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THE WESTON A. PRICE FOUNDATION®

for **Wise Traditions**

IN FOOD, FARMING AND THE HEALING ARTS  
*Education • Research • Activism*

NUTRIENT DENSE FOODS

TRADITIONAL FATS

LACTO-FERMENTATION

BROTH IS BEAUTIFUL

A CAMPAIGN FOR REAL MILK

TRUTH IN LABELING

PREPARED PARENTING

SOY ALERT!

LIFE-GIVING WATER

NON-TOXIC FARMING

PASTURE-FED LIVESTOCK

NURTURING THERAPIES

COMMUNITY SUPPORTED AGRICULTURE

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Last words of Dr. Weston A. Price, June 23, 1948



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# Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

Volume 14 Number 2

Summer 2013



**Our Broken Food Supply    The Marketing of Crisco**  
**GMOs in Europe    Insights of a Meat Processor**  
**Outdoor Cooking    Natto**

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

SCIENCE AS COUNSELOR

KNOWLEDGE AS GUIDE

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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.

## Upcoming Events

2013

- Sept 20-22** **Seven Springs, PA:** Mother Earth News Fair featuring WAPF speakers and exhibit. **Contact:** [www.motherearthnews.com/fair/home.aspx](http://www.motherearthnews.com/fair/home.aspx).
- Sept 21-22** **Portland, OR:** Weston A. Price Foundation Regional Conference, featuring Sally Fallon Morell, Chris Masterjohn, Denise Minger, Kaayla Daniel and others. **Contact:** [www.westonaprice.org](http://www.westonaprice.org) or (304) 724-3006.
- Sept 24-26** **Roanoke, VA:** 29th Annual HPR III Training Institute featuring Sally Fallon Morell, Christine Holland, Deborah Maxey and others. **Contact:** [mksweeney@brbh.org](mailto:mksweeney@brbh.org), (540) 344-8396.
- Oct 12-13** **Lawrence, KS:** Mother Earth News Fair featuring WAPF speakers and exhibit. **Contact:** [www.motherearthnews.com/fair/home.aspx](http://www.motherearthnews.com/fair/home.aspx).
- Oct 11-13** **Lake Eden, Black Mountain, NC:** Southeast Women's Herbal Conference featuring Sally Fallon Morell, Susun Weed, Susan DeLaney, Corinna Wood, and others. **Contact:** [www.sewisewoman.com](http://www.sewisewoman.com).

2014

- Feb 7-8** **Sandown Park, Esher, London, UK:** Wise Traditions London featuring Sally Fallon Morell, Chris Masterjohn, Dr. Natasha Campbell-McBride, MD, Prof. Ton Baars, David Wetzel, Dr. Malcolm Kendrick, Dr. Graeme Munro-Hall, Ben Pratt, Jane Levi, Jane Mason and more to be confirmed, including practical workshops, exhibition and food. **Contact:** [westonaprice.org/london](http://westonaprice.org/london).

SAVE THE DATES!

## WiseTraditions 2013

CURING THE INCURABLE:

HOLISTIC THERAPIES FOR CHRONIC DISEASE

14th Annual Conference of the Weston A. Price Foundation

November 8-11, 2013

Atlanta, Georgia

See page 17 for details



# Wise Traditions



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## CONTENTS

### FEATURES

#### **Our Broken Food System**

Page 20

Sally Fallon Morell dissects recent books on the subject

#### **Marketing Crisco**

Page 34

Sushama Gokhale analyzes the marketing hype that destroyed the western food system

#### **GMOs Threaten Europe**

Page 38

Sylvia Onusic, PhD, describes the politics and protests in Europe

### DEPARTMENTS

#### **President's Message**

Page 2

Myths and Truths about the Weston A. Price Foundation

#### **Letters**

Page 3

#### **Caustic Commentary**

Page 14

Sally Fallon Morell takes on the Diet Dictocrats

#### **Farm and Ranch**

Page 45

Bob Martin reveals what goes on at the butcher's

#### **Homeopathy Journal**

Page 51

Joette Calabrese, HMC, CCH, RSHom (NA), on homeopathy for menopause

#### **All Thumbs Book Reviews**

Page 54

*Power Foods for the Brain*

*The Whole Soy Story*

*Gaining Ground*

*Get It Up!*

*Cholesterol & Saturated Fat Prevent Heart Disease*

*Relief from Snoring and Sleep Apnea*

*The Truth about Food*

*Dirty Electricity*

*Cows Save the Planet*

#### **Tim's DVD Reviews**

Page 64

Tim Boyd reviews the latest videos

#### **Technology as Servant**

Page 65

John Moody reviews options for cooking outdoors

#### **Soy Alert**

Page 68

Kaayla Daniel, PhD, on stinky, slimy natto

#### **A Campaign for Real Milk**

Page 71

Charlotte Smith on raw milk in Oregon

#### **Raw Milk Updates**

Page 78

#### **Healthy Baby Gallery**

Page 83

#### **Local Chapters**

Page 84

#### **Shop Heard 'Round the World**

Page 100

#### **Membership**

Page 124

#### **Upcoming Events**

Page 125



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*Education ♦ Research ♦ Activism*

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# President's Message

## MYTHS AND TRUTHS ABOUT THE WESTON A. PRICE FOUNDATION

The Weston A. Price Foundation has played a major role in dispelling the many dietary myths that have influenced modern eating habits, myths about fats, oils, cholesterol, meat, eggs, raw milk and fermented foods. However, some myths about the Weston A. Price Foundation have been circulating recently, and they need to be addressed.

### MYTH: WAPF ADVOCATES A HIGH-PROTEIN DIET

Many have characterized WAPF as advocating a high-protein diet, much like the Atkins diet. While we stress the need for adequate, high-quality animal protein, we have also pointed out the dangers of a diet too high in protein, which can rapidly deplete vitamin A. Traditional diets varied from 10 to 20 percent of calories as protein (See "Adventures in Macro-Nutrientland" at [westonaprice.org](http://westonaprice.org)). Twenty percent of calories as protein is the maximum, appropriate for athletes and growing teenage boys; most of us do well on a diet that has 10-15 percent of calories as protein.

The recommendation to increase protein intake using egg whites, lots of lean meat, skinless chicken breasts, skim milk or protein powders is not only dangerous, but unnecessary—getting enough protein is not an issue in the Western diet. What we tend to lack is good-quality animal fats, which help stabilize blood sugar, support numerous processes in the human body, and serve as a key source of the all-important fat-soluble activators.

The WAPF diet is not about having a great big steak every night (although if you do eat a steak, be sure to eat it with plenty of fat). Rather, we recommend consuming a small or moderate amount of high-quality animal protein with every meal—red meat (always with the fat), organ meats, poultry with the skin and fat, eggs, shellfish, fish with the skin, fish eggs, fish liver oils, and raw, whole dairy products. Gelatin-rich bone broth in a sauce, gravy, soup or stew, can be very helpful to those who have trouble digesting meat.

### MYTH: WAPF ADVOCATES A LOW-CARB DIET

A corollary to the first myth is the low-carb diet, one devoid of all starchy vegetables, grain, fruits and natural sweeteners. Many have the mistaken impression that WAPF advocates a diet very low in carbohydrates.

WAPF has indeed warned about the dangers of a diet high in refined

(Continued on page 12)



# Letters

## FUNDING FOR RESEARCH LAB

When I saw your request for research funds it touched my heart. So many charity campaigns or health research campaigns (cancer research, heart disease, autism, etc.) are a waste of good money. When Weston A. Price is involved, I'm in! I quickly donated and felt good about it. I hope we meet our goal and it works out. Fred Kummerow is amazing—may he live many more years and pass his wisdom to Chris Masterjohn.

Stephen Foxman  
Champlain, New York

## WAPF PRINCIPLES

I have been a paying member of the WAPF for several years. The main reason I ended up at WAPF was to get away from diets and begin to eat real food. When I found WAPF I thought I had found my home—no diets, just real

food, and then I learned about properly prepared foods, like soaking grains, which were not and are not evil. I also learned about healthy fats, organ meats, raw milk, cultured dairy and lacto-fermented foods.

Yes, I do understand there are folks who cannot eat grains and raw dairy, but why, oh, why is WAPF starting to become more of a GAPS or paleo diet site? I see little mentioned at the last conference and also in the last quarterlies about fermenting the gluten-containing grains and properly preparing beans (a food that has nourished many cultures throughout the globe).

My goodness, didn't some of these cultures, Northern European for instance, survive on fermented gluten-containing grains?

Anyway, I would like to see "us" get back to WAPF principles and not be so swayed by the GAPS and paleo folks.

Yes, I understand that some people can't tolerate even soaked grains or raw milk, but please, let's have more for us folks who eat grains, beans, and dairy and do just fine!

Jessica Warner  
Fresno, California

*You are right, the WAPF diet is inclusive of grains, dairy, and beans—it is not a paleo diet (see my President's Message). The GAPS diet is meant to be temporary, allowing people to heal the gut and then consume grains, beans, and dairy again.*

## THRIVING ON

### RAW MILK FORMULA

I discovered raw milk a few years back, and am forever thankful for that discovery. For the first few years, I was just thankful to drink milk without throwing off my whole body. It was after the birth of my second child, however,

## RESEARCH LAB TO CONTINUE WORK OF DR. WESTON A. PRICE...WITH YOUR HELP!

You can help WAPF realize our dream of an independent research lab to study nutrient-dense food. The University of Illinois assures us complete access to the Burnside Research Lab if we make an annual contribution of \$300,000. We have already raised \$100,000 allowing our own Chris Masterjohn, PhD, to work with the esteemed Dr. Fred Kummerow to study the role of fat-soluble vitamins in preventing heart disease. With your help, we can raise the remaining \$200,000 and do the following:

- Chris Masterjohn, PhD, can do further research on the fat-soluble vitamins, including the testing of various foods for levels of vitamins A, D, and K;
- We can carry out research on how to maximize the levels of fat-soluble activators in our food;
- We can investigate the impacts of various cooking and preparation techniques on the nutrient profile of the foods we eat.

If each of our members donated just twenty dollars to this cause, we would more than exceed our goal. To donate, go to [westonaprice.org](http://westonaprice.org) and click on the donate button, located on the lower left of the screen. If you wish to donate by check, please send a check made out to WAPF/Research Lab and send it directly to the Foundation.

We will keep you posted on our progress! Thank you in advance for your support!



# Letters



that raw milk and the Weston A. Price Foundation began to play a big role in my life. Besides starting to overhaul the food choices I make for my family, I receive confirmation from your work of suspicions I have held about the food industry. It is validating, yes, but more so empowering.

I also wanted to thank you for the recipe for homemade formula. I suffered from postpartum depression after the birth of both my children, and had to stop nursing my second because I got so lost and depleted. Thank God I am now back on track and better than I was before! I credit whole food nutrition, yoga, and raw milk with the bulk of my rejuvenation. My son is thriving on his raw milk formula and his daily egg yolk, and my daughter guzzles her raw milk!

Katie M. Clark  
Grandview Heights, Ohio

## TOOTHACHE CURED

Recently I had a severe toothache which I treated in a much informed way thanks to Hal Huggins's Uninformed Consent, the wonderful WAPF site, your comments on bacteria not being the cause of tooth decay, and the various fine discussion places on the internet. But the temptation to just give myself over into the hands of a dentist was high. I can easily see a mum with a couple of kids, a tight budget, not enough time, sleep deprived from her howling child—going straight to a dentist to fill, anesthetize, root-canal, antibiotic up her child, and put it out of its misery. Neuralgic pain from inflamed dental nerves is horrendous. Neuralgic pain from inflamed nerves when you are sitting in semi-confrontational meetings at work is

probably career death. Thank heavens I was able to hide behind my computer last week.

Over the past week, I tried a combination of garlic chewing, clove chewing, salt water swishing, turmeric tea drinking, flax seed oil swishing and drinking (Seth Roberts), regular oil pulling (Ayurvedic), one and one half teaspoons cod liver oil morning and evening, gently brushing with baking soda or coconut oil, drinking nourishing broths, resting the inflamed side from chewing, resting as in being horizontal, sitting out in the warm sun over the weekend, knitting, not running around, being kind to myself.

Result: pain gone, infection pretty much gone (I will continue turmeric in warm raw milk for a week), face is throbbing no more, gums feel better, and bonus, my complexion feels like a baby's bottom. All this oil swishing and cod liver oil drinking must be good for it! But it was a lesson. All this started because a dentist scraped off enamel near my gum line several years ago. The tooth was just never the same after that cleaning. The gouge became more sensitive as my gums eroded over the years. I did not pay attention. I intend to fix all that by re-mineralizing the enamel and improving my gum health.

My daughter's teeth actually re-mineralized with Gerolsteiner water and butter! A weird combination you might say, but not really— if you consider the combination of minerals, fizz and fat soluble vitamins. She also thinks measurably better (she was studying for her exams).

My teeth are vastly improved from raw milk. But I need to take better care

of that gouge, and my gums. Thank you again for everything you do.

Sushama Gokhale  
Larkspur, California

## FLUORIDE POISONING

When I began suffering from migraine headaches, I did research on this subject. After some process of elimination, I realized it was a fluoride rinse I was using, on top of all the other fluoride treatments I did because of a problem with sensitive teeth. I just Googled "can fluoride cause migraines?" and found the story (<http://hartkeisonline.com/natural-health/meet-a-fluoride-poisoning-survivor/>). When I read it I realized that all of the other symptoms I had were most likely caused by fluoride: gastrointestinal problems, skin problems, joint problems, as well as the migraines, lethargy and foggiess.

When I found the information, I almost cried from relief that I finally understood what was causing all of these embarrassing symptoms—I had become such a scatterbrained, forgetful ditz—and how to stop it. I did more research and tried to avoid fluoride in every way that I could by drinking and cooking with spring water, using a non-fluoride toothpaste and avoiding drinking tea. I feel so much better!

In the past, each time I'd visit my dentist and dental hygienist, my teeth would be more sensitive. My hygienist would have me try a different toothpaste for sensitive teeth; eventually, I tried them all. My sensitivity was getting bad. Even breathing with parted lips (in the winter) hurt. We had no options left so she had me start using a rinse too. That is what started the migraines. I had a

# Letters

terrible and somewhat scary choice to make: constant pain in the head or constant pain in the teeth.

I chose painful teeth, because I could have more control over it. I started avoiding fluoride.

After about a week of avoiding fluoride rinse, my migraines were gone and my teeth were getting sensitive again. I avoided putting anything cold in my mouth. A month later, at a Fourth of July picnic, my friend had chocolate-covered strawberries. (Does anyone really expect me to not have one?)

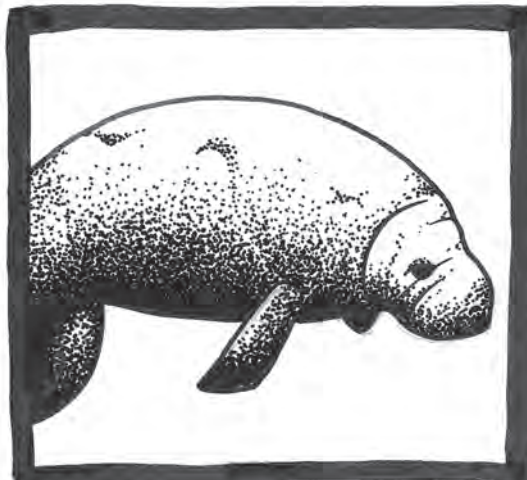
I was trying to find them, but I guess they disappeared before I could get to them. She said, "Don't worry, I have more in the fridge." She pulled them out, and without thinking, I grabbed one and bit into it. After I already took the bite of a fresh-from-the-fridge strawberry I cringed, expecting a flash of intense pain. It never came. I was thrilled. No more sensitivity. The fluoride was also causing my teeth to be more sensitive too!

So, the next time I saw my dental hygienist, when she asked me how the sensitivity was (as she always did), I told her that it was almost gone. She asked me what did the trick. I told her avoiding fluoride had actually helped my sensitivity to go away. That seemed to be a stumbling block for her. She said she'd look into it, but she was obviously disturbed. The most she could bring herself to say was, "Well, everybody's different."

Adrienne Tanner  
New Haven, Connecticut

## UN AGENDA 21 CONSPIRACY THEORY

I am concerned about the promotion of the UN Agenda 21 takeover conspiracy theory, which WAPF reported on its website on February 11, 2013 ([www.westonaprice.org/farm-a-ranch/agenda-21](http://www.westonaprice.org/farm-a-ranch/agenda-21)). The Agenda 21 conspiracy is a couple of decades old and targets my profession, which is urban and regional planning. As a planner at the heart of one of the most volatile endangered species protection efforts in U.S. history, the



protection of the federally endangered Florida manatee, I have been personally accused of promoting the UN takeover of the United States by Agenda 21 conspiracy theorists because I worked on behalf of endangered species protection. Consequently, I came to know the conspiracy before many, I have publicly debated the conspiracy theorists and I have crushed their arguments. The arguments today are as baseless as ever.

According to the article, "Here's how Big S Sustainability works: If you own livestock and they can drink

from a creek, then they want you to permanently fence off your own land to prevent any upset of potential fish habitat. If you want to irrigate your crops and somebody decides it isn't good for a certain insect, then you no longer have irrigation rights."

Here is what Agenda 21 actually says, which doesn't remotely reflect what the article states: "Water-supply for livestock: i. Improve quality of water available to livestock, taking into account their tolerance limits; ii. Increase the quantity of water sources available to livestock, in particular those in extensive grazing systems, in order to both reduce the distance needed to travel for water and to prevent overgrazing around water sources; iii. Prevent contamination of water sources with animal excrement in order to prevent the spread of diseases, in particular zoonosis; iv. Encourage multiple use of water-supplies through promotion of integrated agrolivestock-fishery systems; v. Encourage water spreading schemes for increasing water retention of extensive grasslands to stimulate forage production and prevent run-off."

The above is only a portion of what Agenda 21 encompasses regarding the promotion of livestock. It is clear that Agenda 21 is not opposed to the raising of livestock if one takes the time to actually review the policies it lays out.

The article goes on to state: "Vegetarianism is a major tenet of Sustainable Development. Agenda 21 focuses on the goal of eliminating meat consumption and using pastures to grow wheat, corn and soy for human consumption.





# Letters



To get us to comply, we're told in endless propaganda campaigns that meat is dangerous and the vegan lifestyle is the only healthy alternative."

If this were the case, why would one of the foci of Agenda 21 be livestock production? Agenda 21 talks a lot more about how to promote livestock than I listed above.

The article relates the California smelt issue to Agenda 21. This is a ridiculously flawed effort at promoting the conspiracy. The smelt issue is a United States Endangered Species Act concern and it is completely inappropriate to draw a comparison between established U.S. law (since 1967/72 depending on which version) and UN recommendations for sustainability established in 1992.

The hyperbole from the article would be laughable if it wasn't so damaging and undermining of environmental protection. The author can't even get his agencies correct, as the smelt is protected by the U.S. Fish and Wildlife Service, an arm of the Department of the Interior, not the Environmental Protection Agency, as the author states: "Out-of-control environmental regulations destroyed the livelihood of all the farmers in the San Joaquin Valley of California, the richest agricultural region in the U.S., when the water was shut off by the EPA to protect a two-inch long fish called the delta smelt. The San Joaquin Valley used to grow twenty billion dollars worth of vegetables and fruit per year, more than any individual state in America. California has a new endangered species on its hands—farmers!"

I have been an award-winning

planner working on sustainability issues since I received my Masters degree in 1991 from Florida State University, and I was deeply involved with the practices that John Hammell demonizes. In my professional life I couldn't afford to be wrong or else my work would be legally overturned, and I regularly exploded the myths promoted by people like John Hammell.

Florida led the American sustainability effort with the passage of the Comprehensive Planning and Growth Management Act of 1985, well before Agenda 21. Other states followed. Agenda 21 is very much reflective of sound planning principles that had been in place for at least seven years in America. States have passed "Takings" laws that protect landowners from overly burdensome regulations, and those same regulations have stood in the way of needed environmental protections—it is a long and convoluted story, but suffice it to say that no one loses the ability to use their land profitably. In fact, the ability to effectively plan for and balance growth and development with environmental protection has been undermined by a gradual erosion of planning laws over the last two decades.

I could continue to critique the UN Conspiracy theory but will stop after addressing this hyperbolic statement, which cannot be factually supported, which sows discord and isn't remotely truthful: "The end goal of the people-pushing of this agenda is to have vast areas made off limits to human beings and to cluster people into envisioned futuristic 'sustainable' hive-like cities inside which every aspect of our lives is to be dictated, and from which travel is

to be very highly restricted." Whenever you read a statement like that, a statement that seems over the top and fantastical, please take a moment and research. If the argument can't be supported by the documentation being critiqued, please do not promote it further because you will be growing confusion and discord. Critical thinking is imperative to our survival. Questioning everything is imperative, and acting or not acting based on facts will be the foundation of success as we build alliances to ensure that the Earth will sustain us and the creatures who manage to hang on in spite of us.

Laura Combs

Raleigh, North Carolina

## SUSTAINABLE DEVELOPMENT

In his "Farm and Ranch" (Winter 2012), WAPF Chapter Leader John Hammell expresses his disdain for the movement known as "Sustainable Development" by stating: "It elevates nature above man."

I don't know whether to laugh or cry. Is Mr. Hammell implying that man (including Mr. Hammell) is above Nature? Is that a tenet of the Weston A. Price Foundation?

John Hammell's thinking represents for me the machismo of patriarchal culture that glories in its ability to conquer and subdue Nature by such technological feats as diverting the course of rivers solely for human profit. From my perspective, Mr. Hammell and others like him are as disoriented as a fish out of water, especially that puny fish, the delta smelt, that he has no time for. As a long-time WAPF member and supporter, I would like to know why the organization sanctions the public expression of

# Letters

such attitudes by members of its leadership.

Lucille Balukian  
Wayne, Pennsylvania

## ENVIRONMENTALISM AGAINST FARMS

Thank you for your article on Agenda 21. I wonder whether Agenda 21 was behind the efforts to eliminate the woodlands-foraged pigs of Mark and Jill Baker in Marion, Michigan; I am certainly suspicious. Last spring the Michigan Department of Natural Resources (DNR) went on a mission to eradicate the heritage pigs, calling them a feral invasive species. This move would wipe out the entire small-scale farm whose animals pose no threat to typical hog species. New blockages from multiple government agencies are making it impossible for the Bakers to to run the farm. If the Michigan DNR is successful, we can expect to see further moves to eliminate pigs (and other animals) raised outdoors, with environmental concerns given as justification.

John Hanson  
Santa Monica, California

## RAW MILK FOR CROHN'S DISEASE

I was diagnosed with Crohn's and colitis in 2006. I was a junior in college when I first heard the devastating news of my condition. I had spent three weeks in the hospital being fed through a bag because my intestines had completely closed! I was twenty years old. I have since had numerous hospital stays as well as a major bowel resection surgery in 2009, and six more surgeries in the last two years. I graduated with a BFA degree in 2007 and went to work right

away. I also have gotten married and bought a house with my husband. Still, every day is a struggle living with my severe Crohn's disease and ulcerative colitis.

Last year amidst more surgeries and devastating news regarding my disease I first heard about raw milk's positive health benefits for diseases. Because of the long standing stigma against raw milk, I immediately decided to research my options before trying it. After many articles and lots of research, I felt confident enough to give raw milk a try.

Many people with digestive diseases feel ill effects rather quickly after consuming food or drinks. I drank regular pasteurized milk many years ago and would have bowel movements, cramping and bloating minutes after. Coffee is another drink that I had to give up because of the effects it would have on my body, effects that would last for hours.

When I drank my first glass of raw milk, I felt no negative symptoms at all. I waited another few hours, expecting to have diarrhea and bloating. After a few hours, still no signs of any bad reaction. I was stunned and elated! I continued cautiously drinking the raw milk. I noticed within the first few days, I felt less cramping of my intestines and fewer, more formed bowel movements.

Since then, I have been drinking at least two glasses of raw milk a day. It has helped my intestines get much needed probiotics as well as give my body much needed immunity.

I still maintain my doctor's orders for my medications. But I do feel that together with raw milk and traditional medications, I am getting the best well-

rounded care I can give to myself. Even with my changing symptoms, my husband and family have been the biggest support for me.

With them at my side I have managed to make it through every obstacle and challenge Crohn's throws at me. I have found that becoming an activist for the disease and speaking out about my experience with raw milk and Crohn's has given me the courage to keep moving on with life.

Kristin Gray  
Danielson, Connecticut

## CELL PHONE DANGERS

In the early 1900s, the cancer rate was half of what it is today, and childhood cancers and autism were rare. Now childhood leukemia increases 2 percent every year, and autism is on the rise. Why?

Did you know that the instructions that come with most cell phones recommend that the phone be held from five-eighths to one inch from the head, and also that calling time be "limited"? Why do the manufacturers recommend this?

With the recent adoption of cell phone usage worldwide beginning about a decade ago, electromagnetic "pollution" has increased to the point that everyone now lives in an "ocean" of unnatural electromagnetic energy. Just as with smoking and lung cancer, scientists believe there is a ten-year or greater latency period before cancer begins to appear from electromagnetic exposure. Are we now on the verge of a new cancer epidemic?

I strongly suggest that your readers watch the documentary film, Res-



# Letters



onance-Beings of Frequency, about the biological effects of man-made electromagnetic energy in our environment—from power lines, cell phones, appliances, and so forth.

When I first looked into this subject in the 1980s, there was no conclusive evidence of danger. Now there is! I guarantee that you will be shocked by what is revealed in this film.

By the way, 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, which are the waves that transmit signals to and from the towers, but it also generated a huge electromagnetic field. The phone spiked my meter from three feet away using the one-to-one-hundred scale. (I usually use the more-sensitive one-to-three scale to measure appliances.) I have never seen such strong fields from any appliance—that's what was so shocking.

Roger Windsor  
A farm in Tennessee

## ELECTROSMOG

I really appreciate your including stories about electrosmog in *Wise Traditions* (Spring, 2013).

I've been researching problems with compact fluorescent lightbulbs (CFLs) for nearly ten years, and I did not know about the cracked coating that John Moody reports. Thank you, John, for this info. However, his piece did not illuminate the health problems that arise because 1) most fluorescents do not provide full spectrum light, and 2) all fluorescents are designed for direct current electricity. To access the alternating current at most outlets, the bulb must go

through a switch-mode power supply. (This is true for most electronics.) This puts high frequencies (dirty power) on the wires in your home, office, school or hospital.

Because of CFLs' detrimental effects on children's behavior, a Maine legislator has recently proposed banning them from that state's public schools.

My forthcoming book, *An Electric Silent Spring*, will cover this topic more thoroughly.

Katie Singer  
Santa Fe, New Mexico

## SALMONELLA AND PASTEURIZATION

Undoubtedly our food is in an ever-growing danger of contamination by assorted viruses and bacteria before it reaches our tables. Long transports, unsuitable handling of the food, unhealthy, cramped living conditions for many of the animals that we eat or that produce our staple foods like dairy products, meat or eggs, create prime conditions for contamination.

Every now and then we hear of people getting ill from consuming contaminated foods. Worse, the infections caused by many of the bacteria found in contaminated food today are becoming more and more difficult to treat. This is the result of indiscriminate and often unnecessary use of antibiotics as preventive medicine; for instance in chicken and pig feeds, and for rearing calves. The routinely recommended use of intra mammary antibiotics in many countries when drying off the cows before calving, even if their udders are absolutely healthy, is another extremely unfortunate method of trying to keep the udders

of our cows healthy. This uncontrolled use of antibiotics in healthy animals has created innumerable cases of resistant bacteria, now causing infections that are very difficult or even impossible to treat.

Sweden has always had an extremely strict and restrictive policy in the use of antibiotics, in animals as well as in humans. For this reason the amount of resistant infections used to be much less frequent in that country than in the rest of Europe. Today however, due to the increasing international travels and the very open immigration policy of Sweden, this country now also has imported multiple resistant infections.

The vicious intestinal virus known as ESBL used to be very unusual in Sweden, but now there are new cases appearing every day. "With the appearance of ESBL—Carba we are back to 2003, when this virus first appeared," says Dr. Johan Tham. "The difference is that we then had a vast selection of very efficient antibiotics to work with. Today we don't, as the virus has become resistant to them all. This makes it very difficult, even impossible, to treat many of these cases."

The appearance of this kind of infection can be prevented by a careful hygiene: washing your hands before eating or touching food, taking care to use only clean products when preparing the meals. Also, the virus is killed by thorough heating before consuming.

In Europe there have been several cases of intestinal infections caused by salmonella over the last years. In most cases they were thought to be related to different kinds of vegetables, like soya sprouts and baby lettuce. It seems





# Letters



that the vegetables had been irrigated with water that might have been contaminated by slurry from dairy farms upstream. There have also been cases of salmonella in meat. Again, the infectious agent seems to have been bovine feces, possibly contaminating the meat at the slaughterhouse.

There can also be unexpected risks of contamination. If we choose to eat food prepared by others, there can be some “hygienic surprises.” A hidden camera in a McDonald's in Sweden showed the personnel stepping on the cut lettuce trying to press it into boxes from where it was then served to the customers.

Although most of the salmonella infections can be traced back to the feces of infected animals: chicken, pigs or cows, or even reptiles, like tame snakes, it is extremely infrequent to find salmonella virus in the udder of cows. When milk is contaminated by salmonella is it almost exclusively due to lacking hygiene when milking, feces sticking to the teats and not being properly cleaned before milking. But more often the infection seems to be caused by contaminated water, by feces from infected animals like rats or birds, from dust or from the person milking. There have been cases of mastitis caused by salmonella, in which case salmonella is in fact excreted from the udder, but this is extremely rare.

Of course, when choosing to consume raw milk, it is extremely important to know the farm where the milk comes from, and to know that the cows are healthy and the farmer trustworthy. Applying today's milking routines, it is extremely unlikely that the milk should

become contaminated during milking.

I understand that in the U.S. there are special farms certified to be able to sell raw milk, where a strict control and hygiene is always maintained. However, it is always of vital importance to check on the conditions in which the cows are kept and the milking is carried out. I vividly remember being taken to one “ecological” farm, where the cows were standing knee deep in the muck and mud and where somatic cell counts were soaring. The “ecological” side was that the cows were allowed “out” in this muddy corral and that no antibiotics were used.

However, if the milk comes from healthy cows that are milked properly in clean conditions there should be no problem whatsoever in consuming unpasteurized milk. In fact, the pasteurized milk can easily be contaminated after pasteurization, and the infections and deaths that have been attributed to milk has been due to pasteurized milk, not to raw milk.

Since arriving in Argentina in the 1960s, I and my family have been thriving on raw milk. In the beginning we had no dairy, only two or three Holstein cows that were milked by hand every morning, outside and maybe not always in the best hygienic conditions. Our three boys were brought up on this raw milk, homemade butter, cheese and yogurt and we never experienced any health problems. On the contrary, they are today grown up men and all three are healthy enough and still prefer to drink their milk raw.

Today we have a herd of three hundred fifty cows, and being Swedish Reds, our cows have an excellent health

status: very low cell-counts (good udder health being a characteristic trait of this breed), high in solids and free of TB and brucellosis. Also our cattle graze outside and receive only very little grain at milking time.

Therefore the sometimes ferocious and untrue attacks on the raw milk consumers do seem quite inexplicable to us, who have enjoyed the raw milk for decades.

When reading in a British dairy magazine that “the small but significant group that insists on consuming raw or non-pasteurized milk and dairy products, regularly succumbs to zoonotic infections from the milk they consume. . .” (*International Dairy Topics*, Volume 12 No 1, 2013 ), one cannot but wonder what interests incite a person to publish this kind of totally unfounded information. Not only do I speak from my own personal experience, but from that of many friends who regularly consume unpasteurized milk and dairy products, simply because it tastes better and is healthier. The author and publisher of the British journal probably does not realize that many of the enzymes and vitamins are destroyed in the pasteurization process, making the pasteurized milk difficult to digest for many, and much less nutritious for the consumer. The author is also unaware of (or chooses to ignore) the fact that many famous French cheeses build their reputation on the very special results with raw milk. Should these consumers “regularly succumb to zoonotic infections” the production of raw milk would in all likelihood be forbidden.

Elisabeth Avedano  
Trenque Lauquen, Argentina

# Letters

## WHAT THE COWS PREFER!

I am writing this letter in regard to genetically modified organisms (GMOs). Shortly after GMOs were planted, I decided to test how well the cattle liked them. I give grain to the bulls a few weeks before I turn them in with the cows on the first of June.

I was running short of organic corn and went to a neighbor who is a seed corn dealer, to see whether he had any GMO corn. He sold me two five-gallon pails of the corn. Nice bright yellow corn.

The next morning in feeding the bulls, I carried out one five-gallon pail of organic corn and one of GMO corn. I was feeding them in two feed bunks, so I put the GMO corn in a bunk first. The bulls never even tasted it. They followed me around to the other bunk where I put the organic corn. They went straight to eating it. Before GMOs, if we didn't get our corn harvested before the snow got too deep, we would just leave it and harvest in the spring.

With so much GMO corn being planted now, we have to get our organic corn harvested in the fall. If we have to leave it, the deer find it and harvest it for us—they don't want GMO corn either.

Donald Jarrett  
Britton, South Dakota

## A BLESSING AND A GIFT

I'm writing this letter feeling very blessed and thankful. I have a thirteen-month-old daughter and another baby on the way. At age forty, I attribute my past and present excellent health and being able to naturally conceive to my

nutritional choices as well as through God's grace.

For years I was a "healthy eater," shopping at farmers markets and preparing much of my food. However, I was a semi-vegetarian who ate fish, tofu and other soy products. I had no idea about the downside of industrial oils or the



difference between the words pasteurized and pastured; and I had bought into the myths about lowfat and cholesterol proclaimed by our government, schools and media.

Thanks to WAPF and the unprecedented chapter network I learned, before it was too late, the importance of vitamins A, D and K, B<sub>6</sub> and B<sub>12</sub>, choline, cholesterol, salt, bone broth and enzyme-rich foods. I also learned to avoid processed foods, soy, industrial fats and oils and MSG. I learned to prepare my body nutritionally for carrying a baby and how to nourish her once she

arrived. I feel that one of the biggest gifts I can give my children is the love of real and unprocessed foods and to help them fall in love with the tastes and how they make them feel; as well as to have an appreciation for where and how the food is grown and gets to their plates.

It has been one of my greatest joys feeding our daughter nutrient dense, traditional foods. She truly loves her liver, cod liver oil, sauerkraut and other foods. It takes planning but in the end feeding our daughter the foods we eat rather than a special "kid-friendly" food like go-gurt, puffs and other processed foods is actually much easier and more economical!

Even as a certified holistic health coach and educator, I feel that I'm continually learning. WAPF has been there to support me with responsiveness and insightful answers to questions, providing materials that I read, re-read and read again and pass along to my clients, friends and family. Thank you for following your passion and vision to educate, advocate and research—and for not getting off-course with the flavor-of-the-month agenda or the temptation to profit by pushing products or services that are not necessarily in the best interest of your readers and members. Thank you for connecting me to the famers and creating a web of trusted chapter leaders who are connecting people all over the world. Thank you for making a difference at the grassroots level with consumers who care and where real change is happening.

Leslie T. Schall  
Herndon, Virginia



# Letters



## FORBIDDEN FOODS

I'm in Malaga, Spain doing seminars and couldn't help but think of the Weston A. Price Foundation. Yesterday we visited one of the acorn-pig operations, the Dehesa. The Romans introduced these farmers to salt-curing pork. It became strategically important after Spain threw off the Arabs, who had thrown off the Romans, and once the Spanish empire began sending ships to the New World during the 1500s. They desperately needed protein that could withstand months at sea, and the Iberian salt-cured pork industry really took off.

Interestingly, when the Conquistadors took the Americas, they couldn't believe how strong and healthy those cultures were: the Incas and Aztecs. Had it not been for metal and gunpowder, the Europeans wouldn't have stood a prayer. The Conquistadors brainstormed how these superior human specimens came to be, and finally concluded it was quinoa and amaranth grain—these were unknown in Europe.

As a result, the first thing the Spaniards did when they seized these areas and established their governmental authority was to outlaw quinoa and amaranth throughout the Spanish empire. They did not want their subjects to develop superior body types that could throw off their Spanish oppressors. I was unable to find out whether the Spanish royalty could eat these grains or not; my understanding was that they were simply universally banned in the empire generally, and the Americas specifically.

That brings up two interesting thoughts: first, wouldn't it have been a different situation in the U.S. if we had developed grain from the meso-America

germ plasm rather than the middle eastern germ plasm? And second, could there be some subliminal consciousness going on in the U.S. hierarchy that fears superior humans who eat WAPF-type foods? And of course, it shows that denying food choice is not new.

Joel Salatin  
Swoope, Virginia

## DRAMATIC EFFECT

I just wanted to thank you so much for all the information on the Weston A. Price Foundation. I have read all the literature and made a few changes to my diet that have had a dramatic effect already. The main changes have been to switch to the WAPF recipe for bread (delicious and so filling!) add a daily dose of sauerkraut (which I have never eaten before) and to eat as much butter, cream and Jersey milk as I want.

Having struggled with my weight for the last twenty-five years (Ever since I ate vast quantities of soya for a couple of years) I was a little bit scared to try eating so much saturated fat, as convention tells me that I would gain weight. But it is now obvious to me that weight has definitely nothing to do with calories; since the festival I should have put on at least half a stone with the amount of calories that I have eaten, but I have lost five pounds and it was so easy! I never felt hungry or deprived once! I also feel much happier, my eyesight is improving daily and the dreadfully dry skin I have been suffering from has improved dramatically. I can not thank you enough!


Karen Coker  
Hemel Hempstead, UK

## WAPF COURSES AT HAWTHORN UNIVERSITY

I want to thank you so much for creating the Wise Traditions Nutrition Consultant certification program at Hawthorn University! I am truly grateful. For years I wanted to get a nutrition consultant certification, but the programs I looked at were just more of the same nutrition misinformation. So I was so happy when the Wise Traditions courses became available.

I think the classes and material are excellent and I learned so much!

Mary Larkin  
San Rafael, California

*Hawthorn's WAPF certificate is designed for students who want an academic credential that is shorter than an associate, bachelor's, or master's degree. Generally, in a certificate program courses are focused on a specific topic such as the Weston A. Price principles. Students who are interested in this certificate have told us that they want to review or master the subject matter contained in the courses. Other students already hold a college degree and wish to gain the specific knowledge that is offered in the WAPF courses to use in their professional careers or to enhance wellness in their own lives. Graduates of Hawthorn's WAPF Certificate Program, who have a bachelor's degree, may transfer all of the WAPF courses to pursue a Master of Science in Traditional Nutrition degree at Hawthorn.* 

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



(President's Message, continued from page 2)

carbohydrates; however, that does not mean that we need to drastically cut back on natural carbohydrate foods. Many of the cultures Dr. Price studied consumed fairly high levels of carbohydrate-rich foods—from the Swiss with their sourdough rye bread, to the South Sea Islanders who consumed tubers like cassava or yams, to the Amazonian Indians who always ate bananas with their meat.

Some people restrict carbs because they find that carbs contribute to weight gain; others can eat lots of carbs without gaining an ounce.

Advocates of very low-carb diets insist that we have no biological need for dietary glucose, but intriguing new evidence indicates that carbohydrates support thyroid function, protect the digestive tract, and even help with blood sugar regulation. This may explain why people develop cravings for carbs after following a carb-restricted diet for some time.

In any event, except for the brief initial stages of weight loss diets, the traditional diet should include carbohydrate-rich foods, at least in moderation. And remember that animal fats provide the perfect synergy for carb-rich foods like potatoes, grains, fruit and natural sweeteners.

#### MYTH: THE WAPF DIET IS LIKE THE PALEO DIET

Launched by Loren Cordain with his book *The Paleo Diet*, the paleo diet has many adherents and a strong internet presence. Predicated on the theory that we should eliminate cereal grains and milk products, two foods considered new to human evolution and therefore harmful, the paleo diet is sometimes cited as "like the WAPF diet" but more often serves as a platform for criticism. According to Cordain's website, [www.paleodiet.com](http://www.paleodiet.com), the diet includes grass-produced meats, fish and seafood, fresh fruits and vegetables, eggs, nuts and seeds, and "healthful" oils (olive, walnut, flaxseed, macadamia, avocado, coconut). The diet excludes all cereal grains, legumes (including peanuts), dairy, refined sugar, potatoes, processed foods, salt, and refined vegetable oils. Cordain recommends up to 35 percent of calories as protein. (In contrast to these specific recommendations, the paleo-oriented Ancestral Health Society answers their own rhetorical question, "What does it mean to live an Ancestral Lifestyle?" with an unobliging "We don't know.")

In *The Paleo Diet*, Cordain warned against saturated fats, but in later books he has relaxed his stance. Nevertheless, his recipes call for olive oil, not lard, tallow, or butter (excluded because it is a dairy fat) and specify that meat should be lean.

Today there are many authors, commentators and bloggers calling themselves "paleodieters," who take issue with some of Cordain's dietary rules. Many of them recommend including more fat in the diet, put more emphasis on organ meats, and wisely urge their followers to use salt. Nevertheless, at the recent PaleoFX conference, attendees were served Spartan meals of lean meat and salads, along with some lacto-fermented condiments.

So, first and foremost, WAPF takes issue with the lack of fat in the paleo diet as it is usually practiced and portrayed. And paleo dieters put little or no emphasis on the fat-soluble activators, Dr. Price's key finding. The descriptions we have of so-called primitive or paleolithic peoples indicate

that they highly valued the fat and organ meats of the animals they killed, often throwing the lean muscle meat away. Vilhjalmur Stefansson, author of *The Friendly Arctic* and other books on Eskimo and Native American customs, noted that the Eskimo and North American Indian *never* ate lean meat—they considered it dangerous—yet lean meat forms the basis of the paleo diet.

The premise that we should avoid cereal grains and tubers like potatoes likewise does not jibe with the science. Archaeologists have found evidence of extensive reliance on cereal grains and starchy roots in the diets of early humans more than one hundred thousand years ago (*Science*, Dec 18, 2009). The diet of California Indians, considered the most "primitive" of all the Native Americans, contained large amounts of wild grains, which were gathered using special baskets, winnowed, ground, and made into porridge or cakes (*Tending the Wild*, by Kat Anderson). Granted, many people do poorly on grains (and some can't even digest disaccharides found in potatoes), but constructing a diet that excludes grains because some people can't tolerate them makes as much sense as formulating a diet that excludes beef because some people are allergic to beef.

What WAPF has done is explain just why so many people today are intolerant of grains—because their guts have not been properly formed due to a diet low in cholesterol and vital fat-soluble vitamins during the formative years, and because we are not growing and preparing our grains correctly. The truth is that many healthy cultures throughout the globe include grains and tubers in their diets, and modern man can also enjoy grains with proper attention and care.

As for dairy products, these do not show up until Neolithic times, but that does not mean they should be avoided. Many healthy cultures throughout the world consume raw and fermented milk products—some of them described by Dr. Price.

Dairy products are especially important for growing children in the Western world because they supply calcium in amounts needed for optimal growth and healthy bones. Much as paleodieters (and advocates for a plant-based diet) may insist otherwise, vegetables are not a good source of calcium. You need to consume

three cups of raw kale, for example, to obtain the same amount of calcium found in one cup of raw milk, and much of that calcium will be blocked by oxalic acid (even when the kale is cooked), whereas raw milk contains numerous components that facilitate the absorption of calcium. (To get the same amount of calcium in one cup of milk from carrots, you would need to consume eight cups!)

Primitive cultures that did not have access to dairy products made great use of bones, either by preparing bone broth, by grinding the bones of small birds and animals and adding them to their food, or by consuming softened bones in fermented whole fish (as the Eskimos did). Some cultures also consumed insects with their calcium-rich exoskeletons. Modern parents are not likely to give these foods to their growing children. (Bone broth contains much less calcium than milk, but does contribute to healthy bones by supporting the formation of collagen and cartilage.)

And this brings me to my biggest concern about paleo—the application of this restrictive diet to growing children. Do we really want to bring up children in our grain-centered and dairy-centered culture by denying them these delicious foods, foods that can be nourishing and wholesome if raised, handled and prepared properly? Many advocates of the paleo diet are childless and may not have thought this through. What does it do to the psychology of a growing child to always say “no” to foods that are prevalent in our culture, to deny them ice cream (homemade, of course), whole milk, sourdough bread with butter, baked beans, and potatoes with sour cream? While we certainly should be careful about our children's diets, they need to grow up on a diet that says, “Yes, you may,” not “No, you can't.”

The WAPF diet is not a diet based on exclusions—we do not say no to grains, beans (the most nutrient-dense plant food), starchy vegetables or dairy foods, nor to fats, salt or even sweet foods—all of which were consumed and enjoyed by healthy traditional peoples. Rather, we teach people how they can say yes to all these foods, and how to raise, handle and prepare these foods so that they can be included in the diet. And that is good news for people who want a diet that is not only healthy, but also enjoyable.

## MYTH: WAPF IS AGAINST BREASTFEEDING


Recently a flurry of emails and blog postings has drawn attention to the information on breastfeeding and our homemade formula posted at [westonaprice.org](http://westonaprice.org). The result has been several angry letters accusing WAPF of being “against breastfeeding.”

Of course WAPF is in favor of breastfeeding! But our insistence that diet can influence the quality and quantity of mother's milk is interpreted as discouraging to new mothers, and likely to give them a reason to stop breastfeeding. Those who have followed our maternity diet throughout pregnancy have no trouble continuing the diet during lactation; but we recognize the fact that those who discover our advice after their babies are born are likely to be confused or dismayed. Still, we have an obligation to provide the information on the pregnancy and lactation diet—this is, after all, the crux of Dr. Price's teaching, the need for extra nutrition during baby's formative period to ensure optimal development and it is never too late to adopt our diet, as many parents have discovered.

In addition, our homemade formula based on raw milk is cited as giving mothers an excuse not to breastfeed. But the formula is time-consuming and tricky to make—no mother is going to make homemade formula if the breastfeeding is going well. If the breastfeeding is not going well—if baby is sickly and is not gaining weight—then supplementation with our formula is the obvious choice. We recommend using the formula with the Lact-Aid breastfeeding aid, which allows mom to nurse and give the formula at the same time—and yet we are accused of discouraging breastfeeding!

The official stance of the American Academy of Pediatrics and several breastfeeding advocacy groups is that diet has nothing to do with the quality of breast milk. This stance is sometimes carried to the extreme, with the insistence that vegan mothers can and should breastfeed. Yet a quick perusal of the scientific literature reveals numerous reports of severe vitamin deficiencies in the exclusively breastfed babies of vegan mothers, especially deficiencies of B<sub>12</sub> (causing neurological impairment, metabolic complications, developmental delay, anemia, and even susceptibility to heart disease) and vitamin D (resulting in tetany and rickets). In some of these reports, the mother was supplementing with B<sub>12</sub>, yet the baby exhibited severe B<sub>12</sub> deficiency. In a recent case, an eleven-month-old baby exclusively breastfed by a vegan mother died of deficiencies of vitamins B<sub>12</sub> and A. The parents were charged with neglect and sentenced to five years in prison.

At a time when mothers are most open to dietary advice, it is highly irresponsible to assure a vegan mother that her breastmilk can adequately nourish her baby. Breastfeeding advocacy groups have an obligation to warn these mothers that the complete absence of animal foods in the diet puts both them and their babies in danger.

As I have stated before, the goal of breastfeeding is healthy babies, not breastfeeding for breastfeeding's sake. This is accomplished by following our dietary principles as much as possible. We want breastfeeding to be a joyful and successful experience, and we also want those who cannot breastfeed for whatever reason (adoption, illness, low supply, employment not conducive to breastfeeding, baby not gaining weight) to have the healthy alternative of our homemade formula. 

# Caustic Commentary

Sally Fallon Morell takes on the Diet Dictocrats

## VACCINES OVER BREASTFEEDING

A recent study from the Centers for Disease Control and Prevention (CDC) provides an excellent example of the disdain of scientists for the natural world. Entitled "Inhibitory effect of breast milk in ineffectivity of live oral rotavirus vaccines," the study claims that the immune-boosting effects of breastmilk are detrimental to the efficacy of vaccines (*Pediatr Infect Dis J.* 2010 Oct;29(10):919-23). And rather than side with nature and recommend letting breastmilk do its job without interference from vaccines, the researchers suggest withholding breastmilk to let vaccines do their jobs. The CDC researchers began their investigation by noting that children from underdeveloped countries typically do not respond as well to the live oral rotavirus vaccine as do children in developed countries. They concluded that the various components of breastmilk, such as immunoglobulin A, lactoferrin, and lysozyme, inhibit the vaccines from working. Oral rotavirus vaccines contain live viruses, have questionable efficacy in all circumstances, and are linked to a variety of negative side effects, including diarrhea, a condition the vaccine is supposed to prevent. But scientists adhere to the philosophy that drugs and vaccines are superior to nature's perfect food: breastmilk. Or perhaps we should say "raw milk," because all unpasteurized milk contains the immune components found in human breastmilk. We wonder whether public health officials will begin warning people not to drink raw milk because it will keep their vaccines from working!

## INSANE POLICY

Children in U.S. schools are not allowed to have whole milk on the premise that the butterfat in whole milk causes them to gain weight. Instead they are given lowfat or skim milk—which they hate—or flavored dairy beverages made from reconstituted dry milk and loads of sweeteners—there is more sugar in dairy drinks for school children than is found

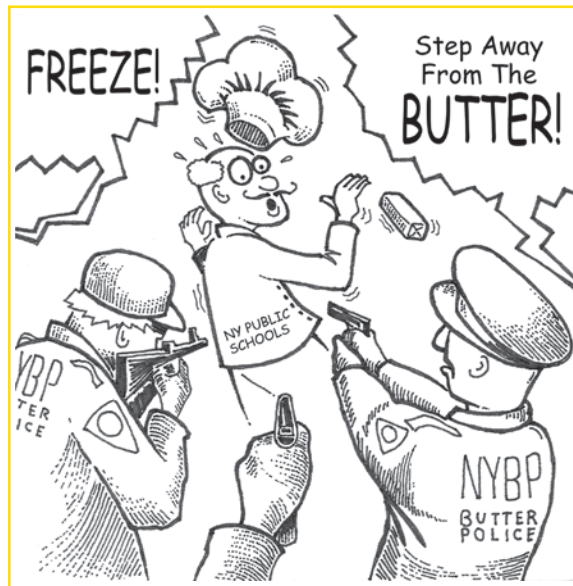
in most soft drinks. It turns out that this insane policy has no scientific basis. In a recent study, researchers from the Division of Pediatric Endocrinology at the University of Virginia School of Medicine found that after adjusting for ethnic and economic factors, children who drank skim or 1 percent milk had higher body mass index scores than those who drank whole or 2 percent milk (*Arch Dis Child* doi:10.1136/archdischild-2012-302941). "We found that among pre-schoolers, consumption of 1 percent skim milk was associated with overweight and obesity," concluded the authors. These results are consistent with an earlier study from Sweden, which

revealed that lower fat intake in children was associated with higher body mass index and greater insulin resistance (*Am J Clin Nutr* November 2006;84(5):1021-1026). Many children compensate for fat deprivation by binging on ice cream, which with its load of sugar is bound to contribute to weight gain. We suspect that there are higher profit margins on butterfat when it is put into ice cream rather than just left in the milk where it belongs. This would explain the dairy industry's complicity in the current lowfat-milk policy; after all, why waste the profits from vital butterfat on growing children

when the industry can make a lot more by putting it in ice cream.

## THE BUTTER POLICE

Meanwhile, in New York, the butter police are on the job. New York City school kitchen managers said they've been targeted and "bullied" by bureaucrats who have threatened "disciplinary action" for buying butter, in violation of a five-year-old policy against using or offering it in cafeterias. The policy prohibits school kitchens from cooking with it, or giving it to students for their bread. A recent email from one food manager to officials who oversee twenty-five schools screamed "Please explain why your managers are ordering BUTTER!!!!. . . Every manager on this list has to get a disciplinary letter by close of



Cartoon by Richard Morris

# Caustic Commentary

business next week.” Schools chancellor Dennis Walcott got into the act by proclaiming, “We have lofty guidelines that we set to make sure we reduce obesity and contribute to the health of our children. People shouldn’t be ordering butter.” Schools can order it on occasion for different types of events if the event doesn’t involve a child, explained Walcott, “But for our recipes during the day, in our cafeterias, it is not part of our recipe option at all.” Of course, the carcinogenic alternatives are fine. “You could get the same delicious product by cooking with vegetable oil instead of butter,” says Shara Greenspan, a registered dietitian for Brown & Medina Nutrition in Manhattan. “And if it’s better, then why are we fighting it? I think that it’s a healthy move” (*New York Daily News*, May 10, 2013).

## COLD WATER

A just-published study should pour cold water on the vegetable oil zealots. The study looked at clinical trial data from the Sydney Diet Heart Study, first collected in the 1960s. The researcher found that substituting omega-6 linoleic acid (that is, commercial vegetable oils, which are almost 100 percent linoleic acid) for saturated fat increased the rates of death from all causes, including coronary heart disease and cardiovascular disease. “These findings could have important implications for worldwide dietary advice to substitute omega-6 linoleic acid, or polyunsaturated fats in general, for saturated fat,” said

the study authors (*BMJ* 2013;346:e8707). But the food Puritans are sticking to their guns, with just a little hemming and hawing. Catherine Collins, principal dietitian at St. George’s Hospital London, suggested boosting monounsaturated fat consumption, which “helps stabilise artery walls and make them more resistant to damage. Should we be concerned about our current intake of omega-6 polyunsaturates, linoleic acid in particular?” questioned Collins. “As a dietitian, I think not” (*FoodNavigator.com*, February 11, 2013).

## STATINS AND DIABETES

The studies are clear: taking statins raises the risk of developing diabetes. Researchers at the Toronto General Hospital found a 10-22 percent increased risk of diabetes for some statins (*BMJ* 2013;346:f2610). A study published last year found a 48 percent increase in risk—an increase that researchers described as “small” (*Arch Intern Med* 2012 Jan 23;172(2):144-52). But don’t expect any establishment warnings against taking statins any time soon. “We’ve known about this issue for several years,” said Steven Nissen, MD, chairman of the department of cardiovascular medicine at the Cleveland Clinic, who argues that the benefits of statins far outweigh the risks—not surprisingly, since Nissen’s job is to promote statin use. “It is not a major consideration in deciding whether and who to treat,” he said. “Patients are not hurt” (*Everyday Health*, May 23, 2012).

## PESTICIDES IN PRODUCE

Every year the Environmental Working Group (EWG) publishes test results for pesticides in conventionally grown produce. Of the forty-eight fruit and vegetable categories tested by the EWG for their 2013 guide, the following fifteen fruits and vegetables had the highest pesticide load, so best to opt for organic versions:

Apples	Celery	Cherry Tomatoes	Cucumbers
Grapes	Hot Peppers	Nectarines (imported)	Peaches
Potatoes	Spinach	Strawberries	Sweet Bell Peppers
Kale	Collard Greens	Summer Squash	

The safest conventionally produced fruit and vegetables are listed below. Note that a small amount of sweet corn and most Hawaiian papaya are genetically engineered. If you are unsure of whether the sweet corn or papaya is genetically engineered, it’s best to choose organic varieties.

Asparagus	Avocado	Cabbage	Cantaloupe
Sweet Corn	Eggplant	Grapefruit	Kiwi
Mango	Mushrooms	Onions	Papayas
	Pineapple	Sweet Peas	



# Caustic Commentary

## BEADS ON A STRING

Statins are also associated with memory loss, which physicians usually insist is due to aging. But a team from the University of Arizona has documented pathological changes in brain cells treated with statin drugs: unusual swellings within neurons, which the team has termed the "beads-on-a-string" effect. "These very, very dramatic and obvious swellings are inside the neurons and act like a traffic pileup that is so bad that it disrupts the function of the neurons," said Linda Restifo, lead researcher in the study. When the statins were removed, the beads on a string disappeared and normal growth was restored. But rather than make the obvious suggestion—don't take statins!—the researchers, who have "multiple grants pending," hope to do genetic studies "to come up with a predictive test so that a patient with high cholesterol could be tested first to determine whether they have a sensitivity to statins" (Sciencedaily.com, May 10, 2013).

## PEOPLE GETTING DUMBER

A provocative new study suggests that human intelligence is on the decline, and in fact indicates that Westerners have lost fourteen IQ points since the Victorian era. The researchers looked at studies on visual reaction times—how long it takes to press a button in response to seeing stimulus. Reaction time reflects a person's mental processing speed, and so is considered an indication of general intelligence. Since the late nineteenth century, visual reaction times have increased from an average of 194 milliseconds to 275. According to the head research, Dr. Jan te Nijenhuis, the decline is due to the fact that women of intelligence are having fewer children; in fact, he says, the decline may be even greater than what the study results suggest because environmental factors, "such as better education, hygiene and nutrition," may mask the true decline in "genetically inherited intelligence in the Western world" (*Huffington Post*, May 22, 2013). No one is considering the possibility that nutrition is a bigger factor than genetics when it comes to intelligence, and that in fact, our nutrition is getting worse. How can we expect anything but decline when our babies and growing children are deprived of the very things they need to develop normal brains: cholesterol and saturated fat.

## NO BENEFIT TO SALT REDUCTION

Current dogma, promulgated by the American Heart Association

and other groups, insists that reducing salt consumption to about one-half teaspoon per day would dramatically reduce high blood pressure and deaths from heart disease. But a new expert committee, commissioned by the Institute of Medicine at the behest of the Centers for Disease Control and Prevention (CDC), found no reason to reduce salt consumption from current levels of 2,300 mg sodium (about one and one-half teaspoons per day). "As you go below the 2,300 mark, there is an absence of data in terms of benefit and there begin to be suggestions in subgroup populations about potential harms," said Dr. Brian L. Strom, chairman of the committee and a professor of public health at the University of Pennsylvania. The committee noted possible harms from drastic salt reduction, including increased rates of heart attacks and an increased risk of death. However, the American Heart Association reaffirmed its position in favor of dramatic salt reduction, even in light of the new report (*New York Times*, May 14, 2013).

## ATTACK OF THE SLIME

Minnesota researchers are trying to figure out the source of a greyish-brown foam forming on top of manure pits that's causing hog farms in the Midwest to unexpectedly explode. Farmers first noticed the issue in 2009 when incidents of pit foaming resulted in barn explosions that killed thousands of pigs. The foam, which can reach up to four feet high, captures methane, which becomes explosive when ignited by anything from an electric spark to a cigarette (Businessinsider.com, February 10 2012). Scientists think it could be caused by a new species of bacteria that forms in the manure pits. . . . but maybe it is just nature's way of telling us that confinement farming is a thoroughly gross idea. ☹☹☹

## 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.



# Wise Traditions 2013

FOURTEENTH ANNUAL INTERNATIONAL CONFERENCE OF THE  
**WESTON A. PRICE FOUNDATION®**

**CURING THE INCURABLE: HOLISTIC THERAPIES FOR CHRONIC DISEASE**

Friday, November 8 – Monday, November 11

with special events on Thursday, November 7

Sheraton Atlanta Downtown Hotel, Atlanta, Georgia

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## SPEAKERS

Ton Baars, PhD, raw milk expert from Germany  
Ted Beals, MD, raw milk safety expert  
Dean Bonlie, DDS, magnetism expert  
Adriano Borgna, MSAC, LAC, expert on Chinese medicine  
David Brownstein, MD, author of *Overcoming Thyroid Disorders*  
Joette Calabrese, HMC, CCH, RSHom (NA), homeopath  
Gianacis Caldwell, author of *Mastering Artisan Cheesemaking*  
Tom Cowan, MD, author of *The Fourfold Path to Healing*  
Hannah Crum, [www.kombuchakamp.com](http://www.kombuchakamp.com)  
Kaayla Daniel, PhD, author of *The Whole Soy Story*  
Donald R. Davis, PhD, nutrition researcher  
Emily Deans, MD, evolutionary psychiatry blog  
Dina Falconi, herbalist, author of *Foraging & Feasting*  
Sally Fallon Morell, MA author of *Nourishing Traditions*  
Patricia Foreman, author of *City Chicks*  
Esther Gokhale, L Ac, author of *8 Steps to a Pain-Free Back*  
Nick Gonzalez, MD, author of *One Man Alone*  
Deborah Gordon, MD, of Madrona Homeopathy and [www.DrDeborahMD.com](http://www.DrDeborahMD.com)  
Joann Grohman, author of *Keeping a Family Cow*  
Shannon Hayes, PhD, author of *Long Way on a Little*  
Joseph Heckman, PhD, soil specialist  
Don Huber, PhD, researcher and GMO expert  
Lupa Irie, traditional foods expert

Anore Jones, author of *The Plants We Eat*  
Pete Kennedy, Esq, President, the Farm-to-Consumer Legal Defense Fund  
Leslie Manookian, producer of *The Greater Good*  
Chris Masterjohn, PhD, expert on fat-soluble vitamins  
Richard Maurer, ND, [www.fatbackdiet.com](http://www.fatbackdiet.com)  
Andi Locke Mears, expert on German New Medicine  
Dr. Mercola, DO, [mercola.com](http://mercola.com), author of *Take Control of Your Health*  
Ann Marie Michaels, social media and traditional foods expert  
Konstantin Monastyrsky, author of *Fiber Menace*  
John Moody, author of *Food Club and Co-op Handbook*  
Judith Mudrak, Bern, Switzerland chapter leader  
Sylvia Onusic, PhD, CNS, LDN, nutrition researcher  
Sarah Pope, MGA, author of The Healthy Home Economist blog  
Forrest Pritchard, author of *Gaining Ground*  
Janisse Ray, author of *The Seed Underground*  
Kate Rheume-Bleue, ND, author of *Vitamin K2 and the Calcium Factor*  
Mark Schauss, MBA, DB, author of *Achieving Victory Over a Toxic World*  
Kim Schuette, CN, Cert. GAPS Pract, expert on GAPS and mental health  
Stephanie Seneff, PhD, expert on sulfur and vitamin D  
Heather Tubbs, Snellville/Stone Mountain, Georgia chapter leader  
Andrew Wakefield, MD, gastroenterologist and vaccine expert  
Cole Ward, author of *The Gourmet Butcher*  
Will Winter, DVM, expert on pastured livestock  
Louisa Williams, MS, DC, ND, author of *Radical Medicine*

## LOCATION AND ACCOMMODATION

The conference will be held at the Sheraton Downtown Atlanta Hotel. A special conference hotel rate of \$149, plus applicable taxes and fees, is available until October 14, 2013. Self-parking is \$22 per day; Valet Parking is \$29 per day.

Phone (800) 833-8624 and identify yourself with Wise Traditions Conference/WAPF 2013 or use the code WPK6A.

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**Workshop with  
Joel Salatin**  
November 7, 2013  
9 am – 4:30 pm  
Earlybird \$107\*

**Southern Comfort Dinner,  
Dance and Debate**  
November 7, 2013  
6:00 pm – 10:30 pm  
Earlybird \$87\* Adults; Kids \$47

**The Debate of the Decade!  
Joe vs. Joel**

*Dr. Joseph Mercola and Joel Salatin debate the question  
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**Sheraton Atlanta Downtown – Get your tickets today before these events sell out!**

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# WISE TRADITIONS 2013 REGISTRATION FORM

First Name _____	Last Name _____	Name for Badge _____
Organization/Affiliation _____		
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City _____	State _____	Zip Code _____ Country _____
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E-mail _____	Website _____	<input type="checkbox"/> Please check here if you are a member of WAPF

☐ Check here to reserve Gluten & Casein free conference meals. OR ☐ Gluten free only. OR ☐ Casein free only. Register for GF and/or CF children's meals

**MEMBERSHIP: become a member of the Foundation and receive our quarterly journal, full of informative articles as well as sources of healthy food. WAPF members receive a conference registration discount.**

☐ \$40 US Regular Annual Membership ☐ \$25 US Student or Senior (62+) ☐ \$50 Canadian/International

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

	By Sept. 16	After Sept. 16
<input type="checkbox"/> Full Registration Student/Senior Member	\$290.	\$340.
<input type="checkbox"/> Full Registration Student/Senior Non-Member*	\$315.	\$365.
<input type="checkbox"/> Full Registration Member	\$390.	\$440.
<input type="checkbox"/> Full Registration Non-Member	\$430.	\$480.
<input type="checkbox"/> Daily Registration Student/Senior Member*	\$120.	\$160.
<input type="checkbox"/> Daily Registration Student/Senior Non-Member*	\$145.	\$185.
<input type="checkbox"/> Daily Registration Member	\$170.	\$210.
<input type="checkbox"/> Daily Registration Non-Member	\$210.	\$250.
<input type="checkbox"/> Friday Dinner & Events	\$ 60.	\$ 85.
<input type="checkbox"/> Saturday Evening Awards Banquet	\$ 75.	\$100.
<input type="checkbox"/> Monday Posture and Movement (8-4, includes lunch)	\$ 90.	\$100.
<input type="checkbox"/> Monday Farm Tour (8-4, includes lunch)	\$ 90.	\$100.
<input type="checkbox"/> Monday Raw Milk Series (8-4, includes lunch)	\$ 90.	\$100.
<input type="checkbox"/> Monday Homeopathy Workshop (8-4, includes lunch)	\$ 90.	\$100.
<input type="checkbox"/> Monday WAPF Cooking (8-4, includes lunch)	\$ 90.	\$100.

\* Student/Seniors must show ID. Senior is 62 and older.

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

- ☐ Friday November 8 Registration includes Conference Materials, Friday Sessions and Friday Lunch  
☐ Saturday November 9 Registration includes Conference Materials, Saturday Joint Sessions and Saturday Lunch  
☐ Sunday November 10 Registration includes Conference Materials, Sunday Sessions and Sunday Brunch

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

- ☐ Nourishing Traditional Diets ☐ Radical Nutrition ☐ Sulfur in Disease ☐ Science of Farming ☐ Cooking

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

- ☐ Main General Session: Curing the Incurable ☐ Wellness Track ☐ Farming & Gardening

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

- ☐ Our Toxic World ☐ Cancer ☐ Native Ways ☐ Chronic Disease ☐ Making it Practical

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

Child's Name(s) \_\_\_\_\_ Age(s) \_\_\_\_\_

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

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

**Continuing Education Credits for RNs & LACs.** A \$5 certificate of attendance is available. It suffices for RDs & nutritionists.

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Expiration Date \_\_\_\_\_

## CHAPTER LEADERS

☐ I am a chapter leader.

☐ I plan to attend the Chapter Leader Meeting  
**Thursday, Nov 7, 10 am - 4 pm**

## How did you hear about the conference?

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> WAPF journal                | <input type="checkbox"/> WAPF email |
| <input type="checkbox"/> Friend/colleague            | <input type="checkbox"/> Flyer      |
| <input type="checkbox"/> Blog                        | <input type="checkbox"/> Twitter    |
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| <input type="checkbox"/> Another conference          | <input type="checkbox"/> Chapter    |
| <input type="checkbox"/> Other, please specify _____ |                                     |

## What is your current occupation?

- |  |                                     |
|--|-------------------------------------|
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| <input type="checkbox"/> Massage Therapist           | <input type="checkbox"/> Student    |
| <input type="checkbox"/> Chiropractor                | <input type="checkbox"/> Retired    |
| <input type="checkbox"/> Nurse                       | <input type="checkbox"/> Teacher    |
| <input type="checkbox"/> Agriculture Professional    | <input type="checkbox"/> Journalist |
| <input type="checkbox"/> Artisan Worker              | <input type="checkbox"/> Chef       |
| <input type="checkbox"/> Other, please specify _____ |                                     |

## PLEASE FAX OR MAIL THIS FORM TO:

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## Contact:

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

## Poster Presentations Info:

info@westonaprice.org

## PLEASE NOTE:

**One adult registration per form, please.**  
Forms submitted without payment  
will not be processed.

NO REFUNDS will be issued after  
December 31, 2013.

**FOR FURTHER INFORMATION** visit  
[www.westonaprice.org/conference](http://www.westonaprice.org/conference)

By submitting this form, I authorize Wise Traditions to charge the applicable registration fees. I understand that all cancellations must be submitted in writing and must be received by October 18, 2013 to be eligible for a refund, less a \$25.00 administrative fee. All refunds will be issued following the conference. Substitutions will be permitted at any time. Registration packets will not be mailed and must be picked up on-site at the conference registration desk at the Sheraton Atlanta Downtown Hotel.

# CONFERENCE SCHEDULE

## FRIDAY, NOVEMBER 8

### ALL-DAY WORKSHOPS

Nourishing Traditional Diets, Sally Fallon Morell, MA  
Radical Nutrition, Louisa Williams, MS, DC, ND  
The Role of Sulfur in Chronic Disease, Stephanie Seneff, PhD  
Farming Track: Joseph Heckman, PhD, Donald R. Davis, PhD, Forrest Pritchard  
Cooking/Lifestyle Track: John Moody, Cole Ward, Ann Marie Michaels

### EVENING ACTIVITIES

Microwave Ovens, Judith Mudrak  
Magnetism for Health, Dean Bonlie, DDS  
Evolutionary Psychology, Emily Deans, MD  
Soy and Water: Prison Diets, Sylvia Onusic, PhD, CNS, LDN  
Film: Symphony of the Soil

## SATURDAY, NOVEMBER 10

### PLENARY SESSION, CURING THE INCURABLE

The Fat-Soluble Activators and Heart Disease, Chris Masterjohn, PhD  
Bone Broth for Recovery from Chronic Disease, Kaayla Daniel, PhD  
Vitamin K2 and Chronic Disease, Kate Rhéaume-Bleue ND  
Recovery from Autism and Epilepsy, Kim Schuette, CN

### WELLNESS TRACK

The Holistic Treatment of Cancer, Tom Cowan, MD  
The Gonzalez Cancer Therapy, Nicholas Gonzalez, MD

### FARMING AND GARDENING TRACK

Seed Saving, Janisse Ray  
Soil Fertility, Joseph Heckman, PhD  
The Heritage Hen, Pat Foreman  
The Family Cow, Joann Rogers

### EVENING AWARDS BANQUET

Keynote Address by Andrew Wakefield, MD, Integrity in Science

## SUNDAY, NOVEMBER 11

### TRACK I: CANCER

Iodine and Cancer, David Brownstein, MD  
Preventing Breast Cancer, Deborah Gordon, MD  
German New Medicine, Andi Locke Mears  
Kombucha and Cancer, Hannah Crum

### TRACK II: CHRONIC DISEASE

Thyroid and Metabolism, Richard Maurer, ND  
Environmental Toxicity and Chronic Disease, Mark Schauss, MBA,  
Blood Deficiency in Chinese Medicine, Adriano Borgna, MSAC, LAC  
Fiber and Chronic Disease, Konstantin Monastyrsky

### TRACK III: NATIVE WAYS

Edible Wild Plants, Mark Vorderbruggen  
Traditional Posture and Gait, Esther Gokhale, LAC  
Arctic Cuisine, Anore Jones  
Traditional Foods of Slovenia, Sylvia Onusic, PhD, CNS, LDN

### TRACK IV: OUR TOXIC WORLD

Toxic Vaccines, Leslie Manookian  
Gentle Detoxification, Kaayla Daniel, PhD, CCN  
Toxicity of Round-Up, Don Huber, PhD  
Our Toxic Medical System, Joseph Mercola, DO

### TRACK V: MAKING IT PRACTICAL

Breakfast, Lunch and Dinner, Sally Fallon Morell  
Food Co-ops and Buying Clubs, John Moody  
Long Way on a Little, Shannon Hayes, PhD  
Getting Started on a Nutrient-Dense Diet, Sarah Pope, MGA

CLOSING CEREMONY: Panel Discussion with Sally Fallon Morell and others

## THURSDAY, NOVEMBER 8

Chapter Leaders Meeting 10 - 4

Workshop with Joel Salatin\*  
Sponsored by Farm-to-Consumer  
Legal Defense Fund

Farm-to-Consumer Legal Defense FundRAISER\*  
Dinner & Dance 6:00 - 10:30

\* Additional fees apply.

## FRIDAY, SATURDAY & SUNDAY

Farm-to-Consumer Legal Defense FundRAISER  
Breakfasts\*

\* Additional fees apply.

## MONDAY, NOVEMBER 11

Farm Tour\* with Will Winter and Kathy Kramer  
Posture and Movement\*  
Esther Gokhale, LAC & Deborah Gordon, MD  
Homeopathy Seminar\*  
Joette Calabrese, HMC  
Traditional Cooking \*  
Heather Tubbs and Lupa Irie  
Raw Milk Track\*  
Sally Fallon Morell, Gianacis Caldwell,  
Ted Beals, MD and Pete Kennedy, Esq

\* Additional fees apply.

Space is extremely limited so be sure  
to secure your space today.



# Our Broken Food System: Three Writers Reveal What's Wrong. . . and We Propose a Solution

By Sally Fallon Morell

**T**hree recent books provide an inside look at our broken industrial food system, revealing much that is wrong but not necessarily giving us the whole story. The books are *Salt, Sugar, Fat* by Michael Moss; *Pandora's Lunchbox* by Melanie Warner; and *Foodopoly* by Wenonah Hauter.

Michael Moss is an award-winning journalist employed by *The New York Times*. In 2010 he won the Pulitzer Prize for an article on serious illness caused by meat contaminated with virulent *E. coli*, but mostly he reports on subjects other than food and health. Melanie Warner is a freelance writer who also publishes frequently in *The New York Times*, and who in recent years has concentrated on the subjects of food, artificial flavors, and tobacco. Wenonah Hauter is the executive director of Food & Water Watch in Washington, DC. Of the three writers, she is the only one with a farming background; she owns a working farm in The Plains, Virginia.

## SUGAR AND THE OBESITY PROBLEM

In *Salt, Sugar, Fat*, Moss begins by focusing on sugar. Americans consume per capita seventy-one pounds of caloric sweeteners each year, twenty-two teaspoons per day, split almost equally among cane sugar, beet sugar and high fructose corn syrup. Most processed foods contain a large portion of calories as refined sweeteners—in cookies, cakes, pastries, donuts, candy, meal replacements, sodas and juice, of course, but also in bread, crackers, frozen dinners and other surprising places, such as canned baked beans. A half a cup of Prego Traditional spaghetti sauce contains more than two teaspoons of sugar, as much as three Oreo cookies.

The industry cannot do without sugar; it is very useful as a preservative and provides pleasing texture to food, but mostly the industry adds sugar for its taste.

Industry scientists have conducted intense research into the biology and psychology of why we find sugar so irresistible. Brain scans show that the brain lights up for sugar in the same way it does for cocaine. Thus, Unilever can sell ice cream as the “scientifically proven” way to make ourselves happy.

Sugar is definitely a major culprit in the obesity epidemic. Researcher Anthony Sclafine tried to fatten rats by adding more fat to their feed, but the rats stayed slim; however, the rats went bananas on sugar-laden candies and cookies and dutifully gained weight. Later research, also funded by the industry, found that soda sweetened with high fructose corn syrup indeed caused teenagers to gain weight. The worst thing they found out about soda is that consuming it does not cause you to eat less—the extra calories are invisible.

After much study, food scientists found a “bliss point” for sugar, the precise amount of sweetness that makes a food or drink the most enjoyable. The industry uses the bliss point to perfect formulas for everything from sodas to flavored potato chips. Executives justify the practice by pointing out that infants have a taste for sweetness from the moment they are born—whereas the taste for salt arrives at four or five months. Of course, the sweetness in mother’s milk—and the milk from any mammal—is accompanied by good protein and fats and the full

gamut of vitamins, minerals, immune factors and enzymes. Sugar in processed foods is one of many empty and even toxic ingredients.

The industry is constantly developing new products. Most fail. Some are enormously successful. The inventor of a successful product is assured a well-cushioned future in the corporate world of processed food.

Every new product receives extensive testing involving taste tests—often using children—as the food technicians make adjustments to the taste, level of sweetness, color, smell and even the packaging of a new product.

One profitable area of product development is called “line extensions”—new versions of a core product. The introduction of cherry vanilla Dr. Pepper, after years of research and development, was a huge success, one that boosted sales of the original Dr. Pepper as well. Pringles has many line extensions in the form of different flavors, which the company targets to different geographical areas: French Consommé-flavored Pringles sell well in Japan, the Salt & Vinegar flavor is popular in the U.K.; Asians are partial to seafood flavors such as Soft Shell Crab and Salt & Seaweed.

Breakfast cereals rake in enormous profits and are a major source of sugar in American diets, especially the diets of children. Sales of sugary cereals grew from 660 million dollars in 1970 to 4.4 billion dollars by the mid 1980s. Most of these are products of the big three—Kellogg’s, Post, and General Mills.

## THE SODA INDUSTRY

It was Robert Winship Woodruff, president of the Coca-Cola Company from 1923 until 1954 and board member until 1984, who turned the company into the giant it is today. During World War II, he instituted a policy wherein every soldier could get a Coke for five cents a bottle—a generation of men and women came home hooked on Coke—and it was Woodruff who began the push for Coke in the Third World. While Coke touts its policy of not advertising to children under twelve years of age, post-war advertising focused on equating Coke with childhood moments of happiness—like going to a first baseball game with dad. Woodruff wanted to make Coke part of the special moments in life,

The industry cannot do without sugar; it is very useful as a preservative and provides pleasing texture to food, but mostly the industry adds sugar for its taste.

The industry created its own army of home economics teachers—glamorous and stylish young women, not dowdy old school teachers, who offered cooking classes in specially built kitchens, teaching young women how to use processed foods.

including family meals. Supersizing came in the 1980s. By 1995, two in three children were drinking a 20-ounce bottle of soda daily.

An important part of soda industry sales policy involves convenience stores, where children and teenagers often shop. The industry has made sure that the stacks of soda bottles are right up front. Coke, Pepsi, and the snack food manufacturers have contractors who visit and service the convenience stores every week. Paid by how much they sell, these workers stock and clean their displays, maximizing their visibility by making sure no other items encroach on their space. When one store owner put bananas near the cash register, he was scolded by the soda delivery crew, who claimed the space as their own.

#### OBSTACLES TO SUCCESS

Back in the 1950s, the real obstacle to the onslaught of sugary convenience foods filling the supermarket aisles was “the army of school teachers and federal outreach workers who insisted on promoting homecooked meals, prepared the old-fashioned way.” There were tens of thousands of these noble souls throughout the country, home economics teachers in schools and extension agents from USDA, who made house calls to teach young homemakers about gardening, canning and meal planning with nutrition in mind. But more and more women had entered the labor force, so the food industry appealed to overworked mothers, “who just didn’t have time to cook.”

The industry created its own army of home economics teachers—glamorous and stylish young women, not dowdy old school teachers, who offered cooking classes in specially built kitchens, teaching young women how to use processed foods. One of these teachers, Betty Crocker, was not even a real person but the invention of the advertising department at Washburn Crosby, which later became General Mills. In radio, magazine and television advertisements, Betty promoted cake mixes with catchy slogans like “grand time savers” and “perfect cake every time.” Show rooms called Betty Crocker’s Kitchens featured classes where women were taught quick-and-easy, heat-and-serve cooking with Bisquick and other General Mills products.

It was a carefully calculated campaign to drive American women to convenience foods.

The industry also infiltrated the association of home economics teachers, first with donations and then by sending its own people to reshape the association further, sponsoring candidates for the organization’s top leadership positions. Soon the organization became little more than an extension of the food industry, and gradually faded from relevance.

Concerns expressed about sugar came to the fore in 1975 when Ira Shannon, a dentist, measured the amount of sugar in seventy-eight brands of cereal. One-third of the brands had sugar levels at 10-25 percent; one-third had sugar levels up to 50 percent and 11 cereals were even higher, with Super Orange Crisps coming in at 70.8 percent sugar. The ones most heavily marketed on TV had the highest sugar levels. He was joined by Jean Mayer, a Harvard professor of nutrition and early critic of sugar, who published an article entitled “Is it Cereal or Candy?” in several major newspapers.

All this attention on sugar did have some positive effects. Gerber, for example, dropped the most highly sweetened products from its line of baby foods. Kellogg’s had a different solution: it responded by changing the name of its leading brand, from Sugar Frosted Flakes to Frosted Flakes. Many other cereal makers also quietly dropped the word sugar from their brand names.

In 1976 the Federal Trade Commission brought a complaint against the big three cereal makers, Kellogg’s, Post, and General Mills, accusing them of creating a shared monopoly in order to jack up cereal prices. But the companies mounted a vigorous defense and the case lumbered along until 1982 when the FTC voted to drop it. Meanwhile, FDA refused to acknowledge the fact that sugar in the cereal was a threat.

In 1977, twelve thousand health professionals signed a petition asking the FTC to ban advertising of sugary foods on children’s TV shows. FTC’s activist chairman Michael Pertschuk took up the crusade. The commission recommended a total ban on all advertising for children. Warned by, of all people, Ralph Nader, not to take on this fight—Nader preferred only easy targets, like the safety record of the Chevrolet Corvair—Pertschuk nevertheless pressed forward.

His opponent was a lobbying group led by Tommy Boggs, from the law firm of Patton Boggs, who assembled a war chest of sixteen million dollars (this was in 1977) to fight the FTC. The group got Pertschuk disqualified from overseeing the commission's hearings, claiming he had prejudged the matter, and succeeded in convincing the *The Washington Post* and other media to change their stance from support of a ban on children's advertising, to a position fiercely against the FTC. The *Post* published an article entitled "The National Nanny" which claimed that the fault lay not with advertising but the weakness of parents. FTC lost key friends on Capitol Hill, Pertschuk was ousted as chairman and, the agenda abandoned, Pertschuk's replacement James Miller declared, "We are not going to engage in social engineering."

After that, the cereal companies focused more heavily on advertising than ever—even with ads claiming that cereals like Frosted Mini Wheats could help children do better in school.

The industry had a free ride until the late

1990s, when concerns about obesity became a front page news item. In 1999, the food processors organized a conference attended by the heads of every major processed food company—an industry that is normally intensely competitive. But food company executives were concerned "that people were blaming them for the obesity problem." The conference took place in Pillsbury corporate headquarters and the first speaker, Michael Mudd, was vice president of Kraft. "The food industry cannot possibly solve the problem alone," he stated. "The industry should be part of the solution. . . . by doing so, we can help to defuse the criticism that's building against us." But a representative of General Mills, maker of the largest line of sugary cereals, immediately objected: General Mills would not pull back, he proclaimed. "The public is not interested in nutrition, they want taste."

Moss then describes the food industry's hold on the federal regulators: "The biggest government watchdogs show no teeth when it comes to controlling the industry's excesses in promoting sugary, high-calorie fare, not only on TV but also in the full range of social media now used by the food industry in its pursuit of kids."

Another industry crisis occurred in 2009 when the American Heart Association (AHA) issued a recommendation to limit sugar to no more than five teaspoons per day for moderately active women, and no more than nine for sedentary, middle-aged men. The food industry sprang into action. Representatives from every company attended a 2010 summit the

#### CORPORATE CONSCIENCE?

Consumers who choose healthy food often wonder how food industry corporate leaders can live with themselves. Indeed, many industry executives avoid processed food, dine in fine restaurants, garden, cook at home and make yogurt, among other trendy activities; but most truly believe, or persuade themselves to believe, that they are doing a favor for the masses by providing inexpensive foods that at least carry important vitamins and minerals because they are "fortified."

Says Bob Drane, inventor of Lunchables, "I wish that the nutritional profile of the thing could have been better, but I don't view the entire project as anything but a positive contribution to people's lives." Drane's upper middle class children don't let their kids eat Lunchables. "We eat healthy," his daughter confessed to Michael Moss.

Moss provides many examples of industry executives in denial. In 1972, the McGovern Committee galvanized media attention on food, making the industry squirm over increased consumer awareness about the dangers of sugar and artificial flavors and colors. Al Clause, senior vice president and chief research officer for General Foods complained: "It was coming from the general public, and there are always voices, activist voices, that say this is fact, that sugar causes over-activity. This was one of the folklore [sic]. That and flavors [that] make you eat more of something that otherwise you wouldn't." In response, General Mills formed a Flavor Benefits Committee to conduct research that would put food additives in a more favorable light, "by emphasizing their nutritional benefits."

Howard Moskowitz—the scientist who pioneered the bliss point—had no qualms. "There's no moral issue for me. I did the best science I could. I was struggling to survive and didn't have the luxury of being a moral creature."

Moss provides only one example of an industry executive who left in disgust. Jeffrey Dunn was devoted to the Coca-Cola Company and rose nearly to the top. He achieved peace of mind, he said, by simply not thinking about what he sold. But the moment came in 2001 on a business trip in Brazil. The Brazilian economy was booming and Dunn was charged with targeting young people in poor neighborhoods. It was then that Dunn had a change of heart. He just couldn't push Coke on poor ghetto kids. After trying to change Coke from the inside, he left four years later. Dunn could not stand the relentless marketing—family man Bill Cosby touting Coke as "the real thing," ads targeted at Muslims run at night during the Ramadan holiday, pushing Coke to the newly poor in Mexico after the devaluation of the peso, and campaigns targeting the addicted "heavy users," those who drink three or more Cokes per day.

"The job of marketing," says Sergio Zyman, chief of marketing at Coke during the 1990s, "is to sell lots of stuff and make lots of money. It is to get people to buy more of your products, more often, at higher prices." These people have no concept of the fact that human actions have moral consequences.



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AHA held in Washington, DC, arguing that sugar was critical to the entire manufacturing process. To lessen the amount of sugar would jeopardize the nation's supply of food. No doubt much discussion took place in private because the AHA recommendation faded into the sunset, with little action by the industry to cut back.

#### DEMONIZING FAT

While Moss does superlative work exposing the scandal of sugary foods, his book breaks down when it comes to the subjects of fat and salt.

Moss bemoans the fact that Americans are eating more fat—not processed vegetable oils but saturated fat, the kind that causes heart disease, he insists. Americans are getting more saturated fat than they used to in the form of hamburger and cheese, especially on pizza. And low quality cheese is used in processed foods like Cheez Whiz, Cheeze-Its and processed cheese slices, definitely products to be avoided. But Moss is even critical of efforts to market plain old cream cheese—natural beef and cheese are no different from processed cheese products according to Moss, as they are all sources of evil saturated fat.

“Americans now eat 33 pounds per person of cheese per year, which delivers 3100 grams of saturated fat,” warns Moss. That’s less than 1.5 ounces per day of cheese, and less than 2 teaspoons per day of saturated fat—nothing like the 22 teaspoons of sugar that Americans eat daily.

Industry scientists have found that fat lights up the brain the same way that sugar does. Moss notes that growth in cheese sales has mirrored the plunge in whole milk sales. Maybe that’s because we are supposed to get pleasure from our food, and if our brains don’t get the right signals from milk, then we will naturally eat more cheese, or processed food containing cheese.

Moss claims that the shift to lowfat milk was consumer-driven—neglecting to mention that the milk industry joined the government in efforts to convince consumers that lowfat milk was better for them. If consumers chose lowfat milk on their own, it was only after years of anti-saturated fat propaganda.

“When consumers tried to improve their

health by shifting to skim milk,” says Moss, “Congress set up a scheme for the powerful dairy industry through which it has quietly turned all that unwanted surplus fat into huge sales of cheese—not cheese to be eaten before or after dinner as a delicacy, but cheese that is slipped into our food as an alluring but unnecessary extra ingredient.” Moss needs a good fact checker. The industry does not put its surplus butterfat into cheese—cheese is made from whole milk with no extra butterfat added. No, the extra butterfat that the industry takes out of milk goes into ice cream, and the industry makes a lot more money by putting the butterfat in ice cream compared to just leaving it in the milk. Why should the industry leave the butterfat in milk destined for growing school children when they can make so much more profit by putting it in ice cream, which the children will be craving after a long, lowfat day? Unfortunately, ice cream delivers much needed butterfat along with a huge wallop of sugar, but Moss is largely silent on the subject of ice cream.

In fact, according to Moss, ice cream doesn’t contain any butterfat at all. Yes, he admits, there is lots of fat in processed foods like chips, crackers, ice cream and cookies, “but these aren’t pumping us full of saturated fat—the type of fat doctors worry about.” Moss faults the USDA for promoting cheese and meat.

And Moss utters not a single word about refined vegetable oils, known to cause cancer, growth problems, auto-immune disease, and now implicated as a cause of heart disease. The vegetable oil industry is far more powerful than the dairy lobby, but Moss has a hands-off policy.

Moss frequently quotes the Center for Science in the Public Interest (CSPI), and in fact promotes its agenda, which is to demonize the competition to soybean oil. CSPI, you may remember, was the group that lobbied to replace healthy tallow with partially hydrogenated soybean oil as the preferred fat for frying in the fast food industry.

Lunchables, says Moss, are a bad idea because they are based on meat and cheese, sources of saturated fat. The product was developed by Oscar Mayer to find a market for cold cuts like bologna, which had slipping sales. Between 1980 and 1990, red meat consumption fell more than

## PRINGLES

Pringles provides an iconic example of a successful snack food created by food engineers and flavor chemists, and then promoted with the best marketing savvy money can buy. The potato- and wheat-based stackable snack crisps are sold in one hundred forty countries, generating annual sales in excess of one billion dollars. Procter & Gamble (P&G) introduced the product in 1968 and sold the brand to Kellogg for \$2.695 billion in 2012.

P&G wanted to create a "perfect chip" to "address consumer complaints about broken, greasy and stale chips, as well as air in the bags." The task was assigned to food chemist Fredric Baur, who, from 1956 to 1958, created Pringles' saddle shape from fried dough, and the can to go with it. But Baur could not figure out how to make the chips taste good; this task was assigned to another P&G researcher, Alexander Liepa, who successfully added flavor.

Pringles have only about 42 percent potato content, the remainder being wheat starch and flours (potato, corn and rice) mixed with vegetable oils, an emulsifier, salt and seasoning. Other ingredients can include sweeteners like maltodextrin and dextrose, monosodium glutamate (MSG), disodium inosinate, disodium guanylate, sodium caseinate, modified food starch, monoglyceride and diglyceride, autolyzed yeast extract, natural and artificial flavors, malted barley flour and wheat bran.

Contrary to a popular misconception, Pringles chips are fried, not baked—thus their content of rancid industrial oil is high.

Pringles are a flavor-maker's dream; flavor chemists have come up with many flavors besides the original, including salt and vinegar, sour cream and onion, cheddar cheese, ranch dressing, barbecue, and loaded baked potato. Some flavors are distributed only to limited market areas. For example, prawn cocktail, spicy cheese, wasabi, smokey bacon and curry flavors have been available in the United Kingdom.

Occasionally, P&G produces limited edition runs, such as ketchup, zesty lime and chili, chili cheese dog, "pizzalicious," paprika, Texas BBQ sauce, buffalo wing and cajun. Other limited edition flavors include jalapeño, honey mustard, cheesy fries, onion blossom, mozzarella cheese stick, screamin' dill pickle and Mexican-layered dip. In 2012, the brand brought out seasonal flavors of peppermint white chocolate, cinnamon sugar and "pumpkin pie spice."

Five new flavors were introduced in Asia: soft-shelled crab, grilled shrimp, seaweed, "blueberry and hazelnut" and "lemon and sesame." The grilled shrimp chips are pink in color, while seaweed is colored green with artificial colors, of course.

Two limited market flavors, cheeseburger and "Taco Night," were recalled in March 2010 as a safety precaution after salmonella was found in a Basic Food Flavors plant that produces the flavor-enhancing hydrolyzed vegetable protein (HVP) used in those flavors. HVP is composed largely of MSG.

Pringles also produces several "multi-grain" varieties, which have some of their base starch ingredients replaced with corn flour, rice, wheat bran, black beans and barley flour—but the rancid fats and other questionable ingredients remain.

The original Pringles television commercials were written, produced and directed by Thomas Scott Cadden (composer of the original Mr. Clean jingle) in 1968, while working at Tatham-Laird and Kudner Advertising Agency in Chicago.

Pringles is advertised in the United States and other English-speaking countries with the slogan "Once you pop, the fun don't stop" along with the original slogan "Once you pop, you just can't stop."

Throughout its history, Pringles used its advertising campaigns to compare their products to conventional potato chips. In its early years, they were marketed as "Newfangled Potato Chips" and had a small silver top to open the can. Unlike the current advertising, they only mentioned how their chips were unbroken as well as their curvy shape, which allows them to be stacked. This trait inspired the slogan, "Other potato chips just don't stack up."

By the 1980s, the company launched the "Pringle Jingle," with the lyrics "Once you taste the flavor ('It's a deep-fried taste!'), then you get the fever ('With a crispy crunch!'), then you've got the fever for the flavor of a Pringle!"

Starting in the 1990s and continuing today, Pringles has advertised their products by comparing them to bagged chips, which they view as greasy and broken. In each ad, a group of people is enjoying Pringles, while another person (alone) is eating a bag of generic potato chips. The solitary person dumps out some broken chips, only to find them greasy, and ends up wiping the grease all over his clothing.

Pringles is especially known for its creative package, a tubular paperboard can with a foil-lined interior and a resealable plastic lid. The cans come in 23, 40, 50, 80, 100, 110, 140, 145, 150, 155, 160, 163, 165, 170, 175, 181, 182, 190 (party size), 200 and 230 gram sizes.

The can was the brainchild of Pringles inventor Fredric J. Baur (1918-2008). When he died, his children honored his request to bury him in one of the cans by placing part of his cremated remains in a Pringles container in his grave.

Source: <http://en.wikipedia.org/wiki/Pringles>

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10 percent, while consumption of poultry, which has less saturated fat, rose 50 percent. Oscar Mayer marketed lower-fat bologna blended with turkey and hot dogs made with chicken instead of beef, but these failed to catch on.

The original Lunchable was modeled on the TV dinner, with slices of processed meat, crackers, and a round piece of processed cheese on a divided tray. The product was marketed to kids as a way to have “control over their lunch.” That plain offering has since morphed into Lunchables containing chips and cookies, candy bars, and Capri-Sun juice packets, just loaded with sugar. By 1995, Lunchables sold 100 million pounds of product, with half a billion dollars in revenue earned and thirty-six million in profits.

In 2011, Lisa Cain, a biologist and mother of two, wrote a blog on five reasons to avoid Lunchables. She cited 37 grams of sugar (as much as a 12-ounce can of Coke), a three dollar price tag and loads of artificial colors, flavors and other additives. Kraft (now owner of Lunchables) countered that parents needn’t worry as kids don’t eat Lunchables every day.

#### PROCESSED FOOD IN INDIA

As Americans wise up to the dangers of sugar and cut back on sugary foods, the huge population of India has become a target. When U.S. cookie sales fell, an industry survey revealed that “The consumers who loved Oreos, who loved Chips Ahoy!, who loved all our cookies, were finding themselves afraid to go down the cookie aisle because they might buy some and eat it all.” So Kraft took cookies to India. Specifically, on March 3, 2011, Kraft introduced the Oreo to India with a brightly colored blue bus that roamed the country, inviting kids to come aboard for Oreo games. Once inside, there were taught to eat an Oreo properly: “Twist, lick and dunk.” Tang, a drink that has fallen out of favor in America, followed shortly thereafter, as did Toblerone chocolate. The chocolate company expanded its reach in the villages by increasing the distribution of refrigerated coolers, to keep chocolate at the right temperature in the hot Indian weather.

What Moss neglects to tell us is that it was the soybean industry that paved the way for Kraft and other companies. In India, mustard oil was

traditionally sold in small quantities, extracted as needed with a small oil press or ghanis. Oil processing provided employment for thousands of artisans and ensured the housewife a fresh product. The oil cake was then fed to cattle. Fresh mustard seed oil also served as mosquito repellent and as a nonpolluting oil in lamps.

According to Indian activist Vandana Shiva, in the late 1990s, within a few months of the advent of “free trade” for soybean oil into India, thousands of Indians fell ill with “dropsy” due to a mysterious adulteration of mustard seed oil. The government banned the sale of all unpackaged edible oils, thus ensuring that all household and community-level processing of edible oils came to a stop. Edible oil production became fully industrialized, and local processing was labeled a criminal act. Thousands of workers were dispossessed of their livelihood, and millions of Indians were denied a healthy oil. Cheap, highly processed soy oil immediately replaced mustard seed oil in the markets. During the crisis, the U.S. Soybean Association pushed for soybean imports as the “solution.” “U.S. farmers need big new export markets. . .” reported one business publication. “India is a perfect match.” Growth was achieved by theft of an important part of the small-scale local economy.

Then the soybean industry targeted ghee. Most ghee sold in India is actually partially hydrogenated soybean oil, marketed as a healthier choice than butterfat.

#### SALT

In his focus on salt, Moss briefly mentions the fact that people used to eat more salt, and that sodium is important for our well-being; but he then falls in lock step with the anti-salt agenda of the Salt Consortium, which would like Americans to reduce salt consumption to under one teaspoon per day—an amount that clearly leads to deficiencies in sodium. Moss compares salt to a narcotic and cites one study which found that children who ate more starchy food wanted more salt—naturally they did, because we need salt to digest starch.

Moss repeats the claim: “If people could go only part of the way . . . by reducing their intake of salt by even half a teaspoon a day, this alone would prevent 92,000 heart attacks, 59,000

strokes and 81,000 deaths, saving the country \$20 billion in health care and other costs.” Where have we heard language like this before? Oh yes, it was the McGovern Committee, promising equally impressive reductions in disease if we just stopped eating butter and used margarine instead.

Of course, the food industry needs salt because it hides what the food engineers call “warmed-over flavor,” caused by the oxidation of fats in meat, which gives meat the taste of cardboard. But Moss has nothing to say about additives that are really harmful, like MSG, which the industry can’t live without either—and which deserves equal scrutiny for causing the obesity epidemic. When studying obesity in laboratory animals, scientists feed MSG to make the animals get fat.

“But most of us can’t simply stop eating processed foods,” says Moss, and admits to eating processed food himself. Moss does not have a very high opinion of the American public, which is actually turning away from processed foods, slowly but surely.

Moss is actually playing into food industry hands, with nothing to say about the alternatives to sugar, salt, and (saturated) fat—artificial sweeteners, Senomyx salt substitute and industrial vegetable oils—furthering the agenda of the Center for Science in the Public Interest, the organization that did the most to replace healthy saturated fats with processed vegetable oils in the food supply.

With funding from the soy industry, CSPI subtly promotes soy oil and soy foods by demonizing the competition (butter, cheese and meat), has lobbied for artificial sweeteners in dairy beverages for school children,

and tacitly endorses the flavor enhancers made by Senomyx.

CSPI has petitioned for reductions in sweeteners used in processed food, arguing that sweetness may be achieved by using less sugar; replacing sugar with starch, gums and other ingredients; using high-potency sweeteners (sucralose, rebiana, etc.) and sweetness enhancers such as those made by Senomyx ([cspinet.org/new/pdf/sugar\\_petition\\_2-12-13\\_final.pdf](http://cspinet.org/new/pdf/sugar_petition_2-12-13_final.pdf)).

#### PANDORA’S LUNCHBOX

In *Pandora’s Lunchbox*, by Melanie Warner, we learn about the many “starches, gums and other ingredients” the food industry uses not only to lower sugar content, but also to replace natural ingredients and produce food cheaply. Oat fiber is added to ground beef to prevent burgers from shrinking, gums and starches help processed foods keep their shape, algae-based flour helps reduce fat, and slimy milk protein concentrate replaces real cheese in Kraft Singles. (When caught by the FDA for using this unapproved ingredient for cheese, Kraft solved the problem

#### FAKE FLAVORS FROM SENOMYX

Many large food companies are working with a company called Senomyx, which has developed several chemicals that work by activating or blocking receptors in the mouth that are responsible for taste. They can enhance or replicate the taste of sugar, salt and MSG in foods. By adding one of Senomyx’s flavorings to their products, manufacturers can reduce the sugar in a cookie or salt in a can of soup by one-third to one-half while retaining the same sweetness or saltiness.

Unlike artificial sweeteners or salt substitutes, Senomyx’s chemical compounds will not be listed separately on ingredient labels. Instead, they will be lumped into a broad category—“artificial flavors”—already found on most packaged food labels. “We’re helping companies clean up their labels,” said Senomyx’s chief executive, Kent Snyder.

Senomyx, based in San Diego, uses many of the same research techniques that biotechnology companies apply in devising new drugs. Executives say that a taste receptor or family of receptors on the tongue or in the mouth are responsible for recognizing a taste. Using the human genome sequence, the company has identified hundreds of those taste receptors. Its chemical compounds activate the receptors in a way that accentuates the taste of sugar or salt.

Senomyx’s salt enhancer, in particular, has the potential to be a boon to the food industry. For years, corporate scientists have been looking in vain for ways to reduce sodium levels in packaged food without losing flavor.

Senomyx maintains that its new products are safe because they will be used in tiny quantities. But what happens when, for example, an individual who eats products containing Senomyx salt enhancer ends up not getting enough salt? Either that person will continue eating until his salt requirements are met (and gain a lot of weight in the process) or suffer the consequences of salt deprivation. And we have no way of knowing about unknown neurological consequences of tricking the taste buds.

CSPI has filed a lawsuit seeking to force the FDA to regulate salt as a food additive. The effort, if successful, could be a boon to the Senomyx salt substitute. Michael Jacobson, executive director of the Center for Science in the Public Interest, endorsed Senomyx’s ability to reduce salt, sugar and MSG, but cautioned against a new chemical entering the food supply without rigorous testing. “A three-month study is completely inadequate,” he said. “What you want is at least a two-year study on several species of animals.”

Source: [www.corpwatch.org/article.php?id=12053](http://www.corpwatch.org/article.php?id=12053)  
[www.westonaprice.org/modern-foods/senomyx](http://www.westonaprice.org/modern-foods/senomyx)



## GETTING IT WRONG ABOUT SALT

Morton Satin, Vice President, Science and Research, Salt Institute

Michael Moss's new book, *Salt, Sugar, Fat: How Food Giants Hooked Us*, employs innuendo to make his case that the food industry is killing us with salt. As an example, he describes manufacturers as "dumping sack after sack" of salt into their products. What does this actually mean? When homemakers add salt to the family beef stew, they use a teaspoon to measure the amount. When a commercial-scale food producer puts together a batch of a few tons of beef stew, at the same level of salt as the homemade product, does Moss expect the same teaspoon to be used to add it? His intention is to convey the idea that higher levels of salt are used, but he has no evidence to back up this claim, so he resorts to exaggeration and innuendo instead. This is not an example of how language is used to inform a reader, but instead a lesson on how to distort a reader's view.

To make a factual case that modern processed foods contain more salt than the traditional foods we have been making and eating for centuries, he would have to plead total ignorance of the corned beef, sausages, cheeses, bacon, sauerkraut, pickles, potted beef, ham, salt cod, smoked fish, caviar, capers, anchovies, and many other foods that have kept our growing population vigorous and prolific for centuries. In fact, virtually every product that we consider a traditional gourmet food falls into the higher-salt category. If there are readers and consumers out there who pine for the "good old days," so should the salt industry!

Moss's section on salt starts by glossing over and then side-stepping a basic fact: we eat less salt now than ever before in recorded history. While he makes a quick reference to the consumption of salted fish in the sixteenth century, he avoids the fact that from the beginning of civilization, salt was the principal means of preserving food.

There are almost no historical records of our salt consumption levels with the exception of military archives for soldiers and prisoner-of-war rations. These records, going as far back as the War of 1812, are uncannily consistent for almost one hundred forty years, until the end of World War II. They indicate that our consumption of salt ranged between 18-20 grams per day (over three to four teaspoons), about double the amount that we currently consume.<sup>1,2,3</sup>

However, in the United States during the ten years following World War II, the consumption of salt dropped in half because refrigeration replaced salt as the main means of food preservation. The same phenomenon occurred in all other countries at a somewhat later date, as the use of refrigeration spread. This drop in salt consumption occurred without any government anti-salt campaigns, without consumer advocacy groups and without any urging by our public health institutions. Consumers simply gravitated towards a fresher food supply. Yet Moss maintains that the salt level in modern processed foods is higher than in traditionally preserved foods.

As an "investigative" journalist, Moss appears to be remarkably selective in what he chooses to investigate and who he appears to trust implicitly. The most obvious sector of the consumers' universe that seems to get a total pass by Moss is the "establishment"—the government and its public health agencies. He appears to believe that government bureaucrats have no private agendas, no personal ambitions and nothing more than the desire to honestly devote their lives to the interest of consumers. As a result, he dodges all the peer-reviewed published evidence that counters the establishment's recommended salt intakes and accepts them at face value, without exception. In fact, a comprehensive investigation of the politics and manipulation of those recommendations would make a far more lurid and sensational tale than the one told in *Salt, Sugar, Fat*.

Moss says surprisingly little about the issue of salt and health. His reference to the experience of salt reduction in Finland reflects where his mind is when communicating to consumers. He writes in depth of the personalities who claim a great public health success for Finland due to a government salt reduction campaign from 1970-2000, but Moss never for a moment questions those claims. Instead he talks of the guilt and mortification of a food industry executive who also believed these claims without ever questioning them. It is really quite amazing what a tale can be spun without ever questioning the factual basis of an event.

In fact, the Finland claims are totally bogus. As indicated earlier, in all Western countries, the level of salt intake dropped dramatically after World War II because refrigeration replaced salt as the main means of food preservation. This occurred a bit later in countries such as Finland because of their stronger adherence to traditional salt-cured foods. Although the authors of the Finnish paper<sup>4</sup> attribute the reduction in salt intake to an active government campaign to reduce salt, the official FinnDiet survey data<sup>5</sup> indicate a significant increase in fresh vegetable consumption during the same time period, making refrigeration and the cold chain the more likely reason for this dietary shift from high levels of salt. Even more important, the authors appear to believe that the improvement in cardiovascular status was unique to the Finns during the period of 1970- 2000. In fact, an analysis using the data of the WHO Cardiovascular Infobase demonstrates that all countries in Europe as well as in the USA and Canada had an improvement in cardiovascular status during the very same time.<sup>6</sup> In fact, of all these countries, Finland had the smallest record of improvement. The

by changing the name of the product, from Pasteurized Processed Cheese Food to Pasteurized Prepared Cheese Product.) Milk protein concentrate is imported illegally from New Zealand, but most of the gums and powders come from China. Chinese firms manufacture 60 percent of the world's xanthan gum, two-thirds of the MSG, and 40 percent of emulsifiers, stabilizers and thickeners.

Warner reveals that the Chinese also manufacture most of the artificial vitamins that go into breads, crackers, breakfast cereals, multivitamins and other products sold in the supermarkets. Chinese firms make 90 percent of the world's vitamin C and the bulk of the world's vitamin D, B<sub>1</sub>, B<sub>2</sub> and B<sub>12</sub>. Most vitamin plants in the U.S. have closed down—some because they emitted hazardous amounts of air pollutants such as methanol, chloroform and toluene.

Some five thousand additives find their way into our food. The industry uses them to improve texture and make food last longer. Additives help make food taste good by adding desirable flavors or masking undesirable flavors. Additives give food “mouth feel” and make it look attractive. For example Yellow Dye #5 keeps cereals from looking gray when emerging from extruder machines. Propylene glycol—a supposedly nontoxic antifreeze—prevents sugar glazes from darkening and is added to ice cream so it will be soft when taken from the freezer. Modified food starch gives products like guacamole “pulpy textural characteristics,” and ascorbic acid and citric acid, preservatives derived from corn, inhibit the growth of fungi, yeast and bacteria.

Much of the “fiber”—touted as healthful—in processed food comes from what are called resistant starches. One of these is extracted from

the wastewater of potato processing plants. The starch is then treated with chemicals to strengthen the joints between molecules so that they can't be broken during digestion. A product called Pen Fibecan replaces up to 20 percent of flour in baked goods and can't be detected by the taste buds. Other examples include inulin extracted from the roots of chicory plants, polydextrose, a derivative of glucose; soy fiber from soy protein production; and soluble corn fiber, which is added to Splenda. Food enzymes have many applications; they are produced from genetically engineered bacteria or fungi and distributed to the industry in truckloads of sloshy brown liquid or bags of dried tan powder. Very few of these additives are reviewed by FDA or by the manufacturers.

It is additives like these that allow Subway to “fresh cook” tubes of dough right in the store. The dough is prepared not with yeast, but by puffing and thrashing; it requires numerous dough conditioners such as sodium stearoyl lactylate, monoglycerides, diglycerides, ascorbic acid and diacetyl tartaric ester of monoglyceride (DATEM). These help distribute air bubbles throughout the dough, giving it a “fine crumb

reason for this improvement in cardiovascular performance in all countries, as repeatedly stated by the World Health Organization, was the reduction in the use of tobacco. Yet, Moss never questions the Finland claims and allows the myth of salt reduction benefits to continue.

In December 2012, Professor Ronald Bayer, Director of the Center for the History and Ethics of Public Health at Columbia University's Mailman School of Public Health, together with David M. Jones and Sandro Galea, published a paper in the journal *Health Affairs* entitled, “Salt and Public Health: Contested Science and the Challenge of Evidence-Based Decision Making.” Their article explored the development of the salt-health controversy and concluded that the establishment's “concealment” of the scientific uncertainty of the benefits of their salt recommendations was “a mistake that has served neither the ends of science nor good policy.” If the establishment's recommendations do not serve the ends of good science or policy, then its recommendations will likely ill-serve the public. Yet Moss, an investigative journalist, appears to believe everything the establishment says without question and bases his entire premise on its recommendations. His latest work does not serve the interests of the consuming public well.

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structure.” In 2001, a truck carrying azodicarbonamide overturned on a Chicago expressway. City fire officials issued a highest hazardous materials alert and evacuated everyone living up to half a mile downwind. The chemical is used in many other bread products, such as those served by McDonald’s, Burger King, Arby’s, Wendy’s, Dunkin’ Donuts, and Sara Lee. It has largely replaced potassium bromate as a dough conditioner for bread.

Unlike Moss, who attacks saturated fat as evil incarnate, Warner acknowledges that “the current view on fats. . . is more nuanced, as some types of fat, perhaps even some saturated ones, are acknowledged to be beneficial.” And while Moss is mute on the dangers of vegetable oils, Warner reveals many nasty details.

In 1909, 82 percent of the fat we ate was animal fat—the original Oreos had a lard-based filling. Today 44 percent of our total fat intake is of animal origin and 66 percent comes from processed vegetable oils. Her request to tour the ADM soybean oil plant was denied, but she nevertheless provides us with plenty of information about soybean oil manufacture. The dangers begin with hexane, used to extract the soy oil from the seeds. Hexane is a neurotoxin and the vegetable oil industry is the largest emitter of hexane. The industry insists that the use of hexane is safe because only traces remain.

After extraction, soybean oil is bleached using hydrochloric acid and deodorized in a vacuum at 500 degrees Fahrenheit. Dimethylpolysiloxane is added to keep the oil from getting frothy in the fryers. TBHQ, an additive used as an antioxidant in industrial seed oils, is linked to convulsions, liver enlargement and stomach tumors. It is allowed in “small quantities”—but who’s testing?

The industry has reduced *trans* fats in our food supply, but these have been replaced by liquid vegetable oil, mostly composed of omega-6 linoleic acid. When heated, linoleic acid turns into hydroxynonenals (HNEs), particularly toxic aldehydes that migrate into the food being fried. HNEs interfere with hormone production, enzyme production and protein synthesis, and are thought to be causal agents for Alzheimer’s, Parkinson’s, atherosclerosis, cancer, and chronic inflammation. Warner notes that consuming less partially hydrogenated oil has ironically led us to consume more liquid vegetable oils with their toxic load of aldehydes, which may be worse for us. Anyone demonizing saturated fat and promoting vegetable oils in their place—as Moss does—is hiding some ugly facts.

## FOODOPOLY

*Foodopoly: The Battle Over the Future of Food and Farming in America*, by Wenonah Hauter, looks at consolidation in the food industry, including the takeover of organic food companies by the conventional food processing industry, and describes how the food industry has taken over government agencies designed to police its activities.

For example, Pepsi owns Sierra Mist, Mountain Dew, Mug Root Beer, AMP Energy, numerous fruit punches, Gatorade, SoBe drinks, a range of frappuccino products, Aquafina, and many branded fruit juices. The Pepsi subsidiary Quaker Oats includes Aunt Jemima mixes and syrups, Cap’n Crunch cereal and Rice-A-Roni. The Frito Lay line includes Lay’s potato

chips, Doritos, Ruffles, Cracker Jack, Cheetos, and Tostitos.

Dean Foods owns Horizon organic milk, Silk organic soy milk, the Organic Cow, and Alta Dena. The Hain Celestial Group, with five hundred twenty-four million dollars in sales, owns dozens of organic lines, including Arrowhead Mills, Celestial Seasonings, Hain Pure Foods, Health Valley, and Spectrum Naturals.

Antitrust agencies have been largely ineffective in stopping these amalgamations, which has happened not only in the manufacturing sector, but also in distribution. For example, much of the distribution to health food stores is carried out by United Natural Foods, Inc. (UNFI), a large, publicly traded company. UNFI is the distribution company for all of Whole Foods. Many smaller stores are dependent on the same distributor, but don’t get the same prices as Whole Foods does. But they have no choice. In 1983, there were twenty-nine cooperative-owned distribution companies, twenty-three regional distributors, and one national distributor. Now UNFI dominates.

Four retailers, Walmart, Kroger, Costco and Target control 50 percent of all grocery sales. Walmart has the biggest impact—one out of every three grocery dollars goes to Walmart. Walmart puts pressure on suppliers to cut costs. When Walmart makes a decision to change the way it does business, the entire industry shifts to keep up. The model is “all about sucking money out of the supply chain” and shifting costs and responsibilities to suppliers. Suppliers even have to manage their own inventory on Walmart’s shelves. Contracts with Walmart are non-negotiable. Walmart is the largest purchaser of American agricultural products. The pressure to cut costs has pushed many manufacturers to close facilities in the U.S. and send manufacturing overseas. It has also pushed many food producers, such as Vlasic, into bankruptcy.

This consolidation has greatly affected the growing of crops—forcing amalgamation into large companies to provide a year-round supply. For example Sun World Farms owns over twenty-three thousand acres in Australia, Chile, Mexico, and South Africa. California Giant Berry Farms grows and ships over twenty million trays of berries annually from farms in California, Florida,

the Pacific Northwest, Mexico, Chile, Argentina and Uruguay.

The same consolidation has taken place in the meat industry. The increased emphasis on HACCP plans, which are expensive to produce and involve lots of paperwork, has led to the demise of many small packing houses and butchers. This industrialized system is responsible for the proliferation of virulent pathogens. When contamination occurs, the larger plants are given a pass and the smaller plants are closed. In just a few years after the new HACCP policy, USDA forced over 40 percent of the smallest plants out of the market.

The growth of the feedlot system has brought many environmental miseries. The U.S. government has failed to take strong action on the use of antibiotics and other drugs in animals. Concentration in the beef industry has relentlessly pushed down prices that ranchers get for their animals.

Cargill, Tyson, JBS and National Beef control 80 percent of all beef processing, and Smithfield, Tyson, JBS and Excel control 66 percent of all hog production. In 1992, 30 percent of all meat came from factory farms. In 2007, that number was 95 percent. The conditions are horrible in poultry processing plants. Cost cutting in processing brings nothing to the farmer. For every KFC twelve-piece chicken bucket sold at about nineteen dollars, only twenty-five cents goes to the grower.

Those who produce chicken are mere contract farmers to the parent company. One trick the industry plays on chicken farmers is to give them a contract that goes the length of their loan, then demand an expensive upgrade before the loan is paid off. Farmers put up precious farmland and houses as collateral to make the expensive changes the industry demands and often end up

losing their farms.

Corporate control of the dairy industry is similar, with just four companies controlling 80 percent of the milk sold in the U.S., and corporate control of seeds has come with genetic engineering.

Hauter is sympathetic to the plight of ranchers, and also to raw milk farmers. "FDA wastes resources patrolling for sales of raw milk (or cheese produced from the milk) that consumers buy directly from the producer," she says, "instead of using resources to deal with the major food safety issues that exist at large, industrial food processing plants." So it comes as a big surprise when she praises meatless Mondays and a decline in meat consumption as part of the solution to corporate control of the food system! This suggestion plays right into the hands of ADM, Cargill, and other producers of soy-based and grain-based vegetarian food.

Although Hauter recommends shopping locally and building a local food system, she puts her hopes on building the political power to reform the food regulatory systems, even though her whole book catalogs the failure of these efforts. State-level efforts have been more effective than those on the federal level. For example, Iowa Citizens for Community Improvement (ICCI) and the Missouri Rural Crisis Center (MRCC) have helped local groups fight factory farms, with a certain amount of success. But even on the state level, fighting the food giants is an uphill battle.

#### WHAT TO DO?

How do we solve this mess? Clearly, attempts to change the opinions of federal officials and regulators are not the solution. As Sinclair Lewis once said: "It is difficult to get a man to understand something when his salary depends upon his not understanding it." People in power have been bought, in ways both obvious and subtle, and they have a hard time understanding that we—all of us—are at the eleventh hour, with a food system so dysfunctional it is poisoning both people and planet.

Fortunately, there are steps each of us can take, and if enough people take these steps, the solution will follow.

1. Eat saturated fat! Yes, the very action that our journalists warn us about is the first action we all need to take to turn things around and return to a sane food system. By choosing saturated animal fat—butter, lard, tallow—we support animal agriculture over monoculture, real food over processed food, health over disease. (Cod liver oil and coconut oil should be added to this list as sister fats.) As we become healthier and stronger, our minds will work better. Vitamin A in animal fats

#### BOOK REVIEW SUMMARY

*Salt, Sugar, Fat* by Michael Moss: Moss gets us nodding in agreement over the dangers of sugar, all the better to lure us into accepting his assertions that saturated fat and salt are evils to be avoided. THUMBS DOWN.

*Pandora's Lunchbox* by Melanie Warner: An excellent exposé of the food industry's secrets and tricks, ending with an inspiring appeal to turn away from junk food and learn to enjoy real food. THUMBS UP.

*Foodopoly* by Wenonah Hauter: Although flawed by suggestions to avoid meat and consume a plant-based diet, Hauter's book provides a revealing look at corporate food and the government policies that protect the foodopoly. THUMBS UP.



gives us the stick-to-it-tiveness to set a course of action and follow through. That course of action may be as grand as challenging raw milk laws (like Mark McAfee and Vernon Hershberger) or as humble as helping one other person change his or her diet. Surely, we are lost if we don't eat right, and consuming saturated fats is the first step to having a diet that nourishes body and mind.

2. Buy from local farmers: At least 50 percent of your food budget should be spent on foods produced by farms nearby, farms engaged in pasture-based agriculture. Our chapter leaders can help you find sources of raw milk, eggs, poultry and meat from pastured animals, as well as CSAs for produce, and even co-ops that supply nearly all the food items we need.
3. Learn to cook: Prepare your food from local ingredients, always with plenty of butter. You will find that your cravings for sweets and junk foods will gradually disappear. The more we eat real food and eat that food with plenty of good fats, the less the processed food appeals. And when enough people stop purchasing processed foods, the industry will collapse. Even a slight reduction in demand for processed foods sends shock waves through corporate headquarters.
4. Support artisan producers: One of the most encouraging trends is the proliferation of small companies producing lacto-fermented pickles, kombucha (over one hundred companies nationwide), raw artisan cheese, traditional charcuterie, and sourdough bread. When we buy these products, the companies flourish, and they are truly the healthy alternative to corporate food. None of our three authors seems aware of this promising development; it is beneath their radar screen, and probably unnoticed by food industry executives as well. When the processed food industry implodes, these tiny entities will be waiting in the wings to provide us with *healthy* processed food.

## SOLUTION IN OUR HANDS


Nature has a process for righting things called "natural selection," and in our society, we are going through a process rightly called the Natural Selection of the Wise. Those who continue to eat processed foods, drink sodas, insist on pasteurized milk, spray their fields with Roundup, and say yes to pharmaceutical drugs and vaccinations, will gradually die out—either they will become infertile or their children will not reach adulthood. Those who choose nutrient-dense pastured farm foods and artisan products will live long, healthy lives and have families of healthy children. Eventually the latter group will displace the former. It may seem cruel but that is how nature works to help her creatures survive. Truly, the solution to our

broken food system will come from the bottom up, not the top down.

Of our three authors, only one has faith enough in humanity to describe this kind of grass roots answer to the corporate food challenge—Moss asserts that we will always eat processed food and Hauter does not believe that changing our eating habits is enough to change the broken food system.

But Melanie Warner introduces us to Darcy Struckmeier, wife and mother of four, who took a ten-day challenge to give up all processed food. The family gave up candy, fast food, chips and sodas. Instead of going to fast food restaurants, Darcy prepared real food—meat, eggs, cheese, whole grains, vegetables, fruit—all on a strict food budget of eight hundred dollars a month. On day seven, her borderline autistic thirteen-year-old announced that he felt different, like a fog had been lifted. On day ten, he smiled for the first time in years. Darcy lost weight and her daughter's digestive problems cleared up—and all this with unprocessed food purchased at the supermarket. Just think of the benefits when the switch to real foods accompanies an effort to get organic and pasture-fed products!

For years, food processors have touted their wares to women who have "no leisure time," or to give them plenty of leisure time. But more and more women have realized the trap of convenience food—the inconvenience, time-wasting and expensive activities of doctors' visits, dental work, tutors, psychiatrists and counsellors.

"The solution to all of our various health problems brought on by poor eating habits, after all, is in our own hands," says Warner. "Not those of the mega food companies. While there are clearly policy changes that would make the job of cleaning up our food a whole lot easier. . . the choice about what we feed ourselves and our children is ultimately ours." 

## CONTACT INFORMATION FOR GROUP SEEKING WAPF TEAM MEMBERS

In our Spring 2013 letters section, we published an appeal from Katharine Spehar of Branford, Connecticut, but we neglected to provide Katharine's email address! Katharine represents a small group of Weston A. Price Foundation (WAPF) members who are planning a venture to make nutrient-dense food more available to people when they are away from home. She and her group are looking for individuals with restaurant-industry experience, preferably in management and/or procurement, to join her team. If you are interested in participating, please contact her or forward this message to someone you know who may be interested. Her email address is [kjspehar@gmail.com](mailto:kjspehar@gmail.com).



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# Marketing Crisco

By Sushama Gokhale

I found what must be the first Crisco cookbook ever at an estate sale. I am still hooting with laughter—or maybe crying in pain—at the allusions, double entendres, the claims of Crisco's greatness, and the extreme uncoolness of the old-fashioned fats.

It's interesting to see that the seeds of our current health tragedy were sown close to a century ago, with impeccable marketing by Procter and Gamble, the producer of this popular and inexpensive product. The advent of Crisco on the shelves and pantries across America kicked off what is probably the era of the greatest chronic degeneration in human health!

The cookbook is called *A Calendar of Dinners*, by Marion Harris Neil, and was first published in 1913. The retail price of this twenty-second edition, published in 1922: fifty cents. The book is beautifully illustrated, with sentimental, old-style photos of curvy, turn-of-the-century housewives rolling out pastry dough made with Crisco.

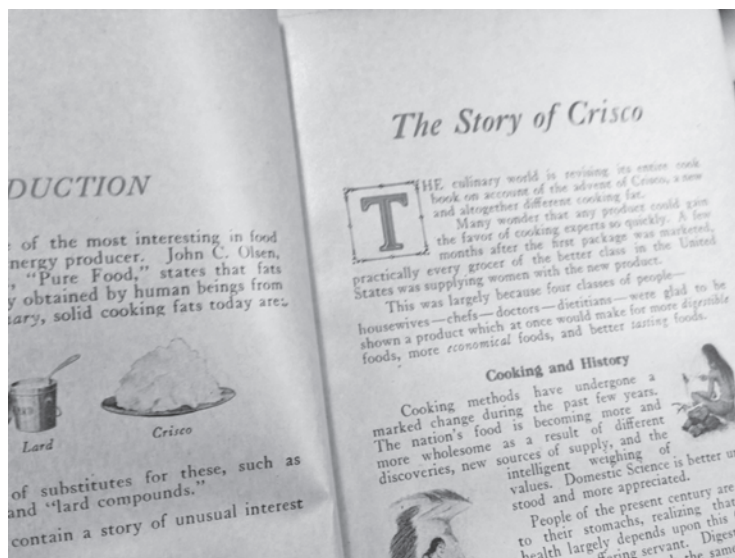
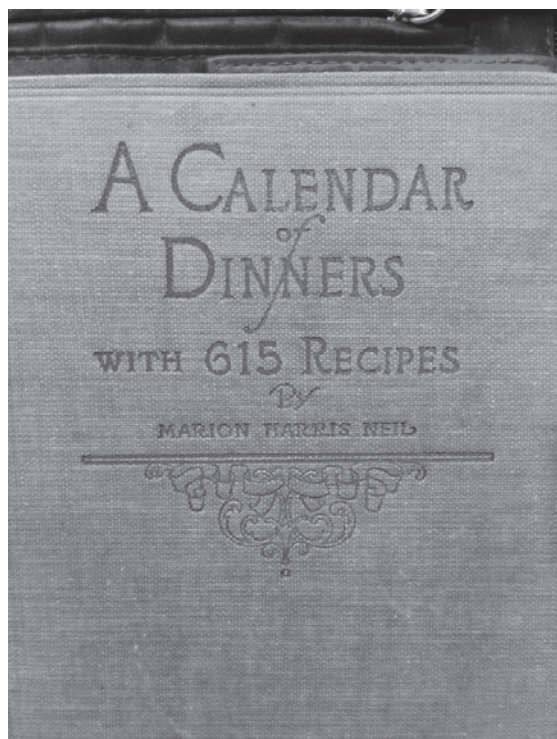
Marion Harris Neil was a prolific cookbook writer. In addition to *A Calendar of Dinners* and its sequel *The Crisco Cookbook*, she wrote *Candies and Bonbons and How to Make Them*, *Canning, Preserving and Pickling*, *Economical Cookery* and *Favorite Recipes Cook Book*. And she wrote for other companies besides Procter and Gamble, creating such titles-for-hire as *Cox's Manual of Gelatine Cookery*, *The Ryzon Baking Book* (for foods using Ryzon baking powder), *Delicious Recipes Made with Mueller's Products* and *43 Delicious Ways of Serving McMenamin's Crab Meat*.

## MARKETING GENIUS

Neil probably provided only the recipes in *A Calendar of Dinners*—it is unlikely that a cookbook author could come up with the brilliant marketing ploys found in the introductory pages. Some examples:

- The culinary world is revising its entire cookbook on account of the advent of Crisco, a new and altogether different fat. [An appeal to novelty.]
- Many wonder that any product could gain the favor of cooking experts so quickly. A few months after the first package was marketed, practically every grocer of the better class in the United States was supplying women with the new product. [An appeal to distinction and snobbery.]
- This was largely because four classes of people—housewives—chefs—doctors—dietitians—were glad to be shown a product which at once would make for more digestible foods, more economical foods, and better tasting foods. [Appeal to all demographics and to a wide array of virtues!]
- Man's most important food, fat. ....the three primary, solid cooking fats today are: butter, lard, Crisco. [Accompanying the legend are drawings of a slab of butter, a pail of lard and a larger fluffy pile of Crisco. Subliminal messaging!]
- The first step in the digestion of fat is its melting. Crisco melts at a lower degree of heat than body temperature. Because of its low melting point, thus allowing the digestive juices to mix with it, and because of its vegetable origin and its purity, Crisco is the easiest of all cooking fats to digest. [Pseudo-science, from the makers of Crisco.]
- The nation's food is becoming more and more wholesome as a result of different discoveries, new sources of supply and the intelligent weighing of values. [If you are not intelligent enough to get this, you are obviously not worth much, and definitely do not deserve to eat Crisco.]
- America has been termed a country of dyspeptics. It is being changed to a land of healthy eaters and consequently happier indi-

It is unlikely that a cookbook author could come up with the brilliant marketing ploys found in the introductory pages.



*A Calendar of Dinners* contains 615(!) recipes and several introductory chapters, including one entitled, "The Story of Crisco."



viduals. Every agent responsible for this national digestive improvement must be gratefully recognized. [Amazing claims!]

- A part of the preliminary work done in connection with the development of Crisco, described in these pages, consisted of the study of the older cooking fats. The objectionable features of each were considered. The good was weighed against the bad. The strength and weakness of each was determined. Thus was found what the ideal fat should possess, and what it should not possess. It must have every good quality and no bad one. [As determined by marketers, that is.]
- It seems strange to many that there can be anything better than butter for cooking, or of greater utility than lard, and the advent of Crisco has been a shock to the older generation, born in an age less progressive than our own, and prone to contend that the old-fashioned things are good enough. [Invocation of righteous rebellion against the “false tradition” of the older generation.]
- Grandma was glad to give up the fatiguing spinning wheel, so the modern woman is glad to stop cooking with expensive butter, animal lard and inadequate substitutes. [While comparing “fatigue” to “expenditure” is somewhat illogical, it still goes over rather smoothly, just like Crisco!]
- A need anticipated. . . Great foresight was shown in the making of Crisco. [Read that. . . great foresight was applied in seeking out a profitable way to get rid of the industrial glut of cottonseed oil, as demand for lamp oil declined precipitously after the advent of electricity.]
- Crisco is Kosher. Rabbi Margolies of New York said that the Hebrew Race had been waiting 4,000 years for Crisco. [This is a real leap, even by product marketing standards. But then they used Hanuman, the powerful mythological Monkey God, to market Bt cotton in India. And it worked. Invoking religion seems to work!]
- The quality and quantity of lard was diminishing steadily in the face of a growing population. Prices were rising. The “high cost of living” was an oft repeated phrase. Also, our country was outgrowing its supply of butter. What was needed therefore was not a substitute, but something better than these fats, some product which not only would accomplish as much in cookery, but a great deal more. [The choice of words is important!]
- Regarding fat . . . no other food supplies our bodies with the drive, the vigor, which fat gives. [Implicit here is the fact that fat is Crisco, and it’s a manly fat.]
- After years of study, a process was discovered, which made possible the ideal fat. [Hydrogenated fat, that is.]
- It [the research process] also solved the problem of eliminating certain objectionable features of fats in general, such as rancidity, color, odor, smoking properties when heated. These weaknesses, therefore, were not a part of this new fat, which it would seem was the parent of the Ideal. [Science improves on nature!]
- Not marketed until perfect. . . Then after four years of severe tests, after each weakness was replaced with strength, the government was given this fat to analyze and classify. The report was that it answered to none of the

#### CRISCO: A SHORT HISTORY

The process of hydrogenation was patented by Wilhelm Normann in 1903. Procter & Gamble, the Cincinnati-based soap company, hired Edwin C. Kayser, former chemist for Joseph Crosfield and Sons (who had acquired Normann's patent to produce soap), and patented two additional processes to hydrogenate cottonseed oil, which ensures the fat remains solid at normal storage temperatures. Their initial intent was to completely harden oils for use as raw material for making soap.

In 1905, Procter and Gamble began blending fully hydrogenated cottonseed oil with liquid oil to produce a semi-solid fat that could be used to make soap and candles. The spread of electricity made candles increasingly obsolete, but luckily for P&G, hydrogenated oil looked enough like lard or butter to be recognizable to lard-eating Americans. The name “Krispo” was already taken by a Chicago cracker company and the name “Cryst” was rejected due to negative religious connotations. P&G settled on the name “Crisco” and began selling their new product in 1911, advertising it to women as “An Absolutely New Product, A Scientific Discovery which Will Affect Every Kitchen in America.”

Success came from the marketing technique of giving away free cookbooks with every recipe calling for Crisco.

In 2002, Procter & Gamble divested the Crisco (oil and shortening) brand (along with Jif peanut butter) in a spinoff to their stockholders, followed by an immediate merger with the J. M. Smucker Co.

tests for fats already existing. [Indeed it did not. It was a concocted industrial product.]

- It was neither a butter, a "compound" nor a "substitute," but an entirely new product. A primary fat. In 1911 it was named Crisco and placed on the market. The banishment of "That Lardy Taste" in foods. . . . There is today a pronounced partiality from a health standpoint to a vegetable fat, and the lardy, greasy taste of food resulting from the use of animal fat never has been in such disfavor as during the past few years. [Demonize the competition!]
- So Crisco is absolutely all vegetable. No stearine, animal or vegetable, is added. It possesses no taste nor odor save the delightful and characteristic aroma which identifies Crisco and is suggestive of its purity. [An appeal to moral and hygienic righteousness.]
- Today you buy this rich, wholesome cream of nutritious food oils in sanitary tins. [Nutritious indeed. My can of Crisco was in the back of my pantry for seven years, and looked pretty good when I got around to tossing it during our move. I guess no bug wanted to eat this nutrient-laden fat.]

*A Calendar of Dinners* contains a complete section on the importance of feeding children Crisco, most certainly a recipe for their physical degeneration.

Perhaps the most revolting recipe in the book is one for using Crisco in salad dressing.

However, most of the recipes in *A Calendar of Dinners* are entirely serviceable. . . as the butter and lard in them were merely substituted with equivalent amounts of Crisco. I will re-use this cookbook by re-substituting the Crisco with butter, ghee and lard—ninety-seven years later!

I recall coming to this country from India (in the 1980s) and frying *gulab-jamuns*, a traditional, deep-fried sweet dumpling, in Crisco and marveling at a fat that could be used and reused and did not smoke. The little balls came out perfect, but my family did not want to eat them. My mom said they tasted funny. No one told me to stop using Crisco. I just did, of my own voli-

tion. When I was twenty something, I neither knew nor cared about fats. Or nutrition. No one told me not to use Shedd's Margarine Spread. I just didn't. And I still cannot fathom why. It was surely cheaper, and I was a frugal person.

Instinct in the face of such overt and covert marketing is a powerful and useful thing. I can only say that thanks to some very accidental actions, my family, in particular my children, were saved some of the deadlier of today's chronic diseases. If I were a dietitian in that era, I would surely have succumbed to the Crisco and tofu allure—and worse, subjected them to it.

In this sea of heavy-duty marketing, an environment of deep-seated conflict between food profits and health, and frequently, outright food fraud, I applaud the Weston A. Price Foundation for sticking up for laboriously processed traditional foods that cost a "bomb," can never be marketed with massive dollars, are largely locally produced and where the bulk of the purchase price goes to the producer rather than the marketer. You are giving our new generation a chance at growing up healthy!

By the way, today I willingly pay six dollars a pound for butter at the farmer's market and ten dollars a pound for raw butter from my farmer. Crisco costs one dollar fifty per pound. ☺☺

*Sushama Gokhale has had an abiding interest in science from the time she was a youngster. She studied biochemistry, microbiology and immunology as an undergraduate. She also has a deep interest in the psychology of large scale fraud—and the institutional imperative that causes otherwise upright, well meaning and intelligent people to do dishonest or illogical things, in large numbers, and in disturbingly frequent cycles through human history. She cooks traditional Indian foods in ghee and coconut oil, and is looking forward to trying her hand at the recipes in A Calendar of Dinners—with butter and pastured lard, of course.*

#### SHOPPING GUIDE UPDATE

New phone number for Essential Eating, sprouted wheat and spelt cereals, sprouted wheat pasta and sprouted flours: (570) 586-1557. Please make a note of this in your Shopping Guide

For updates and additions to the Shopping Guide, contact Carolyn Graff at [shoppingguide@westonaprice.org](mailto:shoppingguide@westonaprice.org).

Coming in 2014: The WAPF Shopping Guide as an App!

# Is the Dream of a GMO-Free Europe Myth or Reality?

By Sylvia Onusic, PhD, CNS, LDN

**I**t was business as usual at a meeting in March in London where Jack Bobo, senior biotechnology adviser to the U.S. State Department, was still trying to sell GMOs, or genetically modified organisms, to Europe. He said that “it will take a crisis to make everyone [in Europe] see the point of GM. There will be a move from not liking GM to requiring it.” He argued that GM techniques could deliver improved yields and reduce the use of pesticides, greenhouse gas emissions and soil erosion, arguments that have already been proven false in the U.S.

Bobo also warned that when rejecting GMOs, Europe should be aware of “the consequences of technology choices,” because Europe depends on food imports, especially from Brazil, and that the “extra land mass needed to feed Europe was about the size of Germany.”<sup>1</sup>

Some sources report that the food crisis in Europe of 2007-2008 was driven by speculation, artificially inflated markets and political manipulation, all intended to influence the opinion of citizens in Europe positively towards GMOs. That sea change still has not occurred. But since that time, stockpiles of grains and cereals are sufficient to prevent another such crisis in the near future.<sup>2</sup>

GMO crops in the U.S. have failed miserably to increase yields, perform in drought situations or tame pesky weeds and pests. The Union of Concerned Scientists, in their report, "Failure to Yield: Evaluating the Performance of Genetically Engineered Crops," found that yields of corn and soy have not increased any more than conventional crops; there is an advantage of only 3-4 percent in insect resistance; and, by comparison, non-GMO crops have increased yields of 13-25 percent. They say that:

GE crops have received huge investments of public and private research dollars since their introduction. Yet their minimal gains in yield stand in sharp contrast with the past gains and future potential of a suite of alternatives that require more modest initial investment and risk fewer potentially adverse impacts.

To read the full report, visit [www.ucsusa.org](http://www.ucsusa.org).<sup>3</sup>

But that doesn't keep U.S. officials from the commitment to the biotech industry, to forcing GMOs down the collective throat of European nations at every opportunity through threats, law suits, and underhanded activities, even though Europeans, through the individual nation states, continue to vigorously reject and resist them.

*The Guardian*, a British newspaper, reported in January 2011 an updated story about the "Wiki Leaks" which revealed the contents of U.S. Embassy cables, among them a cable drawing up a list of countries for "retaliation" over refusal of GM products in Europe, particularly in France.<sup>4</sup>

Craig Roberts Stapleton, U.S. Ambassador to France from 2005 to 2009, worked to promote the agenda of Monsanto and other biotechnology companies during the George Bush, Jr., administration—both by force and "retaliation." The cable revealed the following correspondence between Stapleton and the White House regarding GMO acceptance:

Country team Paris recommends that we calibrate a target retaliation list that causes some pain across the EU since this is a collective responsibility, but that also focuses in part on the worst culprits.

The list should be measured rather than vicious and must be sustainable over

The U.S. ambassador to France from 2005 to 2009 worked to promote the agenda of Monsanto and other biotech companies both by force and "retaliation."

#### MONSANTO'S GMO CORN

Monsanto's Mon 810 Bt maize was approved from the EU in 1998 through 2007, but Monsanto had a rough road selling the crop to farmers. Hungary, France, Austria, Germany, Greece and Luxembourg banned it because of health and environmental concerns.<sup>20</sup>

Those countries evoked a clause in EU law which permits such bans if new scientific evidence regarding safety arises. Directive 90/220, Article 16, of the EU Constitution, the "safeguard clause," allows member states to "provisionally restrict or prohibit the use and sale of a product when a Member State has justifiable reasons to consider that a product . . . constitutes a risk to human health or the environment."<sup>21</sup>

Monsanto chose to sue Germany in 2009 because of that country's ban and threatened that others might be next: "We reserve the right to challenge any actions taken arbitrarily that would deny farmers access to technologies that can contribute to a more sustainable agriculture," a Monsanto official said, and that "any future legal action would be determined on a case-by-case basis."<sup>22</sup>

Today this maize is cultivated mostly in Spain, a country whose officials have continued a love affair with GMO crops since the George Bush, Jr., days. In other countries where Mon Bt corn has been cultivated, the number of hectares in cultivation has declined.<sup>23</sup>

An application for renewal of the approval on Monsanto's Bt corn has been submitted to the European Food Safety Authority (EFSA), the equivalent of the U.S. FDA. EFSA recently announced that it found no reason not to reapprove Mon 810 on the basis of new safety research.<sup>24</sup>



Europeans are keenly aware of GM foods encroaching on their shopping carts and are seriously opposed to GM foods on their dinner plates.

the long term, since we should not expect an early victory. Moving to retaliation will make clear that the current path has real costs to EU interests and could help strengthen European pro-biotech voices.<sup>4</sup>

The Bush support of GMOs was nothing new for the White House. Bill Clinton also did his part for the biotech industry. In fact, Bush and Clinton showed their support when they gave the keynote speech at the 2010 BIO International Convention. Barack Obama clearly supports the biotech industry through his major administrative appointments.<sup>4</sup> Bush and Clinton both used the powers inherent in the presidency to promote the GMO position with their European colleagues.

But Europeans are keenly aware of GM foods encroaching on their shopping carts and are seriously opposed to GM foods on their dinner plates. Most European countries belong to the European Union (EU) and non-members such as Switzerland, Iceland and Norway coordinate their internal legislation with EU laws.

While the media in the U.S. have “dropped the ball” on informing the public about GMOs, the European press has been very active over the years in alerting European citizens to the health consequences and dangers of GM products. In February 1999 alone, the British press published over seven hundred articles on GMOs.<sup>5</sup>

European Union citizens, along with over fifty countries, including China and Russia, require labeling of GM food products. The citizens of those countries have the right to choose between GMO and GMO-free products because of their countries’ labeling requirements. However GMO traces below .9 percent are exempt from labeling. Nevertheless, because of this requirement, many manufacturers have excluded GMOs from their products. Meat products from animals raised on GM feed do not have to be labeled.<sup>6</sup> The EU requirements for GMOs have included a rigorous testing program.<sup>8</sup>

Currently Mon 810 Bt maize (developed by Monsanto) and the Amflora starch potato (developed by BASF) are approved for cultivation in the EU. The GMO Safety Database located on the European Union webpages may be searched for research articles on the development of GM

maize, rapeseed, potato and sugar beet and their impact on the environment.<sup>9</sup>

## HISTORY OF A GMO-FREE EU

More than twelve years ago the EU declared a moratorium against growing GMO products. However, the bans were declared illegal in a World Trade Organization (WTO) panel ruling in 2006, following a case brought by the U.S., Canada and Argentina. The EU pressured its member states to revoke their bans and the moratorium was lifted, but individual states voted against the EU governing body and their bans remain in place.<sup>10</sup>

In 2010, Austria, Bulgaria, Cyprus, Hungary, Ireland, Latvia, Lithuania, Malta, Slovenia and the Netherlands wrote a joint paper requesting from the EU governance that individual countries have the right to decide whether to cultivate GM crops.<sup>11</sup>

France, Greece, Hungary, Austria, Italy, Poland, Luxembourg and Romania have declared themselves GMO-free. Maps of GMO-free zones in Europe and details about their GMO current and past history, legislation and organization can be found at [www.gmo-free-regions.org](http://www.gmo-free-regions.org).<sup>12</sup>

Hungary and Poland ban the sale of any GMO seeds. Italy has a ban on the cultivation of all GMO crops as does Switzerland, whose citizens voted by referendum for a five-year moratorium on GM crops and animals, extended until 2013.<sup>13</sup>

In some countries, such as Slovenia, specific communities have declared themselves “GMO-free,” while in Germany, 198 regions, 235 municipalities, and 29,836 farmers declared themselves “GMO-free.” Spain, the United Kingdom, Sweden, Finland, the Czech Republic, Slovakia, Belgium, the Baltic States and others have not made any declarations regarding their GMO status.<sup>14</sup>

Of the new countries looking for EU entry, Croatia was under pressure in 2001 from the United States to drop a law banning GMOs. The intimidation by the U.S. was successful in stopping the ban, but Croatia later passed legislation banning GMOs in specific areas such as those designated for eco-tourism or organic agriculture.<sup>15</sup>

Although GMO companies have products

approved by the EU and the European Food Safety Authority (EFSA)—the EU's counterpart to the U.S. FDA—it is up to the individual states to allow the use of those products because of legislation passed in July 2011, when the European Parliament voted to allow its member states to decide whether or not to ban GMO crops.<sup>16</sup> In the end it is up to the individual farmer.

#### FRANCE AND GMOs

France and her citizens have a long and stormy hate-affair with GMOs. In 2008, France banned GM maize (corn) following public protests against it. But this ban was overturned by a French court in 2011. However, in March of that year, the French government reinstated the ban, "to protect the environment."<sup>17</sup>

In 2009, Monsanto was found guilty of false advertising by France's highest court for claims that its trade pesticide Roundup (glyphosate) is biodegradable and leaves "the soil clean." Monsanto announced in June 2012 that it will abandon its program to sell GMO maize in France despite the decision of the French Court that overturned the ban in November 2011.<sup>17</sup>

The French court noted that Roundup's active ingredient, glyphosate, is in fact dangerous for the environment, persists in the soil, and is toxic for aquatic organisms, yet Monsanto continues to market Roundup as environmentally friendly and biodegradable. Both claims have been proven false.<sup>17</sup> In February 2012, a French court ordered Monsanto to compensate a farmer, Paul François, who suffered herbicide poisoning from inhalation of Monsanto's product Lasso, which had been previously banned in Canada, Britain and Belgium.<sup>17</sup>

#### HUNGARY

In February 2012 over one thousand acres of Monsanto corn found growing throughout the country were ordered destroyed by the Hungarian government. GM seeds are banned in Hungary. Despite the ban, controllers have found Pioneer and Monsanto seeds among those planted.<sup>18</sup> Since September 2006 Hungary has banned the cultivation of Monsanto's maize MON 810, and since 2010 has banned the Amflora potato as well, and filed a suit at the European Court of Justice against its approval.<sup>19</sup>

#### AUSTRIA

Since 1999 Austria has banned GMO maize and rapeseed used to make canola oil. The EU Commission, the governing body of the EU, has tried to overrule this ban but EU member states have twice backed the Austrians, and the country remains a GMO-free zone. Austria released a report on three studies claiming that Monsanto corn reduces fertility, but Monsanto has long arms. Under pressure, the government withdrew the studies.<sup>19</sup>

#### THE LISBON TREATY, THE EUROPEAN COMMISSION AND GMOs

The Lisbon Treaty, which amended all prior treaties, and the re-writing of the EU Constitution, seemed to precede this change in the EU outlook on GMOs. The treaty, signed in 2007, and the subsequent new constitution, declared personhood for corporations and did not require the vote of the people. It took power away from the elected parliament and placed it with the EU Commission, headed by an appointed commissioner or president, who, acting through EFSA, has set out on a path to approve GM crops with alacrity.<sup>25</sup>

The Commission and EFSA are challenging legislation and regulations long in place regarding the steps necessary to allow GMOs into the food chain (EC regulation. 1829/2003). Following the FDA's lead, EFSA has recently authorized the GMO soy bean, acting on its own and violating regulations. They concluded, as the FDA has, that the Monsanto Intacta GMO soybean is safe and equivalent to the conventional bean for use in food and feed. The European Network of Scientists for Social and Environmental Responsibility (ENSSER), the Society for Ecological Research, the Manfred-Hermesen-Stiftung Foundation for Nature Conservation and Environmental Protection, the Foundation on Future Farming, and the non-profit organization Sambucus have all challenged this decision in the European Court of Justice.<sup>26</sup>

The current president of the European Commission, José Manuel Barroso, from Portugal, is a lawyer with a Masters of Science in Economics and Social Sciences.. He did research for a PhD at Georgetown University and is a graduate of

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the Georgetown Leadership Seminar. Barroso is a strong supporter of GMOs. He was also part of the group of four that included George Bush, Jr. and Tony Blair, another avid supporter of GMOs, who in 2003 agreed to the U.S.-led invasion of Iraq and enlisted Portugal to supply troops for the invasion and occupation.<sup>27</sup>

Barroso was “at the heart of the EU's pro-GM lobby,” and “. . . was trying to get member states to agree on GMOs behind closed doors, so that there are no more unqualified majorities.” At the time, he was reportedly trying to lift the EU's “zero tolerance” policy on GMOs, a goal which he is on the verge of achieving.<sup>28</sup>

One of Barroso's first acts upon election to the EU Presidency in 2004 was to flout the consensus of the European people and European nation states and break the moratorium imposed in 1998 on GMO crops by approving the Amflora potato, without any meeting or consensus, based on an opinion of EFSA.<sup>29</sup>

Despite that decision, Peter Eckes, president of the chemical giant BASF which developed the Amflora GM potato, announced this year that the company is relocating its “Plant Science Division” from Europe to the U.S. because of the “hostility of the European public to GM products.” BASF is also “cancelling the development and commercialization of all projects destined solely for the European market.”<sup>30</sup>

The GM potato, created by German chemical giant BASF, is not intended for human consumption. It has been developed to produce higher levels of starch utilized in industries like paper manufacturing.

Austria said it would outlaw growing the potato, and Italian Agriculture Minister Luca Zaia said he planned to “defend and safeguard traditional agriculture and citizens' health.” The environmental group Greenpeace said the GM potato contains a gene that confers resistance to certain antibiotics. “It could raise bacterial resistance to life-saving medicines, including drugs used for the treatment of tuberculosis,” says Greenpeace E.U. agriculture policy director Marco Contiero. “This is an unacceptable risk to human and animal health as well as to the environment.”<sup>31</sup>

#### GMOs IN POLAND

In March 2012 the Polish Beekeepers Association organized a protest, joining forces with the International Coalition to Protect the Polish Countryside (ICPPC) and the Coalition for a GMO-Free Poland, calling for a ban on all GMO crops and harmful pesticides in Poland.

Sir Julian Rose of the UK and his Polish partner, Jadwiga Lopata, are actively involved in the ICPPC efforts.

More than fifteen hundred beekeepers marched through the streets of Warsaw to the steps of the Ministry of Agriculture, where they deposited thousands of dead bees. Not long after this graphic demonstration, the Minister of Agriculture announced that he would ban Mon810, Monsanto's GMO corn, in Poland. This GMO crop has been linked to the mysterious death of bees across the world.<sup>32</sup>

In 2008, the Polish government acted to ban planting and importing GM animal feeds, but the European Commission, the governing body of the EU (European Union) of which Poland is a member, refused to accept the ban.<sup>32</sup>

#### THE FATE OF GMO RESEARCH IN EUROPE

After the release of the study by Dr. Gilles-Eric S  ralini, which clearly documented that GM corn NK603 causes cancer and early mortality in lab rats, the GMO lobby and the European Commission jumped quickly and aggressively to the microphone to declare that it failed to meet “acceptable” scientific standards, even though the study was more rigorous than those done by Monsanto on the same corn. They and other biotech groups quickly elevated the results of the study to “controversial.” Graphic photos of the huge tumors on the rats in the study did nothing to convince them otherwise.<sup>33</sup>

The results, which were published in the peer-reviewed journal *Food and Chemical Toxicology*, described the effects of the GMO corn diet on rats for a two-year period, nearly their entire lifespan. Most other feeding studies with this corn included only ninety-day trials. Upon release of this news Russia banned the GMO corn.<sup>33</sup>

The same tactics had been used by the British government to discredit and humiliate Dr. Arpad Pusztai of the Rowett Institute in Scotland, who was suspended and fired after determining

that lectins in the GM potato damaged the gut and immune system of rats. His results triggered reactions in high places in government, up to the office of Prime Minister Tony Blair. Jeffrey M. Smith, the Director of the Institute for Responsible Technology and one of the world's leading opponents of GMO foods, writes a full account of the Arpad Pusztai story in his book *Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You're Eating* (2003), also available in Kindle format.

Dr. Pusztai found that the GM rats had smaller and less-developed testicles, brains and livers. Others had organs which were swollen, such as the pancreas and intestines. The rats developed these problems after only ten days on the GM corn. His results were announced to the media in August 1998. Shortly afterwards, he was put under a gag order not to talk about his research. His colleagues support him but he was still subjected to questioning in Parliament.<sup>34</sup>

#### COURAGE TO BAN GMOs IN SOUTH AMERICA

On other fronts, the Congress of Peru has just passed a ten-year ban on GMOs. The legislature is concerned that “the introduction of genetically modified organisms (GMOs) will compromise the native species of Peru, such as the giant white corn, purple corn and of course, the species of Peruvian potatoes.” Anibal Huerta, President of Peru’s Agrarian Commission, said the ban was needed to prevent the “danger that can arise from the use of biotechnology.” But at the time of the ban, the Peruvian Association of Consumers and Users (ASPEC) established that 77 percent of supermarket products are contaminated with GMOs.<sup>35</sup> But, reports GMO Compass, Brazil and Argentina are the second and third largest producers of Roundup Ready soybeans in the world after the U.S., followed by China, India and Paraguay.<sup>36</sup>

GMOs are already so entrenched in products in the Americas that it would be “virtually impossible to truly and completely block them, whether through pollination or being sneaked in as processed foods,” said representatives of the Association of Consumers in Peru.<sup>35</sup>


Thus, through trade with the U.S., GMO

products are insidiously distributed throughout the world and onto the shelves of food emporia in those countries. Because products containing GMOs are not labeled, consumers in other countries buying those products are unaware that they are inadvertently purchasing and consuming GMOs.

#### RAPIDLY CRUMBLING

The European Union has reached a “tipping point” in its stand on GMOs. Although the EU has been a holdout against genetically engineered crops and foods, that stand is rapidly crumbling. Around twenty-six GM crops could soon be approved by the EU Commission, around nineteen of them genetically engineered Roundup Ready (glyphosate) crops.<sup>37</sup>

Member States remain steadfast in their anti-GMO convictions but the European Commission is now taking unprecedented steps to approve more GM products. Monsanto and other biotech companies have long arms and an immense payroll. Through changes in treaties and the constitution, corporations have received unprecedented rights and it is possible that the presidency can be extended for an unlimited time. Under two-term President José Borroso, GMO applications are finding a swift and direct path to approval.

At present member states have the right to reject GMOs and keep them out of their countries, but who knows how long this right will be upheld? Will the battle over GMOs be the determining factor in the continuing membership of some states in the European Union by those members that today remain “GMO-free”? Only time will tell. 

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The European Union has reached a "tipping point" in its stand on GMOs.



public of Slovenia in the field of public health, she completed research at the National Institute of Public Health, and later was employed at the Ministry of Health for six years. She can be reached at [sponusic@gmail.com](mailto:sponusic@gmail.com).

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# Farm and Ranch

## CUTTING THE COLD, HARD FAT: INSIGHTS OF A MEAT PROCESSOR

By Bob Martin

My day job is interesting, and in this age of assembly-line production, somewhat unique. I am a butcher at a small USDA processing facility, but since we also do custom exempt processing, I process meat that was harvested in the field. In fact, for five months of the year, I work for the only mobile slaughterer in the area and for the owner of the small processing facility the rest of the year. Most folks don't understand the difference between USDA processing and custom exempt processing, so I will share that difference with you first.

### COMMERCIAL AND CUSTOM PROCESSING

If you raise meat animals and you want to sell your processed meat by the package to stores, restaurants, schools, individuals or the public in general, you must have your animal slaughtered, inspected and processed at a USDA facility. Although there are a few mobile USDA facilities in the United States, the vast majority are physical plants where you have to deliver your animal live. The exception to this rule is bison, because they are not considered a domestic animal. Bison meat can be sold by the package without USDA inspection.

If you want to sell your meat animals to individuals by the whole, half, quarter or eighth, you can have them custom processed, in which case the animal is slaughtered in the field, the carcass is loaded into a truck and hauled to a custom processing facility. The meat you derive from these animals cannot be sold by the package to anyone. The purchaser of any portion of the meat must be declared and recorded while the animal is alive.

Both types of processing involve some form of government inspection. Custom processing starts with a mobile slaughter unit that has been approved and inspected by a state agency and requires extensive record keeping on each animal

processed, primarily to ensure that the slaughtered animal is not stolen. The mobile slaughter unit comes to your location and the butcher who does this field processing is usually very experienced. The mobile slaughter butcher I work for can kill, skin, gut, hang and deliver twenty beeves in eight hours, which sounds incredible, but after forty years, he should be as good as he is. He knows good livers from bad livers, good meat from bad meat, and healthy animals from unhealthy ones. Once he delivers the meat to the physical plant, it goes through the exact same process as the USDA meat, except there is no presence of a USDA inspector and it does not get the purple USDA stamp, which, by the way, is made from blueberries.

### USDA PAPER TRAILS

In USDA processing, the animal is usually delivered live to the facility where it is unloaded in a holding pen and inspected by a USDA inspector, usually a veterinarian. The animal is herded down an alley way that leads to a kill pen inside the facility. The animal is shot or stunned and the inspector checks to make certain it is fully dead. The animal is skinned and gutted and the offal, guts and head are inspected for disease. Once hung, any trace of hair, dirt or manure must be trimmed off with a knife and inspected prior to any washing. After washing and passing inspection by the USDA inspector, the carcass is sprayed with a solution to curtail mold and bacteria. Most large plants use some type of chemical, but we use a solution of vinegar and water. Interestingly, the vinegar and water solution was only approved by USDA recently, although butchers have been using vinegar and water for a hundred years.

Once the meat has hung for a sufficient amount of time in the cooler, it is cut and wrapped under the watchful eye of a USDA inspector who constantly checks the temperature of the room

The mobile slaughter butcher I work for can kill, skin, gut, hang and deliver twenty beeves in eight hours.

A large  
USDA  
facility may  
have twenty  
or thirty  
inspectors,  
but each  
inspector has  
from only  
three to six  
seconds to  
inspect each  
portion of  
beef as it  
moves along.

and the meat and ensures that the meat room is clean and sanitized.

USDA inspected meat is not “better,” nor is it cleaner, but it is accompanied by a huge mound of paper work and record keeping. In fact, most government processes are accompanied by huge amounts of paperwork. In the case of a USDA processing facility, daily records must be kept on kill floor inspections, refrigerator temperatures, water temperatures, percentage of vinegar and water in the solution, sanitation of the cutting room, numbers of animals processed, temperature of the freezers, and on and on. Record keeping is required for every step of the process, which is why there aren’t more USDA facilities: it costs money to create a paper trail.

Without a doubt, the small USDA facility is better than a big one. The difference in processing twenty-five hundred animals per day versus ten animals per day is enormous. A large facility may have twenty or thirty inspectors, but each inspector has a very few seconds, literally from three to six, to inspect his or her portion of the beef as it moves along the chain.

At our facility, inspectors can take as long as they like, which they do. I have never heard of a case of *E.coli* or BSE coming from a small plant. We have never had any of our meat recalled, although it is a pretty common occurrence with large plants. As far as BSE (mad cow disease) goes, you could just call it BS, in my opinion (mind you, I’m not a doctor), but of course we comply with the requirement to spray purple on the spine of any beef over thirty months of age. You can’t use those purple necks for soup, because we have to throw them in the dumpster. Get this: Once the beef is skinned and hung, we cut the carcass in half with a saw. The saw cuts through the center of the spinal cord as it cuts through the backbone and meat. The spinal cord is removed and disposed of, because it is the item of concern for BSE, but the saw blade disperses the bits of spinal cord throughout the meat and bone with which it comes in contact. Think about that for a moment.

#### ADVANTAGES OF CUSTOM HARVEST

My personal preference for harvest of any meat is based on my observation, participation, and subsequent experience. I clearly prefer on-

farm kill over butchering at a plant. Consider this: with a mobile slaughter unit, I come to your house and to the home of your animal. While your animal is relaxed and unsuspecting, I place one shot into the frontal lobe, usually out of sight of the other animals. This one shot is an instant kill and causes the muscles to go involuntary, which results in the animal falling to the ground. I stick the animal with a knife to bleed it, which takes about five minutes. During this time, the animal may involuntarily kick. I skin the animal and hang it, gut it, clean it and load it in the truck. After I have fifteen to twenty animals in the truck, I take them to the facility for processing.

This is without a doubt the most humane way to harvest an animal, unlike the way we used to kill pigs in a USDA facility: hang them alive upside down by their ankles and stick them in the throat and let them bleed to death. Tell me that method isn’t traumatic. The screaming of the dying pigs would convince you. (Today most butchers shoot them in the head, or use a stun gun.)

I will tell you that with on-farm slaughter, occasionally we have to kill beef in front of other beef and when that happens, the other beef leave the area when we return for harvest the next year. So many people assume that animals are stupid, yet I assure you they are very smart.

#### TYPICAL USDA PROCEDURES

By contrast, when butchering takes place at the plant, I unload the animal from the farmer’s trailer into a corral, usually with other animals. Immediately, the animal becomes anxious, because the surroundings are new to it and all the smells are strange and frightening. The blood in the kill pen is only forty feet away and the animals can smell it. Herding the animals down the alley and one at a time into the kill pen is a huge chore, depending on where the animals came from, how they were cared for, and the breed. Dairy cows are the easiest, because they are used to a routine of being milked in a barn. Buffalo are the most difficult, because they are more wild than not.

By observing the manure of the waiting animals, I can tell which ones are anxious and which are not, but of course an animal desper-

ately trying to climb out of the enclosure is a pretty good clue. Loose runny manure is a sign of distress and the corral and alley way is full of it by the time the animals are all slaughtered.

Once the animal is slaughtered and hung in the cooler, I can tell the animals that were unduly stressed by the color of the meat. Dark red meat is usually the result of blood being pumped into every muscle by the release of adrenalin. This definitely affects the tenderness of the meat. Every month, I butcher a couple of dairy cows from a friend who owns an organic dairy. He knows the names of each of his five hundred cows and he has never spoken a harsh word to them. I also butcher a couple of beef every month for another friend who carefully raises them, and in both cases these animals become the least anxious during the process. But for the most part, on-farm harvest is far superior to butchering at the plant.

There is one other important difference. In on-farm harvest, the animal is bled while lying down in a totally relaxed position. In harvest, at the plant the animal is bled from a hanging position with the head down. The weight of the animal hanging by the heels places pressure on certain blood vessels in the hind quarters and blood flow is restricted. As a result, the animal continues to bleed while lying in the skinning cradle, and I believe that more blood remains in the meat than in the on-farm bleed.

## EXAMINATION OF GUT CONTENTS

My next observations are of the gut contents. The undigested food must be removed from the stomachs and placed into a different barrel, because the rendering plant won't take the guts if they include manure. As soon as I open a stomach, I know whether or not the animal has been eating grain, because whatever the animal has been fed is present in the paunch. If the animal has been grass-finished, I can observe the quality of the grass or hay by the color. The stomach contents of a grain-fed animal have a repulsive odor, while the grass-fed animal has virtually no smell.

Interestingly, there are a lot of people advertising "grass-fed" these days, but what they don't say is often more important than what they do say. If you think about it, almost all beef is grass-fed, because they aren't born in supermar-

kets, but in fields with grass, and that is where they spend the first months of their lives. I have opened the guts of many animals who were advertised as grass-fed, but whose guts were full of corn or some type of grain, because they weren't grass-finished. Suffice it to say, grass-finished is what you want to see on the label.

## HANGING TIME AND TENDERNESS

As soon as a beef carcass is inspected, it is washed and placed in a cooler where it is quickly cooled to a temperature somewhere between 32 and 36 degrees. The amount of time it hangs in the cooler depends on the farmer's preference. Most people don't realize that tenderness is accomplished mostly by genetics, breed, and type of feed. Most of our beef is hung for fourteen days, since 60 percent of the moisture leaves during this time, but some insist on a twenty-eight-day hang. When a beef hangs for twenty-eight days, the enzymes in the tissues have broken the meat down and it has decomposed to the point that it is mushy; I personally don't like tenderness created this way, but prefer tenderness created by genetics and diet.

Hanging time does affect the flavor, since the flavor is concentrated as the moisture leaves the meat, just like a plum becomes sweeter when it is dried. In my opinion, a fourteen- or twenty-one-day hanging time is sufficient and if the beef was good to start with, you will enjoy an excellent, flavor-filled piece of meat. Hanging beef this way is called dry aging. This is why wet aging, where meat is placed into a sealed bag as soon as it is cut and allowed to age in its own blood, is flavorless. Pretty much all commercial meat is wet aged and is why it requires spices or marinade to make it palatable.

The other thing about aging that most butchers won't tell you is that the number of beef in the cooler, the amount of humidity, and most important, the amount of fat on the animal all affect aging. A very fat steer takes much longer to age than a steer with less fat, because the fat is an insulation coating for the meat, although the hanging times are not changed accordingly, unless the farmer knows this information.

## ASSESSING THE CARCASS: FAT

There are plenty of observations to be made

Tenderness is accomplished mostly by genetics, breed and type of feed.



Grass-finished  
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at the cutting table, but when I go into the cooler to bring a carcass into the meat room for cutting, I make my first observation. If the beef has hung for twenty-eight days it will have a lot of external mold. Of course, this all has to be trimmed off and since we don't use surgical instruments and microscopes, some of the meat comes off with the trim. The meat on a twenty-eight-day hang is so soft, it is more difficult and time consuming to process. Most of the twenty-eight-day hangs we do are on very lean cattle because there is still a market comprised of ill-advised people who think fat is bad.

The next observation is of the fat. In our area, most of the farmers think eating fat is bad. On these animals, we trim most of the fat off and since almost no one renders beef tallow or pork fat, we throw it in the garbage. This is not terribly smart, because the farmer pays for the processing by the hanging weight of the animal. If the live weight of a grain-finished steer is 2400 pounds, the hanging weight will be around 1150 pounds. That particular steer will have four or five inches of back fat, all of which is trimmed off and thrown into the garbage. On a recently processed animal this amounted to two hundred pounds of fat, which cost the farmer around one hundred seventy-five dollars for processing: wasted feed and wasted money.

A grain-finished beef carcass will yield about 62 percent of product, whereas as grass-finished beef can yield as much as 75 percent. A grass-finished beef will have more omega-3 (although the content of both omega-3 and omega-6 is very small in beef fat, whether from a grass-fed or grain-fed cow). Vitamin, mineral and CLA content will be higher.

The color and structure of the fat is very telling. Although some breeds have fat that is more pale yellow than others and older cows tend to have yellower fat than younger animals, the color of the fat is mostly determined by the type of feed. Since the majority of beef is harvested at less than thirty months of age, the color of the fat is solely determined by the feed. Grain-finished beef have white fat that is very dense and hard. I joke with the inspectors about using a chain-saw instead of a knife to cut it off. I hate grain-fed beef, because of the fat and because most of what is grain-fed is GMO corn-fed. Of course

the muscle is marbled with specks of white fat, because where else can all that fat go? It isn't used for energy, because the animal is using the sugar and starches from the grain.

Grass-finished beef, on the other hand, has yellow fat that is soft, pliable and easy to cut. The yellow coloring is from the carotenes in the grasses on which the animal was finished.

The same principle applies to hogs, although most hogs have off-white or tan colored fat. Most hogs are bred for leanness, but if you finish your hogs on corn and grain, the fat will be much more dense, harder, and whiter. I discovered quite by accident that there is a huge difference in the fat of the heritage breed Large Black compared to modern lean breeds. Since we render our own lard, I can tell you that a grain-finished average hog will produce about thirty quarts of lard, which will be hard at room temperature. A heritage breed Large Black hog that has been grass-finished with minimal barley will produce about sixty quarts of lard, and the lard will be pourable at room temperature. The Large Black fat will be yellower, softer and very pliable. The leaf or kidney fat, or what would be the suet on a beef, is very flakey and makes excellent pastry lard.

Since my wife and I consume about a quart of lard per week, I consulted Dr. Mary Enig's book *Know Your Fats*, and deduced that the monounsaturated percentage is higher because of the feed. I might be wrong, but it is definitely more like olive oil than regular lard.

## ORGAN MEATS

The majority of people do not want the organ meats. Most of the time, the heart, tongue, kidneys and livers are thrown away. Grass-finished beef generally yield firm, normal size hearts, tongues and livers. Hearts are rarely condemned, since beef do not have "heart" problems like humans. Tongues are rarely condemned unless they have an open sore. Grass-finished beef livers rarely have abscesses and the color is dark red, compared to grain-fed livers, which are often a lighter color, almost tan.

Only when they drink lowland or marshy water do the livers of grain-fed animals have liver flukes, in which case they are condemned. The old timers ate fluked liver because the flukes are

in the arteries and can be squeezed out prior to cooking. Soaking the liver in salt water removes them as well. In general, grass-finished beef have organs that are firm to the touch and normal for the size of the animal.

Grain-finished beef on the other hand, have huge livers and large fat deposits around the top of the heart. The fat deposits on the heart do not affect the function of the heart, according to the USDA veterinarian I spoke with, but the heart works harder as do all other organs to deal with the constant diet of grain during final finish. Processing the grain is especially hard on the liver and results in a liver that is mushy and huge and often abscessed. Instead of being firm like grass-finished livers, it is easy to poke your finger through a grain-finished liver. A USDA veterinarian, who works on a 2400-cow-per-day-line, told me that many of the grain-finished livers are condemned.

Grain-finished kidneys are often larger and have larger fat deposits surrounding them (suet), but are rarely condemned. My personal inspection criterion is simple: if it was fed grain or finished on grain, regardless of what it looks like, don't eat it!

### SOME FORGOTTEN CUTS AND BONES

My penultimate observation has to do with yield. Most people are too busy to cook, so most orders are for steaks, a few roasts and the rest burger. We usually throw away the majority of the bones. What a waste! The waste is of course most egregious in the case of a properly raised grass-finished beef. Bones for broth are very expensive and are rather hard to come by. If you purchase a beef, always order all bone-in cuts and tell the butcher that you want the neck bones and every single other bone of the animal. Tell him to cut all bones into six-inch lengths and to save every knuckle. Always order ribs, because even if you don't like ribs, you want the bones. All bones have marrow, and broth is essential for us WAPF folks. If you aren't emphatic with the instructions you give your butcher, you will not get all the bones, because your butcher may not know their value.

Always tell your butcher that you want all of the fat, including the suet, which you can use in cooking or make into lotion, and the tallow

which you can render for the best fried "taters" you ever had. He shouldn't charge you extra for any of this, because it is your beef and you own all of it, not just the portion he thinks you should have. Don't forget to keep the kidneys, if not for your own use then for your dogs and cats, and the tail, heart, tongue and liver for yourself. If you don't like the heart and tongue, feed it to your dogs, but cook up the oxtail for the best soup in the world.

One final piece of meat to ask for is what we call the hanging tender. This is a fairly good-sized chunk of meat that hangs below the kidney and is usually thrown away. It is a little tougher, but is worth eating because it has an excellent flavor. By the way, one of the most flavorful pieces of meat on an animal is the shank meat around the lower leg, which is usually ground up for burger. Yes, it is full of sinew and a few tendons, but most of those dissolve in cooking and it is very good.

### PROPER WRAPPING FOR FREEZING

My final observation has to do with the wrapping. Most people prefer vacuum wrap and it is okay, but only if the wrapper leaves a sufficient amount of edge on it. If you buy a package of hamburger where the plastic has been cut off close to the meat, I guarantee you it will leak. But if the package has an inch or so of plastic beyond the meat, it will not leak unless you damage it by throwing it around in your freezer. I still hand wrap all of my own personal meat, because it is wrapped first in plastic and then in butcher paper. I have eaten this meat six years later with no freezer burn whatsoever.

### BECOME A SAVVY BUYER


Most important, all of these processing observations are determined long before the animal is harvested. It is important for you to visit the farmer who raises your animal. Don't ask him "yes" or "no" questions, because he may tell you what he thinks you want to hear. Have him tell you from start to finish how he breeds his animals, how he cares for them, and what he feeds and finishes them on. Ask him to show you the animals so you can observe how well adjusted they are around strangers. Ask him if he breeds according to the genetics and fat content of the

We usually throw away the majority of the bones. What a waste!

bull or if he, like most, picks the best cow. Ask him if he waits to breed his heifers after they are fully matured and developed or if he breeds them around fourteen to eighteen months like most breeders. Ask him if he times the breeding of his cows to birth in May and June when the weather is conducive to survival like deer and elk do, or does he breed them to birth in January and February so he can get a jump on the market like the big boys do.

Ask him if he practices organic or biodynamic farming methods and refrains from using any type of chemical pour-ons, herbicides, pesticides or synthetic fertilizers. Ask him if he vaccinates or uses any types of antibiotics or hormones. Ask him if he provides free choice minerals or if he simply gives them salt blocks. Of course, some of these questions require “yes” and “no” answers, but this is information you need to have when selecting your meat animals.

While you may never be in a position to cut the fat on a hanging carcass, either the cold hard fat or the soft pliable fat, you can look not for the tenderest meat, but for the healthiest meat. I am not saying this is an easy task, because in my three-county area, I know of only two farmers who raise their beef the right way and offer it for sale. I eat the beef from one of them, fat and all!

If you have specific questions, or even if you want to make negative comments, you may contact me at [valleyreformed@gmail.com](mailto:valleyreformed@gmail.com) and I promise I will answer you. 

*Having been born in Abilene, Texas makes Bob a Texan, of which he is proud, but since his father was a minister, they moved out West. Bob went off to college to prepare for the ministry and served most of his early life in that capacity. Later he turned to a career in law enforcement and then teaching. After retiring from these careers he began extensive research into health, traditional methods of sustainable living, and whole foods eating. He was inspired by both Fallon's Nourishing Traditions, and Price's Nutrition and Physical Degeneration. These works and Bob's continued research have been the foundation for teaching and sharing the truth about whole foods and traditional lifestyles. Bob supplements his retirement by working as a butcher at a USDA facility and for a mobile slaughterer. He and his wife Melissa live on a 2600-acre ranch in the mountains of eastern Oregon. Bob researches, writes, teaches, pastors a house church, and most recently became a chapter leader with Melissa. Bob and one other male, a rooster, strive to control the forty-three females that live with them: cows, hens, hogs, and dogs. You can reach Bob at [valleyreformed@gmail.com](mailto:valleyreformed@gmail.com).*

#### WAPF REGIONAL CONFERENCE, DETROIT, MICHIGAN, MARCH 23-25



Pete Kennedy & Gené Walls at the Farm-to-Consumer Legal Defense Fund booth.



Addie Greenwood sells Nesalla Kombucha.



Conference attendees at the Fab Ferments booth.



Chris Masterjohn, PhD, explains the fat-soluble vitamins.



Kaayla Daniel, PhD and Sarah Pope at the end-of-conference speakers' panel.



Wayne Feister, DO, speaks on bone health.

Photos by Donna Wilson



# Homeopathy Journal

## MENOPAUSE: A MANY-SPLENORED THING HOMEOPATHIC SUPPORT FOR LIFE'S TRANSFORMATION

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

If you thought you had all the stereotypically unpleasant hallmarks of menopause conveniently pegged, think again. The many ennobling passages of a woman's life are intended neither by nature nor spiteful deities to be uncomfortable, disturbing or ugly. Particularly in the case of menopause, the palpability of womanhood holds court with the higher realms of wisdom. In fact, the menopausal journey can be a vivid time of celebration and fulfillment. There's something about being just past middle age that unites us. Kids are launched and a period of newly appreciating our husbands and other family members expands in delightful ways. The sage woman becomes a fount of wisdom and multi-faceted experience for her community. I sometimes want to link arms with women of this age around the world and shout in joyous unison, "We made it!" Now doesn't that approach sound better than the angst-ridden hype the drug companies portray as typical for menopausal women?

If you believe the doggerel of modern medicine, you'd imagine the bones of post-menopausal women audibly crumbling on cue sometime around age seventy, and "expired" uteruses lining up for perfunctory removal on the surgery-cure-all conveyor belt. Let me assure you that there is indeed another way for women to navigate this most promising passage in life's varied flow.

### LIFE CHANGES ARE CHROMATIC

"I love color. As a child I adored pink, yet as I've aged, red has enchanted me. It's the color of blood, especially in the sense of the healthy blush of vitality. Yet it also expresses the splendor of Christmas, and even the racy color of sports cars." This is the way Isobel expressed herself.

Isobel was sixty, had raised a brood of five well-adjusted kids, and was married to the same man for over thirty-five years. (Fine job, Isobel.)

Isobel's verve was expressed not only in her language, but in her dress, her home and even her intimate relationship with her husband. (He's one happy guy, but she discreetly didn't relay the details about that part.)

Nothing about this post-menopausal woman was boring. She had a firm hand on the tiller of her life. Sometimes, though, she would refer to the time about fifteen years ago as the storm that had rocked her foundation. She saved those recollections for when she knew it would benefit a younger woman entering the potential squall of menopause.

I hope Isobel will forgive me for recounting the old days before she grew into herself and before her familiarity with homeopathy, for it was a time when Isobel was not, shall we say, Isobel. Her skin showed signs of Father Time's visits, she needed support for a sagging figure, and her behavior was more than eccentric. Her husband gingerly tip-toed around his tempestuous wife. Even Russell, their terrier, cowered when she entered the room.

On a recent occasion, Isobel offered advice to a younger version of herself: her niece, who'd asked Isobel, "Did you get hot flashes? Did you cry?" The questions from the forty-five-year-old woman inspired Isobel to share the story of her transition. She kicked off her sensible pumps, folded her legs under her, and began her tale in Isobel-like fashion. She spoke through gnashed teeth as she relayed her story to accentuate the anger she had experienced during those years.

"I was a shrew and needed to be tamed, but the doctor I visited took that to mean I needed to be medicated. And she was a woman! Truth be told, she was a drug pusher: hormones, patches, sleeping meds, anti-depressants... she had all the nostrums of a witches' brew. Foolishly, I took the stuff because I thought I had no choice. Isn't it interesting that we usually associate being led

There is another way for women to navigate this most promising passage in life's varied flow.



No one  
recognized  
that it was the  
drugs that had  
altered her  
personality  
since they all  
trusted the  
doctor's advice.

by peers as the behavior of capricious teenagers? This was an example of how peer pressure kept me from questioning this doctor in my fifties. I followed her directives like an adolescent aping the cool kids at school!

"The doctor assured me the drug would correct a chemical imbalance and that no, there was no other way. I've since learned that when they tell me there are no other options, that means that's all they've got and I need to find out for myself. Now I would do it differently. Today I would ask her to show me the 'brain chemical' tests that indicate such a preposterous idea and corresponding double-blind data proving the notion. I can see a broken bone on an x-ray or read a number on a blood panel, but I've never seen a chemical imbalance in a brain in black and white."

Isobel explained that it took months of "drug therapy," a term Isobel now calls an oxymoron, before noting that she had sunk into emotional numbness that prevented her from experiencing life. The doctor told her that the anti-depressant would eliminate anger and depression. But it was only a half-truth. Like making a pact with the devil, Isobel had gotten tripped up on the jargon. The doctor didn't warn of a personality lobotomy. On the drugs, instead of being hysterical, Isobel became psychologically dead, pathetic and insipid. Instead of depression, she was emotionless. When her daughter-in-law announced that she was pregnant with their first child, Isobel responded with a neutral "That's nice." Need I tell you that her family was concerned? Oddly enough, however, no one recognized that it was the drugs that had altered her personality since they all trusted the doctor's advice. Surely she would not have prescribed anything that would harm Isobel.

That trusting belief shattered, however, when the family went to the shore for a two-week vacation. Isobel left her meds behind, whether inadvertently or intentionally it's not clear, but it was all that was needed to redirect her course. But it still wasn't easy. The drug had condemned Isobel to a purgatory from which she was obliged to climb during the weeks of withdrawal. She succumbed to tantrums, couldn't sleep for many nights and vomited, but even that was worth suffering through since at least she began to show

signs of a recognizable Isobel. Within a few days of abstinence there were glimpses of her old persona, and her family began welcoming her back. But the journey wasn't over. Her anger and depression returned in a worsened state and she knew she had to find another solution and fast.

This is when her neighbor told her about a homeopathic remedy that had helped her through her menopausal passage. The neighbor said that she would not have been willing to part with the bottle had it been ten years earlier, but since she had completed menopause years ago, she gave Isobel what was left of the little pills. "My homeopath told me to take this once daily for about thirteen weeks, and I noticed a shift after the first two weeks. It was just me minus the ugliness, not me in an altered state."

Isobel wasted no time in taking the remedy. She had been accustomed to using homeopathy to treat her children's strep throats and ear infections when they were little, but didn't realize that homeopathy could treat something as formidable as menopause, depression and anger.

The first person to note the shift in her was her husband. He witnessed his wife soften to life again. She smiled at his teasing instead of disregarding his playful advances. He witnessed her renewed interest in preparing dinner and an extra bonus was her enhanced energy after her sleep was repaired. Isobel relayed all of this to her niece who listened eagerly.

## THE REMEDY

The remedy Isobel's neighbor gave her was *Ammonium carbonicum*. Always characteristic to the specificity of homeopathy, this remedy will not be appropriate for a man, a child, or a younger woman for such tempests. It is, however, often one that is specific to the passage into, through and out of menopause. It is a special remedy designed especially for menopausal women, not by a drug company with a patent, but by the nature and characteristics of the original substance.

*Ammonium carbonicum* is also a remedy for chronic fatigue, mental sluggishness and feeling worse around and after menses. Dr. Margaret Tyler in *Homeopathic Drug Pictures* offers other uses. "There is relief from faintings and other neurological or cardiac symptoms, including heart palpitations that arise during the time of

menopause.” Dr. James Kent, who wrote *Lectures on Homeopathic Materia Medica* reports, “The menstrual blood is blackish, often in clots, leucorrhea is acrid, and there is violent tearing in abdomen and vagina. There is a sensation of deep-seated soreness in the whole pelvic viscera; at times it seems as if all her inner parts were raw.”

Isobel never noticed these particular symptoms, but her neighbor confided that some of these kinds of pains led her to this remedy choice. Instead, Isobel suffered some of the near hysteria that Dr. Kent describes: “This remedy has [addresses] hysteria. The condition in the woman, if in a mild degree, is not hysterical, it belongs to the sensitive nature of women, but if carried to a more marked state it is hysterical.”

These are clinical findings that homeopaths have garnered through the centuries. However, homeopathy also offers more insight into its double-blind data called provings. Excerpts from these medical provings of *Ammonium carbonicum* can be found in Dr. C. Hering’s volumes entitled *The Guiding Symptoms of Our Materia Medica* as well as in Dr. Timothy F. Allen’s work *The Encyclopedia of Pure Materia Medica*.

In Isobel’s case, her passionate nature was forced into apathy by the anti-depressant drug. It threatened to destroy her personality; in fact, to obliterate the very essence of who she was. Indeed, if homeopathy were not available to right the wrongs, it would likely have been better to

have simply put up with her outbursts for months, if not years, in an effort to save her from the scourges of chemical treatment. For someone else who might not be subject to such intense emotions the use of the same drug may have brought relief from anger only to cause depression to set in. Do we really want to chemically tamper with human dials? I think not.

Like august and dignified architecture, our maturing bodies and minds hold treasured secrets. We can take on the responsibility of being the master of these mysteries, or we can acquiesce to a patented, synthetic counterfeit inflicted upon us by an industry gone haywire. Flying buttresses provided by the likes of spandex and underwire bras are at least a harmless way to bolster old age. But chemical drugs are far more sinister than oversized falsies. They eventually reveal themselves to be dangerous counterfeits. By the time we reach this age, authenticity is what we most crave. No one minds a telling patina as long as the soul behind it is intact.

Diana Vreeland, who became editor of *Harper’s Bazaar* at the age of sixty once said, “There’s only one very good life and that’s the one you know you want and you make it yourself.”

Entering menopause is a journey of transformation that can be matched and aided by the authentic nobility of a homeopathic remedy. Together they offer womanly self-empowerment that puts our hormonal house in order.

This morning, Isobel painted her toenails red. “I like to look down at them peeking through my shoes,” she said. “It reminds me of how vibrant life can be.” ☯☯

*Joette Calabrese, HMC, CCH, RSHom (Na) is a classical 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 use homeopathy 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 might fit your lifestyle, contact (716) 941-1045 or [www.JoetteCalabrese.com](http://www.JoetteCalabrese.com) for a free fifteen-minute conversation with Joette.*

#### SLOVENIA TRIP WITH SYLVIA ONUSIC



Photographed here in front of a Mlekomat raw milk vending machine in Ljubljana, participants enjoyed delicious traditional food everywhere in Slovenia. “We were in raw dairy paradise,” says Sylvia (pictured center, back row). “For a breakfast buffet we feasted on raw whey, raw cottage cheese covered with raw cream, raw cheeses. . . and everything is homemade.”

A famous chef, Ana Roš at Hisa Franco, told the group that under communism, many of the traditional foodways were banned and the communists required pasteurization for large market sales. However, in the remote valleys traditional foodways and raw milk survived. Today raw milk and artisan foods have made a huge comeback.

# All Thumbs Book Reviews



***Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory***  
By Neal Barnard, MD  
Grand Central Life & Style 2013

Neil Barnard, the author of the new book, *Power Foods for the Brain*, is known for his staunch and steadfast promotion of vegan diets. He is president of the Physicians' Committee for Responsible Medicine and is a monthly columnist for the *Vegetarian Times*. Dr. Barnard is also featured in the vegan fest film, "Forks over Knives."

From beginning to end, this book is an exercise in futility as Barnard tries hard to sell his creative twists and interpretations on nutrition and science to support his fundamentalist stand on veganism and health. Dr. Barnard takes the term, "cherry picking"—which refers to the subterfuge of selecting certain facts to support a premise while totally ignoring others that refute it—to new heights. He attempts to rewrite nutritional knowledge in his own image of a world devoid of saturated fats, vitamin A and animal products such as eggs, meats, milk. His sanctioned four food groups are constrained to fruits, grains, legumes, and vegetables.

The answer to all health problems, according to Barnard, including weight loss, high blood pressure, heart disease and diabetes is to avoid "fatty" animal products and adopt a plant-based diet despite any and all scientific evidence to the contrary. "A much more powerful step" to reduce blood pressure, he says, "is to avoid fatty foods, especially animal products," so that "your blood is less like grease and more like water." Cholesterol is to be stringently avoided. "Special cholesterol-lowering foods" are oats, beans, barley, soy, almonds and cholesterol-lowering margarines.

Many researchers have linked low cholesterol levels to behavioral aberrations such as

violent crime and suicide, as well as depression. Cholesterol is one of the body's main building materials, in particular in the brain and nervous system, for building nerve cells. It is also the primary "stuff" from which hormones and bile are made. The specious high-cholesterol theory came out of misunderstood evidence from the famous Framingham Study. Yet when researchers examined the same subjects thirty years later they determined that high cholesterol was not a risk factor for older people, and more than twenty studies have in fact demonstrated that older people with higher cholesterol live the longest.

Barnard stresses "building a shield" with certain vitamins, such as vitamin E and folate, which are plentiful in a plant-based diet, and vitamins B<sub>6</sub> and B<sub>12</sub> "around the brain," to protect it against the "threats to brain health" which include metals, unhealthy fats and prescription drugs. The dangerous metals include iron, zinc, copper and aluminum. The unhealthy fats according to Barnard are mainly saturated fats.

Barnard claims that the "heme" iron in animal products is well-absorbed and "can overload you with iron." He warns that iron oxidizes in the body and produces "rusty brain cells." Zinc and iron are contained in red meat and other animal products. Copper is contained in liver but high amounts are also found in soy, tea, cereals, and many vegetable products.

Iron is absolutely necessary for human life. Without iron, cells will die. About one-half of iron in the body is contained in hemoglobin needed for oxygen transport. The body has mechanisms to tightly control iron usage in the body and to protect it from pathogenic bacteria. Iron is critical for the pregnant woman and her unborn child. Iron deficiency anemia is caused by lack of iron in the diet and absorption issues. Phytates in vegetables and tannins in black tea inhibit the absorption of iron.

Barnard also condemns vitamin and mineral supplements because they contain metals, but neglects to discuss the fortification of processed

According to Barnard, the answer to all health problems is to avoid "fatty" animal products and adopt a plant-based diet despite any and all scientific evidence to the contrary.



# All Thumbs Book Reviews

foods with iron and other artificial substances. People eating a lot of processed foods fortified with iron, such as breakfast cereals, may be ingesting too much of this form of iron, which may lead to iron overload.

Barnard states that the “best sources of vitamin B<sub>12</sub>” are to be found in highly refined products such as breakfast cereals, fortified soy milk, and multivitamins and supplements, which he previously condemned in his discussion on metals. It is well established that B<sub>12</sub> is found mainly in animal products. He points out, rightly so, that the elderly who take acid-blocking medications and metformin for diabetes will not absorb B<sub>12</sub> from food and that many elderly do not produce enough stomach acid to free the B<sub>12</sub> from food. With this in mind, it is highly unlikely that these elderly will absorb the B<sub>12</sub> from soy milk or from fortified foods or supplements that are not taken sublingually.

The best sources of vitamin B<sub>6</sub> are found in meat, fish, poultry, and venison, but some B<sub>6</sub> can be found in bell peppers, asparagus, potatoes, seeds, spinach and bananas, although absorption of this vitamin from fruits and vegetables can be problematic because of anti-nutrients in the same foods.

Another issue with vegetables and fruits is the high levels of toxic pesticide sprays used in commercial agriculture. Dr. Mercola wrote an excellent review on this topic, “How to Find the Healthiest Fare in Meat and Produce Aisles,” at [www.Mercola.com](http://www.Mercola.com) (May 8, 2013), in which he discusses the vegetables and fruits that have the highest pesticide load, among them kale (the current darling of the vegetarian crowd), spinach, cucumber, apples, celery, potatoes and strawberries.

Folate is found in abundance in green leafy vegetables, beans and lentils and liver, but liver, a verboten food from Barnard’s point of view, is also a good source of highly absorbable folate, B<sub>12</sub>, zinc, and iron.

Even mild B<sub>12</sub> deficiency is associated with

accelerated cognitive decline. A Tufts University study released in 2012 showed that “rapid neuropsychiatric decline is a well-known consequence of severe vitamin B<sub>12</sub> deficiency, but our findings suggest that adverse cognitive effects of low vitamin B<sub>12</sub> status may affect a much larger proportion of seniors than previously thought.” Research from Sweden in 2010 shows that vitamin B<sub>12</sub> protects against Alzheimer’s disease.

Other research from Tufts shows that homocysteine, an independent risk factor for heart disease, is at much higher levels in individuals who have a B<sub>12</sub> deficiency along with high blood folate levels—a profile that fits an individual on a vegan or vegetarian diet.

Although he mentions in passing the fat-soluble vitamins D (as a supplement) and K (only in its relationship to the blood-thinning drug warfarin), Barnard ignores the major roles of the fat-soluble vitamins in health and neglects to mention vitamin A at all. Not one reference to pre-formed vitamin A can be found in the book. Because these vitamins need fats to be utilized and are obviously found in animal foods, they do not conveniently fit into his ordained dietary paradigm and are therefore omitted or trivialized.

Barnard also conveniently ignores animal foods as sources of neurotransmitters, with the exception of dopamine. He considers cheese and meat as drugs, or convenient sources of opiates. These “drugs,” along with sugar, chocolate, alcohol, sex and exercise, trigger dopamine, which “push[es] you in front of the train,” and causes dangerous behaviors like food cravings and drug abuse. Best to avoid them, according to Barnard’s puritanical and just plain erroneous reasoning.

The book is aimed mainly at the elderly and aging populations who are more at risk for malnutrition, specifically of vitamin (especially B<sub>12</sub>), and mineral deficiencies than other population groups. Although brain injury and memory loss can happen at any age, adhering to Barnard’s prescription will not improve the mind or strengthen the memory of any human, especially the elderly.

Barnard ignores the major roles of the fat-soluble vitamins in health and neglects to mention vitamin A at all.



# All Thumbs Book Reviews

His message: avoid animal products, saturated fat, iron, zinc and copper, and make a bee line for the fruit, veggies and beans for a healthy body and mind.

New research shows that individuals with fasting blood sugar levels at the high end of normal are at risk for brain shrinkage and diabetes. It is well known that glucose control decreases and incidence of diabetes increases with aging. In fact, research strongly links high glucose levels to Alzheimer's disease. It is high carbohydrate consumption that raises glucose levels in the blood. Alzheimer's patients benefit from daily ingestion of coconut oil because it appears that their brains can no longer use glucose for fuel. This important finding is not mentioned in the book, perhaps because coconut oil contains saturated fat and does not fit into his model that "the brain runs on carbohydrates."

Barnard claims that the way to control high blood sugar is not through avoiding natural sugars and starches but to avoid animal products and saturated fats because "fat interferes with insulin's ability to work." He conveniently ignores the scientific literature that has established the fact that fats do not decrease insulin sensitivity nor do they provoke insulin spikes, while high intake of sugar has been proven to reduce insulin sensitivity. "Avoiding fats is a much more powerful step than avoiding healthful carbohydrates," he says. Barnard also neglects to include a conversation about triglycerides, independent risk factors for heart disease, which reach high levels with a high-carbohydrate diet.

Barnard provides fifty-seven pages of recipes in the book that are high in carbs but low in protein, fat, salt, and cholesterol. At the end of each recipe, he lists amounts of carbohydrates contained in that recipe but does not include sugar or fiber into that category. Sugar and fiber are listed separately which may give a false impression of the amount of carbs in the dish.

"Polenta Breakfast Bars" have 66 grams (gm) of carbohydrate per serving, 28 gm of sugar, and 5 gm of fiber for a total of 99 grams of carbohydrates. My personal favorite is "Black Bean Fiesta Salad" with 80 gm carbs, 13 gm sugar, and 21 gm fiber in one serving for a total of 114 grams of carbohydrate per serving!

Mouthwatering instructions for sautéing in his recipes go something like this throughout: "Heat two tablespoons water in a large saucepan over medium heat, add the onion, garlic, and thyme and cook... add the celery and carrot... the low-sodium vegetable broth or water." Enjoy.

Barnard advises readers to "skip fish" because it contains fat, even the much recommended salmon, which contains omega-3 fatty acids. Barnard insists that "a serving of fish is more like beef than it is like broccoli." Certainly one must agree with this observation from the simple vantage point of taxonomy. However, he claims that fish is not a good nutritional choice because it also contains the dreaded cholesterol along with mercury

and is therefore to be strictly avoided.

Barnard's creative attempts to try to position broccoli as the omega-3 champion fail miserably. He claims that broccoli has some omega-3 fatty acid in the form of ALA, or alpha linolenic acid, and that when a person eats broccoli his body will "lengthen the molecular chain from eighteen carbons to twenty, making a new fat called EPA. You would then tack on two more carbons to make the 22-carbon DHA." What he doesn't mention is the fact that a lot of people can't do this, especially if they are deficient in zinc or B<sub>6</sub>. He says that there are "traces" of ALA in other vegetables, fruits and beans, and much larger amounts in walnuts, seeds, flax, and canola oil.

Omega-3s are very delicate fatty acids and are destroyed by the heat and processing methods typically used to extract canola oil. Barnard says that people are getting too much omega-6s so they can't convert ALA to EPA and DHA. But aren't the seeds and grains he recommends in his plant-based diet high in omega-6s? Eating large amounts of omega-6 fatty acids from seeds and vegetables will block the formation of elongated omega-3 fatty acids.

Throughout the book Barnard continually refers to the "Chicago Health and Aging Study," a poorly-designed study with many flaws, which he uses to justify his vilification of saturated fat as a factor in Alzheimer's disease. The Chicago cohort was based on a self-administered food frequency questionnaire to report data, which does not fulfill the requirement for a scientifically rigorous study.

Although this book contains some helpful information on exercising the brain and the importance of sleep and rest, this advice is minimal. The number of nutrition fallacies in this book is many and cannot all be covered in this review. We give this book a very swift and vigorous **TWO THUMBS** down.

Review by Sylvia Onusic

# All Thumbs Book Reviews

## *The Whole Soy Story*

By Kaayla Daniel, PhD, CCN

New Trends Publishing 2005

Originally published in 2005, this book is not new, and our readers will know that we have referred to it many times as a prime source of information on soy, but it is more relevant now than ever. If you were to try to find a loaf of bread without any soy at a typical grocery you would have to look hard. Even then you might come up empty. This is true not only for bread but for most processed food. If you want to understand why this might be a problem, this is the book for you.

Probably the earliest known use of soy was to fix nitrogen in the soil. One term for that is green manure, which appropriately describes soy on so many levels. Soy is quite a witch's brew of toxins. It is one of the top eight allergens, it has goitrogens that damage the thyroid, lectins that clump red blood cells, oxalates that have been linked to those very painful kidney stones, phytates that impair mineral absorption, and isoflavones or plant estrogens that disrupt human hormones.

Soy is claimed by many to be a good source of protein yet it contains protease inhibitors that interfere with protein digestion. Perhaps to top the condemnation of soy as food for humans or animals is the frightening fact that over 90 percent of soy is now genetically modified.

Naturally and traditionally fermented soy products are generally less troublesome, but many people, mostly vegetarian or vegan, energetically defend other forms of soy and its derivatives as food. This is rather amazing when you consider not only the list of objectionable anti-nutrients just mentioned but how much time and effort have been invested by the food processing industry just to make soy products taste somewhat palatable. Soy just doesn't taste good unless it is laced with MSG, sugar or other flavor-enhancing chemicals. In my opinion, the food

chemists still have a lot of work to do on that. I know I'm not alone. As Kaayla Daniel points out, there was an episode of "The Simpsons" in which Lisa buys a "Soy Joy" energy bar. The wrapper boasts "Now with gag suppressor."

There are detailed descriptions in the book of how soy is processed and after reading those truly gut-wrenching facts it is difficult to see how anyone can still manage to call it a health food.

One common criticism I see of the Weston A. Price Foundation's position on soy is that we have no references supporting our position. Obviously this comment is made by people who haven't looked very hard at the website where hundreds of studies are listed. There are two rather long pages with nothing but references to this research. There are hundreds of references in the back of Daniel's book also. The rebuttal argument is that the majority of studies claim that soy is safe. I'm sure this is true but, and I can't emphasize this enough: I don't care.

Who carried out the majority of those studies? Who paid for them? Was it corporations like Ford Motor Company? Well, actually, if you read the book you will learn that Henry Ford dabbled with making car parts out of soy. He even had a suit made out of soy, which worked great as long as he didn't bend over or move around too much. But I'm pretty sure he and his company couldn't care less about the nutritional value of soy. The point is that studies are expensive and corporations don't do studies just for general enlightenment. The only entities that would be interested in spending a lot of money studying the nutritional value of soy would be Big Soy. Big corporations in general don't do science. They only pretend to do science to make more money. Their deep pockets allow them to flood the literature with all the "science" money can buy.

One such example is of an industrial study on soy that presumed to promote the ability of soy to prevent cancer. The study compared soy protein to the milk protein casein. The conclusion



Probably the most horrific scheme the food industry dreamed up was using soy in infant formula.

# All Thumbs Book Reviews

was that soy was better at preventing cancer than casein. Comparing isolated proteins, however, is like comparing Twinkies to Snickers. One may be slightly less carcinogenic than the other, but so what? They are both bad.

There are many derivatives of soy and many things being done with soy products. There are good uses for soy. The ink used in printing *Wise Traditions* journals is soy-based. One indication of how many different products and uses there are for soy is the soy derivative lysophosphatidylethanolamine (no, my cat didn't just walk across my keyboard). This is used as a fruit ripener and shelf-life extender. Apparently they have run out of words that anyone can pronounce so they had to resort to. . . that. Guys, don't try to impress your girlfriends with words like that. You will die alone.

Another fun feature of soy is how it can affect the lower digestive system in somewhat volatile ways. I won't say it is a major contributor to global warming but it could cause considerably

more air quality contamination than one might care to contemplate. There are a lot of cracks I could make but the bottom line is you don't want to be downwind of a soy lover. Just another way that eating soy could lead to a lonely death.

Probably the most horrific scheme the food industry dreamed up was using soy in infant formula. This is covered extensively in *The Whole Soy Story*. The resulting product lacks many of the key nutrients that babies require. Soy formula can expose an infant to the estrogen equivalent of three to five birth control pills per day. This wreaks hormonal havoc in both boys and girls. To anyone outside of the soy industry, that is an incredibly bad idea.

As I am writing this review, the news media are fussing over horsemeat in the food supply, which makes me laugh pretty hard. This is a classic case of straining at gnats and swallowing camels. . . or horses. There can be carcinogenic chemicals, soy, GMO, or all of the above in our food and that seems to be quite acceptable, but horsemeat? Whoa, there, Wilbur! Seriously, if horsemeat is the worst thing in your industrial strength Macburger, count your many, many blessings. If you don't want to eat horse or something worse, trot on out of those fast-fooderies and big box supermarkets and get your nearest local WAPF chapter to hook you up with some real feed. I'm sure it is no surprise that my thumb is giddy-UP for this book.

Review by Tim Boyd

## GAINING GROUND: A STORY OF FARMERS MARKETS, LOCAL FOOD AND SAVING THE FAMILY FARM by Forrest Pritchard

Pritchard is a seventh generation farmer from the Shenandoah Valley who set about saving his family farm after returning home from college with a degree in English literature—sound familiar? We have another Joel Salatin here, an innovative pasture-based farmer who writes beautifully, and who can serve as an ambassador for the agricultural paradigm of the future.

Pritchard tells his story with great skill; in fact, the reader is on the edge of his seat as Pritchard describes his first attempts at pasture farming, his first trip to the butcher, his first farmers market. Every new venture was a learning experience—both painful and amusing. The first butcher he used did a sloppy job and, he suspects, did not return all his meat; his first farmers markets were a bust, not bringing in enough to pay for his gas. But eventually Pritchard found a great butcher and bustling farmers markets full of customers who appreciated his product.

The new model—pasture-based with direct-to-consumer sales—requires three distinct skills, says Pritchard: the actual farming; marketing; and finance and bookkeeping. Usually these three are parcelled to different members of the family, but when a farmer is starting up, he often needs to attend to all three himself.

As an example of the finance and bookkeeping category, Pritchard describes how he did a cost-benefit analysis on making and gathering hay. When he added up the labor costs, including time spent mending equipment, and the loss of pasture for his herd to graze in, he came to the conclusion that it was actually more economical to purchase hay. The decision left him a lot more time to do important things like attend farmers markets, and gave him more grazing land to increase his herd. Every activity on the farm needs to be subjected to this kind of clear-eyed analysis.

The thumb is UP for this interesting and inspiring book.

Review by Sally Fallon Morell

# All Thumbs Book Reviews



## ***Get it Up!***

***Revealing the Simple Surprising Lifestyle that Causes Migraines, Alzheimer's, Stroke, Glaucoma, Sleep Apnea, Impotence... and More!***

**By Sydney Ross Singer & Soma Grismaijer  
ISCD Press**

The work of Weston Price led us to the realization that our modern, advanced civilization that has it all figured out has forgotten how to eat. The work of Esther Gokhale led us to realize we've forgotten how to stand, sit and bend over. Well, it doesn't end there. According to Singer and Grismaijer, we've forgotten how to sleep.

The book begins with the question of what causes migraine headaches? Conventional medicine has asked the question but, as usual, has made very little headway in coming up with an answer. Beyond the observation that migraines are a type of vascular headache, they don't seem to know what is going on. That doesn't stop them from rushing out a shot-in-the-dark treatment. Like all shots in the dark, it may be doing more harm than good.

The authors give us a detailed but not technically overwhelming explanation of how gravity affects the human body. During the day when most people are more or less vertical, bodily fluids collect down around the feet and drain from the head. At night when most people are more or less horizontal, the opposite occurs. The

longer you remain horizontal, the more pressure builds in your head. This pressure and swelling can cause problems including migraines. If this goes too far, brain damage can result. The migraine is the body's way of clearing out the head and saving the brain. Similar to what we have done with fevers and cholesterol, treatments that address the migraine are yet another example of modern medicine attacking the smoke alarm instead of the fire.

Space medicine is about the only branch of medicine that has looked in detail at how gravity affects the human body and it has found that one way to simulate weightlessness is to remain horizontal for long periods of time. It has been observed that astronauts in space commonly suffer the same problems of pressure and swelling in the head leading to migraines and other problems.

The answer Singer and Grismaijer arrive at, strangely, does not involve any expensive drugs or devices. The solution is to avoid sleeping on a completely flat surface. This was tested by volunteers enlisted to sleep with their upper bodies elevated to an optimum angle. There was significantly greater improvement in the treatment group than the control group. Not everybody improved but about 70 percent did. This is not a universal solution, obviously, but it seems to work for many and it can't hurt to try. That is good enough to get my thumb UP for this book.

Review by Tim Boyd

According to the authors we have forgotten how to sleep.

## **CHOLESTEROL AND SATURATED FAT PREVENT HEART DISEASE: EVIDENCE FROM 101 SCIENTIFIC PAPERS by David Evans**

Critics of the cholesterol theory of heart disease will find this compendium an invaluable aid. Evans merely lists in chronological order studies proving that cholesterol and saturated fat actually protect us against heart disease, along with a concise summary of the study conclusions and interesting background on the study author.

Regarding the 1970 "Seven Country" paper by Ancel Keys, Evans notes that if Keys had chosen any other seven countries in the world besides those he cherry picked for his paper, he would have gotten a different result. Why did Keys manipulate the data to create the impression that saturated fat and cholesterol cause heart disease? According to a friend of Keys, Henry Blackburn, Keys was humiliated about his saturated fat theory at a World Health Organization meeting in Geneva, convened to discuss rising rates of heart disease. Keys had a strong personality and was prone to abusive scolding of anyone who disagreed with him. According to Blackburn, Keys was determined to put down his detractors, and so manipulated the data to prove himself right. THUMBS UP.

Review by Sally Fallon Morell



# All Thumbs Book Reviews



## *Relief from Snoring and Sleep Apnoea*

By Tess Graham

Viking, an imprint of Penguin Books

We have had a flurry of books about sleep dysfunction lately. There must be a lot of people out there who can't sleep. The books I have reviewed recently approach the problem from different angles. I mentioned in the previous review that we have forgotten many things in our modern culture, including how to eat, how to sit, how to stand, and how to sleep. This book adds another to the list. We've forgotten how to breathe.

There are many people who have no airway obstruction, no deviated septum, nor any other impediment to breathing but they still snore. Why? Tess Graham educates us on the physiological details of what goes on when we breathe. Some of those details might surprise you. You probably know that part of what you breathe out is carbon dioxide. What you might not know is that carbon dioxide is not just a waste product. Most of the carbon dioxide your body generates stays in your system and serves important functions. It regulates breathing and assists with oxygen transport. When you breathe too fast or too deeply, you dump carbon dioxide and lower internal CO<sub>2</sub> to inadequate levels. By breathing too much you can end up with too little oxygen.

Sleep is not an aerobic exercise; at least it shouldn't be if you are doing it right. Some people, however, breathe while they sleep as if it is. Drawing in such large amounts of air tends to pull in the sides of the airway which, of course, leads to snoring. Those who do this also tend to breathe too hard when they are awake. They don't snore but they over-breathe—a kind of low-level hyperventilation. This can lead to irritated, inflamed air passages. Graham has found that if such a person is retrained to breathe correctly when awake, that will translate into improvements when sleeping as well. The book includes a lot of information on how to do that. Optimal

breathing should be inaudible and invisible.

There are numerous other pointers and two in particular struck me. One concerns how to correctly blow your nose, if you must. We all know someone (maybe you) who honks like a goose (or a truck) when they blow their nose. That can have the same effect as snoring and can cause inflammation and irritation. No honking!

The other point I find very interesting is how important it is to keep your mouth shut. There can be many good reasons to keep your mouth shut but one very good reason is to get more oxygen into your system. This makes a big difference and mouth-breathing just doesn't work nearly as well. Graham illustrates this with an interesting story about the Tarahumara runners of northern Mexico. They live in a hot climate in rugged terrain and can run up to 120 km (about 75 miles) per day. They have been observed by scientists when running a regular marathon (only 42 km). At the end of the marathon, their breathing was calm and effortless and their blood pressure was lower than when they started the race. They also had little need for water. The key was they never opened their mouths.

Diet is also important and is covered in a later chapter. Controversial things like the importance of saturated fat and the dangers of soy are correctly explained so that information is on the up and up. To wrap up, my thumb is UP and now I will shut up.

Review by Tim Boyd

There can be many good reasons to keep your mouth shut but one very good reason is to get more oxygen into your system.

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# All Thumbs Book Reviews

## *The Truth about Food*

By Gillian Drake

Shank Painter Publishing

Before most of us were born science learned that all living things emit a weak radiation. Every particle has a specific wavelength. Even though not new, these facts and all their implications are not widely known or understood. In more recent years we have learned that water is far more complex than we thought. It has properties that are affected by what it physically comes in contact with and what kind of radiation or energy passes through it. All of these things turn out to be relevant to the general health of our bodies and can be used to evaluate our health and the quality of food we eat.

This book looks in detail at all categories of food and evaluates them in terms of energy measured in Bovis Units of Life Force Energy. The assumption is that the higher the energy measurement, the better the food. The scale used here goes from 0 to 10,000. Anything below 6500 is slowly killing you. Unlike many annoying studies that only look at industrial food, this looks at industrial and organic. It even looks at raw milk and dairy compared to pasteurized. Cooked vegetables are compared to raw. I won't get into the measurement methods and I don't necessarily consider them the final authority but the end results are interesting.

In general, as you might expect, organic foods score consistently much higher than industrially produced variants. Raw milk blows pasteurized milk away. Most breakfast cereals are slow death in a box. Fast food is at the same low level as breakfast cereals. Kentucky Fried Chicken in particular is well below the level of anything you would actually want to eat. Saturated fat, on the other hand, is about as far above the slow death range as you can get.

The vegetable category is interesting in that it confirms what the Weston A. Price Foundation has said on the subject. Not all vegetables are

better raw. Some are better cooked.

The soy category is one I'm not so sure about. As we would expect, the fermented variants such as tempeh, miso, and natto rate the highest but there are several other products above the line of death which make me wonder. Some of them are things like organic soy milk and organic soy bean flour. Everything else is understandably much lower on the scale. Aside from the energy chart, the comments in the chapter on soy make it clear that unfermented soy products are not health food. The author references Kaayla Daniel's *The Whole Soy Story* and is fully aware that soy is a big wad of trouble.

I'm a little doubtful about the levels of various weight loss products. Vegan diet and Pritikin rate higher than I would expect. Jenny Craig, Weight Watchers, Nutrisystem, and Ensure are down at the bottom of the scale where I'm sure they belong. Overall I would say these energy ratings may be a good guideline but you might want to take other sources of information into account when deciding what is good and not so good.

There is a chapter on genetically modified foods but there is no graph of where they fall on the scale. The author has nothing good to say about GMO. Drake points out that GMO producers have succeeded in getting legislation passed that outlaws publishing independent research in peer-reviewed journals. Most producers want as much visibility and advertising as they can get and would want their ingredients clearly displayed on the label. The fact that the GMO industry is fighting tooth and nail to keep this information off the label tells you all you need to know. I also note that the energy scale only goes down to zero in this book. To accurately rate GMO would probably require extending that well below zero. The thumb is UP for this book.

Review by Tim Boyd



Organic foods score consistently much higher than industrially produced variants.

# All Thumbs Book Reviews



## ***Dirty Electricity: Electrification and the Diseases of Civilization***

**by Samuel Milham, MD, MPH  
iUniverse, Inc.**

We have polluted land, air, sea and even outer space. I recently stumbled across an article about how they are trying to devise a method to clean up the mess we have made in earth's orbit. But it doesn't stop there. We have polluted electrical power too. We have seen from other sources that high frequency electrical signals can interfere with the signals emitted by our own bodies. Much like smoking, low level exposure for a limited time may be harmless for most people but given enough time and exposure, damage results.

The electrical power coming out of most outlets in the United States is 120 volts of alternating current. It is in the form of a sine wave which cycles at 60 cycles per second or 60 Hz. That by itself doesn't seem to cause most people much trouble. The problem comes when higher frequency "noise" gets into that power. That noise can come from switching power supplies in many electronic devices, CFL bulbs, or other things.

Dr. Milham is an epidemiologist who has lived longer than the average human and so he has been around to study the data and the correlations for a long time. He's pretty good at it. At this point there is a lot of data out there and the picture is becoming quite clear. Milham found exceptionally high rates of leukemia in electrical workers and wrote a letter which was published by the *New England Journal of Medicine* in 1982. The letter spurred a number of calls from colleagues declaring that the correlation wasn't possible. Their response was to prove him wrong. They tried but only succeeded in proving him right. At least 150 studies associate power frequency magnetic fields with cancer.

Milham has had experience testifying in court on cases involving illness due to dirty

electricity. He often was up against top lawyers with utility experts paid to refute what he knew to be true. One of these experts whom he had known for twenty years had to admit that he was right. Dirty electricity is dangerous. Based on the history of the tobacco industry I would expect the power industry to remain in denial, and generate numerous rigged studies to confuse the issue.

I toured a farm in Pennsylvania a few years ago where they had a problem with electrical current in the ground. The animals were very sensitive to that. Health and milk production were adversely affected. Once the electrical current was removed, the problem was solved and the animals recovered quickly. Dr. Milham observed the same thing in the Midwest. After filtering the electricity at a school, a dairy farmer a quarter of a mile away noticed each of his cows produced ten pounds more milk per day.

Cancer clusters have been observed around high-power antennas, transformers, power distribution boxes in buildings, and buildings or rooms with dirty electricity in general. He also briefly mentions some concerns about smart meters. This book doesn't mention it but I've heard that cancer clusters have already started showing up in those working around airport security scanners.

I did not notice any claim in the book that this is the only cause of cancer and I still think there are other factors like chemicals to consider, but dirty electricity could definitely be a major factor. There are things one can do to lower the risk, including filtering or moving to a less toxic location. Of course, a good, nutritionally dense diet reduces your susceptibility to the many dangers of this world. I have talked to electrically sensitive people who have noticed cod liver oil makes them less sensitive. The thumb is UP.

Review by Tim Boyd

Cancer clusters have been observed around high-power antennas, transformers, power distribution boxes in buildings, and buildings with dirty electricity.

# All Thumbs Book Reviews

## *Cows Save the Planet, and Other Improbable Ways of Restoring Soil to Heal the Earth*

by Judith D. Schwartz

Chelsea Green Publishers

Many of you have seen Allan Savory's TED talk, in which he explains the principles of managed intensive grazing as a method of reversing desertification ([http://www.ted.com/talks/allan\\_savory\\_how\\_to\\_green\\_the\\_world\\_s\\_deserts\\_and\\_reverse\\_climate\\_change.html](http://www.ted.com/talks/allan_savory_how_to_green_the_world_s_deserts_and_reverse_climate_change.html)).

As many of our members know, managed intensive grazing (also known as cell grazing, mob grazing, and holistic managed planned grazing), involves moving a herd of animals (usually cows, but also sheep, pigs, goats and poultry) regularly and systematically to fresh rested areas with the intent of maximizing the quality and quantity of forage growth. Properly managed herds can bring renewed fertility to pastures in any area of the world, but the system is especially beneficial to marginal or "brittle" lands that go many months without rainfall. Herds trampling the soil, fertilizing with urine and manure, and then moving on, can reverse the process of desertification that occurs when there are too many animals on the land, or not enough of them.

As Judith Schwartz explains in her excellent book with the surprising title—*Cows Save the Planet*—managed intensive grazing helps put carbon back into the earth, and it is carbon that builds the soil. The premise that soil is built from the top, with the accumulation of manure and organic matter is only partially correct. As Schwartz explains, plants provide a two-way transfer of nutrients: the plant brings minerals up from the soil and into the stems, leaves and fruit, and also carries carbon from the air down to the roots. This carbon feeds mycorrhizal fungi, soil organisms with a strand-like structure that feed on the sugars (carbon) that the plant produces from sunlight and carbon dioxide, and in turn help the plant absorb minerals. The fungus, with its long reach in the soil, and the organisms that it

nourishes in turn, are what build organic matter (humus). Thus organic matter is created below ground, as well as on top, and soil can be built quickly, in a matter of a few years, and not over the eons as the geologists assert.

Soil with a lot of organic matter (with a lot of carbon, that is) holds water efficiently. Schwartz offers the intriguing theory that the rising sea levels are due more to lack of water-holding capacity in the soil than the melting glaciers. Many graziers have noticed that springs appear on their property as their pastures improve—more water in the soil fills the shallow water table and emerges as cool springs. Schwartz reports that for every 1 percent increase in the level of soil carbon, a square meter of soil can store an extra two buckets of water.

Schwartz describes visits to ranches practicing managed intensive grazing on vast tracts of land, and notes the improvement in vegetation. Grasses are greener, more dense and grow taller in the wake of cattle moving across the landscape—on the other side of the fence where cattle roam haphazardly or not at all, the land is sparsely vegetated, even desertified.

Carbon sequestration is a concept in the forefront of contemporary thinking. How do we reduce all that carbon building up in the atmosphere? Some have proposed getting rid of cows and other domestic animals; but as Schwartz explains, cows are the solution. Animal grazing can be used to build vegetation and thus carry atmospheric carbon into the ground to build humus, reverse desertification, replenish underground water, and as a happy byproduct, supply billions of people with wholesome grass-fed meat. By some estimates, a return to managed grazing on a large scale could return carbon to earlier levels in a matter of a decade.

All this is good news! Nature can recover, and recover quickly. But we need to return to our role as wise steward rather than a profligate destroyer of our most precious resource, the soil.

Review by Sally Fallon Morell





# Tim's DVD Reviews

## *Symphony of the Soil* Deborah Koons Garcia Lily Films

Soil is not just dirt nor is it merely a collection of minerals. Edible plants won't grow in a sterile collection of minerals. They require the complex ecosystem that we call soil. Minerals are part of this environment, but it must also include microbes, fungi, insects, air, moisture and maybe other things we don't even know about that life requires. The mineral component of various soils can come from sources such as glacial run off in Norway, volcanoes in Hawaii, and wind-blown loess in Washington state, as "Symphony of the Soil" illustrates.

There are numerous categories of soil enumerated in the film. Prairie soil is the most productive, not forest soil as some might guess. All of the organic matter in a forest is in the trees rather than in the soil. The United States has a much higher percentage of prairie soil than most of the rest of the world. That is probably due to the wise management of those who occupied the North American prairies before the European invasion.

The ancient Romans did not wisely manage their soil. They liked to plow it up until there was little left. They also used lead plumbing, which would make any civilization too stupid to live, but destroying their soil was equally bad. I'm not sure which came first in their case. In the U.S. we are trying that same bad idea with our soil. The relentless westward push of the settlers in the nineteenth century was driven by the rapid depletion of soil and the continued exploitation of what remained of fertile prairie land. Much of the rest of the world is following those dead end ruts. Worldwide, one-third of the soil has run off into the ocean.

So a good plan of action would be to not destroy all of our soil. There are a number of strategies for achieving that which include cover crops and no-till farming. Chemicals and drugs

fed to cows end up in the dung and kill off many of the dung beetles that are important to the fertility of the soil. It might also be a good idea to go back to farming without toxic chemicals.

As far as I can tell, ethanol is not as economical to produce as fossil fuel and is merely a transference of one resource shortage for another. Ethanol takes more critical nutrients out of soil that are already in short supply. Lack of healthy soil appears to have played a major role in the collapse of every major civilization in history. Are we going to be as dumb as the Romans? Time will tell. Meanwhile, my thumb is UP for this film.

## *In Organic We Trust* Produced and directed by Kip Pastor

People have come to assume that organic certified food is the gold standard of real, uncontaminated, pure food. When interviewed and asked why he eats organic foods, the average person on the street will usually say it is healthier for you, it's not exposed to pesticides, and then his voice trails off because he doesn't really know much more than that.

This film takes a close look at what is under the rug of the organic industry, and it's not as clean as most people might think.

The philosophy that inspired the organic standard included concepts like working with nature, using no chemicals, no irradiation, no GMO, no sludge, and acknowledging that soil quality is where it all starts. If you don't have good soil, it doesn't matter what you grow or how you grow it. Certain pesticides are allowed by organic standards but they are all natural, whatever that means. The organics philosophy also intended that food ought to be from local sources, not shipped from the other side of the planet.

So how well does the organic industry as a whole stick to those principles? If I mention that the USDA oversees and controls organic

Prairie soil  
is the most  
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might guess.

# Technology as Servant

## COOKING OUT OF THE KITCHEN: BREAKING OUT OF THE HOT BOX

By John Moody

Just like our interaction with light, our interactions with cooking have been radically altered by modern technology. Whereas cooking once was a convivial and often community-oriented activity, these days people enjoy microwave “meals” prepared in a moment. In the past, much cooking was done outdoors or semi-outdoors. Now, other than when grilling, most meals are prepared deep within the bowels of people’s homes.

Why cook beyond the kitchen? Outdoor and semi-outdoor cooking has many benefits. In the summer, cooking generally takes place during the warmer hours of the day, causing an internal battle in the house between the air conditioning and the cook, significantly increasing energy use and utility bills.

History shows that people once understood that not all cooking tasks fit the family scale, inside the family kitchen. Historically, many farms had both indoor and outdoor kitchens, the latter extremely useful for feeding seasonal help, putting up the summer and autumn bounty, and accomplishing tasks that were especially sweaty and smelly (like butchering large animals and rendering beef and pig fat into tallow and lard). Communities had shared outdoor cooking locations such as fire pits, smokers and masonry ovens. Often a chore that is unpleasant to accomplish indoors becomes quite enjoyable when pursued outdoors.

standards that might trigger some doubts among those who are familiar with such government agencies. But it gets even more doubtful. The USDA does not directly inspect organic farms but authorizes independent inspection organizations to do that. Inspections are only done once per year. If I were suspicious I might think that leaves a lot of time to mess around between inspections. Another suspicious fact is that the inspectors are paid by the farmers they inspect. Funny how often conflict of interest is at the core of everything a government agency does. To top

While most modern homes and their plots of land don’t have the space for an extra, outdoor kitchen, everyone can take advantage of various ways to cook beyond the four walls of the standard kitchen; these range from the familiar to the new fangled. Some are incredibly simple, such as merely relocating your crock pot outside or on a back porch if weather permits. Some are simply historical, such as fire pits and similar methods that have been used for thousands of years. Others require investments that most people find worthwhile for years or decades to come.

### CHARCOAL AND WOOD GRILLS

Grilling is the most common outdoor cooking experience most Americans are familiar with. If you elect to go with charcoal rather than gas, a few small changes can help protect your food and family from toxic chemicals sometimes used in charcoal grilling.

A charcoal chimney starter can replace lighter fluid (whose strong smell is indicative of the various chemicals it contains that can contaminate your meal during start up and cooking) for starting the fire.

Lump charcoal is to charcoal what real milk is to conventional milk; that is, the original fitting thing to use. Most modern charcoals are made from sawdust and thus contain a mix of additional binders and chemicals.<sup>1</sup> Lump charcoal is just charred wood, and, for those who want a

Historically, many farms had both indoor and outdoor kitchens.

it all off, the USDA really has no oversight over farms and producers from other countries. Is that “organic” food from China or any other country really organic? Who knows?

The producer scheduled an appointment to interview the USDA for this film which was then cancelled by the USDA. Showing the usual lack of spine, the USDA evaded any further attempts to be interviewed. The producer doesn’t waste a lot of film time suggesting approaches to fix the USDA. The main solution offered here is to forget about the USDA and their organic certification and go local, and even to grow your own food as much as possible. I happen to agree and so does my UP-turned thumb.



fun do-it-yourself project, can be made at home and in some parts of the world is still a family, community or village task. Unlike its modern, highly processed counterpart, lump charcoal is not uniform in heat output so it requires a more attentive grill master.

There are also stoves that utilize wood pellets instead of charcoal. While these are superior chemically (the pellets are made using just water and the naturally occurring lignin in the wood), the production of these pellets takes tremendous amounts of energy and their price is both volatile and high.<sup>2</sup>

GAS GRILLS

Gas grills now dominate the grill market, mainly because of fast and easy start up and excellent temperature control. To impart flavor as in charcoal and wood cooking, chefs often add hardwood chips to their gas grill. Doing so safely requires care and experimentation, but allows gas grill users to enjoy some of the culinary benefits wood brings to the dinner table.

Bobby Flay in *Boy Meets Grill* expresses his preference for gas grills, because, he says, "the real flavor boost (from grilling) comes from marinades and seasonings, and from quick searing directly over a very hot fire—which a good gas grill does as well as charcoal."<sup>3</sup>

SOLAR OVENS

Another "beyond the kitchen" cooking option is a solar oven. A solar oven is any cooking apparatus designed to collect and focus sunlight to create sufficient heat to dehydrate, dry or cook foods. These have the added benefit of having no continuing energy expense to use, either via purchase, production, or collection and little

maintenance if well built and cared for.

We own a Sun Oven and have been very happy with its performance, even in the spring and fall. We have successfully cooked winter squash, and potatoes, have dried and toasted nuts, and done a variety of other tasks with it. In an emergency, solar ovens also provide a way to disinfect water, with most of the major brands including a water pasteurizing indicator tool for just such a purpose.

Solar ovens have two main drawbacks. First, the oven needs to be realigned every so often to ensure maximum solar gain. It cannot be set and forgotten for multiple hours. Some people get around this challenge by buying or building a platform that slowly turns or realigns the solar oven with the sun for them.

Second, in some parts of the country, hot and sunny don't always go together, and without adequate sun, a sun oven becomes at best a sun warmer. In Kentucky, we often have partially cloudy or rainy days that are nevertheless very hot, rendering our sun oven unusable.

Depending on the size of the solar oven you build or buy, cooking volume could be an issue. The one we currently own lends itself to large, but single pot type meals, or cooking single side dishes (a few spaghetti squash, a batch of baked potatoes, etc.), or two smaller sides. With a family of six, we often find a large model very helpful to successfully and easily prepare whole meals.

ROCKET STOVES

Another excellent outdoor cooking option is a rocket stove. Rocket stoves utilize small amounts of marginal fuel sources with a smart design to create incredible amounts of cooking heat. Corn cobs, twigs and sticks, dried manures, and other sources of carbon will all create more than sufficient heat for cooking.

I have successfully cooked a three-part meal on our rocket stove using nothing but a small bundle of twigs or branches from the woods by our house (hamburgers, hash browns, and rice and beans). Another advantage to a rocket stove is the high portability and low weight, making them appropriate for camping and travel.

Rocket stoves have two main drawbacks. First, they are generally designed to accommodate only a single skillet, pot, or pan at a time. We often use a large cast iron skillet which allows us to cook a few foods side by side. But generally they are used to make one-pot camp-type meals.

COMPARISON OF GAS VERSUS CHARCOAL VERSUS WOOD		
GAS	CHARCOAL	WOOD
Starts up easily and heats quickly	Takes time to heat up	Takes time to heat up
Must purchase fuel	Can make own charcoal or buy lump charcoal	Fuel is inexpensive and widely available
Imparts little to no flavor to foods	Some prefer the taste	Selection of wood allows for culinary expression
Approximate cost of \$1/hour of cooking	Most expensive fuel	Least expensive if self-harvested, varies if purchased
Most expensive grill	Less expensive than gas grills	Less expensive than gas grills

Second, they consume fuel quickly, needing attention every few minutes to keep the cooking temperature even and the fire going. Thus, even more so than with a solar oven, rocket stoves are not a “set it and forget it” way to cook.

#### DO-IT-YOURSELF OR PURCHASE?

Unlike modern kitchen appliances and gas grills, plans abound for building your own solar ovens and rocket stoves, even covering models designed for heating your entire home. If you are very handy and have lots of scrap materials available, a little do-it-yourself may be appropriate and enjoyable, especially since you can build it to a size that best fits your needs. For instance, a farmer friend of mine built a solar oven specifically for cooking various types of produce before feeding them to his chickens and worm compost systems.

But for many people the pre-made models are often the best choice, as they come with tested designs and instructions to achieve success right out of the box and are designed with safety in mind. So you can either build or buy depending on your personal resources and skills.

#### IF YOU BUILD IT, THEY WILL COOK: LOW-COST OPTIONS

An outdoor kitchen doesn’t have to cost a fortune. The fire pit, almost as old as cooking itself, is a simple way to prepare foods. Such a setup can range from a simple hole or trench in the ground to a stone- or brick-ringed circle of various sizes and heights and can provide a means to smoke, roast, braise and stew (using a cast iron Dutch oven).

For the exceptionally ambitious, numerous plans are available for outdoor cook areas that will cover a wide range of needs for just a few hundred dollars. *Mother Earth News* has free designs for an attractive multipurpose outdoor masonry oven, smoker, and grill setup that costs under two hundred fifty dollars.<sup>4</sup> Chelsea Green and numerous websites have books and plans that cover how to build traditional earthen ovens, again, at very low cost. A number of farms in our region use these earthen stoves for baking traditional sourdough breads and meal preparation.

Couple one of these with a simple covered structure to provide protection from rain and inclement weather, and you will enjoy years of outdoor cooking and all the benefits it brings.

#### MAN DOES NOT LIVE BY BREAD ALONE

Regardless of the outdoor cooking options you pursue, having alternate means of cooking outside your home has multiple benefits, from helping you enjoy more time in the fresh air and sun to providing alternate means of preparing food in an emergency or saving money on utilities when things are tight.

As the last decade has shown again and again, indoor cooking, while convenient, is not certain. Hurricanes, earthquakes, severe storms, brownouts and blackouts, and other issues can make indoor cooking impossible or unsafe, forcing your family to cook outside the box. It is best to have options in place and learn to use them now, both for food and heat.

So take some time this summer to cook beyond your kitchen. ☯☯

*John Moody lives on a small farm in Kentucky, where he tries to keep track of a flock of chickens, a large garden, four wonderful kids, a beautiful wife, and the needs of the members and farmers of the Whole Life Buying Club which he serves in the role of administrator. John is the author of The Food Club and Co-op Handbook.*

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#### RESOURCES FOR PURCHASE AND DO-IT-YOURSELF PLANS

There are a few major builders of solar ovens and rocket stoves for the commercial market:

<http://www.sunoven.com/>

<http://www.solarovens.org/>

Rocket stoves have many more options, including some newer models that even allow for indoor use:

[www.silverfire.us](http://www.silverfire.us)

<http://ecozoomstove.com/>

<http://www.envirofit.org/>

For do-it-yourself types, some excellent resources for building your own solar oven or rocket stove include:

<http://www.backwoodshome.com/articles/radabaugh30.html>

<http://www.instructables.com/id/How-to-make-a-Rocket-Stove-from-a-10-Can-and-4-So/?ALLSTEPS>

<http://solarcooking.org/plans/>



# Soy Alert!

STINKY, SLIMY AND STRINGY, BUT THE HEALTHIEST SOYFOOD EVER

By Kaayla T. Daniel, PhD



In areas where natto is popular, many restaurants require patrons to sit in a private area so as not to offend other diners with the distinctive smell.

There's nothing natty about natto. This old-fashioned soy product is made from whole soybeans that have been soaked, boiled or steamed, and then fermented. It's known for its sticky coat, cheesy texture, musty taste, sliminess, stringiness and pungent odor. Healthwise, it's good for us and one of the "good old soys."

Natto first appeared in northeastern Japan about a thousand years ago. Traditionally, it smelled like straw because it was made by inoculating whole cooked soybeans with *Bacillus subtilis* or *Bacillus natto* and incubated in straw. The straw also absorbed the none-too-fragrant ammonia-like odor. Because of frequent contamination by unwanted microorganisms, natto makers abandoned the straw method in favor of inoculating the cooked beans with *B. natto*, then mixing and packing the product in wooden boxes or polyethylene bags.

Natto is one of the few fermented soy products in which bacteria predominate over the fungi. It's made the news as the very best source of vitamin K<sub>2</sub>. The runners up are all animal foods such as goose and chicken liver, cheese, egg yolk, bacon and butter. Natto beats all of them by far though we can certainly get plenty vitamin K<sub>2</sub> with a rich and varied WAPF diet containing those foods.

K<sub>2</sub> is a fat-soluble vitamin best known for its roles in blood clotting and healthy bone formation and preservation.

There are only two studies that convincingly suggest soy might prevent osteoporosis, and, unfortunately for the soy industry, the only soy food that seems to do that is natto. The bone building, of course, doesn't come from the miracle bean itself, but from the vitamin K<sub>2</sub> manufactured by the bacteria involved in the fermentation process. Vitamin K<sub>2</sub> is conspicuously absent from tofu, soy milk or other soybean products, and researchers have found no significant or

consistent association between their intake and bone mineral density despite the soy industry's grand hope of finding a bone-building elixir in the phytoestrogens.

Natto is also the source for nattokinase, an enzyme sold as a supplement and recommended by many alternative MDs for cardiovascular and circulatory problems.

Ready to try natto for its health benefits? It's most often served with mustard and soy sauce, or used in soups and spreads in Japanese cuisine. But don't expect it to be widely available in stores here anytime soon. It's definitely an acquired taste, and a little goes a long way. Children love it—not for its strong, rotten flavor—but because its glistening threads can be stretched, making it one of the all-time great play foods. As for them actually eating it, well, not likely, at least not in the U.S.

Indeed, natto isn't even popular in all parts of Japan. In areas where it is popular, many restaurants require patrons to sit in a private area so as not to offend other diners with the distinctive smell. You could say natto is the durian of soy foods, though most people who get past the smell of durian come to love it. With natto, that's not often the case.

Why's that? I'll let the irrepressible Anthony Bourdain—the brave man who willingly eats insects, live cobra and just about everything else—explain how he was defeated by natto:

"What I was not ready for, and never will be, was natto . . . an unbelievably foul, rank, slimy, glutinous and stringy goop of fermented soybeans. . . . If the taste wasn't bad enough, there's the texture. There's just no way to eat the stuff. I dug in my chopsticks and dragged a small bit to my mouth. Viscous long strands of mucuslike material followed, leaving numerous ugly and unmanageable strands running from my lips to the bowl. I tried severing the strands with


## THERE'S SOY IN THAT?

Is there no end to the foods and other products that can get soy-led? Probably not, and these days soy could be lurking anywhere and everywhere. Although soy can seem like a renewable “green alternative” to petroleum products, the soy-ling of America is bad news indeed for people with severe soy allergies.

In the past, I've published the names of common food products likely to contain soy, and exposed many of the aliases soy can hide under—hydrolyzed plant protein, textured vegetable protein, lecithin and bouillon, for starters. The good news for consumers is the Food Allergen Labeling Act of 2006 requires food manufacturers to clearly spell out “s-o-y” on food labels. Even so, I never cease to be amazed at what I find. I expect the “dirty dozen” exposed here will be a surprise to many.

1. Cast iron cookware. Lodge cast iron cookware has been a symbol of old-fashioned quality for more than 100 years. The new ones, however, come pre-seasoned with, guess what? Yup, soy oil. Other “pre-seasoned” brands too? Probably. What did our do-it-yourselfer ancestors season with? Good old fats like tallow.
2. Melt Away Cupcake Liners. Weary of peeling paper off your cupcakes or muffins? Then some prize-winning students at Purdue University have just the thing for you. Their entry in the Student Soybean and Corn Innovation Contest of 2009 was a “melt away” liner that disappears like magic right into the cupcake itself. In other words, “Not in your trash. Trash down the hatch.”
3. Celestial Seasonings Tea. Black cherry, and maybe some other flavors too, contains soy lecithin. And if the celestial ones are soy-ling tea, other brands may be doing so too.
4. White Russians. Did you know there are vegan bars where the White Russians are made with soymilk? If your friendly neighborhood bar has gone vegan, count on cream drinks getting soy-led.
5. Salt Answer RX. This Jimoto product is made up of modified potato starch, artificial flavor, monoammonium glutamate, sucrose, lactic acid, citric acid, hydrogenated soybean oil, silicone dioxide, calcium lactate and maltodextrin. What to do instead, how about salt? Old-fashioned salt. Big Pfood warns us to get off salt right now for a lot of reasons and allegedly for our own good. The truth is the new salt substitutes are addictive and profitable as they make people want to eat, eat and eat some more.
6. Vaccines. Most health conscious people already know about the mercury and/or aluminum found in vaccines. Less well known is that the industry has been turning to soy adjuvants. It may be in the chicken pox vaccine, among others.
7. Pâtés. Chicken, duck and goose liver pâtés at Whole Foods Market look like the real thing — and are priced like a real thing—but may contain soy protein isolate, among other dubious ingredients. Why? To increase profits, obviously, but maybe also to put its upscale consumers in touch with the common folk. SPI, after all, is found in Bumblebee and other supermarket brands of canned tuna. As it happens, the soy industry plans a future of soy-led ham, chicken, turkey and other meats. Solbar's “novel” new soy protein ingredients will “improve mouth feel and overall product quality through their low viscosity and strong gelling properties.” And that's not all folks! This “novel” technology will allow “smoother injection machine entry.”
8. Instant Oatmeal . Believe it or not, ingredients can include soy protein isolate, partially hydrogenated soy oil, high fructose corn syrup and other goodies. Who would have thunk it? Read those labels. With oatmeal, at least, we still have the right to know when it's no longer Grandma's oatmeal.
9. Soft drinks. Mountain Dew, Squirt, Fanta Orange and other citrusy sodas may contain brominated vegetable oil, a product developed as a flame retardant. Now why might brominated vegetable oil (probably from soy oil) be in soda? To keep the other hazardous ingredients from spontaneously combusting? Nope. It's to emulsify the citrus-like flavors. Wouldn't want them separating and floating to the surface now, would we?
10. Artificial fire logs. Soy, and lord knows what else, might end up in the smoke we breathe. Soy candles are billed as “clean burning” but might also be a problem for people with soy allergies.
11. Corkboards and floor mats. New versions made out of soy and/or corn may soon set foot in the marketplace. Probably not a problem except for people with contact allergies who touch them with bare hands or feet. Others will experience no problems unless they eat them. Chew on a soy/corn corkboard or floor board? Don't laugh. Jacob Smoker, one of the Purdue students who invented this prize-winning new product, bit into it and reported it to be “really sweet.” Good to know if your stomach is rumbling, the fridge is empty, you aren't allergic to soy, and not the least bit fussy about taste and texture. While I can't imagine ever being so tempted, I do have a concern: If cork can be soy-led, will wine corks be next?

my chopsticks, but to no avail. I tried rolling them around my sticks like recalcitrant angel-hair pasta. I tried slurping them in. But there was no way. I sat there, these horrible-looking strings extending from mouth to table like a spider's web, doing my best to choke them down while still smiling . . . All I wanted to do now was hurl myself through the paper walls and straight off the edge of the mountain. Hopefully, a big tub of boiling bleach or lye would be waiting at the bottom for me to gargle with."

That about sums it up, but for one thing. Bourdain calls natto "the Vegemite of Japan," but unlike Vegemite, natto is actually very good for you! 

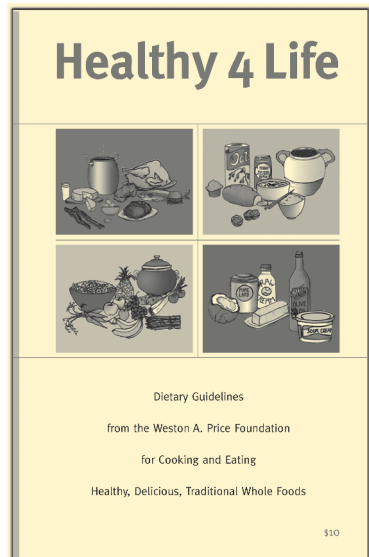
*Kaayla T. Daniel, PhD, CCN, is The Naughty Nutritionist because of her ability to outrageously and humorously debunk nutritional myths. A popular guest on radio and television, she has appeared on The Dr. Oz Show, ABC's View from the Bay, NPR's People's Pharmacy, PBS Healing Quest, and numerous other shows. Dr. Daniel is*

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*For more on vitamin K<sub>2</sub> read "On the Trail of the Elusive X Factor: A Sixty-Two Year Old Mystery Finally Solved" by Chris Masterjohn as well as other articles by him. <http://www.westonaprice.org/fat-soluble-activators/x-factor-is-vitamin-k2#foods>.*



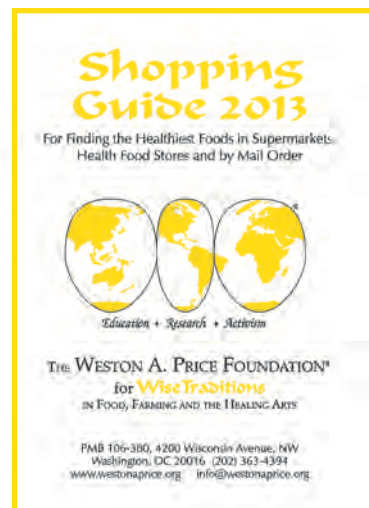
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# A Campaign for *Real Milk*

## RAW MILK IN OREGON

By Charlotte Smith

Eight years ago I had never heard of raw milk. I was absorbed in raising my kids and working as a real estate broker in the boom of '05, focused on following up on each and every lead and selling overpriced houses for at least 10 percent over the purchase price.

My kids both had developed eczema when they were six years. My twelve-year-old daughter's eczema was covering her face, including her eyelids; she was red, itchy, scaly and miserable at all times. My nine-year-old son had it over large areas of his extremities. The incessant itching drove them both nuts. The pediatrician said they might outgrow it after their teen years and in the meantime they would probably develop asthma, too. Whenever my son developed bronchitis the pediatrician sent us home with an inhaler, insistent that it was finally the onset of asthma. I never questioned his expertise or knowledge or wondered whether there was anything else I could do besides apply steroid cream.

Then one day in casual conversation a family member mentioned he'd heard that people were using raw milk to control their eczema, allergies and asthma. I'd never even heard of raw milk at that point, but as a mom desperate to try anything to relieve my children's suffering, I set out to find some.

### LIFE-CHANGING RAW MILK

In Oregon, raw milk sales are allowed under an exemption to the dairying law—you can sell raw milk if you only have a couple of cows, you don't advertise and people pick milk up on the farm. Eight years ago, when I heard about raw milk, it was much more difficult to find a source than it is today.

Around the same time, I also stumbled upon the Weston Price Foundation online and our journey of healing with traditional foods began! I had no idea how our life would change.

The local Weston A. Price Foundation chapter leader referred us to a local garage co-op where we picked up our first gallon. Within a week we were back for three more gallons. Two weeks after drinking our first sip of raw milk my son, Austin, showed me the backs of his hands. For the three previous years his hands had been constantly red, irritated and covered with scabs from the incessant itching and scratching. Now, two weeks after drinking raw milk, they were cleared up. My daughter's eczema took about six months to heal completely, but it did.

I spent the next eight years researching what exactly happened. That first year, the only thing we changed in our diet was the addition of raw milk and the removal of pasteurized milk. Since then we've incorporated all the traditional foods into our diet, slowly replacing highly processed and allergenic foods with nutrient-dense, real food, after discovering that proper nutrition and digestion resulted in improved immunity and nutrition absorption.

After the first year of drinking raw milk I looked back over the year and in hindsight I became aware of even more health improvements. We usually suffered ear infections through the winter, resulting in at least two or three rounds of antibiotics for the kids. That first winter, not only did we avoid antibiotics, we really didn't experience any illness either, save for a runny nose here and there. I was used to seasonal hay fever and spent April through July taking allergy medications. For the first time since I was a young child, I needed no allergy medication and suffered no symptoms.

We have since become Weston Price chapter leaders and help direct others towards nutrient-dense food and healing raw milk; we are witness to hundreds of people and families experiencing health improvements similar to our own.

Fast forward four years to 2009. The real



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estate market was waning in the crash of '08 and I was contemplating changing careers. We had five acres of pasture land, an adequate barn, and were spending three hundred dollars per month on raw milk, and still felt like we had to ration it.

### MILKING MY OWN COW

I came up with the most brilliant idea—I'd get a cow, milk her and sell the surplus. Our family would have amazing raw milk for free and I'd make a little extra money on the milk I sold. There was no way of knowing, save for actually doing it, that it's actually easier to pay three hundred dollars per month for your raw milk than get into the raw milk micro-dairy business. Note I said easier but not more fulfilling by any means!

When you produce a food product that nourishes and heals families, builds connections and community, it is the most fulfilling and gratifying occupation. And that's exactly what raw milk is—raw milk is love, community, family, health and deep connection to animals, the earth and all that springs from it.

It is also difficult, dirty, stressful and expensive to milk a couple of cows. Consider the hardships that I and my colleagues face on a daily basis.

Milking a few cows is challenging, monotonous work and very hard on family life. In order to be profitable you must do most of the milking yourself and this takes place at breakfast time

and dinner time. During the last eight years, I've heard several times a wife give her husband the ultimatum—it's either me or the cows. Since the typical small farm is a deeply committed family endeavor the obvious choice the farmer makes is to sell the cows to save his family. This leaves dozens of families without their raw milk.

The few times I've been left high and dry, I asked the farmers why they didn't raise their price and hire some help so the business would be more sustainable. They responded by saying that they thought their customers wouldn't support it—but they hadn't even asked. As a mother desperate for raw milk for my children, I would have paid thirty dollars a gallon for milk, but the farmer wasn't even aware of this. Paying this amount would still be a drop in the bucket compared to our health care expenses before we discovered raw milk.

Other production challenges are faced when inexperienced people with good intentions buy cows when they have no knowledge of basic health requirements—so they end up with unvaccinated or improperly-cared-for cows dying of pneumonia, or cows with *Staphylococcus aureus* they have to put down after paying fifteen hundred to twenty-five hundred dollars or more for the animal. Again, dozens of families are left without their raw milk supplier, and the producer has no money (and still very little knowledge) to purchase another healthy cow.

When people contact me for micro-dairy consulting, the first question I ask is why they are doing it. If money is the number one reason, I respond by saying then they should not get into it. If you are concerned with profit first and foremost, then when the going gets tough (and it will) and money is tight, you will make decisions that affect the quality of the raw milk. Cutting corners in a raw milk dairy always equates to lower quality milk: the obvious cuts are in vet care, proper minerals or supplements, pathogen testing, proper sanitation, chemicals in the correct dilutions, good quality feed for the cow and proper equipment.

When I decided to get milk cows, I spent a solid six months reading everything I could get my hands on and researching micro dairy production.

### WAPF RAW MILK POLICY

- This is a first-person article by a parent who discovered the benefits of raw milk for her family and progressed to becoming a raw milk producer and now, an advocate for higher raw milk production standards (as well as a Weston A. Price Foundation Chapter Leader).
- The Foundation believes, based on sound scientific evidence, that raw milk is an important component of a healthy diet.
- This article provides a valuable service to raw milk consumers by giving them detailed information so they can ask their suppliers the right questions to satisfy themselves that the products they are getting are safe.
- While the Foundation does not set standards for any products, it wholeheartedly endorses the development of standards within the raw milk industry that promote quality and safety.
- The author of this article demonstrates a commitment to the health of her family and community, and a responsibility to good business practices, that reflect the values of the Foundation and contribute to the wellbeing of those it exists to serve.

I visited about six dairies, both micro dairies and conventional, and gleaned a lot of information from the farmers. I especially learned what they wished they had done differently in their barn set up so that as we were building our milking parlor we would have the benefit of their experience. I studied and researched proper cleaning and chilling techniques for the milk. I talked with my vet about how to test the milk to see whether it was free of pathogens.

#### CLOUDS ON THE HORIZON

I thought everybody researched the micro dairy operation this way before they went out and bought their first cow. I soon became aware that this was not the case—I started receiving calls from people who said, "I brought home a cow today, and I'm selling the milk, what should I do?" I thought this was absurd—the idea that people would purchase a milk cow and, having no experience, would sell milk to others. This seemed very irresponsible as there is such a huge responsibility and liability with cows—and yet it happens regularly. Yet who am I to judge, or so I thought.

The raw milk community is small and very interconnected. It is not uncommon for a new customer to show up and during the initial meeting mention that they previously purchased milk

from a nearby dairy, but the milk soured within three or four days—often evidence of improper chilling or sanitation procedures. Since we had a reputation in the community for milk that lasted two to three weeks, they decided to make the switch even though our milk was more expensive. Individuals were often having to drive to the other dairy twice a week to get their milk because it would not last. They determined they would save the money in the long run because even though our milk cost more money, they would only have to make one trip per week.

I heard the same complaints over and over, often about the same few farms. My first response was always to request they please inform the farmer of their complaint, as I would always want to know whether someone received some of our milk that was less than stellar.

The people who actually communicated their complaints were typically met with defensiveness. I felt like I had no right butting in other farmers' business because everything they were doing was legal, so I did not ever get involved.

In the spring of 2012 I received a call early one Monday morning. It was a doctor who was desperate to get raw milk and wondered if I could help him. He said his local farm had shut down that morning. I was instantly alarmed because I knew this farm and did not know they had plans to cease raw milk production, so I immediately feared for the worst—you don't usually just stop milking cows and selling the milk cold turkey unless there's a catastrophe.

Within a few hours the catastrophe was confirmed—this farm family and several of its customers were ill with virulent *E. coli*. This went on to be a very heartbreaking story of illness, and it was played out in the media for months. According to news reports, the outbreak sickened twenty, including the farmer's family of five. Apparently eighteen recovered completely but two young children are still suffering from serious illness.



Charlotte Smith with calf.



Pouring raw milk through a strainer into a clean glass jar. The jars are then immediately put into an ice bath.

So early last summer I founded the Oregon Raw Milk Producer's Association (ORMPA)—an organization to educate producers to help raise the bar in milk quality.

That whole week I was sick with sadness for those who were ill, and I also felt immense guilt—guilt because it seemed like I should have been able to do something. I had been receiving information for months from several sources that this farm's milk was souring quicker and quicker—evidence that their milking procedures and handling were not up to par. Apparently the farm was a muddy mess, with several species of animals mixed together, and not even any hot water for washing containers and equipment. But I was passive and did not take any initiative because I didn't want to offend them and also because they weren't doing anything illegal.

Our dinner conversations for the next few weeks revolved around the of some sort of support for raw milk producers in Oregon. At that time there were no available resources for us—the universities, the extension office, the Department of Agriculture, nobody could (or would) tell us how to milk a cow, what sanitation procedures to practice, or even what equipment to buy. It was all up to each individual to research on their own and learn the hard way, making expensive or dangerous mistakes.

#### ORMPA

So early last summer I founded the Oregon Raw Milk Producer's Association (ORMPA)—an organization to educate producers to help raise the bar in milk quality. This group has taken off—we've had consultants in three times in the last nine months for day-long trainings covering various very basic aspects of milking cows. We get producers from all over our state and nearby states attending or calling to inquire about how we set this up. Obviously there is a huge need and desire for this in Oregon and across the country.

At our most recent training, we introduced the idea of common standards among raw milk producers and fifty producers present at the training supported this concept. The idea behind common standards is that we have a set of "best practices" or "common standards" for safe raw milk production which, if you are going to produce raw milk, you agree to adhere to.

With freedom comes responsibility. If raw milk producers want to maintain their freedom to produce and sell raw milk, then they must produce it responsibly. Opponents of this idea,

in my experience, are often avid consumers and supporters of raw milk, but are not producers themselves. They often express the idea that requiring farmers to meet basic standards is akin to regulation, or they say that farmers already meet their own basic standards, and that's good enough. They often feel they are protecting producers by defending their right to produce raw milk with no common standards.

I find this to be a very narrow perspective and my experience shows why. In areas where raw milk is unregulated, it is of a very inconsistent quality. There are no government agencies to provide any training, education or advice of any kind, because there's no government funding for unregulated industries. Producers often bring their first cow home without thought to needing hot water in the barn, proper equipment, or a clean place to handle the milk, let alone any idea of what might be the "best practices" for raw milk production.

Our dairy, Champoeg Creamery, has also been "listed" by the Raw Milk Institute and adheres to the RAWMI common standards. Listed farmers have shown evidence of farm and product safety, have in place a Risk Analysis and Management Plan (RAMP) and operate in an open and transparent manner. This organization offers great credibility for the farmer who has put in place common standards such as those we've listed below.

The Oregon Raw Milk Producers Association has collaborated with Tim Wightman, president of the Farm-to-Consumer Foundation, to draft some basic or common practices for micro dairy producers in our state. I've outlined below the common practices we have proposed for Oregon raw milk producers. Producers have been supportive and eager to adopt these procedures in their barns. It is a road map to success in raw milk production, because in order to meet each standard the farmer must acquire some education or knowledge in that specific area, which in turn creates the opportunity for improvement of their product.

#### PURCHASE OF COWS

Good raw milk production begins with the purchase of healthy cows. The cows you purchase should be certified Johnes-free; goats should be

certified free of caseous lymphadenitis (CL) and caprine arthritis encephalitis (CAE). In addition the cows should be free of brucellosis (tested or vaccinated) and/or maintained in a vaccination program for purchased or newborn heifer calves between four to six months of age (not required with goats). The animals (cows or goats) should be certified free of *Staph aureus*, *E. coli*, and *Pseudomonas mastitis*. Your most likely source for healthy cows is a dairy farmer using pastured methods and following the ORMPA standards, and not a cow from a confinement herd or a sale barn.

#### SUGGESTED HERD HEALTH PARAMETERS

While you might think of Oregon as a place with beautiful lush pastures, this is not the case for most of our micro dairies. Most have very little land, few of them practice managed grazing (where cows are moved every day to new pasture), and most seriously, in the Pacific Northwest, we are plagued with mud during the rainy season. Even though our climate is mild, we cannot keep our cows on pasture during this period; they need warm, dry shelter.

Most micro dairy people in Oregon think their cows are on pasture during good weather. They have a paddock or pasture, and the cows are on the whole pasture rather than rotated in smaller paddocks—rotating cows takes time and money. So this big pasture is not managed properly, the grass is of poor quality, and the cows hang out in one area near the water or feed bins, typically in their own manure. They might as well be confined. This is the reality and the norm. But the farmer is ignorant and calls their cows "pastured" and the public believes him.

In Oregon, cows need to be in confinement during the three muddy months of the year, if the pastures are managed properly. Since the majority of dairies do not manage their pastures, the cows should be in confinement for an even longer period.

My farm is the very rare exception—we rotate pastures nine months out of the year. The grass is tall and lush when the cows go on it. Obviously raw milk consumers should seek out farms that do rotational grazing or at least encourage it in the farmer they get milk from. Most importantly, the cows should be managed so that they are kept clean and dry at all times.

Here are the guidelines we came up with to ensure that cows remain healthy in the typical Oregon micro dairy.

- All milk animals should have access to dry adequate space to rest and be housed with similar sized animals.
- Cows need 60 square feet of loose housing space; add an additional 18 square feet for open housing space if cows are fed in loose housing areas.
- Goats need 15 square feet per animal for loose housing space and 125 square feet per animal in holding lot situations.
- When cows are housed inside, the manure should be cleaned out at least once a day.
- All milk animals should have access at all times to clean fresh water from a well and be restricted from drinking any other source of water.
- Milk animals should have access to free choice minerals and loose salt and be fed a balanced diet at all times, specific to species and

lactation curve.

- Milk animals should not be fed human probiotics.

#### RELATIONSHIP WITH YOUR VET

Most of our micro dairy farmers think they do not need the services of a vet, but twice annual visits from the vet are an important investment. You can't even put a dollar value on the education a producer receives from the vet's sixty-five-dollar visit—a small price to pay for protecting yourself against the loss of a valuable dairy cow.

The vet shows up and will talk about fly allergies, milk fever, ketosis, mastitis, little bumps and weird things on the udder, snotty noses, coughs, environmental issues, feed—the list is endless and one question leads to another.

Also, the relationship with the vet that the twice annual visit gets you is priceless. If a farmer has a cow for a year and is milking without any vet contact, then has a sick cow and has to find a vet to call, the overworked vet will perhaps not respond as readily to someone unless he knows their farm, their cows, their needs. This relationship-building is incredibly important. My vet will text me at ten in the evening Saturday night if I have a problem, because we have developed this relationship.

Regular herd checks by a licensed veterinarian with monitoring of overall health of herd including but not limited to:

- Review need and implementation of 9-Way preventative vaccination program
- Conventional and alternative worming methods (pathogens are a big problem in our damp climate),
- Monitoring for and prevention of Bovine Leukosis (BLV) and Leptospirosis.

Please note that vaccination is a controversial subject. Many farmers with good, lush pastures never vaccinate. However Tim Wightman recommends it for the situation we have in Oregon.

By the way, cows on pasture do get worms—they are often in the system already, but when stress is kept minimal there is not an over-infestation so medication is not necessary. Even if your cows are purchased from a grass-feeding



herd, just moving them a few miles down the road can stress them enough to have the worms take over. Or, perhaps the cow calves twins and gets a uterine infection, or prolapsed uterus, or milk fever—these situations can cause enough stress to allow worms to proliferate.

#### SUGGESTED MILK COLLECTION AREA PARAMETERS

- The milking area should be designated for that purpose only and/or have the ability to allow safe, clean collection of milk from milk animals;
- The milking area should be free of all other species of wild animals such as birds and vermin, and all other domesticated immature or mature farm animals;
- If cats are present in the milking area, offer a litter box to limit cat feces exposure to milk animals;
- The milking area should be well lit, ventilated, free of cobwebs and collected dust and maintained with bedding and free of urine and manure where the milk is collected;
- Proper udder prep and approved dairy udder pre and post dips are recommended—anything else, like alcohol wipes, dish soap, homemade products, soap and water, is strongly discouraged;
- Individual paper towels or individual cloth towels for each animal is recommended—multiple use of one towel for many animals is strongly discouraged.

#### MILK HANDLING AREA PARAMETERS

- The milk handling area should be designated for handling milk only to the final container and restricted to activities that allow for the safe handling of milk, cleanup and storage of milking equipment and all related milk handling utensils and storage of empty milk containers.
- The milk handling area should be within a walled off space well lit, with a concrete floor or like surface, a complete ceiling, floor drain or pitched floor to a lift station, self-closing door, covered lighting fixtures that can be cleaned easily and dry between usage.
- The milk handling area should be free of any chemicals, solvents or cleaners not approved

for dairy use and non-approved dairy cleaners should never be used to clean the milk handling area or milking equipment or utensils.

- The milk handling area should have hot and cold running water, a stainless steel sink basin and adequate drainage or removal of waste water so as not to create a water build up surrounding the exterior of the milk handling area.

#### EQUIPMENT CLEANING

- Prior to milking, equipment is to be sanitized with Food Grade bleach at the proper dilutions, about 1/2 ounce per gallon of water.
- After milking the first step is to run through the equipment approved dairy clean-in-place (CIP) (yellow) non foaming dairy soap for the first cycle of internal cleaning of dairy equipment.
- Second step is to use approved non-foaming dairy acid—usually red, ink or blue—for the second cycle of internal cleaning of dairy equipment
- Third step after milking, use foaming dairy acid for or the external cleaning of stainless steel, milk handling area utensils sinks, walls and floors, buckets for hand milking.

All of the above cleaning and sanitation supplies can be purchased through a local DeLaval distributor if you have one, or online through Hamby Dairy Supply.

#### TESTING

In my experience, the most important element of these guidelines is the milk testing. Even if that is the only common standard encouraged, it will go far towards improving milk safety. Very few raw dairy producers test their milk monthly. When they do, they find things that should not be in their milk and they are shocked: *E. coli*, *Staph aureus*, very high coliform counts and plate counts. The process for fixing those problems means higher standards in sanitation, cleanliness and cow health, and improved equipment.

I have not met a producer yet who refused to make improvements when faced with test results that show evidence of poor sanitation. And in researching how to make the improvements, they naturally become more educated in cow health, proper nutrition and sanitation. Requesting monthly milk test results for standard plate count (SPC) and somatic cell count (SCC) should be the very bare minimum a consumer asks for, but most don't. Only about 5 percent of the more than two hundred producers in Oregon test now. Those 5 percent have full customer bases, a waiting list, and can charge more for their milk to cover the costs of high-quality production. The others struggle.

All tests related to milk quality should be performed at a qualified milk quality lab that does these tests on a daily basis, and is in fact in the business of performing these tests.

The two key tests, which should be performed monthly with yearly average target levels, are:

- Somatic Cell Count (SCC): Less than 300,000 (less than 1,000,000 for goats);
- Standard Plate Count (SPC): Less than 5000 per ml.

Please note that these levels are very easy to achieve with a properly managed herd. Other tests, highly suggested, are:

- Coliform Count: Less than 10 per ml in the bulk tank and less than 50 per ml in the final container;
- Milk Urea Nitrogen (MUN) 11 to 15;
- Bulk Tank tests for *Staphylococcus aureus*, *E. coli* and *Pseudomonas mastitis*: Low to less-than-detectable levels and low to medium average for other mastitis types.

In addition to milk, the farm well water should be tested yearly for coliforms and other bacteria, with less-than-detectable levels.

## PATHOGEN TESTING

Again, all tests related to the culturing of milk for pathogens should be performed at a qualified food safety lab, certified by the State and or Federal government to perform the cultures. On-farm testing is not recommended. These tests should be performed every six months.

- *E. coli*. O157:H7; below detectable levels
- Salmonella; below detectable levels
- Campylobacter; below detectable levels
- *Listeria monocytogenes*; below 100 per ml at time of consumption

## RECALL PROTOCOLS

If a preliminary positive result occurs of any pathogens listed here, a voluntary recall of all batch-related products must be implemented with discontinuation of deliveries of the product.

If confirmation of the culture is positive, consult raw milk safety experts on probable causes and identify potential remedies. Restart distribution when three consecutive tests results come back negative. Individual test submittals should be no less than three days apart and represent at least five milkings between samples taken. ☺☺

## GLOSSARY

**SOMATIC CELL COUNT (SCC):** This test determines white blood cell count level in the herd or animal tested. A high SCC is typically considered to indicate mastitis in the herd. However, herd access to non-approved water sources can raise SCC. A high SCC in an animal may also indicate a cold or injury. If the SCC is elevated, the milk (either of the individual cow or from the bulk tank) should be cultured or DNA scanned to determine the presence of mastitis.

**STANDARD PLATE COUNT (SPC):** This test used to determine effectiveness of cleaning practices of milking equipment. It should be taken from milk bucket if using vacuum system, or from the bulk tank or final container, to gauge effectiveness of cleaning practices. The test is ineffective if the sample is taken directly from the cow.

**COLIFORM COUNT:** This test should not to be confused with tests for pathogenic coliforms. It is an indicator of shelf life and amount of air and quality of air the milk is exposed to in handling. Higher levels of coliforms shorten the shelf life. Taking samples in the milking area will raise coliform counts, as will taking samples in any area not designated as a properly managed milk pouring area if no bulk tank is used. False low or no coliform counts can be obtained by chemical introduction—either by mistake or on purpose—such as hydrogen peroxide or out-of-balance milk house cleaning solution, or over-treatment of udder in preparation for milking is not preferable to 10-50 per ml and not a sign of good hygiene, but an indication that other organisms are growing unchecked in the milk or milk products.

**MILK UREA NITROGEN (MUN)** tells us the effective use of protein in the cows' diet. If kept within parameters then no excess protein will turn to urea and harm the milk animal. If the values are too low, the milk animal may run out of energy to produce milk and maintain body weight.

**WATER COLIFORM TEST:** It is imperative for any dairy to test the well water for any contamination of harmful coliforms. If the raw milk dairy is located near a large animal production facility or if the farm is purchasing water to augment well water supplies, additional test for Campylobacter and/or Salmonella are suggested. Most county water quality districts have access to labs that do these tests. Wells that supply dairy animals for water are required by law in most states to have restricted access by all animals within 50 to 100 feet of the well head and proper drainage so as to not allow runoff to enter into the well head during heavy rains.

RAW MILK UPDATES  
by Pete Kennedy, Esq.

WISCONSIN – VERNON HERSHBERGER

In the greatest court victory for the raw milk movement in the United States, on May 25 a Sauk County jury acquitted dairy farmer Vernon Hershberger on three of four criminal charges for violations of the Wisconsin food and dairy code after a contentious five-day trial.

Hershberger was acquitted on charges of operating a farm store without a retail food establishment permit, operating a dairy farm without a milk producer license and operating a dairy plant facility without a license. He was convicted of violating a hold order that Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) officials had placed on food in his on-farm store during a June 2010 raid; Hershberger removed tape that had been put on store refrigerators. Hershberger leases cows to members of a private buyers club and provides raw dairy products and other nutrient-dense foods to club members at the farm store. Hershberger's sentencing on the hold order has been scheduled for June 25.

Judge Guy Reynolds repeatedly ruled against the defense during the trial on what evidence could be introduced in the case, making the success of Hershberger's lead attorney Glenn Reynolds that much more impressive. Judge Reynolds ruled that the words "raw milk" and "liberty" could not be mentioned during the trial. His pretrial ruling that the defense could not contest the validity of the hold order was responsible for Hershberger's conviction on the hold order charge even though it made no sense that DATCP could even impose a hold order on food in Hershberger's farm store given that the jury found the farmer was not subject to any state licensing requirements.

The jury's verdict sets a precedent in distinguishing between those selling food to the public and those distributing food through a private contractual arrangement (e.g., agreement with a food buyers club). DATCP had claimed broad regulatory powers over operations like Hershberger's, asserting that it has jurisdiction over any dairy farm producing milk where any of the milk leaves the farm premises. With its powerful dairy lobby, Wisconsin has been one of the most draconian states in limiting raw milk sales and distribution.

Glenn Reynolds said, "This is as close to Prohibition as anything I have ever seen, but this time it's milk and an Amish farmer rather than liquor and gangsters."

The proceedings in the Hershberger case did not end with the jury verdict. On May 31 the Wisconsin Department of Justice (DOJ) filed a motion asking that Judge Reynolds revoke a January 2013 order releasing Hershberger and jail the farmer. What triggered DOJ's motion was a *Capitol Times* article that posted May 29; in the story, Hershberger was quoted as saying that he continued to provide food to members of his buyers club all along. There were conditions attached to the judge's release order that Hershberger could not sell food without a retail food establishment permit, could not manufacture dairy products without a dairy plant permit and could not sell or distribute milk without a milk producer license. Given that the conditions all related to the licensing charges the jury acquitted Hershberger of, it looked like the DOJ motion was nothing more than a vindictive move against the farmer to increase the punishment against him on the conviction for violating the holding order.

For Hershberger, attorney Glenn Reynolds indicated that the farmer would ask for a new trial on the hold order on the grounds that DATCP had no jurisdiction to issue it with the jury finding that Hershberger was not guilty on all three licensing charges.

The verdict should have an impact on increasing the freedom of people around the country to be able to obtain the foods of their choice from the source of their choice regardless of whether that source has a license from the state. It should advance the right to be left alone by the government when two parties enter into a private contract for food.

Congratulations to Vernon Hershberger for his courage in standing up to an agency trying to deny freedom of choice and to the members of his buyers club for the support they have given their farmer. Congratulations to attorneys Glenn Reynolds and Farm-to-Consumer Legal Defense Fund vice president Elizabeth Rich for their great work in representing Hershberger and to attorneys Amy Salberg and Anja Wilson for their help in the case. Congratulations to Liz Reitzig, Gayle Loiselle and the others who planned the events of Grow Your Food Freedom Week in support of Vernon Hershberger.

## NATIONAL FARMERS UNION

Acceptance of raw milk by the “mainstream” continues to grow. The National Farmers Union (NFU) adopted pro-raw milk policies at its 111th Annual Convention, held in Springfield, Massachusetts March 2-5. The raw milk provisions NFU passed at its convention read, “We support:

- a) The production and sale of raw milk as it provides a viable market niche for dairies. Because of the possible risks of cross contamination, we recommend that raw milk be bottled as the product of a single source and wherever possible at the physical location of that source. Single source bottling will keep intact the chain of responsibility and greatly aid in tracking possible cases of contamination,
- b) Policies, practices and standards for responsible raw milk production for dairy producers that choose to produce raw milk (or raw dairy products) for human consumption, and
- c) Equal access to raw milk (and/or raw dairy products) for human consumption for all consumers that choose to consume raw milk.”

In addition to the adopted policies, NFU delegates supported an end to the ban on the interstate distribution of raw milk. Mark McAfee, founder and CEO of Organic Pastures Dairy, proposed the policies on behalf of the Californian delegation to the convention; delegates from Pennsylvania and the northeastern states were the proposal’s main supporters.

NFU was established in 1902 and is one of the oldest national farmer organizations; it employs a team of state and national lobbyists to encourage pro-farm legislation and policy. NFU’s sister branch in the United Kingdom is moving in the same direction. In May the UK-NFU Dairy Board adopted a resolution supporting raw milk; the full NFU Council still needed to vote for the proposal to become official policy. On both sides of the Atlantic, NFU is acknowledging the demand for raw milk and is working to give its dairy members a chance to opt out of the commodity system.

## MICHIGAN – HERDSHARE POLICY ADOPTED

The Michigan Department of Agriculture and Rural Development (MDARD) has adopted a policy officially recognizing herdshares in Michigan and letting them operate unregulated. MDARD issued the document (Policy # 1.40) on March 12, 2013. A key point in the department’s new policy states that MDARD “does not license or inspect the herd share portion of a dairy farm.” The policy follows the recommendations of the Michigan Fresh Unprocessed Whole Milk Workgroup (the “Workgroup”).

In response to state enforcement against Family Farms Cooperative (FFC), the Workgroup started meeting January 2007 to determine, in its own words, “how to address a desire among some Michigan consumers for access to raw milk while minimizing health risks.” The goal of the Workgroup was to provide “clear direction with clear public policy regarding access to fresh unprocessed whole milk and adjusting the law accordingly, if needed.”

In December 2012, the Workgroup released a summary of its six years of work, entitled Report of Michigan Fresh Unprocessed Whole Milk Workgroup. MDARD adopted the recommendations on herdshare operations. The Workgroup chose the terminology, “fresh unprocessed whole milk” to distinguish raw milk intended for direct human consumption from “raw milk” intended for pasteurization. Members of the Workgroup included the deputy director of MDARD’s Food and Dairy Division, faculty members of Michigan University and Michigan State University, a member of the Michigan Milk Producers Association, raw milk consumers and herdshare farmers. Much of the early work of the group is posted on the website hosted by the Michigan Food and Farming Systems (MIFFS); however, the report goes beyond the sections posted on the website.

In addition to the recommendations, the report contains the following sections:

- History of Fresh Unprocessed Whole Milk
- Benefits and Values
- Risks
- Risk and Benefit Management
- Consumer Choice Options

There was consensus agreement among the Workgroup members on all sections of the report, including its recommendations.



The Workgroup focused on the distribution of raw milk only through herdshare arrangements and not other products such as butter, cheese and yogurt. In its policy paper, MDARD indicates that the department did not consider products other than raw milk to be “part of a herd share operation” and that those products would be subject to applicable MDARD laws and regulations—meaning no dairy products other than raw cheese aged at least sixty days can legally be sold or distributed in the state. The Workgroup’s central recommendation was that “herd share programs not be regulated and that legislation is not needed to implement these recommendations.” The MDARD adoption of this recommendation was the culmination of six years of work.

The Workgroup report is a significant development in the acceptance of the right to sell and consume by “mainstream” society. Earlier this year, the National Farmers Union passed a resolution supporting the sale of raw milk. Fifteen to twenty bills were introduced in the state legislatures this session that would either expand or legalize the sale of raw milk. The outliers these days aren’t raw milk supporters but rather those agencies like FDA, the Minnesota Department of Agriculture and the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) that refuse to accept freedom of choice.

Congratulations to Dr. Ted Beals, Peggy Beals, Joe Scrimger, Roseanne Ponkowski, Sue Esser and the others who participated in the Workgroup. It’s worthwhile to note that the members of the Workgroup received no state funding aside from allowing its employed members to have time to take part in the meetings; otherwise, each member essentially donated their time to the effort.

#### ARKANSAS - RAW MILK BILL SIGNED INTO LAW

On April 12 Arkansas Governor Mike Beebe signed into law HB 1536, a bill allowing the “incidental sale” of raw milk. Under the new law, producers can sell at the farm where produced an “average monthly number” of up to 500 gallons of either raw goat milk or raw cow’s milk or a combination of the two not exceeding that figure; prior law only allowed producers to sell an average monthly total of 100 gallons of goat milk on the producer’s premises.

The requirements for producers under the new law are few. The raw milk sold must contain at least 3.25 percent butterfat and at least 8.25 percent solids (not fat), and be “practically colostrum free.” The producer must post a sign at the point of sale containing the name and address of the farm along with the following statement: “This product, sold for personal use and not for resale is fresh whole milk that has NOT been pasteurized. Neither this farm nor the milk sold by this farm has been inspected by the State of Arkansas. The consumer assumes all liability for health issues that may result from the consumption of this product.”

HB 1536 also had a provision requiring the container of milk have a label with the name and address of the farm along with the exact same statement mandated for the sign. The only other requirement for producers was to “permit inspection of his or her cows and barns by his or her customers on request.”

The bill took an unusual route towards passage. The Arkansas Agriculture Committee voted down an earlier version of the bill on March 15; that version gave the State Board of Health power to make rules governing raw milk producers including the authority to inspect producers’ facilities. The bill’s sponsor, first term Representative Randy Alexander, stripped the Board of Health’s power from the bill and asked for and received another shot at getting the bill out of the House Ag Committee. The committee voted to send the bill to the House floor on April 5; one week later the bill was on the governor’s desk.

In discussing the bill before the House Ag Committee, Rep. Alexander stated, “Safety’s not the only question, or in my mind even the most important question that we have to consider here. In my view, diluting the God-given freedom of our people is what constitutes an unacceptable risk. That erosion of our rights is a clear and present danger to our citizens and even to our way of life.”

The legislator is far from alone in his libertarian stance. Some ten other states also allow the unlicensed sale of raw milk; those states’ overall track record for safety has been a good one.

The lobbying of award-winning Little Rock Chef Lee Richardson was a major factor in the bill’s passage. Richardson

stressed to lawmakers that passage of a raw milk bill was an important step in promoting locally produced food.

FDA submitted comments in opposition to the bill but was as unsuccessful in stopping its passage as it had been a year earlier in its efforts to defeat raw milk legislation in New Hampshire. The agency remains the center of the opposition to raw milk but is losing ground in its campaign to restrict freedom of choice. More states will be joining Arkansas, if not in this legislative session, then in the near future. There were close to twenty raw milk bills up for consideration in the state houses this session, with all but two of them either legalizing its sale or expanding access to the product. It is a trend that will likely continue.

#### NORTH DAKOTA – HERDSHARE BILL SIGNED INTO LAW

On April 29 herdshares become officially legal in North Dakota when Governor Jack Dalrymple signed Senate Bill 2072 into law. SB2072 provides that "it is not a violation [of law] to transfer or obtain raw milk under a shared animal ownership agreement."

Shared animal ownership is defined in the bill as "any contractual arrangement under which an individual:

- a. Acquires an ownership interest in a milk-producing animal;
- b. Agrees to pay another for, reimburse another for, or otherwise accept financial responsibility for the care and boarding of the milk-producing animal at the dairy farm; and
- c. Is entitled to receive a proportionate share of the animal's raw milk production as a condition of the contractual arrangement."

The original version of SB 2072 did not contain a provision on herdshares; the bill only amended the state dairy code to adopt the latest revision of the Pasteurized Milk Ordinance (PMO), which governs the production and sale of pasteurized milk in the U.S.

After the bill passed the Senate, North Dakota Department of Agriculture (NDDA) Dairy Director Wayne Carlson intended to introduce an amendment to SB 2072 banning herdshare agreements in the House Agriculture Committee. Raw milk proponents had advance notice of the amendment and were able to convince the committee to adopt instead an amendment expressly legalizing herdshares.

To ensure that NDDA does not attempt to undercut herdshare agreements in the future, the new law contains a section stating, ". . . the commissioner may not adopt any rule that restricts, limits or imposes additional requirements on any individual transferring or obtaining raw milk in accordance with the terms of a share animal ownership agreement."

With a possible eye towards legalizing the sale of raw milk in North Dakota, SB 2072 calls for a group referred to as "legislative management" to "consider studying the availability of raw or unpasteurized milk, for human consumption, in this state." The group is to report its findings and recommendations along with any proposed legislation to implement those recommendations to the legislature next session.

North Dakota now joins Alaska, Colorado, Idaho, Tennessee and Wyoming as states that have officially legalized herdshares by either statute or regulation; earlier this year the Michigan Department of Agriculture and Rural Development adopted a written policy recognizing the legality of herdshare agreements.

#### PENNSYLVANIA – FAMILY COW DAIRY

Another example of regulator bias against raw milk occurred on May 29 when the Pennsylvania Departments of Agriculture (PDA) and Health (PDH) issued a joint press release advising consumers to discard milk produced by the Family Cow dairy in Chambersburg, "because of potential bacterial contamination." The press release notes, "The Department of Health has confirmed five cases of confirmed *Campylobacter* infection in people who consumed milk from the farm [Family Cow] . . ."

The release reported that raw milk samples the PDA took on the May 17 were confirmed positive for campylobacter. After the positive test results, PDA ordered the dairy to suspend sales until further notice.

The Family Cow is one of the largest raw milk dairies in the country, milking over two hundred cows. According to Edwin

Shank, the dairy sells an average of 110,000 servings of raw milk per month. With that much milk sold, there typically would have been many more cases of campylobacter among consumers of Family Cow raw milk if the dairy were actually responsible for the illnesses. Shank said that out of the five people with confirmed cases of campylobacter who drank raw milk produced by the dairy, one was in Pittsburgh, one in Philadelphia, one in Shippensburg and two in York; typically in a raw milk outbreak, even with a dairy the size of the Family cow, the illnesses would be more clustered.

The alleged outbreak occurred only about a month after the release of a Centers for Disease Control (CDC) report on a February 2012 campylobacter outbreak blamed on the Family Cow, an outbreak Shank has taken responsibility for. The CDC report claimed that raw milk could not be safely produced, a statement that Shank publicly challenged. One noticeable difference between the 2012 outbreak and the latest one was that the PDH and PDA communicated very little with Shank during their investigation of the 2013 outbreak—something that usually doesn't happen during a foodborne illness outbreak investigation. The state was never able to match the raw milk samples testing positive for campylobacter with the stool samples of the confirmed cases.

PDA reinstated the Family Cow to sell raw milk during the first week of June. The lack of evidence against the dairy pointed to it being blamed for the five illnesses not because it actually caused the outbreak but because it was the raw milk producer that was the easiest to target given its presence and visibility in the Pennsylvania market.

#### PROPOSED RAW MILK REGULATIONS – ILLINOIS & SOUTH DAKOTA

Proposed regulations threatening access to raw milk in South Dakota and Illinois were in the initial stages of the rule-making process in the two states. In Illinois the unlicensed sale of raw milk on the farm has long been allowed. A dairy workgroup under the direction of the Illinois Department of Public Health that started meeting in the fall of 2012 was still in the process of drafting regulations that could severely restrict both the ability of raw dairy farmers to make a living and consumer access. The latest draft of the workgroup calls for all farms selling raw milk to have a permit as well as to be compliant with Grade A standards, which would significantly increase expenses for raw milk producers. While increasing their costs, the proposed regulations would limit the amount of milk producers could sell to just one hundred gallons per month. Moreover, herdshare agreements would be prohibited.

The dairy workgroup originally did not have as members any farmers who made their living solely from raw milk sales before adding Donna O'Shaughnessy in February. O'Shaughnessy was the one responsible for alerting consumers and other raw milk farmers to the threat the regulations posed. On May 1, over one hundred people showed up at a hearing in Bloomington to oppose the draft regulations; even with the overwhelming opposition, the workgroup did not take any of the onerous provisions out of the draft. The most positive development to come out of the meeting were indications from the workgroup that it would delay issuing the proposed regulations until the end of the year. O'Shaughnessy now has a number of other raw milk producers as well as consumers to help in the fight to stop rule-making on raw milk sales. It will not be easy; the workgroup still has an anti-raw milk majority and its funding is being provided by the most anti-raw milk agency of them all—FDA.

In South Dakota the raw milk regulations were further along; the South Dakota Department of Agriculture formally issued the proposed regulations in May. The regulations call for financially burdensome animal health testing requirements, extensive pathogen testing and for raw milk dairies to be in compliance with the physical facility requirements mandated for conventional Grade A and Grade B dairies. There are only a handful of licensed raw milk dairies in the state now (raw milk sales are only legal in South Dakota with a license) and their numbers don't look to be increasing if the proposed regulations go into effect. The biggest threat to raw milk producers and consumers in the state is SDDA dairy administrator Darwin Kurtenbach who has been quoted as saying, "I would probably drink gasoline before I'd drink raw milk."

For the latest developments on raw milk issues, go to [www.thecompletepatient.com](http://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](http://www.farmtoconsumer.org) or by calling (703) 208-FARM (3276); the mailing address is 8116 Arlington Blvd, Suite 263, Falls Church, VA 22042.*

## Healthy Baby Gallery



Happy, robust Alistair McWilton is the product of a nutrient-dense pregnancy diet, continued through lactation. Mom's diet included raw milk, egg yolks, pâté and cod liver oil. Alistair gained weight beautifully on his mother's rich breast milk. He has rosy skin and rarely cries. At age seven months, he is now enjoying liver and egg yolk.



East Troy Area, Wisconsin Chapter Leaders Brandon LaGreca and Joy Hernes celebrate the good health of their daughter Elizabeth Pearl. "We wanted to personally thank you for the health and vibrancy of our little one, now six months old. Through exposure to the work of WAPF, Miss Elizabeth Pearl will have a healthy and bright future!"

Both Owen (age three) and Henry Drake (age six) were raised on our raw milk goat formula because mom couldn't produce enough milk. Both have amazingly strong teeth and rarely get sick. Mom got her own goats because she couldn't find raw goat's milk. Owen's and Henry's parents now raise a very high portion of their food with their own goats, chickens, ducks, pigs, rabbits and, of course, a garden!

Please send photos of healthy babies to Liz Pitfield at [liz@westonaprice.org](mailto:liz@westonaprice.org). Photos must be labeled with the baby's first and last name and accompanied by an email with text.

Isabella Harris started smiling at two days old. She was born at home over eight pounds, twenty inches long to first-time parents Andrew and Rashel Harris (Palestine, Texas Chapter Leader). Isabella's parents followed WAPF diet principles for two years before conception. Isa-



bella was exclusively breastfed until six months and her first foods were egg yolk, liver, broth and raw milk. She started sleeping eight hours a night at four weeks and at three months was sleeping twelve hours. At twenty months she self-weaned from the breast; her favorite foods are now liver, eggs, raw milk, cod liver oil, sauerkraut, kefir, sourdough, ice cream, pastured meats and wild fish. Isabella, shown here at sixteen months, is the picture of health despite never stepping foot in a doctor's office. Thank you WAPF for sharing the wise traditions of a nutrient-dense diet for optimum health and vitality!





# Local Chapters

All Areas: Nourishing Our Children, Sandrine Love (415) 820-1474, [info@nourishingourchildren.org](mailto:info@nourishingourchildren.org), <http://www.nourishingourchildren.org>

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Lodi: Kari & Andy Alfaro (209) 334-3466, [karialfaro@msn.com](mailto:karialfaro@msn.com)

## 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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## NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

The Weston A. Price Foundation exhibit at the National Association of Nutrition Professionals (NANP) conference in Del Mar, California, May 2013. Pictured here are Toni Fairman, WAPF San Diego co-leader, and WAPF member Susie Burns.

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## GOOD FOOD FESTIVAL, MARCH 14-16, CHICAGO, ILLINOIS



Sarah Vander Muelen, Chicago South Side chapter leader, chats with a potential member.



Thea Wilson, super awesome active member of the Chicago chapter and photographer.



Jennifer McManamee, Chicago chapter leader.



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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 Suze Fisher, a chapter leader in Maine, for setting up a local chapter chat group. New chapter leaders can sign up at <http://groups.yahoo.com/group/wapfchapterleaders/>

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## LAKESHORE EARTH DAY FAIR

Lakeshore Earth Day Fair on April 20, 2013 in Grand Haven, Michigan with Nourishing the Lakeshore of West Michigan chapter leaders Lisa Middlecamp-Lowder, PhD, and Mark Christenson.

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2013 EARTH DAY FAIR  
 WINSTON-SALEM, NORTH CAROLINA

Staffing the WAPF booth are (left to right)  
 Scott Gillentine, (Winston-Salem Chapter Leader)  
 Christina Foose, Alex Korman, and Kate Ferrell.

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## WAPF CORNER IN LOCAL FOOD STORE



Central Oregon Locavore is a non-profit organization that improves access to fresh, in-season, nutrient-dense, local food and educates the community about the benefits of sustainably produced food. The organization promotes an ecologically and socially just food system that supports greater community well-being, public health and the local economy. At a recently opened local farmers market the locavore group dedicated a section to Weston A. Price-specific foods and education, organized by the Bend, Oregon chapter. Bend, Oregon chapter leader, Nicolle Timm, is also the Executive Director of Central Oregon Locavore. Together the two organizations are providing education, resources and nutrient-dense food to the community as a whole. The chapter also hosts monthly WAPF potlucks and offers demos, classes and occasional movie nights showing films pertaining to WAPF principles and dietary wisdom.

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## FARM-TO-TABLE EVENT



Awesome volunteers this year at Farm to Table. From right to left: Amelia Martin (speaking with a visitor to the table), Jennifer Flick and Nicole Hoover.

The Farm-to-Table event in Pittsburgh, Pennsylvania was co-founded by Erin Hart and Pittsburgh chapter leader Carrie Hahn seven years ago. WAPF always has a table there. This year Carrie Hahn gave a bone broth demonstration to a crowd of over fifty people.



Erin Hart and Carrie Hahn

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## WAPF SOUTHERN MIDDLE TENNESSEE EVENT, MARCH 2, 2013

Almost one hundred participants enjoyed an all-day dental/whole body event sponsored by the Southern Middle Tennessee chapter, held in Columbia, Tennessee. They visited nine great vendors and enjoyed a nutrient-dense, properly prepared lunch. A chapter member sold healthy snack items. Twelve people signed up as new members of the Weston A. Price Foundation. Below left, Dr. Thomas Lokensgard, DDS, NMD, explains how the mouth is a window to the health of the entire body. Right, "WAPF ladies" in front of the WAPF info table, Sherri Leiter, Nancy Webster (chapter leader) and Tanya Green. Several other of Nancy's "Right Hand Women" also helped pull off this great event. An audio recording plus the PowerPoints from Dr. Lokensgard's all-day presentation will be available for sale soon through the WAPF Southern Middle TN Chapter, which can be reached by e-mail at [wapfsouthernmiddletn@yahoo.com](mailto:wapfsouthernmiddletn@yahoo.com).





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## NATURAL PARENTING EXPO PHOTOS, MADISON, WISCONSIN



Joy Martinson, Jenny DeLonay  
and Gayle Loiselle

WAPF shares a  
booth with  
Vernon Hershberger's  
buying club  
Grazin' Acres.



Carol Torregrossa and Dick Saunders



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## TORONTO CHAPTER POT LUCK AND PRESENTATION WITH AUTHOR JENNIFER MACLAGAN

On April 19, the Toronto Downtown Chapter (Canada) hosted chef and author Jennifer MacLagan talking about "Odd Bits: How to Cook the Rest of the Animal." She talked about eating nose to tail and how to prepare and cook various "odd bits" such as liver, kidneys, tongue, heart, pork feet and tail, tripe and testicles! Participants sampled beef heart quickly sautéed in ghee, cooked sliced tongue with roasted red pepper and pomegranate molasses (Muhammara) sauce and chicken liver pâté as well as the delicious dishes and kombucha that everybody contributed to the pot luck.

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## ECOLIVING EVENT IN RED DEER, ALBERTA, CANADA

Chapter Leader Jem Mathieson, her husband Jared Engelman and their eight-month-old daughter Maya exhibited for WAPF at the EcoLiving Event in Red Deer, Alberta, Canada. The event drew around three hundred people, most of them newcomers to the WAPF message.

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Saskatoon: Michele Kralkay, DNM, RHN (306) 477-4480, food.traditions.saskatoon@gmail.com, food-traditions@yahoogroups.com

## CHILE

Coyhaique: Ann Oldham Michael & Ema Morales 56 67 245288 or 56 09 812 4987, pacificorim@gmail.com, emacibel@gmail.com

## COSTA RICA

Turrialba & San Jose: Gina Baker & Reinhold Muschler 2100 1033, gmuschler@gmail.com

## CROATIA

Samobor: Domagoj & Josipa Dzojic 00385/(0)95/5681-881, Info@MudrePredaje.com, www.mudrepredaje.com, skype: dzojiczgcro

## CZECH REPUBLIC

Praha a okoli (Prague and area): Daniel Visser 420 777 839 937, wapf.praha.cz@gmail.com, www.wapf-praha.cz

## DENMARK

Koebenhavn: Aske Toegern Wissum 0045 2966 0338, astoewi@gmail.com

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Miles Price 00852 9266 1417, miley\_price@hotmail.com

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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

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Nijmegen: Mike Donkers 31 6 4275 3107, westonpricegelderland@gmail.com, gelderland.westonprice.nl  
National forum: www.westonprice.nl

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Auckland, North & West: Alison Ellett (09) 420-8548, alison@wapf-auckland.co.nz, www.wapf-auckland.co.nz/

# International Chapters

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, jaydenandmichelle@xtra.co.nz  
Invercargill: Sherry Elton (64) 3213 1156, sherry@thecroft.net.nz, www.thecroft.net.nz  
Nelson City & Tasman District: Irma Jager (03) 526 8080, irmajager@woosh.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  
South Canterbury: Carol Keelty 03 6866 277, bckeelty@xtra.co.nz & Inez Wilson inezmwilson@xtra.co.nz  
Tauranga: Karen Niven (07) 548 2878, karen.niven@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 02536-0398, livingfoodsbc@gmail.com & Feanne Mauricio 63905-1000000 (text only), feanne@sustainablemanila.com

## ROMANIA

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

## SCOTLAND – see United Kingdom

## SOUTH AFRICA

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<http://westonapricejhb.wordpress.com>

## SPAIN

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## SWITZERLAND

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## SWEDEN

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Stockholm: Johanna Gunnarsson 46 76 040 7927, Johanna@nycnutritionalthrapy.net

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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@hotmail.com  
Kent: Keli Herriott-Sadler 01732 354 527, keli@herriott-sadler.co.uk  
London: Wise Traditions London, Festival for Traditional Nutrition Phil Ridley 01442 384451, westonaprice.london@gmail.com,  
[www.westonaprice.org/london](http://www.westonaprice.org/london), [www.meetup.com/westonaprice-london](http://www.meetup.com/westonaprice-london)  
North London: Rebecca Rogers 004420 8446 0080, Rebecca@HappyTummyClinic.Com, <https://www.facebook.com/groups/251481144947839/>  
London: Wandsworth Borough: Paolo Donati 0044 7825 298 573, paolo.donati@gmail.com, www.the-italian-nutritionist.com  
North Wales: Ben Pratt 07952 555811, info@naturalfoodfinder.co.uk, www.naturalfoodfinder.co.uk  
Ryde, Isle of Wight: Anuradha & Peter Kowtha +44 (0) 1983 566574, kowthafamily@yahoo.com  
UK resource list: [www.naturalfoodfinder.co.uk](http://www.naturalfoodfinder.co.uk)

### SCOTLAND

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



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## CA

Farm raised for your dining pleasure "orchard" chicken eggs, "pond" duck eggs, grass-fed geese, grass-fed 'buttered' beef raised by Jersey cows, fruits and vegetables hand raised with loving care in northern California. stablefood@gmail.com (707) 279-1299 stablefood.blogspot.com <http://www.facebook.com/stablefood>.

## CO

Western Colorado. Hay, peaches & oats. Grown with minerals. NO insecticides. NO herbicides. May: wheat/alfalfa hay. August: alfalfa hay, Red Globe peaches, oat grain. (970) 323-8684.

## DC

CSA: Hi-Brix, nutritionally dense, biodynamically grown kitchen vegetables, grass-finished beef, pastured pork, broilers & eggs. Openings for 2013 season in DC Metro area. Contact Allan Balliett, [info@freshandlocalcsa.com](mailto:info@freshandlocalcsa.com) (304) 876-3382, [www.freshandlocalcsa.com](http://www.freshandlocalcsa.com).

## FL

100% grass-fed dairy and beef. Soy-free woodland pork. Soy-free pastured broilers and eggs, fermented foods, [info@marando-farms.com](mailto:info@marando-farms.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.

Faithful Farm, Barry /West Central Area Linus & Brenda Gingerich & family, 82E 2600th St., Barry IL 62312, phone: (217)336-4036. Farm products from a grass and forage-based farm. Grade A Dairy cows consist of Jerseys, Milking Short Horns, Dutch Belteds and Guernsey breeds. Cows are pasture-fed with a small amount of grain (barley, malt, and oats). Brown eggs and broilers from pastured chickens, turkeys (seasonally at Thanksgiving). All poultry is on pasture plus grain. All products must be picked up at the farm and you must bring your own containers to be in compliance with IL regulations. Call for brochures and information

Nadig Family Farm, Cortland, IL. Just minutes from the western Chicago suburbs and Rockford. We sell 100% grass-fed milk, beef and lamb. We sell pastured chicken, turkey and eggs. Also, organically fed pork and pastured rabbit. We have wool, angora and yarn from our farm. Please visit our website at [www.nadigfamilyfarm.com](http://www.nadigfamilyfarm.com). Call John or Charolotte at (815) 748-3782.

## IN

Crystal Waters Farm, LLC. Raw milk, colostrum and beef from grass-fed Jersey cows. Also real honey, bees wax candles and beekeeping supplies. Affordable quality. We're located along highway 36, 45 miles west of Indianapolis. Call anytime! Stevie King (765) 739-8334 (leave message).

Raw milk cheeses, grass-fed beef, veal. Also, a variety of fresh raw dairy products available as pet food. 100% pasture fed cows. NO hormones, pesticides, antibiotics used. **Will ship.** Available from the Yegerlehner's The Swiss Connection. (812) 939-2813, [www.swissconnectioncheese.com](http://www.swissconnectioncheese.com), Clay City.

## 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 recycled yogurt containers. **We ship** in the US. Order at <http://mhof.net/meat/index.php>. (978) 355-2853; [farm@mhof.net](mailto:farm@mhof.net).

Misty Brook Organic Farm raises soy-free pastured pork, broiler chickens, and eggs. Beef, veal, and dairy are 100% grass-fed. Milk and cheese are from no-grain Jersey cows. Vegetables are grown with draft horses. Grains are stone ground. [www.mistybrook.com](http://www.mistybrook.com) (413) 477-8234.

## 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](http://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.com](http://nicksorganicfarm.com) comcast.net, [www.nicksorganicfarm.com](http://www.nicksorganicfarm.com)

## MN

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](mailto:eric@porkandplants.com) or (507) 689-4032, [www.porkandplants.com](http://www.porkandplants.com).

The greatest fine art of the future  
will be the making  
of a comfortable living  
from a small piece of land.  
*Abraham Lincoln*

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## NJ

Fresh living food from fertile soil - River Birch Micro. Farm eggs from pastured and soy-free chickens. Fruits, nuts, vegetables. Sawmill, raw lumber. Member: FTCLDF and NOFA-NJ. Farmer/Soil Scientist: Joseph Heckman, Ph.D. 19 Forman Avenue, Monroe Township, NJ 08831 (732) 605-0444.

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.

## NY

New York Buyers Club. Certified organic grass-fed dairy products from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork & chicken. Fermented foods, Green Pasture products, soaked & dried nuts & raw honey. **Will ship.** (717) 768-3437. Pleasant Pastures.

Raw milk from Dutch Belted cows organic certified farm, grass-fed. Call us for other products. Ana Lups, Pleroma Farm, Hudson, NY (518) 828-1966.

## PA

Barville Creamery 100% grass-fed. We offer raw traditionally cultured butter from our grass-fed cows. We **will ship** to you or visit our farm to pick up. Daniel & Katie Zook, Leola, PA (717) 656-4422.

Carlton Farms is certified organic and biodynamic. We offer pastured chicken, eggs and lamb, and wheat, rye, gourmet herb and flower salts. **Shipping available.** Contact (570) 396-0886, info@CarltonFarms.net. Visit us on Facebook or at CarltonFarms.net.

Fresh grass-fed raw milk, cream, butter, yogurt & cheese - veal, soy-free poultry, free range eggs, grass-fed beef and lamb. Frozen meats also available. We **will ship.** You are welcome to stop in or give us a call. Mark & MaryAnn Nolt (717) 776-3417.

Grass-fed organic raw milk and dairy food: 100% grass-finished beef and lamb, pastured pork, chicken and turkey, wild Alaskan salmon, fermented vegetables, raw honey, maple syrup and more. Long Island drop. Paradise Pastures, Paradise, PA (717) 687-8576.

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.

Organically managed 100% grass-fed dairy from Jersey cows. Eggs from pastured chickens (soy free available) Grass-fed beef, pork, chicken & rabbit. Soap made with lard from pastured pork, fermented veggies, crispy nuts & raw honey. **We ship.** Pleasant Pastures (717) 768-3437.

Grass-fed lamb, pastured Tamworth pork & piglets, pastured chicken, honey, Sheep Camp, farm tours, Adopt-A-Sheep & more. Visit Owens Farm Sunbury, PA, www.owensfarm.com (570) 286-5309, info@owensfarm.com.

Raw dairy products from our no-grain, grass-fed Jersey cows. Milk, cream and cheeses: Cheddar, Colby, Swiss, Havarti, Gouda, Gruyère. Free-range, pasture-raised and organically-fed broilers. No added hormones or antibiotics. **We ship.** Shady Acres, Elizabethtown, PA (717) 361-1640.

Raw milk cheese from our grass-fed Jerseys, made on our family farm with Celtic sea salt. No-grain feed. Also grass-fed beef and pastured chickens, turkeys and eggs. All soy-free, no hormones or synthetics. On-farm sales. Wil-Ar Farm, Newville, PA (717) 776-6552.

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.

## SD

Grass-fed free-range Black Angus, pigs, hair sheep, raw milk from Jersey cows, small grains. Internship & mentoring programs & Holistic Healing. Rosin Organics, Bill & Julie Rosin, Selby, SD (605)649-7224 sdsavvygal@yahoo.com

## 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.

Mount Vernon Farm 100% grass-fed beef & lamb, pastured pork & soy-free eggs. We have an on-farm store & buyers clubs throughout northern & central Virginia. Contact (540) 987-9559 or mtvfarm@gmail.com. www.mountvernonfarm.net & Facebook & Twitter.

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

Virginia Buyers Club. Certified organic grass-fed dairy products from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork & chicken. Fermented foods, Green Pasture Products, soaked & dried nuts & raw honey. **Will ship.** (717) 768-3437. Pleasant Pastures.

## CANADA, QC

Attracted to becoming part of an organic agri-diversified farm? We raise large animals & birds, vegetables, plus have a bakery & our own flour mills. Intentional community projects are in development, & are diversified. Interested? Contact www.fermemorgan.com.

## CRAFTS

Beautiful crafts by local artists. Keep your gift-giving dollars in the USA. Alpaca blankets, socks and yarn; hand painted decorations, paintings by award-winning artist Megan Pisciotta Greene; handmade quilts. Exclusive source of Nourishing Traditions posters. 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.

## DVDS

DVD "Nourishing Our Children" recently launched a DVD that may be used for one's self-education or to present to an audience. You will learn how to nourish rather than merely feed your family. nourishingourchildren.org/DVD-Wise.html **Free shipping!**

Share your passion for food with friends and family! The Diet for Human Beings affirms our human requirement for fats, with less emphasis on starchy carbs. "An Hour To Watch - 30 Days To Try - Your Life Will Never Be The Same" www.ondietandhealth.com.

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## EMPLOYMENT OPPORTUNITIES

Middle TN small farm is seeking an individual(s) to assist with spring/summer farming. Duties include helping with livestock operations, electric fence maintenance, gardening and other farm chores. Offering bedroom with bath and kitchen privileges. References required. Please call (931) 762-2847.

Semi-retired couple (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.) seeks caretaking positions and/or to relocate to a farming community. Need distance from cell towers and WiFi. Ideas? Please phone (505) 820-0773.

## HEALTHY FOOD PRODUCTS

**BEEF.** All natural grass-fed Texas Longhorn. Heat & serve beef shipped in 28oz cans, cases of 12. Buy direct save with 50lb. box grind. Halves cut & wrapped. Hot dogs. **Will ship.** Certified Texas Longhorn Beef, 35000 Muskrat, Barnesville, Ohio 43713 (740) 758-5050, [www.head2tail.com](http://www.head2tail.com).

**GRAIN-FREE GRANOLA** Crafted with a base of soaked & dehydrated organic sunflower seeds & baked with organic coconut, VT honey, Redmond Real salt, organic spices, & gluten free vanilla. Several flavors to choose from. **Will ship.** Online shop [honestbody.com](http://honestbody.com) or email [orders@honestbody.com](mailto:orders@honestbody.com) or (802) 388-2448.

**LACTO-FERMENTED VEGETABLES**, cultured, 100% organic, by Immunitrition. Three delicious, raw blends – Garden, Sea & Sunshine. **Will ship** throughout USA via UPS. Available in 32 oz. jars or try our Cultured Veggie Taste Tester with bonus pumpkin oil & sea salt. (877) 773-9229, [www.culturednutrition.com](http://www.culturednutrition.com).

**SALT** [www.earth-salt.com](http://www.earth-salt.com) Impeccably sourced, gourmet salts for the discerning. Salts for people, the farm, animals & gardens. Himalayan, Hawaiian, South Pacific, & our Spiritual blend. You & yours are worth the salt of the earth! [info@earth-salt.com](mailto:info@earth-salt.com). **Will ship** (888) 725-8386.

## HEALTHY FOOD PRODUCTS

**TRADITIONAL HEALTH FIRST.** Offering all Green Pasture's products including Blue Ice Fermented Cod Liver - Fermented Skate Liver Oil - X Factor Gold High Vitamin Butter Oil both in liquid and capsules, Infused (with FCLO) Coconut Oil and Pure Indian Foods Ghee. **Free shipping.** Email or call 'Oh my Cod, it's John!', for information about shipping, referrals, auto resupply, and any general questions or information about these superfood products. Visit THF on Facebook. To Order: email [john@traditionalhealthfirst.com](mailto:john@traditionalhealthfirst.com) or Call JOHN DELMOLINO, Hadley, MA., (855) OhMyCod (646-9263).

## HEALTHY PRODUCTS

Complete Pipeline Milking System for sale. Perfect for small raw milk dairy. In great condition and very clean. Call (402) 780-5287 for more details and pictures.

VitaClay® Smart Organic Multi-cooker. No lead, no aluminum, no chemicals. Makes perfect germinated rice, quinoa, savory stews, soups and nutritious bone broths or steamed fish or veggies. Plus Bonus low temperature yogurt maker! [www.VitaClayChef.com](http://www.VitaClayChef.com) Visit us online or call (888) 808-2015.

## HEALING ARTS

Remote intuitive counseling and healings including needleless allergy elimination, reiki, pranic healing, and meridian balance/auric cleanse. Linda's unique talent includes past life trauma resolution and removal of interfering spirits. [BenderHealing.com](http://BenderHealing.com) (800) 706-1354 Dr. Linda Bender MscD; Phd in Holistic Life Coaching.

## HISTORIC PROPERTY

Historic Property: "St. Mary's Rectory", est. 1849, 5 acre farm w/ 2 story outbuilding, 6 stall barn, chicken coop + elegant 5 bedroom, 2 bath home w/nearly \$200k in upgrades. Close proximity to P.A. Bowen Farmstead & At Last Farm. Less than 30 miles from DC. MATT WHITE, COLDWELL BANKER, (202) 491-7777/547-3525. [www.PRIMEpropertiesMD.com](http://www.PRIMEpropertiesMD.com) EHO.

## HOMES & LAND

32+ acres diversified farm. Sustainable 20+ cow, Herd Share Dairy business. Beautiful home and cabin on property. Beginning of a fodder system. Small orchard and garden spot. Lovely view of cascade mountains, Grizzle mt., Ochoco range, and Powell Butte. Oregon, (541) 306-1495 email: [windyacres26@gmail.com](mailto:windyacres26@gmail.com) [www.windyacresdairy.com](http://www.windyacresdairy.com).

RENT all or part of a 190 acre farm in NW Massachusetts. Open land, woodland, sugar bush, sugar house, barn, pond. Must be organic, biodynamic preferred. Rent negotiable. NW Massachusetts. [melodyhillfarm@gmail.com](mailto:melodyhillfarm@gmail.com).

Looking for a farm or homestead in Virginia? Work with a 30-year veteran and WAPF member, Keith Hartke. Call National Realty, (703) 860-4600, ext. 444 or email [keith@national-realty.biz](mailto:keith@national-realty.biz).

## INTENTIONAL COMMUNITY

Attracted to becoming part of an organic agri-diversified farm? We raise large animals, birds and vegetables, plus have a bakery and our own flour mills. Our intentional community projects are in development, and are diversified. Interested? Contact John through [www.fermemorgan.com](http://www.fermemorgan.com).

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.eco-farmfl.org](http://www.eco-farmfl.org), (813) 754-7374.

If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny.

Thomas Jefferson



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## INTERN/APPRENTICESHIPS

Rewco, Inc. seeks a part time associate to provide educational and support services to 8 stores located in western NY and Erie, Pa.. Responsibilities include a leadership role at new store setups and providing product training. Requirements include knowledge of natural and organic food, presentation skills, reliable vehicle, self-motivation and ability to travel overnight occasionally. \$13/hour annual salary \$30,000.. Option for mileage rate reimbursement or car allowance, Medical/Dental insurance, 401K, Generous vacation/sick/personal days package. Interested qualified candidates can send resume and cover letter to Carol.Poliner@rewco.com.

Vermont Farm seeks helpers for 2013. 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](http://www.flackfamilyfarm.com).

## INVESTORS NEEDED

Launching the creation of WAPF-friendly food outlet for travelers (airports, rest stops, etc.) Seeking individuals with food or restaurant industry experience to assist in preparation of business plan. Looking for support in all domains, especially finance and operations. Retail experience helpful. All contributions of expertise are welcome. Please contact Katharine Spehar at [kjspehar@gmail.com](mailto:kjspehar@gmail.com).

## SERVICES

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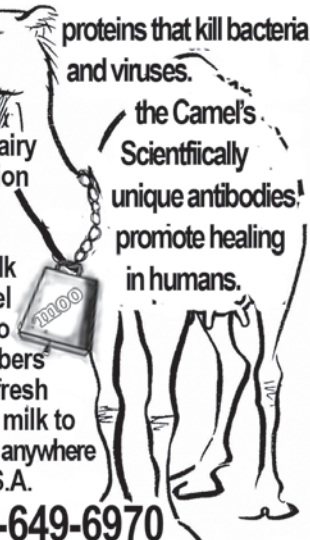
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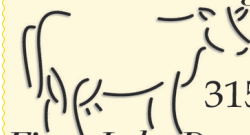
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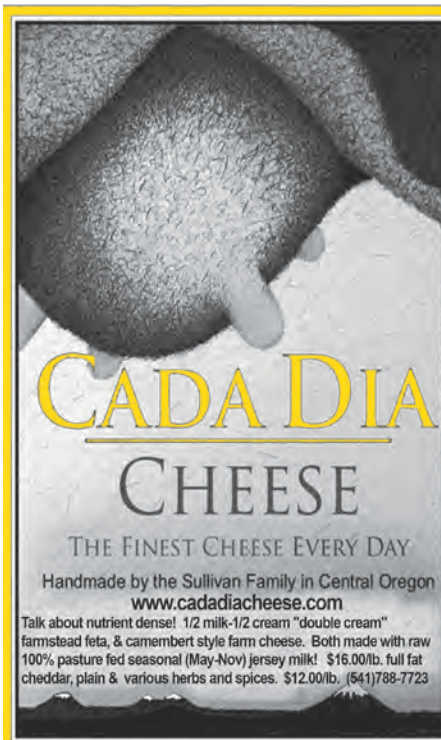
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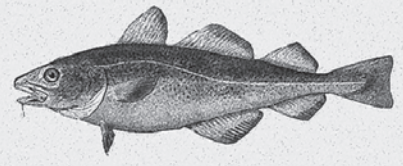


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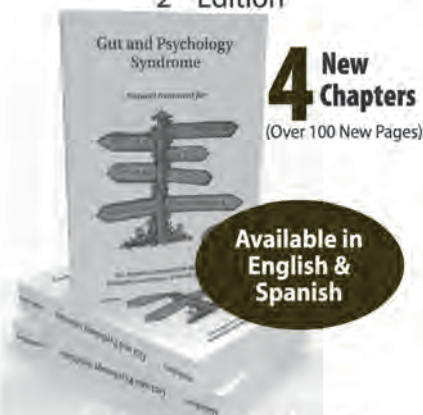


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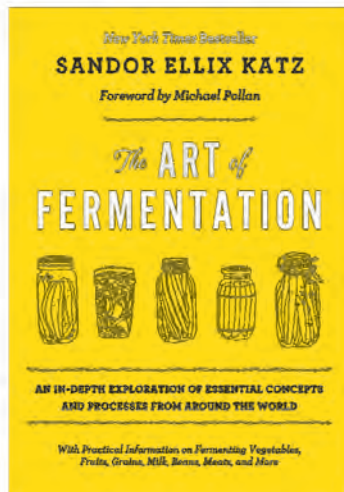
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The second manual, *Iqaluich Niginatuat*, *Fish That We Eat*, provides information regarding the traditional use of fish, their processing, recipes and eating enjoyment. It was compiled from the local traditional fish knowledge of northwest Alaska 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 Niginatuat*, *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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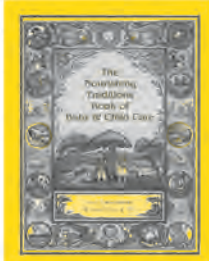
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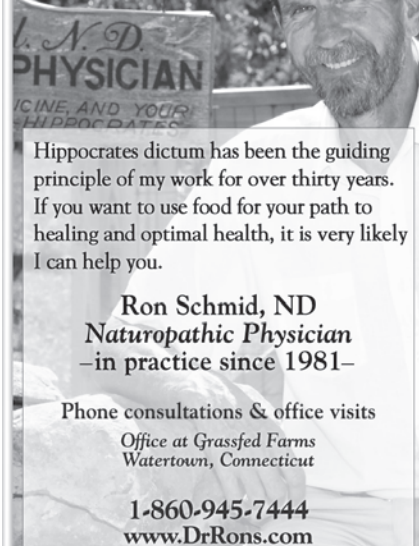
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