk, eggs and cod liver oil during pregnancy.



Beautiful Katiana Jansen weighed over eight pounds at birth and is perfectly healthy in every way. Her mom, Marisa Jansen credits the WAPF beautiful babies nutrition guidelines. She is pictured here at three months old, weighing almost fourteen pounds. She is exclusively breastfed and her mom continues the nutrient-dense diet. Her doctor has been so impressed with how alert and strong she is since the beginning. "I've been trying to spread the word to my expecting or soon-to-be-expecting friends and family," says Marisa.



Stella de Jesus Palma, daughter of Algarve, Portugal chapter leader Julia, is pictured here at four months old. Stella is a very healthy and friendly baby. Her parents get a lot of compliments for her behavior and composure. Her parents have been on the nutrient-dense WAPF diet for some years and totally credit their family health to this way of eating. Free-range eggs, bone broths, lard, coconut oil, kefir, kombucha, plenty of good meats, raw goats milk, organic vegetables and cod liver oil continue to build Stella through mom's milk and recently she also started to enjoy egg yolks and meat broths. Her whole family adores little Stella and all are so grateful for the blessing that she is. A thousand thank-yous to all at the Weston A. Price Foundation!

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.

Healthy Baby Gallery



Eli Wentworth Hawkins was almost eight pounds at birth. He was conceived after mom and dad both adopted a traditional, nutrient-dense diet. Mom continued this way of eating throughout pregnancy, and continues as she breastfeeds her little guy. Eli eats a WAPF nutrient-dense diet and gets compliments daily at how happy and healthy he looks! Eli gets rave reviews at his wellness check ups and his pediatrician says "he looks phenomenal" each time! We are so blessed to have the knowledge from WAPF and other traditional nutrition leaders that have helped us create such a beautifully healthy family!

Beautiful Ella Holand at five months old, whose mother nourished herself on traditional foods before and during pregnancy. This photo is sent in by Ella's grandmother Claudia Ayers. Says Claudia: "My daughter promised me a beautiful grandchild because she had learned that eating well is what produces the full expression of our inherent beauty."



Maverick Marra is pictured here at nine months old. He has been a dream baby. Recently he flew with his family on five flights, in twenty-four hours. He did not make a peep through the whole trip! Everyone who meets him comments on how happy, easy-going, and coordinated he is. He was born at home, following an easy labor, weighing almost nine pounds. His mom didn't have a fantastic milk supply for Maverick's three older siblings but thanks to a nourishing traditional diet, and Armour thyroid, she is overflowing now! Maverick's favorite food is liverwurst. He also loves egg yolks, chicken broth, cod liver oil, and vegetables with raw butter. Thank you, thank you, thank you, Weston A. Price Foundation!



Happy, healthy Alistair McWilton in his best glamour pose. Alistair's nourishment began before conception with mom's nutrient-dense diet of raw milk, pâté, pastured egg yolks, and cod liver oil.

WAPF MEMBERSHIP

Ever wonder where all the WAPF members come from? See the list below, as of February 2014. With a U.S. total of 14,935, California has the lead, both in number of members and number of chapters—a whopping fifty-four! Some states could definitely do with more chapter leaders, so maybe some of you will be inspired to volunteer.

| STATE | COUNT | CHAPTERS | STATE | COUNT | CHAPTERS |
|-------|-------|----------|-------|-------|----------------------|
| AK | 64 | | NC | 379 | 12 |
| AL | 92 | 5 | ND | 44 | 2 |
| AR | 62 | 1 | NE | 105 | 3 |
| AZ | 222 | 5 | NH | 184 | 6 |
| CA | 2181 | 54 | NJ | 285 | 7 |
| CO | 489 | 14 | NM | 102 | 5 |
| CT | 152 | 7 | NV | 69 | 5 |
| DC | 53 | | NY | 849 | 19 |
| DE | 26 | 3 | OH | 519 | 23 |
| FL | 563 | 20 | OK | 89 | 3 |
| GA | 355 | 13 | OR | 550 | 14 |
| HI | 69 | 1 | PA | 659 | 21 |
| IA | 124 | 7 | PR | 8 | 1 |
| ID | 101 | 1 | RI | 32 | 3 |
| IL | 496 | 11 | SC | 152 | 8 |
| IN | 228 | 4 | SD | 69 | 3 |
| KS | 99 | 5 | TN | 191 | 5 |
| KY | 92 | 3 | TX | 670 | 26 |
| LA | 78 | 2 | UT | 98 | 7 |
| MA | 423 | 10 | VA | 687 | 29 |
| MD | 340 | 7 | VI | 1 | |
| ME | 119 | 7 | VT | 141 | 8 |
| MI | 628 | 19 | WA | 627 | 19 |
| MN | 343 | 17 | WI | 431 | 17 |
| MO | 187 | 10 | WV | 51 | 4 |
| MS | 28 | 2 | WY | 40 | 6 |
| MT | 106 | 6 | AE | 6 | Armed Forces Europe |
| | | | AP | 3 | Armed Forces Pacific |

MEMBERSHIP IN CANADA

| PROVINCE | COUNT | CHAPTERS |
|----------|-------|----------|
| AB | 104 | 5 |
| BC | 119 | 8 |
| MB | 16 | 1 |
| NB | 6 | |
| NF | 1 | |
| NS | 13 | 3 |
| ON | 273 | 14 |
| PE | 1 | |
| QC | 28 | 2 |
| SK | 31 | 2 |

WAPF MEMBERSHIP FROM OTHER NATIONS

After Canada, Australia has the highest membership in absolute numbers, but as a percentage of the total population, New Zealand, with a population of only four million, takes the prize. New Zealand also has the highest number of chapter leaders per person, at one per about three hundred thousand, compared to one per six hundred thousand in the U.S. Total Canadian and other nations' membership is 1,567.

| COUNTRY | COUNT | CHAPTERS | MEMBERSHIP | COUNT | CHAPTERS |
|----------------|-------|----------|----------------------|-------|----------|
| Argentina | 1 | | | | |
| Australia | 434 | 27 | | | |
| Austria | 3 | | Malaysia | 1 | |
| Belgium | 4 | | Mexico | 3 | 2 |
| Brazil | 1 | | Netherlands | 16 | 2 |
| Bulgaria | 4 | 1 | New Zealand | 195 | 13 |
| Chile | 1 | 1 | Norway | 10 | 1 |
| Costa Rica | 3 | 1 | Pakistan | 1 | 1 |
| Croatia | 1 | 1 | Peru | 2 | |
| Czech Republic | 3 | | Philippines | 2 | 1 |
| Denmark | 9 | 1 | Poland | 1 | |
| Ecuador | 2 | | Portugal | 3 | |
| Estonia | 1 | | Puerto Rico | 2 | 1 |
| Ethiopia | 1 | | Romania | 1 | 1 |
| Finland | 4 | | Saudi Arabia | 1 | |
| France | 11 | 3 | Singapore | 7 | |
| Georgia | 1 | | Slovenia | 1 | |
| Germany | 15 | 2 | South Africa | 6 | 1 |
| Greece | 3 | | Spain | 5 | 1 |
| Hong Kong | 5 | 1 | Sweden | 10 | 2 |
| Hungary | 2 | | Switzerland | 6 | 1 |
| India | 3 | | Taiwan | 1 | |
| Ireland | 20 | 3 | Thailand | 1 | |
| Israel | 4 | | Trinidad & Tobago | 1 | |
| Italy | 5 | | Turkey | 1 | |
| Japan | 5 | | United Arab Emirates | 1 | |
| Latvia | 1 | | United Kingdom | 137 | 11 |
| Lebanon | 1 | | Uruguay | 1 | |
| Macedonia | 1 | | Wales | 1 | |
| | | | Zimbabwe | 1 | |



COOKING KIDS IN SLOVENIA

The Weston A. Price Foundation is a proud sponsor of Cooking Kids in Slovenia—note the WAPF logo on their hats! The project is endorsed by the Ministry of Agriculture and the Environment and some of Slovenia's top chefs. This year's culinary creations of young artists will include one-pot meals, stews and hearty meals typical of their region.

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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.

LOCAL CHAPTER LIST SERVE

Thank you to Maureen Diaz a chapter leader in Pennsylvania, for administering the local chapter chat group. New chapter leaders can sign up at <http://groups.yahoo.com/group/wapfchapterleaders/>

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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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ANNUAL CHAPTER LUNCH



The South Canterbury, New Zealand Chapter holds monthly meetings, and it has become a tradition to have a shared lunch at the last meeting of the year. These lunches have a WAPF food theme, of course. This year the lunch was held at the home of the founder of the South Canterbury Chapter and former Chapter Leader, Ingrid Weihmann, and her partner Cliff Jefferson. The event included a tour of their very productive block of land. Participants ate lunch with free range hens, ducks and ducklings roaming around. Back row: Dorothy Tomlinson, Julie Calder, Pam Higgs, Carol Keelty, Jenny Malone and Janet Langrell Front row: Kelly More, Ingrid Weihmann, Inez Wilson, Jenny D'arcy and Kylie Galbraith with Austin.

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CHAPTER ACTIVITIES IN SOUTH AFRICA

Annemarie Lindeque Smit presenting the Weston A. Price dietary principles at a full-house seminar in the town of Parys, near Johannesburg. Annemarie is an optometrist with three young children and is a passionate advocate of Dr. Price's work.

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München: Marlon Bonazzi marlonbonazzi@yahoo.de
- GUAM
Jonathan & Cynthia Bates (757) 806-5686, batesj21@hotmail.com
- HONG KONG
Miles Price 00852 9266 1417, miley_pricey@hotmail.com
- IRELAND
Cork, West: Janine Murphy & Hayley Milthorpe 00353 87 2259243, janinemurphy1904@gmail.com
Dublin: Kevin Eakins 353 1 8168 726, Kevin@krollintl.com, www.meetup.com/westonaprice-dublin,
<https://www.facebook.com/pages/Weston-A-Price-Foundation-Dublin-Chapter-Ireland/444400148973112>
Tipperary: Anne Maher 353 8 7792 7311, maher.anne1@gmail.com
- MEXICO
San Miguel de Allende: Jorge E. Catalan 52 415 1548629, wapfsanmigueldeallende@gmail.com & Victoria Schneider, BRT, LDHS, NTP,
Mex: 044-415-154-9740, US (541) 954-4939, sauerkrautkit@gmail.com
Valle de Bravo/Temascaltepec: Martha Frances Goodman temasvallewapf@gmail.com

International Chapters

NETHERLANDS

Amsterdam/Almere area: Diana Boskma 036-7370138, dboskma@gmail.com & Iris Maier industriousiris@gmail.com
Nijmegen: Mike Donkers 31 6 4275 3107, westonpricegelderland@gmail.com, gelderland.westonprice.nl
National forum: www.westonprice.nl

NEW ZEALAND

Auckland, North & West: Alison Ellett (09) 420-8548, alison@wapf-auckland.co.nz, www.wapf-auckland.co.nz/
Auckland, South & East: Caroline Marshall 64 9 528 7062, caroline@culturedkitchen.co.nz
Christchurch: Carolyn-Rae Searle 64272733187 03-377 8511, thrive@xnet.co.nz
Dunedin, South Island: Michelle Wilkie 064 3 488 6061, chellec@clear.net.nz
Hamilton: Michelle Macdonald, 64 7829 3480, wapfhamilton@gmail.com
Invercargill: Sherry Elton (64) 3213 1156, sherry@thecroft.net.nz, www.thecroft.net.nz
Nelson City & Tasman District: Samantha Gentry 0274505940, sam.gentry@desirefitness.co.nz
New Plymouth: Ian Haldane 06 659 7478, zenian@zenian.co.nz
Palmerston North: Susan Galea 646 324 8586, susangalea@hotmail.com, www.realmilk.co.nz
Porirua: Sarah Holloway 02 2315 2309, sarahholloway@gmail.com
South Canterbury: Carol Keelty 03 6866 277, bckeelty@xtra.co.nz & Inez Wilson inezmwilson@xtra.co.nz
Tauranga: Jane Powell 64 7542 2257, blissfulbubbles@xtra.co.nz
Wellington: Ian Gregson 64 04 934 6366 wapf@frot.co.nz & Deb Gully (04) 934 6366, deb@frot.co.nz, www.wapfwellington.org.nz
NZ Resource List: Ian Gregson and Deb Gully, www.frot.co.nz/wapf/resources.htm

NORWAY

Oslo: Kim Orderud, DC & Ingerlise Wingard (+47) 97772564, kimorderud@hotmail.com

PAKISTAN

Shagufta Feroz & Feroz Sharfuddin 92-321-8439362, drsferoz@gmail.com

PHILIPPINES

Metro Manila: Tess Young 63 917 357 7278, livingfoodsbc@gmail.com

PORTUGAL

Algarve: Julia de Jesus Palma (00351) 912320437, julia@onlinedesign.info

PUERTO RICO

Rocio Lopez, MD (787) 502-0607, lopezrmd@gmail.com

ROMANIA

Ilfov: Raluca Schachter 0040 21 351 5010, ralucaschachter@live.com

SCOTLAND – see United Kingdom

SOUTH AFRICA

Johannesburg: Bruce Cohen 27834541857, bcohen@mweb.co.za, http://westonpricejhb.wordpress.com

RAW CHEESE IN THE NETHERLANDS



Jan Dirk, CEO of the Remeker Cheese Company, maker of delicious raw cheese in Holland with Mike Donkers, chapter leader for Nijmegen, the Netherlands. Mike helped organize a WAPF conference in the Netherlands on February 1.

International Chapters

SPAIN

Madrid: Edurne Ubani (34) 616 232 166, evamuerdelamazana@gmail.com, <http://www.evamuerdelamazana.com/wapf>

SWITZERLAND

Bern: Judith Mudrak rohrmilchjudith@gmail.com

SWEDEN

Eskilstuna: Nikola Lucaj 4673 1003 141, nikolalucaj@gmail.com
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UNITED KINGDOM

ENGLAND

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Derby: Russell Davison 01332 737216, Russell@davisonproperty.co.uk
Gloucestershire: Karen Maidment & Adrian Stokes 0044 242 254 662, info@purebodybalance.co.uk
Herefordshire: Sally Dean 01432 840353, sally@aspenhouse.net
Hertfordshire: Philip Ridley 01442 384451, philridley@hushmail.com
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London:
Wise Traditions London, Festival for Traditional Nutrition Phil Ridley 01442 384451, westonaprice.london@gmail.com,
www.westonaprice.org/london, www.meetup.com/westonaprice-london
East London: Deborah Syrett 020 8518 8356, medical.herbalist@ntlworld.com
London: Wandsworth Borough: Paolo Donati 0044 7825 298 573, paolo.donati@gmail.com, www.the-italian-nutritionist.com
UK resource list: www.naturalfoodfinder.co.uk

SCOTLAND

Edinburgh: Frances Bavin 07505 053333, frances.bavin@gmail.com, <http://www.meetup.com/westonaprice-edinburgh>

WALES

North Wales: Ben Pratt 07952 555811, info@naturalfoodfinder.co.uk, www.naturalfoodfinder.co.uk

WISE TRADITIONS LONDON, FEBRUARY 8-9

Much gratitude to Phil Ridley for organizing a wonderful conference. Speakers included Chris Masterjohn, PhD, Stephanie Seneff, PhD, Natasha Campbell-McBride, MD, David Wetzel and Sally Fallon Morell. The lively exhibit hall featured wonderful nourishing traditional products including lacto-fermented foods and beverages, raw dairy products and artisan charcuterie.



Sally Fallon Morell with Kim Orderud (left) (Oslo, Norway chapter leader) and Therese Aarsaelger.



Natalie Lamb and Jessica Guiffre of Probiotics International.



Dr. Craig Rose of the Seagreens stand. Seagreens was a major sponsor of the event.



Visitors sample lacto-fermented foods at The Real Food stand.

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CO

100% grass-fed, grass-finished beef. On pasture year-round. Production practices detailed on our website. Raised on the family ranch in Wyoming. Farmers markets and some delivery in Northern Colorado. (307) 534-2289, www.meadowmaidfoods.com.

DC

CSA: Hi-Brix, nutritionally dense, biodynamically grown kitchen vegetables, grass-finished beef, pastured pork, broilers & eggs. Openings for 2014 season in DC Metro area. Contact Allan Balliett, info@freshandlocalcsa.com (304) 876-3382, www.freshandlocalcsa.com.

FL

100% grass-fed dairy and beef. Soy-free woodland pork. Soy-free pastured broilers and eggs, fermented foods, info@marandofarms.com.

IL

Milk from 100% grass-fed Jersey cows, also a variety of raw milk cheeses, grass-fed beef, pasture raised broilers, no-soy eggs, no-soy pork, honey and a variety of fruits & vegetables seasonally. Roodhouse, IL. Steve & Cindy Mansfield (217) 589-4554.

Nadig Family Farm, DeKalb/Cortland, IL. We sell raw milk from pastured Guernsey Cows, grass-fed beef, grass-fed lamb, pastured chicken, pastured turkey, and pastured chicken eggs. Also, organically fed pork and rabbit. We have wool, angora, and yarn from our farm. Visit our web site at www.nadig-familyfarm.com or call John or Charlotte at (815) 748-3782.

MA

Many Hands Organic Farm in Barre, MA. Produces certified organic lard from pasture raised pigs fed Nature's Best Organic Feeds, whey and pasture. \$20/quart in yogurt containers. **We ship** in the U.S. Order at <http://mhof.net/meat/index.php>. (978) 355-2853; farm@mhof.net.

MD

100% soy-free chicken, eggs, pork and beef. Chicken livers, chicken feet and heads. Bacon and sausage. Raw milk Blue and Cheddar cheese by cheesemaker Sally Fallon Morell. **Will ship whole cheese wheels.** Southern Maryland, within 1 hour of downtown Annapolis and Washington, DC. 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.

Grass-fed Angus beef (no grain), free range eggs, pastured chicken & turkey. Liver, chicken feet, organ meats & bones, food grade heritage grinding corn. Pick up Potomac or Buckeystown. Our cattle & poultry are always on organic pasture & receive all organic feed, no hormones, antibiotics, or animal parts. We grow our own hay & grains & grind our own poultry feed. Quality organic products since 1979. (301) 983-2167, nicksorganicfarm@comcast.net, www.nicksorganicfarm.com

MN

Farm On Wheels offers animals raised Green Grass-fed & Certified Organic. Nutrient dense beef, lamb, chicken, eggs, turkey, goose, duck, pork, lard, butter. No corn or soy. Farmers Market year around in St. Paul, Prior Lake, Northfield, Just Food. Linda (507) 789-6679, www.cannon.net/~farmonwh

Pork & Plants Heritage Farm located in SE MN. Heritage red wattle pigs, chickens, ducks, turkeys and eggs. All grain from our organic farm to insure quality soy-free feed. Pasture based with exceptional taste. Contact eric@porkandplants.com or (507) 689-4032, www.porkandplants.com.

NJ

New Jersey Buying Club. Grass-fed Jersey milk, goat milk, sheep milk, camel milk. Grass-fed beef, pork, lamb, fish and soy-free chicken and eggs. Fermented foods and treats. **Will ship** or deliver (717) 806-0392 ext 1. Miller's Biodiversity Farm.

OH

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Three Moon Farm, Williamsport OH. We raise grass-fed beef, pasture raised chicken, turkey & eggs. We also offer raw honey from our hives. For more information please check us out at www.threemoonfarm.com or call Kelly at (740) 253-9029.

OR

Dairy Goats within city limits of Corvallis, Oregon: Nubian and Oberhasli dairy goats. Occasional animals and animal products available. Contact herd owner by e-mail for more information. Raspberry@iinet.com.

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Naturally raised grass-fed beef available. Whole beef, half or quarter beef, available in Oct. or Nov. Also ground beef & limited cuts available anytime. No chemicals or hormones are used on our beef. (717) 789-4602 ext. 2 leave message please.

Raw milk cheeses from organically managed, 100% grass-fed Jersey cows. Retail & wholesale. Prices start at \$5.00/pound, **mail order** cheese. Raw milk & pastured eggs available. Eastern PA, 15 minutes N of I78, Hilltop Meadows Farm, 153 Martins Rd. Pine Grove, PA 17963 (570) 345-3305.

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VA

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.

Salatin family's Polyface Farm has salad bar beef, pig/ator pork, pastured chickens, turkeys and eggs, and forage-based rabbits. Near Staunton. **Some delivery available**. Call (540) 885-3590 or (540) 887-8194.

WY

100% grass-fed, grass-finished beef. On pasture year-round. Production practices detailed on our website. Raised on the family ranch in Goshen County, Wyoming. Farmers markets and delivery to local region. (307) 534-2289, www.meadowmaidfoods.com. Cindy Ridenour.

CANADA, QC

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Abraham Lincoln

DVDS

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Organic Deli & Bistro in northern Minnesota is looking for a dedicated, creative, WAPF-inspired cook/chef. Gluten-free cooking skills are also required. Employment or leasing option. Please e-mail resume to: evergreencottage@frontiernet.net or call (218) 365-2288 for more information.

Seeking Farmer & Property Manager in La Plata, MD: Newly built two-story tenant house with 2 bedrooms, 1.5 baths on site and available for occupation. Approximately 50+ acres of farmland available for agricultural use (holistic farm projects welcomed). Property management would include basic maintenance of farm owner's non-agricultural land (approximately 12 acres). Call (504) 451-5625 for details.

Semi-retired couple seeks caretaking positions and/or to relocate to a farming community. She writes and teaches about women's health; would love to teach reading and writing to teens who farm part of the day. She is also an excellent cook. He prunes trees, repairs drip irrigation. Need distance from cell towers and WiFi. Ideas? Please phone (505) 820-0773.

A small group of WAPF members is launching a real-food restaurant chain, with the first location in Dallas, TX. To be added to our mailing list, please email Katharine Spehar at kspehar@barefooteatery.com

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Thomas Jefferson

melodyhillfarm@gmail.com.

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Eco Farm: Small, farm-based community located near Tampa FL with a mission of sustainable living. WAPF friendly looking for others for direction and help, especially with our small pasture based dairy operation. This year we have reached 400 PPM CO2 in our atmosphere, which makes our chance to prevent climate break-down close to zero (New York Times 5/11). Small, local, farm-based communities may be our only hope; it's ours at www.ecofarmfl.org, (813) 754-7374.

INTERN/APPRENTICESHIPS

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Vermont Farm seeks helpers for 2014. 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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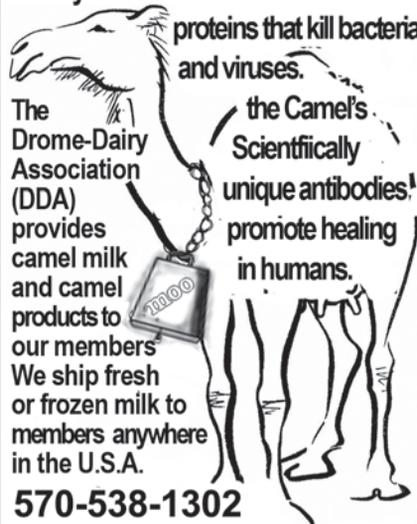
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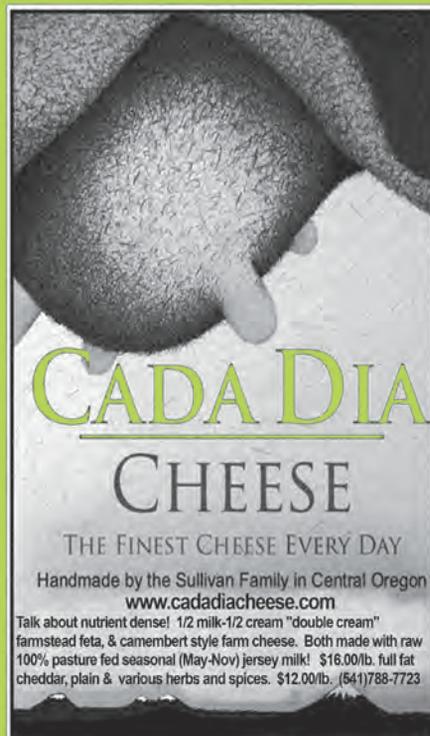
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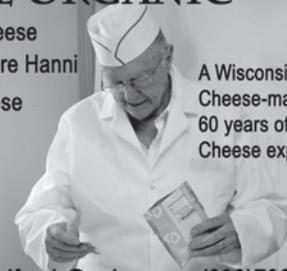
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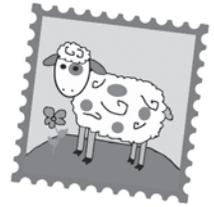
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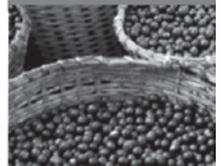
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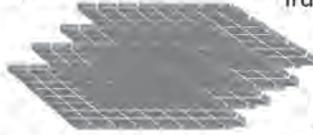
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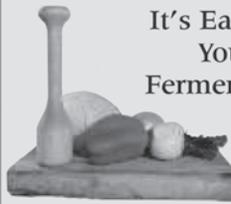
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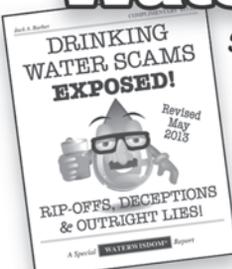
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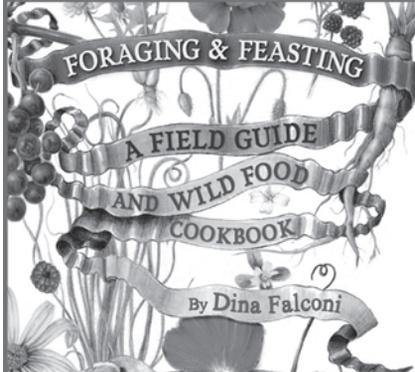
This manual by Anore Paniyauraq Jones is the second in a series of three detailing the traditional foods of the Inupiat. The first book in this series about Inupiat foods was *Nauriat Niginagtuat, Plants That We Eat*, an ethno-botanical manual, long out of print but due to be re-printed in the fall of 2009 by University of Alaska Press. It is 150 pages with black and white photos and sketches.

The second manual, *Iqaluich Niginagtuat, 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 Niginagtuat, 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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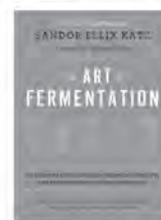
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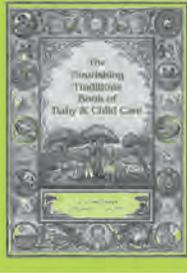
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- July 23** **Afton, VA:** “Wise Traditions: Nutrient-Dense Foods and Biological Farming,” sponsored by the Nelson County Farmers Market Cooperative, featuring Sally Fallon Morell and Gary Scott. **Contact:** rockfishcc@gmail.com.
- Sept** **Boston, MA area:** Fall Regional Conference. Details to be announced.
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