



Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

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CONTENTS

FEATURES

The Wisdom of Primitive Peoples Page 18
Chris Masterjohn describes the accumulated wisdom that Dr. Price so admired

Pork-Live Blood Analysis Study Page 24
Beverly Rubik solves the pork dilemma, showing that proper preparation is key

Not All Protein is the Same Page 33
Fred Kummerow compares the amino acid profile of plant and animal foods

DEPARTMENTS

President's Message Page 2
Molding Public Sentiment

Letters Page 3

Caustic Commentary Page 12

A Dietitian's Experience Page 46
Kim Rodriguez, RD, provides more information on nursing home practices

Homeopathy Journal Page 51
Joette Calabrese describes homeopathic remedies for antibiotic side effects

All Thumbs Book Reviews Page 54
Making Supper Safe
Stop Alzheimer's Now
The Small-Scale Poultry Book

Tim's DVD Reviews Page 59
Tim Boyd reviews Farmageddon and other DVDs

Growing Wise Kids Page 64
Jen Allbritton shares tips on conserving Nature's bounty

Food Feature Page 70
Properly prepared pork recipes by Sally Fallon Morell

Soy Alert Page 73
Kaayla Daniel on not taking the EWG pledge

Legislative Update Page 76
Judith McGeary on persistent activism

A Campaign for Real Milk Page 79
Mike Adams reveals the FDA campaign against raw milk

Healthy Baby Gallery Page 87
Local Chapters Page 88
Shop Heard 'Round the World Page 100

Membership Page 124
Upcoming Events Page 125

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President's Message

It's easy to get discouraged these days with what seems to be implacable and relentless opposition to real, whole foods, small farms, raw milk and holistic therapies. USDA has not given up on draconian animal identification regulations and FDA now has new authority to regulate food safety, authority that can easily be misused to target small farms (see page 76). The Rawesome raid in Los Angeles last month came as a wake up call to many. Most serious are new revelations about FDA's campaign against raw milk, involving monthly Raw Milk Meetings and undercover agents skilled at entrapment (see page 79). And the push to mandate lowfat, plant-based diets has not relented. What are defenseless citizens to do in the path of such onslaught?

First and foremost: do not be discouraged. We have a powerful yet peaceful weapon to use against those who would impose the agenda of industrial agriculture and industrial food on the entire population; that weapon is public sentiment. Said Abraham Lincoln: "He who molds the public sentiment. . . makes statutes and decisions possible or impossible to be executed." Our strategy must be to create such a climate of opinion that lawmakers and bureaucrats find it impossible to impede the civil rights of small farmers, raw milk drinkers, consumers of farm fresh foods, parents who oppose vaccinations and citizens who opt out of the current medical paradigm. The number one goal of our educational efforts at the Weston A. Price Foundation is to create a climate of opinion such that no one questions the health benefits of raw milk, the need for animal fats in the diet, and the dangers of pharmaceutical interventions like antibiotics and vaccinations.

Everything we do—from our journal and educational materials to the non-stop efforts of our bloggers, consultants and publicist Kimberly Hartke—is aimed at molding public sentiment. The successful showings of the film *Farmageddon* that Kimberly has orchestrated indicate that public opinion against government aggression has been stirred.

The eighteenth century was the century for political rights, for the victory against what seemed implacable forces against the right to self governance. The nineteenth century saw the struggle for women's rights—for the seemingly impossible goal of giving the vote to women. The twentieth century saw the uphill but ultimately successful battle for civil rights, which today we almost take for granted. The twenty-first century will see the struggle for farmer and consumer rights, and as long as we can mold public opinion in our favor, these rights will be secured.

Our yearly conference plays an important role in our efforts to mold public sentiment. If you plan to attend, we suggest you register soon. Bookings are way ahead of last year and we don't want to turn any members away. For details on *Wise Traditions* 2011, see page 15.



Letters



A STRATEGY

Raw milk proponents could learn a lot about strategy in studying how the USDA and California Department of Food and Agriculture (CDFA) were stopped regarding toxic spraying for the light brown apple moth. I hope that someone can take this idea and put some action behind it, because I think there is a problem with some of the court cases about raw milk. The issue gets narrowed to a very small point about whom to believe—the FDA which says the milk is deadly, or the regular raw milk drinker who swears by it.

In California a few years ago, the CDFA started an aerial spray program for the light brown apple moth. It was one of those federal programs where the state just went along with it. They actually crop dusted the cities of Monterey and Santa Cruz with an untested chemical encapsulated in microscopic spheres. All because a moth might cause economic damage to some crops. In comparison to the raw milk war, the moth spray is a much clearer case of the government overstepping its boundaries.

Yet people lost in federal court trying to stop the spray; they were able to win a short restraining order in state court but then lost at the hearing and the spraying continued. This is because when the state judge was forced into a corner, the issue was distilled down to a scientific argument. In that small realm, the judge generally sides with the government because the judge is not a scientist and cannot differentiate between true and false. The judge could not see even the simple fact that people were being sprayed with untested chemicals

against their will.

Fortunately, the spraying was later stopped in state court on a procedural issue. The CDFA had not complied with the state environmental law of doing an environmental impact report. This was the only issue that the judge took note of. Think of the parallels to raw milk court cases. With the moth spray the constitutional arguments failed and health arguments failed. What worked was finding conflict with other state environmental laws.

It took about two years for the state to finish its massive environmental report, in which they, of course, said the spray was safe; with the requirement satisfied, they planned to continue spraying. Fortunately, during the interim, a group of very passionate citizens worked together on fighting the moth spray, which included a petition to the National Academy of Sciences to review the data regarding the classification of the moth. A panel over at NAS reviewed the USDA's report on the moth, and reclassified it as a “non-actionable pest.” They basically rebuked the USDA's handling of the matter.

At this point, I believe the case is closed and the CDFA and USDA have crawled back into their corners because their lies and poor judgment were brought into the public domain by NAS.

Again, reviewing the parallels to raw milk cases, the judge will generally believe whatever the government says. But, if another branch of government, government accountability office, National Academy of Sciences, even a university, would make a report that discredits the government's actions, then

the judge would have a much easier time ruling in favor of raw milk. At this point there are good scientific reports about raw milk, but I don't know if any of them have the stamp of authority that a judge would be compelled to believe. Since most judges are not scientists, they get confused on the points and then default to the FDA's position. Therefore it would be powerful if there could be an independent report on the FDA's position in terms of constitutionality, as well as a report on their science.

Here are two links regarding the apple moth and the report: www8.nationalacademies.org/onpinews/news-item.aspx?RecordID=12762 and www.santacruzsentinel.com/localstories/ci_13339087.

While I believe that the common law rights and constitutional rights of citizens clearly protect private buyer clubs, it is important to acknowledge that the executive branches of the government, such as the CDFA and the Santa Clara and LA district attorneys in California, including the judges who issue the warrants, do not value or even acknowledge those rights. In light of the flagrant violation of individual rights and liberties, citizens need to stand firmly in ways that find additional support, clarification and protection for those rights. Top priority should be given to passing food freedom laws. We should no longer tolerate the government banning safe, clean, natural food, while at the same time condoning toxic food and medicine.

Rami Nagel
Ashland, Oregon

Letters

DOT CALM CAFÉ

Thank you for your write up about Dealer.Com's Dot Calm café in the Summer, 2011 issue.

Dealer.Com is the leading provider of online marketing solutions for car dealerships and manufacturers throughout North America. Mark Bonfigli, CEO, understands the importance of wellness and the impact it can have on employee happiness; he has modeled the company's wellness program after the WAPF guidelines. In addition to the on-site Dot Calm café that serves only WAPF foods, the LIFE team offers over twenty weekly group fitness classes, an on-site wellness coach, wellness seminars, and health incentives to stay fit. Seminars are held in the brand new one-hundred-fifty person theater, which recently featured "The Oiling of America." And many fitness classes are held in the sunny CrossFit studio, which boasts a retractable glass roof to let in UV rays and fresh air while exercising. In addition, the facility has a full indoor tennis court and weight room. Coming next year is a roof-top garden along with gardening classes.

Heidi Brigham, Life Director
Burlington, Vermont

What a wonderful model for other companies! I am sure Dealer.Com saves a great deal of money in the long run by providing accurate nutrition advice and nourishing traditional foods to its employees. We predict that in the future many other companies will do the same.

DECLINE IN MILK CONSUMPTION

In a recent article in the publication *Progressive Dairyman*, the author ponders the relentless fall in fluid milk consumption in America. What he does not mention is the fact that fluid pasteurized milk is listed as the top most allergenic food in America by the Mayo Clinic and others. It all comes down to simple science. When bacteria are killed during pasteurization, the resulting pieces of dead bacteria are foreign pro-

prove dramatically with raw milk. This highly beneficial raw milk physiology was demonstrated by the peer reviewed and published PARSIFAL study of fifteen thousand kids in EU who drank raw farm fresh milk.

The dairy industry needs to connect to their consumers and listen to them and their physiologic and digestive needs. The industry needs to fire the processors and their big-lie campaigns. The propaganda does not work anymore

because the human body does not lie to its owner. The science project performed every single time someone drinks pasteurized milk comes through within minutes with the irrefutable study result. Either it is mucus-forming from MAST cell release of histamines or it is lactose intolerance. Neither mucus from histamines nor lactose intolerance are associated with raw milk consumption.

Mark McAfee
Fresno, California



Cartoon by Richard Morris

tein wastes that our bodies react against. MAST cells release their histamines, asthma bronchial spasm occurs, mucus is released that creates the bed for ear infections, and allergies rage. When doctors tell their patients not to drink milk, they are referring to milk that is pasteurized (and ultrapasteurized).

In California, organic raw milk is sold in four hundred stores and consumed by about sixty to seventy thousand people every week. They report few allergies and in fact the opposite is true—most allergies and asthma im-

DECADES OUT OF DATE

The website of the Harvard School of Public Health advocates substituting margarine for butter and consuming only limited amounts of non-fat and lowfat milk and cheese. These recommendations are based on the purported association of dairy consumption with coronary heart disease, atherosclerosis, osteoporosis and prostate cancer. All of these health problems are known to be caused in part by vitamin K₂ deficiency.



Letters



Harvard's recommendation to avoid full-fat dairy products is likely to greatly increase vitamin K₂ deficiency. A search of the website search engine for vitamin K₂ or menaquinone turns up nothing! They are decades out of date.

I recently ran across a study by D. Mozaffarian and others of Harvard which suggests rather remarkable benefits resulting from the consumption of full-fat dairy products. The disparity between the study findings and the dairy bashing on the website of the Harvard School of Public Health is so stark (or perhaps amusing and crazy) that I had to comment on it.

The wording of the study is somewhat obscure, to say the least, so I will provide my layman's interpretation: Dairy fat is the most complex of fats, containing over four hundred fatty acids. One dairy fatty acid, trans-palmitoleic acid, is a good marker of full-fat dairy consumption in part because it is not synthesized by humans and, in multivariate analysis, was found to be most strongly associated with whole-fat dairy consumption.

In a study of over thirty-seven hundred women, those in the highest quintile of trans-palmitoleic acid levels (that is, higher whole-fat dairy intake) were found to be associated with slightly lower adiposity and independently with higher HDL cholesterol levels, lower triglyceride levels, and low TC/HDL-C ratio, lower CRP levels and lower insulin resistance. These are all considered indicators of reduced risk of CHD and atherosclerosis. Further, those with the highest level of trans-palmitoleic acid (therefore highest whole-milk intake) had a remarkably

lower incidence of type-two diabetes, relative risk 0.41! That is a 59 percent reduction in risk (www.ncbi.nlm.nih.gov/pubmed?term=21173413)!

What strikes me is that whole-fat dairy consumption reduced CHD risk and greatly reduced risk of type-two diabetes, in spite of the fact that the vast majority of milk consumed was damaged by pasteurization, ultra-pasteurization and homogenization and comes from cows ill from eating an unnatural diet of grain. Imagine how much better the results would have been if the subjects had consumed decent milk!

John Cameron
Fairhope, Alabama

FEEDING THE POOR

I support various missions involved in feeding the hungry of the world. I recently read about one sister who imports soybeans and develops them into various soy products (including soy milk) to supplement the diet of poor communities in El Salvador. Apparently the program (which started in 1993) is very successful. This lovely woman is obviously dedicated to serving the poor and far be it from me (an American who has a choice in what I eat), to criticize her, but some questions were raised in my mind. Isn't this just playing right into the hands of GMO proponents who tout soy as the salvation of the hungry?

Can the benefits of sheer protein calories, which are lacking in any form in these poor people's diets, outweigh the dangers of soy? It seems that the fifteen or more years of the program would be enough time for the adverse effects of soy to present themselves, but maybe they are attributed to other causes.

Are there organizations that are aware of correct dietary principles that successfully seek to alleviate hunger? I would greatly appreciate hearing your thoughts on this. Feeding the poor seems to be a tricky business. For example, our local Meals on Wheels program provides meals that are 100 percent processed (canned stew, canned vegetables, boxed mashed potato and I Can't Believe It's Not Butter!). I think it might be better for our dear elderly to eat nothing. I would like, as a start, to get real butter into the meals but the first work will be educating the local administrators of the program on the health benefits of butter and the dangers of margarine. So many folks seem to think that any calories are better than none. This may be true to a point, but there must also be a point where it stops being true.

Cassandra Peterson
Frazier Park, CA

You are right, there are so many dilemmas in food giveaway programs, especially when unhealthy foods are promoted by sincere and dedicated individuals. Possibly on the very short term the benefits of a soy-based food could provide needed calories to prevent starvation, but the long-term effects can be devastating. How much better to become involved in programs, such as Heifer International, that give domestic animals, which provide long-term good nutrition such as eggs and milk. For food programs in the U.S., it is obvious that they mirror the conventional attitudes about food. We can't really suggest any solutions except for each of us to share home cooked food with the elderly to whom we are close.



Letters



VEGAN CHALLENGE

I thought you might like to see this article I wrote for the June/July issue of the *Wedge Co-op Newsletter*. (The Wedge is the largest single-store natural foods co-op in the country.) It's a comment on Oprah's "vegan challenge," and it has generated a lot of drama here in Minneapolis. www.wedge.coop/newsletter/june-july-2011/my-vegan-challenge-to-oprah

The vegan community was enraged after the print and online newsletters came out and sent lots of hateful, angry email to the Wedge (and to me) filled with vicious, unhinged-sounding rants demanding the article be removed from the website. The Wedge panicked and took my article down from the website and replaced it with an apology to the vegan community.

Then the Traditional Foods group here went on their own campaign and sent a lot of emails to the Wedge in support of the article. I met with the General Manager of the Wedge (who didn't know the article had been taken down) and pointed out that rational people accept that there are viewpoints different from their own; only radicals insist that all other voices be silenced. She reposted the article and took the apology to the vegans down. There is now a note following my article saying that a vegan nutritionist will provide a response to my article in the next newsletter. It will be the cover story.

I've gotten a lot of feedback on the article. I find it interesting that the vegetarians who emailed me were generally positive, with comments like "thanks for pointing out what I need to pay attention to." None of the vegans I heard

from were able to engage in civil discourse—their emails were insulting to me, told me to stop spreading lies, that I should be arrested, that I'm an idiot, and so forth. I see this as proving my point: without enough B₁₂ and cholesterol, a person's thinking becomes very rigid and black-and-white; they become unable to make the neurotransmitters that support healthy moods and as a result feel persecuted and angry all the time.

I've been practicing holistic nutrition for fifteen years, and in my practice I've seen many recovering vegans. I've seen their personalities go from angry and depressed to much more open and whole again with the addition of healthful animal protein and fats to their diets. I myself was vegan for two years in my early twenties and had the same experience.

The article (a slightly longer, unedited version) is also posted on my website at www.jennette-turner.com/publications.cfm?id=17.

Jennette Turner
Minneapolis, Minnesota

A TURNAROUND

In seven months my now eighty-three-year-old father has gone from being bed-ridden at the Chicago area's Northwest Community Hospital for ten days with no appetite and a diagnosis of congestive heart failure and then kidney failure, to a man who walks his dog roughly four blocks every day. He daily ingests raw milk, raw cream, raw butter and raw eggs from Fresh-from-the-Farm Co-op in Lemont, and has decided he needs to start eating raw beef along with his grass-fed liver and onions. Last week we played thirty-six holes of golf in

warmish weather. He already prepares his own beet kvass. Recently, I taught him how to make kimchi and chicken stock, and left him with more than ten quarts of the latter, which he was already sipping every morning.

I have never seen my father this teachable or eager to learn about food as medicine. While hitting bottom probably helped, I credit the work of WAPF for his turnaround, and I am truly grateful for the commitment and sacrifice you have made.

Mark Seevers
San Mateo, California

ANCESTORS

I have just finished listening to the 2010 Conference on MP3. What an incredible value those lectures are! One of my favorite lectures was by Dr. Nicholas Gonzalez. Rather practically, he suggested that we would be well-served to eat the foods of our ancestors. If your ancestors came from Hawaii, a diet low in fat and meat and high in fruit would be a good choice. But if your ancestors came from Alaska, you would need a lot of animal fat and meat. The Mediterranean Diet would be a great diet for you, if your family came from the Mediterranean. The Chinese diet; good if you're from China. Which made me wonder: what did my ancestors eat?

My grandma turned ninety this year. She grew up on a farm in Holland, and she and my Grandpa immigrated to the U.S. in the early 1950s. She lives alone, in her own house, and is still "sharp as anything" (as mother reports). I wrote and asked her what they ate when she was growing up. Here's her reply:

"As far as I can remember, yes,



Letters



we drank milk from the cow. Bread for breakfast and for supper, potatoes, vegetables for dinner. We ate meat we slaughtered, a pig mostly, so plenty of bacon. Every dinner my mother would fry bacon and put the fat in a small bowl that was placed in the center of the table so everybody could dip his or her potato in it to eat.

“Bread we must have bought because I cannot remember that we baked it. Cheese my father made, especially during the war. We had chickens, a vegetable garden, and fruit trees. We made sauerkraut in a big tub, which was white cabbage sliced and a big rock on top. In the long run it became sauerkraut. We had raspberries and gooseberries. I cannot remember if we drank goat milk. During the war we slaughtered every calf that was born. Otherwise the Germans took them.”

As a fledgling small farmer, I read this in amazement; I am my great grandmother! I save the bacon drippings and fry the boys' potatoes in them! I drink milk from the cow, keep chickens and grow vegetables. I have fruit trees and raspberries (hopefully productive one day). I make sauerkraut! My sons are eating the diet of at least two of their eight great-grandparents. May they live into their nineties and beyond and tell stories of their mother, who made sauerkraut and bacon.

Amy Lykosh, Chapter Leader
Albemarle County, Virginia

Thank you for sharing the story of your grandmother. Just one point of clarification: the diet of Hawaiians was not low in fat because it included pork and coconut oil.

ARRIVED JUST IN TIME

I would like to thank the Weston A. Price Foundation from the bottom of my heart. Your Spring 2011 issue arrived just in time to resolve a serious health problem that I have. As I pondered the results from my January doctor's visit it became obvious that I had a liver problem, but I had no clue what it might be. Sadly this fact had completely slipped by my doctor. Then I saw it in black and white, in a sidebar in Chris Masterjohn's article on non-alcoholic fatty liver disease: that a fatty insulin-resistant liver loses the ability to suppress the synthesis of glucose. Bingo! Give that man a cigar!

Actually, I was not at all surprised to find information like this in *Wise Traditions*. I have been anticipating, receiving and devouring issues for nearly ten years. The journal has consistently provided articles of the highest quality information that is not easily obtained elsewhere.

Dave Bjork
Maplewood, Minnesota

RAW MILK TO THE RESCUE

I am a mother to five wonderful healthy children ranging from sixteen years old down to fourteen months. I am writing you about my youngest son, Elijah. He was born last June at a robust nine pounds. I am a believer of extended breastfeeding and I planned to nurse him as long as he wanted to as I had with my previous children. He latched on quickly after birth, but right away the first twenty-four hours he didn't seem satisfied so I supplemented with formula, just one ounce. But that ounce became more frequent and supplementation became necessary several times

a day. My body had gone from adrenal fatigue into hypothyroidism during this pregnancy, and I didn't know that this illness causes a decrease in milk supply. By March of this year, I had fully weaned Elijah so that I could take herbs to support my body.

I didn't know about the Weston A. Price Foundation until April of this year. When I discovered your materials, I immediately searched for a source of raw milk, as I was really starting to worry about Elijah. His weight wasn't budging past 22.4 pounds, which he reached by the end of January. His weight remained the same and he had stayed in the same sized clothing for the previous six months. Finally I found a source of beautiful raw milk from grass-fed, happy cows. I started him slowly on it and combined it with the pasteurized goat milk I had been giving him already (mixed with formula). For the past three weeks or so he has been drinking a combination of raw kefir, raw milk, raw cream, and recently an addition of a raw egg yolk in his bottles. He loves this milk, it is nearly all he craves and I give him as much as he wants. I am happy to report that he has gained one pound already! He is now 23.6 pounds!

He is sleeping so much better now too, all through the night, and he takes three naps each day. I feel that the amount he is sleeping indicates that his body is healing and growing.

I am very thankful for this source of information— thank you to everyone who volunteers to spread the truth about real milk and real food. This may have been a life-saving change for my son. I don't know what was going on in his little body, but obviously he wasn't



Letters



thriving, he was just existing. Also, one of the foods he really enjoys right now is liver, something I never would have fed my son if I hadn't searched on the WAPF site.

I drive three hours round trip each Friday evening to buy this milk, and I will continue to do so until our family has our own acreage and cow. I would like to encourage everyone with young children to find a source of real, healthy milk—there is no other supplement or food that has made such a radical change in the health of any of my children. Owning a cow will be a major responsibility and change for us, but weighing the options, it is a no-brainer. This is necessary, not optional for us.

Name Withheld
Alberta, Canada

AN INTERESTING BOOK

Recently, when given a copy of *What We Eat Today*, by Michael and Sheilagh Crawford (1972), which someone had picked up from library discards, I was fascinated. Here were more accounts of primitive African tribes like those Dr. Price studied. For example, the Hadza were isolated hunters and gatherers who were in good health when other, less isolated tribes were suffering famine. Other tribes were described with nutritional problems. The bow-legged El Molo people lived almost entirely on fish. They had severe calcium deficiency complicated by excess phosphorus. The fish bones were not used. Generations before, they had access to other foods by trading, but aggressive neighbors had restricted them to an isolated shore of an alkaline lake.

The Buganda tribe had become wealthy by producing and exporting plantain bananas. This was also their staple food. They could afford to buy a variety of foods, but for their children, feeding them plantain seemed enough. That led to strange situations, such as Mercedes-driving parents seeking medical help for their children afflicted with kwashiorkor. And I thought that was a disease of poverty!

The Crawfords did various studies showing both grazing and carnivore animals had a more varied diet than we might have guessed. The authors used evidence from lions, antelope, primates and others to show the need for variety in diet, with the necessity of protein and “structural” fats. Fats are needed for cell structure and other functions, but the authors saw less need for saturated fat, and lamented the excess found in modern grain-fed meats.

Uffe Ravnskov's new book *Ignore the Awkward* explains how the cholesterol myths are kept alive. Some history of that is shown by how easily the Crawfords accepted Ancel Keys' condemnation of saturated fats and cholesterol as a cause of heart disease. They even denounced coconut oil. Few of that generation (or now) were properly wary.

Ira Edwards
Medford, Oregon

SURPRISED

I was quite surprised that John and Jessica Moody gave a “thumbs down” review to Timothy Ferriss' book, *The Four Hour Body: An Uncommon Guide to Incredible Sex and Becoming Super human*. Quite frankly I think he should

be a poster boy for the Weston A. Price Foundation. He advocates eating saturated fat (page 147), eating eggs (page 90), consuming grass-fed, hormone and antibiotic-free beef, taking vitamin D₃ and eating fermented cod-liver oil and butterfat (page 258). Ferriss describes the Pottenger study comparing the consumption of raw milk and raw meat (page 537) and he discourages the consumption of soy. Yes, he may be a bit overstimulated, but at least he is honest about his addiction to Diet Coke.

I think this book introduces people to the practical dietary principles encouraged by the Weston A. Price Foundation in a positive way. In addition, his emphasis on simple exercises provides a much-needed element for an overall healthy lifestyle, which includes those dietary principles; the sedentary lifestyle of so many of our modern society simply does not make appropriate use of the calories consumed in a diet rich in fat. Isolated populations eating the WAPF diet were engaged in hard physical labor. The lack of information about food preparation should not be considered an omission as this is not a cookbook—hence the title. Had he advocated a sedentary life of eating butter and cheese I don't think this book would be as wildly popular.

I am recommending this book with wild enthusiasm to my patients.

Carol Hopson, DC
Washington, DC

CELL PHONE RADIATION

It is a very old saying that a person who is willing to be admonished will become wise. I am not overly good at being admonished myself. However,



Letters



Tim Boyd's review of *Disconnect: The Truth About Cell-Phone Radiation* by Devra Davis reminds us that we should be ready to be admonished. It is pointed out that many new inventions prove to be quite harmful even though they often receive at first glowing approval from "all the experts."

Why do we so readily accept so many harmful practices into our society? Why do we tend to have a blithe unconcern about plastics, DDT, automobiles, and cellphones? And why does our blithe acceptance acquire such a strong hold on us?

Well, these inventions provide us with pleasant benefits! Which we like! And the true cost is conveniently obscured or postponed; we can even pretend it doesn't exist. But as soon as we start to listen to the quiet voice of reason, it means we have to consider

giving up our pleasant benefits; we also then have to admit that the "experts" we have touted were wrong and that we were wrong.

Giving up pleasant benefits and admitting we are wrong are two things we hate to do. How much easier and nice to do neither—a course of action we frequently take.

The "experts," of course, are just as human as we are. They like pleasant benefits and they don't like to be wrong. Many of the "experts," in addition, are the very people who invented and promulgated the ideas in question, while reaping considerable social and financial rewards. They stand to be turned from heroes to goats if public opinion changes.

And so, time and time again, rather than provide an ounce of prevention or nip a problem in the bud, we choose

that we (or our children) must try later to find the pound of cure. Very often the cure is far more than a pound, perhaps a ton, or—sometimes—only the long, very long, passage of time can heal our errors.

As to the particular subject in question here, the cellphone, should we reduce our exposure by using a headset or speaker mode or by keeping the cellphone out of our pocket? No. Clearly the best thing to do is get rid of it and not get another one. The cost is far too high. We got along very well—just a little while ago—without them.

David Ellis
Portsmouth, Rhode Island

COCONUT AND PHYTIC ACID

I'm writing in regard to the article written by Ramiel Nagel titled "Living with Phytic Acid" (Spring 2010). In the

WISE TRADITIONS CONFERENCE RECORDINGS

Every year at this time we are asked by many who are unable to attend our conference if the talks will be recorded. The answer is YES! Shortly after the November conference we will post the list and prices for all the recordings.

In the meantime, we recommend that you review the list of recordings from past conferences. There will be many talks you will be eager to hear. You can listen in your car or at home and share them with others. Many of the talks are worth hearing more than once. You can purchase the entire conference or individual talks. Depending on the talk, they come in a range of options: Audio CD, MP3 Download, Synchronized Presentation Download (audio with PowerPoint) and DVD. Below are some examples of talks from past conferences:

2010 - The True Cause of Heart Attacks; Cholesterol, Statins & the Brain; EMF & Microwave Hazards; Radical Home-making; Nutrition and Mental Health; Farm Track: Managing the Transition with Holistic Practices, and many more!
2009 - Sacred Foods for Fertility; Coconut Oil & Alzheimer's; The Fourfold Approach to Cancer; and more!
2008 - Dental Obstacles to Health; Reclaiming our Traditional Moods; Metals and the Mind; and more!
2007 - Vaccination Dangers; The Urban Homestead; Nutrition in Schools and Hospitals; Treating Autism, the Vitamin A Connection, and more!
2006 - Recovery from Soy; Vegetarianism and Nutrient Deficiencies; Soil Nutrients and Human Health; Creating a Cash Cow, and more!

To order go to our website homepage, under 12th Annual Conference click: [order conference recordings](#).

Letters

article there are references to the phytic acid content of coconut. Since the publication of this article people have been asking me whether they should soak coconut or coconut flour to reduce the phytic acid.

Phytic acid occurs in nuts and seeds in two forms—phytic acid and phytic acid salts [Reddy, NR and Sathe, SK (Eds.) *Food Phytates*. CRC Press, 2001]. Both are generally referred to as "phytates." Together, these two compounds make up the total percentage of phytates reported in various foods. However, they do not possess the same chelating power. So the chelating effect of the phytates in corn, wheat, or soy are not

the same as those in coconut. You cannot predict the chelating effect based on total phytate content alone.

The mineral-binding effect of the phytates in coconut is essentially nonexistent. It is as if coconut has no phytic acid at all. In a study published in 2002, researchers tested the mineral binding capacity of a variety of bakery products made with coconut flour. Mineral availability was determined by simulating conditions that prevail in the small intestine and colon. The researchers concluded that "coconut flour has little or no effect on mineral availability." (Trinidad, TP and others. The effect of coconut flour on mineral

availability from coconut flour supplemented foods. *Philippine Journal of Nutrition* 2002;49:48-57). In other words, coconut flour did not bind to the minerals. Therefore, soaking or other phytic acid-neutralizing processes are completely unnecessary.

Soaking has been suggested as a means to reduce the phytic acid content in grains and nuts. Some suggest coconut flour should also be soaked. To soak coconut flour doesn't make any sense. The coconut meat from which the flour is made, is naturally soaked in water its entire life (12 months) as it is growing on the tree. To remove the meat from the coconut and soak it again is totally

RECIPES FROM THE

Mrs. Marquis de Sade COOKBOOK

World of Hurt Broccoli

Chop up a bunch of raw broccoli, throw it on a platter, and serve without dip. Invite people over, stand back, and enjoy.



Eggs Tormento

Scramble egg whites and cook them in canola oil. No matter how much you are begged, refuse to provide salt.



Dungeon Burgers

Form patties out of spelt and fat-free yogurt. Serve without mercy.





Letters



redundant. After the coconut meat has been dried and ground into flour, soaking it would ruin the flour and make it unusable. You should never soak coconut flour.

In the tropics coconut has been consumed as a traditional food for thousands of years. Those people who use it as a food staple and regard it as "sacred food," do not soak it or process it in any way to remove phytates. It is usually eaten raw. This is the traditional method of consumption. They apparently have not suffered any detrimental effects from it even though in some populations it served as their primary source of food.

Would you please post this message with the article so readers will have a fuller understanding of coconut and phytic acid?

Bruce Fife, ND
Colorado Springs, Colorado

CRAVINGS

Regarding the article "Why We Crave" (Spring 2011), my experience has been that people can get cravings not only with a diet of too many carbs, but also too few of them. I don't believe we are all the same metabolically, but rather that some of us need more protein and fat and some need more carbs.

I did the GAPS diet (very high fat, protein, lots of veggies and no rice, potatoes or grains of any kind) for six months last year and felt horrible for the first week. Then I had good energy and felt well for three or four months. But after that initial improvement, I started to get more tired, with lower energy and generally slid backwards.

I went off the diet and added back some healthy carbs like sprouted millet,

quinoa, corn, brown rice, potatoes and yams. I notice that if my meal contains one of those along with my fat and protein, I don't crave anything sweet. But, if I eat a meal that has none of those good carbohydrates, I will be starving soon after the meal and will be having cravings for sugar and other sweet stuff. I think we all really need to experiment to find what is right for our bodies.

Leslie Manookian Bradshaw
Ketchum, Idaho

FLUORIDE STUDIES

The first and only state-of-the-art, world-class scientific collection and analysis of the studies of fluoride's adverse health effects was conducted by National Academy of Science (NAS), the quasi-federal governmental branch with unbiased scientific expertise. Fluoride in Drinking Water: A Scientific Review of EPA's Standards by NAS, 2006, can be read without charge at www.nap.edu/catalog.php?recird_id=11571

NAS explains its instructions from EPA not to address water fluoridation: EPA's Safe Water Drinking Standards (SWDA) do not authorize adding fluoride, but rather identify the maximum amount of contaminant allowable before enforceable removal for public safety.

In switch-and-bait and twisted logic, pro-fluoride folks interpret this to allow adding heavy metal- and radioactive-contaminated non-pharmaceutical hydrofluorosilicic acid by referring to testing and standards developed by industry trade association, NSF, and product manufacturers that magically sanitize known harmful toxins as safe—only on paper. Public Health displays its self-serving bias from discovering

and promoting water fluoridation for sixty years. Public Health's policy is corrupted.

The corporate practice involves solving their too corrosive, toxic industrial fluoride waste problem that can't be dumped on land, in streams, lakes, or oceans, or into the air with "dilution is the solution to pollution."

Would you trade your teenage son's life to fatal osteosarcoma for dental benefits available through other alternatives? Would you harm newborns on formula? Would you trade dental benefits for harm to outdoor workers, athletes, diabetics, kidney patients, arthritic patients, broken hips of elderly women, and thyroid patients? These trade-offs were made by decision-makers who didn't read the original source material—the NAS fluoride report. They relied on distorted secondary recommendations. Zero is the only safe level for formula-fed infants and kidney dialysis. Infants are not expendable. Scientific thinking requires a ban on water fluoridation.

Susan Michetti
Mt. Horeb, Wisconsin



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

Caustic Commentary

Sally Fallon Morell takes on the Diet Dictocrats

WHY CONSUMERS ARE CHANGING

Apologists for Big Ag can't seem to figure out why more and more consumers want clean, pasture-raised animal foods. They seem to be oblivious of ongoing research showing many reasons to be wary of industrial food. For example, using sophisticated new detection methods, scientists in Spain and Morocco found up to twenty painkillers, antibiotics and growth hormones in a glass of milk. The drugs included anti-inflammatories Phenylbutazone and Naproxen, several forms of estrogen, the antibiotic Florfenicol and the anti-fungal drug Triclosan (*Journal of Agricultural and Food Chemistry*, 2011:DOI:10.1021/jf2013919). Then we have the following revelation from a 2010 USDA report: "Residues of drugs, pesticides and heavy metals differ from microbiological pathogens like E. coli, Salmonella and Listeria monocytogenes, which the public more readily associates with food safety. While cooking meat properly can destroy these pathogens before they are consumed, no amount of cooking will destroy residues. In some cases, heat may actually break residues down into components that are more harmful to consumers" (<http://www.usda.gov/oig/webdocs/24601-08-KC.pdf>). Antibiotics in cooked meat degrade into toxic components as well. The transformation "of structure by heating is relevant to public food safety in that consumers might be exposed not only to residual antibiotics, but also to their possibly toxic degradation products generated after heating (*Veterinary Medicine* 2011;56(6):274-285). So we have more and more reasons for purchasing meat and milk from conscientious farmers practicing pasture-based agriculture—but is anyone in positions of power listening?

ANTIMICROBIAL RESISTANCE

While USDA continues to promote large-scale confinement agriculture, which is necessarily dependent on heavy use of antibiotics, the agency's Food Safety Research Information Office has published a report on the growing problem of antimicrobial resistance (AMR). A single antibiotic-resistant pathogen, MRSA, now claims more lives each year than AIDS. The report blames AMR squarely on the "use and misuse of antimicrobial drugs in food animal production and human medicine. . ." Posted at http://fsrio.nal.usda.gov/nal_web/fsrio/fsheet_pf.php?id=235, it has been subsequently removed.

The researchers note ominously that "The persistent circulation of resistant bacterial strains in the environment leads to possible contamination of food and water. In addition, food animals, when exposed to antimicrobial agents, may serve as a significant reservoir of resistant bacteria that can transmit to humans through the food supply." The most common vector of AMR is meat and cheese. Three outbreaks, in 1997, were attributed to unpasteurized Mexican style cheese, but others occurred in pasteurized cheese or milk, which the agency explains by claiming the milk was inadequately pasteurized: eight-five cases in Illinois due to "inadequately pasteurized milk" used to prepare Mexican-style cheese; almost seventeen thousand cases in 1985, attributed to "mixing of raw milk and pasteurized milk;" and eighty-six cases in England attributed to "failure of on-farm pasteurization of milk." What government researchers refuse to admit is the fact that heating of milk, even if not to pasteurization temperatures, compromises the superb antimicrobial system in raw milk. Raw milk also builds the immune system so that it can take care of even the worst opportunistic bacteria.

PATENTED FISH PROTEIN COMING YOUR WAY

A new food-grade facility in Peru will soon start production of "fat-free, membrane-refined fish protein and fish peptide products," offering the food industry "new opportunities and applications." The company uses a "patented membrane system" to produce fish protein isolate in powder form for inclusion in products such as breads, pastas and soups. The technology removes the fish oil and fishy taste. (Probably the fish oil will be sold separately as fish oil supplements.) The facility can produce up to nine thousand tons per year so look for fish protein isolate-fortified food products in a supermarket near you (www.nutraingredients-usa.com, May 27, 2011).

ANCIENT FOOD TRADITION

A pot of what seems to be bone broth soup from twenty-four hundred years ago has been found in a tomb near the city of Xian, China. The find was made when Liu Daiyun of the Shaanxi Provincial Institute of Archeology removed the lid from the three-legged bronze cauldron. To his amazement, it was half-full of liquid. Scientists are expected to conduct further tests to confirm the liquid was indeed soup and to

Caustic Commentary

identify the ingredients. Xian, one of the oldest cities in China, is located at the eastern terminus of the Silk Road (www.thirdage.com/news, December 13, 2010).

LOW CHOLESTEROL AND IMPULSIVITY

Low cholesterol levels are associated with an increased risk for attentional impulsivity in patients with mood symptoms, according to a recent study carried out at the University of Rome. "Impulsivity is directly mentioned in the . . . diagnostic criteria for several disorders and is implied in the criteria for others, including attention-deficit hyperactivity disorder, personality disorders, mania, and substance abuse/dependence," writes study author Alfonso Troisi in the journal *Psychiatry Research*. Troisi notes that "evidence linking impulsivity and cholesterol levels to suicide risk attests to the clinical relevance of studying the relationship between cholesterol levels and impulsivity." In the study of three hundred one patients in psychiatric institutions, after accounting for factors such as age, gender, diagnosis and current mood symptoms, the researchers found that lower total cholesterol levels were significantly associated with increased attentional impulsivity, particularly among patients with levels below 165 mg/dl. Troisi concludes: "The current study adds to the growing body of evidence pointing to the association between serum cholesterol and mental health. . . . Considering that attentional/cognitive impulsivity is a demonstrated risk factor for suicide, patients presenting with low cholesterol and mood symptoms may warrant increased clinical attention and surveillance" (www.medwire-news.md, June 9, 2011). But who is telling patients that lowering cholesterol by diet or drugs may have these dire consequences?

LOW VITAMIN D

Another mental illness linked with modern dietary advice is schizophrenia, a disorder characterized by hallucinations, delusions and paranoid behavior. Schizophrenics may have trouble maintaining jobs and social relationships. Researchers in Australia have found that newborn babies with low levels of vitamin D—due most likely to mom avoiding animal fats and sunlight—are more likely to develop schizophrenia later in life. Following on previous research showing that people with schizophrenia are more likely to be born in the winter

or spring, a team of scientists and doctors at the Queensland Brain Institute looked at routine blood samples from Danish babies. The study found that babies with low levels of vitamin D had twice the risk of developing schizophrenia as did babies in the healthy control group (*Archives of General Psychiatry* 2010;67(9):889-894). The study reminds us of the Inuit condition called pibloktoq. Occurring in late winter or early spring, the disorder involves several days of irritability or withdrawal, a sudden excitation wherein the victim flees the camp and engages in irrational and dangerous behavior, convulsive seizures, a twelve-hour period of coma or stuporous sleep, and a return to normal. The best explanation for this schizophrenic behavior is vitamin D deficiency (<http://westonaprice.org/mental/emotional-health/the-pursuit-of-happiness>).

SENIORS BENEFIT FROM HIGH CHOLESTEROL

A Finnish study, reported in the *Scandinavian Journal of Primary Health Care* (2010;28:121-127), has found that the general health status of seniors with high cholesterol far exceeds that of their counterparts having low cholesterol. The study population consisted of four hundred ninety seniors who lived on their own or with relatives. In every marker of health and morbidity measured—mortality, strokes, myocardial infarction, infectious disease or dementia—the seniors with the highest cholesterol fared far better. Nevertheless, the study's authors concluded that it was not possible to make any conclusions about the benefits and harms of lipid-lowering in the elderly, claiming that "the scientific evidence strongly supports lipid lowering for primary and secondary prevention of coronary heart disease in the general population." Which just goes to show that old paradigms die hard!

DOUBLE CAUSTIC

It's hard not to be doubly caustic with the continuing examples of political correctness that pass for science in our universities and in the media. "Fats stimulate binge eating" was the title of a report in *Science News* on a study with rats carried out at the Italian Institute of Technology in Genoa, Italy. Researchers fed rats one of four liquid diets: "fat" in the form of corn oil (technically an oil, but the article calls it a "fat"), protein, sugar, or a "nutrition" shake combination of fat, protein and

Caustic Commentary

sugar. To ensure that the body's digestive signals wouldn't interfere with the experiments, a surgically implanted valve in the rat's upper stomach drained the food once eaten. Then the team measured endocannabinoid activity in the brain and other tissues. Endocannabinoids are chemicals produced in the body identical to those found in marijuana. The rats given corn oil had a surge of endocannabinoid activity in the gut and wouldn't stop eating the corn oil until given a compound that blocked the cellular receptors for the drug-like compounds. Then the rats stopped eating immediately. The study is interesting for several reasons. First, it shows that feel-good chemicals can be produced in the gut in response to certain foods. Second it shows how the main conclusion of a study can be twisted by less-than-honest reporting. It was not fats like butter and lard that caused the binge eating, but corn oil! And rather than state the obvious conclusion—that corn oil could make you overeat, so you shouldn't eat it at all—the researchers are now looking for a drug to interfere with endocannabinoid activity in the gut (www.sciencenews.org, July 8, 2011). Drugs that interfere with endocannabinoid activity in the brain make people anxious and irritable, so why should researchers expect different results with drugs that target gut endocannabinoid receptors?

HIGH-FAT REVERSES KIDNEY FAILURE

The tragic epidemic of kidney failure, so common in diabetics, puts a huge burden on our health care system, by some estimates accounting for half of all medical costs. What if a simple diet could reverse kidney failure? A recent study on mice indicates the possibility. Researchers at the Mount Sinai School of Medicine in New York used mice with both type-one and type-two diabetes. Once kidney damage had developed, half the mice were put on a ketogenic diet, low in carbohydrates and very high in fat. After eight weeks, the researchers noted that kidney damage was reversed in those on the high-fat diet. Such exciting results should be shouted to the skies but health officials are administering a large dose of cold water. "This research was carried out in mice so it is difficult to see how these results would translate into any real benefits for people with diabetes at this stage," said Dr. Iain Frame, director of research at Diabetes UK. "It is too simple to say that kidney failure could be prevented by diet alone and it is also questionable whether the diet used in this model would be sustainable for humans, even in the short term"

(PLoS ONE 2011;6(4): e18604). Of course Diabetes UK and its counterparts in the U.S. have been pushing a lowfat, high-carb diet for diabetics for decades; this study suggests that this disastrous advice may hasten kidney failure in these patients.

ONE MILLION LIVES PER YEAR

While health officials warn women in the U.S. against vitamin A supplements, a new *Cochrane Review* concludes that vitamin A supplement is effective in reducing all-cause mortality in Third World countries by 24 percent, mainly via reduced occurrence of measles and diarrhea. The researchers reviewed data from forty-three randomized trials, representing more than two hundred thousand children, ages six months to five years. According to Professor Zulfiqar Butta, "More than 190 million children are vitamin A-deficient around the globe; reducing their risk of mortality by 24 percent could save almost one million lives per year." Vitamin A also helps prevent blindness in Third World areas. These researchers recognize the major public health problem posed by vitamin A deficiency "in low and middle income countries," but not in high income countries like the U.S.



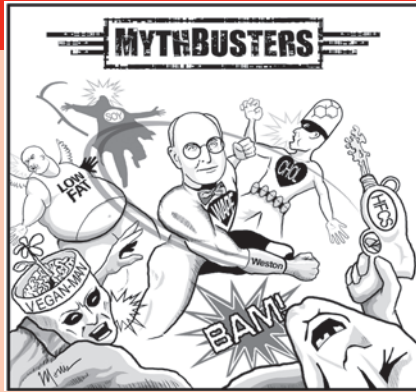
FOR SCIENTISTS AND LAY READERS

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 2011

TWELFTH ANNUAL INTERNATIONAL CONFERENCE OF THE
WESTON A. PRICE FOUNDATION®



MYTHBUSTERS

Friday, November 11 – Monday, November 14
Sheraton Dallas Hotel, Dallas, Texas

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A Showcase for Delicious Traditional Food.
A Unique Opportunity for Health Professionals
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Leslie Bradshaw, producer of *The Greater Good*
Jerry Brunetti, soil and animal health specialist
Natasha Campbell-McBride MD, author of *Gut and Psychology Syndrome*
Monica Corrado, holistic nutrition and food educator
Thomas Cowan, MD, author of *Fourfold Path to Healing*
Kaayla Daniel, PhD, author of *The Whole Soy Story*
Robert Disney, environmental scientist
Jacques Goulet, PhD, trace mineral expert
Kathy Kramer, CN, WAPF office manager
Sally Fallon Morell, MA, author of *Nourishing Traditions*
Kimberly Hartke, WAPF publicist and Real Foods blogger
Christy Hemenway, expert on beekeeping
Lolin Hilgartner, DC, of the *Seven Essential Dynamics of Health*
Peter Hilgartner, DC, of the *Seven Essential Dynamics of Health*
Paul Janimet, PhD, author of *Perfect Health Diet*
Sharon Kane, expert on gluten-free baking
Datis Kharrazian, DC, author of *Why Do I Still Have Thyroid Symptoms?*
Jules Klapper, expert on dirty electricity
Liz Lipski, PhD, CCN, author of *Digestive Wellness*
Hugh Lovell, authority on biodynamics
Chris Masterjohn, expert on fat-soluble vitamins
Richard Maurer, ND, author of *FatbackDiet.com*
Mark McAfee, CEO, Organic Pastures Dairy

Judith McGeary, Esq, founder Farm and Ranch Freedom Alliance
Joe Mercola, DO, author of *The No-Grain Diet*
Denise Minger, China Study debunker
Pentti Nupponen, DMD, holistic dentist
Sally Pacholok, RN, co-author of *Could It Be B₁₂?*
Sarah Pope, of *The Healthy Home Economist* blog
Ben Pratt, author of *Nutrition's Playground*
Jessica Prentice, author of *Full Moon Feast*
Tara Rayburn, the Healthy Habit Coach
April Renée, vaccination expert
Morton Satin, PhD, director of research, The Salt Institute
Michael Schmidt, Canadian raw milk activist
Pam Schoenfeld, RD, expert on vitamin B₆
Stephanie Seneff, PhD, authority on sulfur in human health
Ritchie Shoemaker, MD, author of *Surviving Mold*
Jeffrey Stuart, DO co-author of *Could It Be B₁₂?*
Matt Stone, author of *180 Degree Nutrition*
Harvey Ussery, author of *The Small Scale Poultry Flock*
Howard Vlieger, expert on GMOs
Alan Yegerlehner, expert on integrated farming
David Wetzel, expert on cod liver oil
Louisa Williams, MS, DC, ND, author of *Radical Nutrition*
Will Winter, DVM, expert on pastured livestock

LOCATION AND ACCOMMODATION

The conference will be held at the Sheraton Dallas Hotel, Dallas, Texas.

Self parking at \$10 per day • For special conference rate of \$135, phone (888) 627-8191
or reserve online at www.starwoodmeeting.com/Book/WiseTraditions (code Wise Traditions Conference)
Special conference rates for hotel rooms are available only until October 24, 2011.

Children's Program • Monday Farm Tour • Continuing Education Units for Some Health Professions
For more information, call (304) 724-3006 or visit www.westonaprice.org/conferences/2011-conference.html

SPECIAL PRE-CONFERENCE EVENT: Farm-to-Consumer Legal Defense FundRAISER

Includes day farm visit and evening barbecue and festivities at the Sheraton Dallas Hotel

Thursday, November 10, 2011

For more info - visit www.farmtoconsumer.org/dallas or call (703) 208-3276.



**Farm-to-Consumer
Legal Defense Fund**

WISE TRADITIONS 2011 REGISTRATION FORM

First Name _____ Last Name _____ Name for Badge _____

Organization/Affiliation _____

Address _____

City, State, Zip Code, Country _____

Phone Fax _____

E-mail _____

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

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

	By August 1	After August 1
<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 Radical Nutrition Seminar (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Farm Tour (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Poultry Workshop (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Cooking Workshop (8-4, includes lunch)	\$ 75.	\$ 85.
* Student/Seniors must show ID. Senior is 62 and older.		
<input type="checkbox"/> Thursday, November 10 FTCLDF On-Farm FundRAISER	\$ 75.	\$ 95.

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

- ☐ Friday November 11 Registration includes Conference Materials, Friday Sessions and Friday Lunch
☐ Saturday November 12 Registration includes Conference Materials, Saturday Joint Sessions and Saturday Lunch
☐ Sunday November 13 Registration includes Conference Materials, Sunday Sessions and Sunday Brunch

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

- ☐ Traditional Diets ☐ Gut & Psychology ☐ Nutrition & Metabolism ☐ Biodynamic Farming ☐ Food Prep

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

- ☐ Main General Session: Mythbusters ☐ Wellness Track ☐ Farming & Activism Track

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

- ☐ Recovery ☐ Children's Health ☐ Hormonal ☐ Environmental ☐ Nutrition

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

Child's Name(s) _____ Age(s) _____
 _____ @ \$210 per child for Friday - Sunday includes Friday lunch, Friday dinner, Saturday lunch and Sunday brunch ☐ GF/CF meals for _____ children OR _____ @ \$100 per child, does not include meals

Continuing Education Credits

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

Payment Processing

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

Card Number and Expiration Date _____

By submitting this form, I authorize Wise Traditions to charge the applicable registration fees. I understand that all cancellations must be submitted in writing and must be received by October 22, 2011 to be eligible for a refund, less a \$25.00 administrative fee. All refunds will be issued following the conference. Substitutions will be permitted. Registration packets will not be mailed and must be picked up on-site at the conference registration desk at the Sheraton Dallas Hotel.

CHAPTER LEADERS

☐ Please check here if you are a chapter leader.

☐ I plan to attend the Monday Chapter Leader Meeting.

What is your current occupation?

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

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 or
 WAPF (202) 363-4394
 info@westonaprice.org

Poster Presentations Info:
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PLEASE NOTE

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

FOR FURTHER INFORMATION visit
www.westonaprice.org/conferences/2011conference

CONFERENCE SCHEDULE

FRIDAY, NOVEMBER 11

ALL-DAY WORKSHOPS

Nourishing Traditional Diets, Sally Fallon Morell, MA
Gut and Psychology Syndrome, Natasha Campbell-McBride, MD
Nutrition and Metabolism, Stephanie Seneff, PhD
Biodynamic Farming, Hugh Lovell, Michael Schmidt and Christy Hemenway
Food Preparation, Tara Rayburn, Jessica Prentice and Sharon Kane

EVENING ACTIVITIES

All About Cod Liver Oil, David Wetzel
Obesity Myths, Ben Pratt
Radical Medicine: Removing the "Obstacles to Cure," Louisa Williams, MS, DC, ND
Real Food Bloggers Panel
Film: The Greater Good, Leslie Bradshaw

SATURDAY, NOVEMBER 12

PLENARY SESSION, MYTHBUSTERS

Fat Myths, Chris Masterjohn
Salt Myths, Morton Satin, PhD
The China Study Myths, Denise Minger
Industrial Sweeteners Myths, Russ Bianchi, PhD

WELLNESS TRACK

The Perfect Health Diet, Paul Jaminet, PhD
Health Topics, Pentti Nupponen, DMD

FARMING TRACK

Back Yard Food Production, Harvey Ussery
The Integrated Farm, Alan Yegerlerner
Farm & Food Activism, Judith McGeary, Esq.

EVENING AWARDS BANQUET

Keynote Address by Joe Mercola, DO

SUNDAY, NOVEMBER 13

TRACK I: RECOVERY

Recovery with Low-Dose Naltrexone, Tom Cowan, MD
Recovery from Digestive Problems, Liz Lipski, PhD, CCN
Recovery from Vegetarianism, Kaayla Daniel, PhD
Recovery from Cancer, Jerry Brunetti

TRACK II: CHILDREN'S HEALTH

Healthy Pregnancy, Sally Fallon Morell
Fever: A Child's Best Friend, Tom Cowan, MD
Infant Care and the WAPF Formula, Sarah Pope
Vaccinations, April Renee

TRACK III: HORMONAL TRACK

Why Do I Still Have Thyroid Symptoms? Datis Kharrazian, DHSc, DC, MNeuroSci
180 Degree Nutrition, Matt Stone
Insulin Resistance and Metabolic Syndrome, Richard Maurer, ND
Hormone Health, Peter Hilgartner, DC and Lolin Hilgartner, DC

TRACK IV: ENVIRONMENTAL TRACK

Dirty Electricity, Jules Klapper
Toxic Building Syndrome, Ritchie Shoemaker, MD
GMOs and Mammal Health, Howard Vlieger
Waste Water Contaminants, Robert Disney

TRACK V: NUTRITION

Could it Be B₁₂? Sally Pacholok, RN and Jeffrey Stuart, DO
Vitamin B₆, Pam Schoenfeld, RD
Vitamin K, Chris Masterjohn
The Importance of Trace Minerals, Jacques Goulet, PhD

CLOSING CEREMONY: Mark McAfee

MONDAY, NOVEMBER 14

Chapter Leaders Meeting
Farm Tour with Will Winter & Jerry Brunetti*
Whole Systems Poultry, Harvey Ussery*
Radical Medicine, Louisa Williams, MS, DC, ND*
Cooking Workshop with Monica Corrado*

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

Understanding Weston Price on Primitive Wisdom: Ancient Doesn't Cut It

By Chris Masterjohn

In his book *Nutrition and Physical Degeneration*,¹ Weston Price put great emphasis on the degeneration in human health caused by the nutritional transition to modern industrial diets. It can be tempting for us to simplify this observation into the easily digestible message that tooth decay and other degenerative diseases are simply a result of the transition to modern life and diet, but if we do this, we wind up missing the overwhelming emphasis that Price placed on what he called *primitive wisdom*.

In fact, Price never claimed that tooth decay was simply a result of modern foods. Quite to the contrary, he wrote the following: "I am frequently reminded that ancient skulls are often found with extensive dental caries, thus disproving that the primitive groups were more free from dental caries than modern groups. It must be kept in mind that the fundamental laws of Nature have been in operation as long as animals and men have been on earth" (p. 297). Indeed, the modern scientific literature corroborates the view that tooth decay is an ancient process.

TOOTH DECAY IS ANCIENT

Hunter-gatherers of the Archaic Period (approximately 8,000-1,000 BC) in the lower Pecos region of Texas, for example, had rampant tooth decay and other forms of dental degeneration. Evidence documented in recent literature suggests that by age twenty-five, these people had lost virtually all of their molars, and that almost everyone had lost all of their teeth by age forty. Some investigators believe that this resulted from wear and tear caused by the consumption of calcium oxalate crystals in cactus and agave.² Whatever the cause, we clearly do not require modern industrial foods to suffer rampant dental wear and decay.

Dental decay may have been much less common during the Paleolithic period, but the evidence is quite limited. We can at least conclude, however, that dental decay existed during this period. The *Textbook of Oral Pathology*³ states the following:

Dental caries is an ancient disease. . . . The prehistoric skulls have shown about 5 percent of the teeth with caries, e.g. rampant caries of middle Pleistocene skull. A similar less incidence of caries was seen in ancient hominids. But a gradual increase in the incidence rate of caries was seen in the Paleolithic, Neolithic, Bronze and Iron Ages. This increase rate continued in medieval period among Egyptians and Romans and reached its acme in 17th century in Europe due to easily available sugar and change in diet.

A recent paper showing new evidence for dental pathologies in Neanderthals from forty thousand years ago tallied up the number of decayed teeth among modern humans in southwestern Asia during a roughly fifty thousand-year period of the Middle Paleolithic and reported the rate to be about two percent of teeth.⁴

These figures are likely to be substantially underestimated because they do not take into account missing teeth. On the other hand, a “decayed and missing teeth” index would probably overestimate the rate of decay if we assumed all of the missing teeth to represent decayed teeth.

Quite often, skeletal remains include loose teeth and not only whole skulls. In these cases, a

true decayed-and-missing-teeth index is impossible to calculate. A paper published in 2003⁵ summed up the situation well: “The ‘real’ caries frequency is a fallacy in anthropological studies because it is impossible to determine it in skeletal populations.”

The rate of dental decay in the Paleolithic period was probably widely variable, with some populations being very well nourished and other populations facing malnutrition because of poor dietary choices, or perhaps more often because of scarcity in a given region as resources became depleted or as groups migrated into new areas presenting new and different challenges.

WILD ANIMALS GET TOOTH DECAY

Although Price noted that “in general, the wild animal life has largely escaped many of the degenerative processes which affect modern white peoples” (page 257), he also noted that “primitive human beings have been freer from the disease [tooth decay] than has contemporary animal life” (page 13).

As a recent example, Figure 1, page 20, shows a cavity found in a tooth of a wild bottlenose dolphin. Researchers from Brazil and New Zealand published this figure in a recent paper documenting “caries-like lesions” in wild dolphins, studying over twenty-seven thousand teeth from just under three hundred fifty individual skeletons belonging to nine species of dolphin.⁶ The dolphin skeletons were obtained because they were either stranded or accidentally entangled. “Caries-like lesions” were found in three percent of the bottlenose dolphin skeletons and in two percent of the estuarine dolphin skeletons. Sample sizes were much smaller for other dolphins. In some cases there were no examples of cavities found in the species and in other cases 25-30 percent of the skeletons of a given species had cavities.

The authors used the term “caries-like lesions” in part because of controversy about whether animals with no dietary source of carbohydrates can truly develop dental caries. The diets of these dolphins generally consist of marine foods such as fish, squid, and crustaceans.

Another paper from 2005 documented the prevalence of tooth decay in skulls of rodents related to the chinchilla and guinea pig collected

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Thus, it would appear that humans have the unique capacity to maintain themselves in a healthier state than wild animals, but also in a state of degeneration much greater than that seen in wildlife.

from Central and South America between 1895 and 1994.⁷ Ten to twenty percent of the agouti, paca and acouchi animals showed evidence of tooth decay. These animals prefer to feed exclusively on various fruits. Only one percent of capybaras and nine percent of coypus showed evidence of tooth decay. These animals prefer to feed on grasses and aquatic plants. Evidence for gum disease, by contrast, was rare among the fruit-eaters but afflicted five to nine percent of the capybaras and coypus.

While not a comprehensive analysis of tooth decay in the wild, these studies clearly show that cavities do occur in the wild, and that the wild is not in and of itself sufficient for maximal protection against the disease. Thus, it would appear that humans have the unique capacity to maintain themselves in a healthier state than wild animals, but also in a state of degeneration much greater than that seen in wildlife.

PRIMITIVE WISDOM

If rampant tooth decay can occur without the introduction of modern industrial foods, as it did during the Archaic period among the lower Pecos hunter-gatherers in Texas, what was it that protected many of the “primitive” groups that Price

studied? In Price’s view, this protection resulted not simply by accident, but from *accumulated wisdom*. Indeed, he wrote the following:

In my studies of these several racial stocks I find that it is not accident but accumulated wisdom regarding food that lies behind their physical excellence and freedom from our modern degenerative processes, and, further, that on various sides of our world the primitive people know many of the things that are essential for life—things that our modern civilizations apparently do not know. These are the fundamental truths of life that have put them in harmony with Nature through obeying her nutritional laws. Whence this wisdom? Was there in the distant past a world civilization that was better attuned to Nature’s laws and have these remnants retained that knowledge? If this is not the explanation, it must be that these various primitive racial stocks have been able through a superior skill in interpreting cause and effect, to determine for themselves what foods in their environment are best for producing human bodies with a maximum of physical fitness and resistance to degeneration (page 161).

Likewise, he also wrote the following:

A very important phase of my investigations has been the obtaining of information from these various primitive racial groups indicating that they were conscious that such injuries would occur if the parents were not in excellent physical condition and nourishment (page 3).

Indeed, Price stated that “*some* of the primitive races have avoided certain of the life problems faced by modernized groups,” not that *all* of them had (page 5). To Price, it was not *primitiveness* itself that proved protective, but the wisdom that the successful groups had accumulated over time. Presumably they had learned through trial and error processes that involved mistakes, or else they could never have had any consciousness about the types of injuries that would occur without proper nourishment.

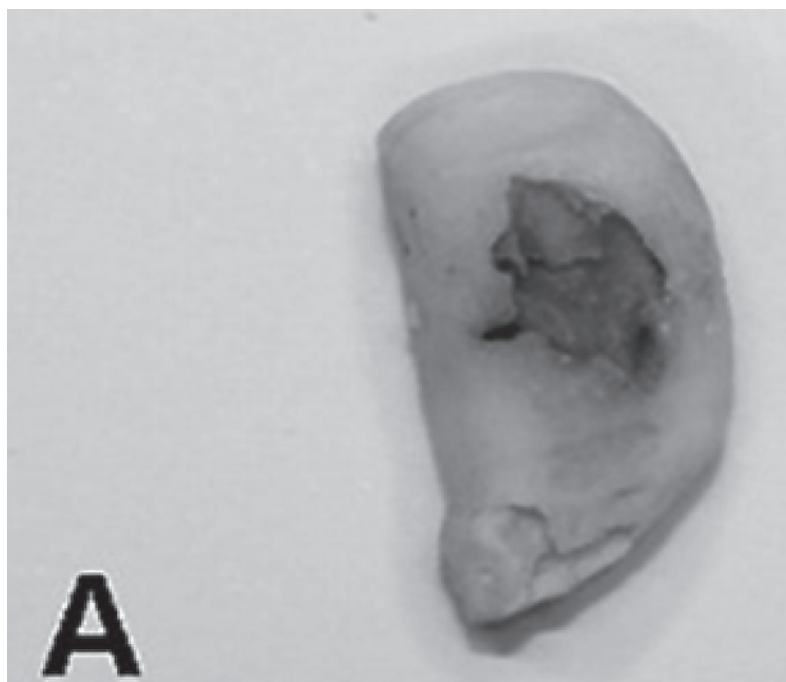


FIGURE 1. A dolphin tooth displaying a caries-like lesion (From reference 6).

Price cited numerous examples suggesting that the successful groups he had studied had accumulated specific dietary wisdom:

- The natives often went to great lengths to nourish their soil. After heavy rains, the Swiss villagers would collect runaway soil by hand and return it to their pastures and fields (page 388). Their milk products were several times higher in fat-soluble vitamins than the equivalent milk products from most European and American sources, including lower Switzerland (page 25). The Gaelics of the Outer Hebrides collected the residue of the smoke of peat fires to fertilize their soil, which Price confirmed to be highly effective using a laboratory experiment (page 57).
- The natives of British Columbia and the Yukon Territory knew of scurvy, and prevented it by using the vitamin C-rich adrenal glands of moose (page 75). These natives also had a plant product that they used for the prevention and cure of type-one diabetes (page 266). Price cited evidence that Canadian natives of the sixteenth century also knew that a drink made from the roots of spruce trees could also prevent scurvy (page 279). He cited another case in which a native cured xerophthalmia with vitamin A-rich flesh behind fish eyes (page 278).
- The natives of the Andes, central Africa, and Australia all carried knapsacks with balls of clay that they would use to dip in their food to prevent “sick stomach.”
- The natives he studied practiced systematic child spacing of two and one-half to four years, and used special diets for pregnancy, lactation, and pre-conception, always for the mother and sometimes for the father (pages 397-8, 401).
- Many of the groups would wrap newborns in an absorbent moss that was changed daily but would not wash the baby until several weeks after birth, which prevented irritation and infection of the skin (page 399).
- In some of the Pacific Islands, inland-dwelling groups relying mostly on plant products understood their need for shellfish and thus engaged in trade with the coast-dwelling populations to obtain these foods (page

109). This trade continued even during war time, although war was often started during famines when certain members of the inland-dwelling populations would turn to cannibalism and attempt to hunt coast-dwelling fishermen.

- Price observed that the “knowledge of veterinary science is quite remarkable” among the Masai and that they knew of the protective effect of malaria against syphilis (pages 134-5).
- The Peruvian natives invented the anti-malaria drug quinine (page 418).
- Natives of the Andes knew of goiter, and used kelp to prevent it (page 265). Some African groups also knew of goiter and treated it with various iodine-rich plant foods (page 402).
- Price noted that “probably few primitive races have developed calisthenics and systematic physical exercise to so high a point as the primitive Maori. . . . This has a remarkably beneficial effect in not only developing deep breathing, but in developing the muscles of the body, particularly those of the abdomen, with the result that these people maintain excellent figures to old age” (page 214). Price considered not only their diet but their “system of social organization” to be responsible for their development of “what was reported by early scientists to be the most physically perfect race living on the face of the earth.”

NOT EVERYTHING PRIMITIVE IS WISE AND CIVILIZATION IS NOT EVIL

Price did not romanticize the natives he studied or assume that modern civilization was always the source of evil. As an example, Price credited the British with diverting the attention of the inhabitants of the Tongan and Fijian Islands from racial warfare to football and other athletic competitions (page 120). Since the Tongans largely managed their own affairs under British protection, British civilization actually provided them with a net benefit in Price’s view.

Price referred to “our *so-called* modern civilization” (page 324) precisely because he was not an opponent of civilization. That degeneration followed this so-called civilization almost everywhere it went led him to declare that “surely, our civilization is on trial both at home and abroad,”

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We must realize that Price emphasized that wisdom was accumulated, and the only way to accumulate wisdom is by undergoing extensive trial and error that involves many mistakes and failures.

(page 128), but many of the primitive groups he studied were in many ways modern civilizations of their own, such as the Roman Catholic inhabitants of the Swiss villages and the islands of the Outer Hebrides, and he had great admiration for some greatly expansive civilizations like the ancient Peruvians and the Chinese. And as stated above, he spoke highly even of white colonialism when it had in fact done something positive for the native populations under it, as in the case of the Tongan islands.

KNOWLEDGE VS. WISDOM

Price drew a distinction between wisdom and the mere accumulation of knowledge. Consider the two possible programs he outlined for the prevention and cure of tooth decay (page 301):

There are two programs now available for meeting the dental caries problem. One is to know first in detail all the physical and chemical factors involved and then proceed. The other is to know how to prevent the disease as the primitives have shown and then proceed. The former is largely the practice of the moderns. The latter is the program suggested by these investigations.

Modern science is excellent at accumulating knowledge. But insisting on knowing every detail of an approach before acting is not wise. Indeed, it is quite stupid, because we have been practicing science for centuries and even with modern techniques we still only understand a tiny smidgen of what can potentially be understood about the universe.

Many traditions may be unwise, and it would be wise to test them all rigorously and discard them if they prove to be useless or counter-productive. Discarding them all at once and starting from scratch with the scientific method, however, adding nutrients one at a time to refined flour as they are slowly proven beneficial is a great example of human stupidity.

Price had enormous respect for the vastness of the unknown:

I do not use the term “vitamins” exclusively because as yet little is known about the whole group of organic catalysts, although

we have considerable knowledge of the limited number which are designated by the first half dozen letters of the alphabet (page 258).

This led him to pronounce that “great harm is done, in my judgment, by the sale and use of substitutes for natural foods” (page 294).

Some seventy years later, the scientific field is beginning to acknowledge that foods may provide more than the sum of their parts, and that there may be other important “organic catalysts” besides vitamins, such as polyphenols, which may provide important benefits through a process called hormesis.⁸

THE NATURAL SELECTION OF WISDOM

We must naturally ask why, if primitive groups were so wise, so many of them abandoned their wisdom in favor of the modern diets that destroyed them.

We must realize that Price emphasized that wisdom was *accumulated*, and the only way to accumulate wisdom is by undergoing extensive trial and error that involves many mistakes and failures.

We can imagine that every change of environment that humans encountered would require the development of new knowledge and wisdom. This would include migrations out of Africa or into the Arctic, as well as the development of agriculture. Before these transitions could stimulate the accumulation of wisdom, they would first have to stimulate the occurrence of error and physical degeneration as a consequence.

Of course, we would also expect there to be variation in how each group might respond to such a transition, and for those that adapted themselves more successfully to thrive, sometimes at the expense of groups that fail.

The advent of modern industrial foods is another similar transition. Some groups adopted modern foods and lifestyles because they were so delicious and appealing, some because of the use of force. Some opposed them in varying degrees.

Price recalled how the inhabitants of New Caledonia, a South Sea island, had their access to seafoods cut off when the French attempted to establish a colony and sugar plantation there. The natives “swept down on the French colony

in the night and massacred almost the entire population” (page 107).

Price also recounted the following about the tribes he studied in Africa:

The native African is not only chafing under the taxation by foreign overlords, but is conscious that his race becomes blighted when met by our modern civilization. I found them well aware of the fact that those of their tribes who had adopted European methods of living and foods not only developed rampant tooth decay, but other degenerative processes (page 160).


Many of the groups that became modernized were not so wise as to notice this trend. Indeed, Price tried to establish a dental clinic among modernized Swiss, and the people objected that if the girls did not have all their teeth extracted and replaced with artificial teeth while they were young, they would just wind up losing them later and would never be able to marry (page 41).

Thus we see that many groups may have accumulated wisdom about how to thrive in their own environment without having in some cases the wisdom or in other cases the opportunity to retain their way of life once they encountered “our so-called modern civilization.”

Some groups may have resisted this transition either because of greater opportunity or greater wisdom. Thus a natural selection of sorts has favored the groups with both the wisdom and opportunity to maintain their traditional ways of life.

Others may not have encountered modern civilization at all, and thus retained their traditional ways of life because of circumstance.

The prospect of traditional wisdom winning out currently seems dim. Modern civilization touts many things to be admired, but the dark side of its so-called nutritional knowledge is presented in a devious package. Often the fake foods that cause malnutrition are manufactured to have drug-like addictive qualities. It peddles the illusion of ease with its elevators and office chairs. Its televisions and radios and educational systems constitute unparalleled systems of mass media that embed its ideologies within the minds of its students.

Perhaps, however, there is a light at the end of the tunnel. With the apparent rise of infertility, natural selection may indeed begin operating in favor of traditional wisdom, the prospect of which is sad, to say the least. Given the urgency of the situation, and the desire to live well ourselves and see our friends and family and neighbors live well, we also have the internet, our local chapters and meetups, and many ways to propagate wisdom through the superior and more humane force of persuasion, and this may just be our salvation—in an ironic twist, the gift of modern civilization, perhaps finally beginning to heal itself. 

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How Does Pork Prepared in Various Ways Affect the Blood?

An Investigation via Live Blood Analysis

By Beverly Rubik, PhD

Traditional preparation of pork involved salt-curing followed by smoking to preserve it, or marinating fresh pork in an acidic medium, usually vinegar, prior to cooking. Yet today some people simply cook fresh pork without giving any particular attention to traditional methods of preparation. How does consumption of these various preparations of pork affect the blood?

In this report, we examine three adults who normally eat a traditional Weston A. Price Foundation (WAPF) diet who participated in a pilot study to ascertain the effects of eating pork on the blood. These volunteers came to the laboratory once a week to consume pork prepared in various ways and to have their blood examined before and after eating it. Microphotographs of their blood show unexpected results.

ANCIENT SOURCE OF FOOD

Pork is one of the oldest sources of meat, with domestication of pigs documented as early as 5,000 BCE. Today it is estimated that 38 percent of the world's meat production is pork, although its consumption varies widely throughout the globe. Fresh pork is less common than its many processed forms, including "cured" and "uncured" variations such as bacon, prosciutto, and many other types of hams. Pork processing is an old traditional method that goes back to the times before refrigeration and was originally employed to preserve the meat. However, the curing and smoking of pork imparts interesting flavors to the meat as well, and so processed pork meats have remained popular over the years. Marinating fresh pork meat before cooking it is another traditional method used in preparing fresh pork, which both tenderizes it, and imbues it with more flavor.

In this pilot study, we investigate the effects on live blood of consuming these various forms of pork—to observe the effects, if any, on the biological terrain of the body. The research questions pursued here are as follows:

1. Is there an effect from consuming pork on the blood as observed in dark-field live blood analysis?
2. Does unprocessed pork have a different effect than processed pork?

We thus determine whether traditional preparation methods of pork affect the blood differently than the modern method of simply cooking fresh pork.

THE STATUS OF PORK AND HEALTH

It is interesting to note that swine have much in common anatomically and physiologically with humans—more than meets the eye. The fact is that porcine tissues are the most similar to human tissues compared to other animal tissues. For example, in medicine, pig heart valves are used to replace damaged human heart valves without any tissue rejection from the human recipient.

There are even common diseases that we share with pigs, such as the most recent outbreak of influenza, which was caused by H1N1, a virus

and disease associated with swine, known as the "swine flu."

There are two helminth (worm) parasites that we have in common, which cause the same diseases in pigs and in us: the nematode, *Trichinella spiralis*, which causes trichinosis, and the tapeworm, *Taenia solium*.

Taenia solium or tapeworm eggs hatch in a pig's intestines and the microscopic embryo penetrates the intestinal wall, travels through the bloodstream, and ends up in another body part, such as swine muscle (pork meat), where it develops into a cyst-like form. When a human ingests undercooked pork containing a cyst, the parasite pops out and attaches itself to the human's intestinal wall, and the tapeworm begins to grow—up to twenty feet in length. Moreover, if a human ingests eggs of the pork tapeworm, he can develop a disease known as *cysticercosis*, which creates cysts and lesions throughout the body, obviously causing health problems.

Trichinella spiralis is a roundworm parasite distributed worldwide. Trichinosis, the common name for this disease, was once quite common and even fatal. The larval form of the worm becomes encysted in bodily tissues and can cause a variety of symptoms. Both tapeworms and trichinosis can cause a large inflammatory response in the body.

These diseases were known to ancient cultures including the Egyptian and Greek cultures, and later among the Jews and Muslims. Both Judaism and Islam proscribe the eating of pork. In *Leviticus 11:2-4, 7-8*, and *Deuteronomy 14:8*, animals that do not possess split hooves and that do not bring up their cud, which include both pigs and camels, are not kosher. Moreover, in Islam, the flesh of swine is considered fit only for sacrifices for God and is forbidden to be eaten. Additionally, certain Christian and other religious sects consider it taboo to eat pork. The common diseases that swine and humans share are perhaps a reason that pork was forbidden by the ancient religious dietary laws, although it must be said that there is no scholarly agreement on whether there was an underlying rational explanation for these laws.

These diseases still plague humanity today and are more common in developing countries such as China and Mexico than in the United

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States. Besides the parasite eggs and larvae, undercooked pork and poor sanitation are contributing causal factors. Fully cooked pork should effectively kill these parasites, if present. Trichinosis has become relatively rare in the United States because cooking pork thoroughly has become a widespread practice.

CURED, UNCURED AND MARINATED PORK

Pork meat is highly perishable, even when refrigerated. In the distant past, curing pork was very important to prevent the meat of the large butchered animal from rotting, so that most of the meat was treated in that way in order to preserve it. It is “cured” with the use of curing salts, which typically include table salt, sodium nitrite, and sometimes sodium or potassium nitrate (saltpe-ter) to make bacon and ham.

Use of salts to pickle pork has also been shown to kill cysts of *Taenia solium* after twelve hours.¹ Such salts also inhibit growth of harmful microbes to prevent rancidity of the meat and food poisoning. Ordinary table salt, sodium chloride, is the essential salt used in curing, but nitrates and nitrites are commonly used to add color, flavor and texture. It is not completely understood how all of these salts contribute to flavor, but numerous chemical changes in the composition of the meat occur. In addition to salts, sugar is typically added in curing pork to improve flavor, to counteract the harshness of the salts, and to provide food for desirable microor-ganisms to ferment and produce compounds that are flavorful, such as organic acids.

Nitrate-reducing bacteria are facilitated in the curing process. They ferment the nitrate and nitrite to nitrous acid, which reacts with the muscle protein, myoglobin, to produce a stable, bright pink color characteristic of many hams and bacon. However, it is well known that nitrates and nitrites are weak mutagens and carcinogens. Moreover, consumption of such a nitrite- or nitrate-containing food may lead to the produc-tion of nitrosoamines, also carcinogenic, in our stomachs.

Another way of curing pork is to use con-densed celery juice instead of the nitrate or ni-trate salts. Celery juice is high in natural nitrates and contains other nutrients of celery that may

counteract the carcinogenicity of the nitrates. Thus, it seems a safer alternative, although some individuals report adverse reactions to meat cured with celery juice. Bacon treated with celery juice is typically labeled “no nitrates.”

The safest preservation of pork without any use of nitrates and nitrite salts is simply the use of sodium chloride and a natural sweetener, such as maple sugar, to treat the meat, sometimes with a few spices for flavor. This is the old traditional method of preserving meat over the ages. It re-sults in a preserved pork product, a bacon or ham that is known today as “uncured.” It does not have the pink color, nor does it have the long shelf life of the cured products, but it has more flavor and shelf life than raw unprocessed pork.

All of these pork products—cured and uncured—are typically smoked after the salt treatment. After that, they may undergo further aging in which natural fermentation in the meat develops more flavor.

In addition to these methods using salts and sugar, another method of treating fresh pork is to marinate it in an acidic medium. This is an important traditional food preparation technique that can kill or at least inhibit the growth of most bacteria, keeping fresh pork from spoiling and safe for consumption. Acidic treatment of pork may also kill parasites, too. Marinating pork may also be used to infuse it with herbs and spices to enhance its flavor, as well as to break down and tenderize the meat while improving its texture. For example, a marinade of alcohol, salt, vinegar, and garlic has protein-penetrating properties so that the flavors are increased throughout the meat. This penetration allows flavors and spices to be delivered more completely into the meat. An example of a traditional marinade that uses acidic elements to treat the pork is a Tandoori pork recipe. The pork is coated with a marinade of yogurt, a paste of pungent spices, and mango chutney for at least eight hours or overnight before cooking.

In this study, we compared the consump-tion of cooked fresh pastured pork; apple cider vinegar-marinated fresh pastured pork; uncured pastured bacon; and uncured pastured prosciutto. We also investigated the consumption of cooked fresh pastured lamb, as another unprocessed meat for comparison with fresh pastured pork.

LIVE BLOOD ANALYSIS

The blood is the tissue most easily monitored to show rapid changes in response to nutrients. Live blood analysis involves visual examination of a small droplet of capillary blood from the fingertip. The blood is put on a glass slide and observed under a high-powered light microscope, typically dark-field. This method offers a qualitative visual perspective of the blood cells and plasma, known as the “biological terrain” in integrative healthcare, which supports and sustains the cells and their vitality.

Analysis of the blood can reveal numerous conditions, including the stickiness of red blood cells (RBCs) and their tendency to aggregate and clot, as well as the formation of fibrin—the chief clotting protein—and aggregation of platelets. The presence or absence of these clotting factors can be readily seen using dark-field live blood analysis. Early blood clotting has been linked to chronic systemic biochemical inflammation, which is at the root of chronic disease.

Live blood analysis is described in detail in a previous article by the author.² Moreover, the blood testing of adults consuming the traditional diet recommended by the Weston A. Price Foundation showed a much healthier biological terrain than those consuming the modern organic diet. There was considerably less RBC aggregation, platelet aggregation and fibrin in the blood.

SUBJECTS AND STUDY PROCEDURES

Inclusion criteria for subjects were normal healthy adults eating the traditional diet recommended by the Weston A. Price Foundation (WAPF) for over two years, and having a clean healthy biological terrain as observed in live blood analysis.

Three adults, including two females aged thirty-seven and sixty, and one male aged fifty-two, participated in the study. The average length of time they had consumed the WAPF diet was forty-five months. Subjects each came to the laboratory once weekly for five weeks at the same time of day by individual appointment. On the days in which they participated, subjects were required to fast for at least five hours. A baseline blood test was first done. Each subject was then given a measured amount of meat to consume, at least three ounces.

All of the meats used were of the highest quality from sustainable small farms raising pastured livestock. Five preparations of meat were used:

1. Unmarinated pastured center-cut pork chop;
2. Apple cider vinegar-marinated (twenty-four hours while refrigerated) pastured center-cut pork chop;
3. Uncured pastured prosciutto;
4. Uncured pastured bacon;
5. Unmarinated pastured lamb chop.

The meats (1), (2) and (5) were cooked over low heat in a cast iron skillet for up to one hour, with a little water but no added fat, and salted to taste. The cooked meats were prepared well done. The bacon was cooked until slightly stiff, but not crisp or dry. The prosciutto was consumed from the package without any preparation.

After consuming the pork, subjects were allowed to leave the laboratory, instructed to drink only water as needed, and to refrain from eating anything else. Five hours later, each subject returned to the laboratory for a post-meat blood test.

Microphotographs of the blood samples were recorded and scored. The data for the three subjects were also averaged for each condition and plotted in tables and graphs.

PHOTOGRAPHIC COMPARISON OF BLOOD BEFORE AND AFTER EATING MEAT

The results show unequivocally that consuming unmarinated cooked pork shows a significant negative effect on the blood. Five hours after consumption, subjects showed extremely coagulated blood, with extensive red blood cell (RBC) rouleaux (cells in the formation of stacked coins), RBC aggregates, and the presence of clotting factors, especially fibrin, which is seen as white threads in dark-field microscopy.

Figure 1 shows the blood of a subject, male, age fifty-two, whose blood showed the most dramatic changes after eating unprocessed cooked pork. Initially, this subject's blood looks very healthy. The RBCs are separate and uniformly round, and there are no debris or clotting factors seen in the plasma, which appears black in dark-field. Figures 2 and 3 show his blood about five

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Not a single free-floating RBC was observed throughout his blood sample after he consumed the unmarinated cooked pork.

hours after consuming the unmarinated cooked pork chop. His RBCs are completely congealed in tight rouleaux. Additionally, Figure 3 shows that the blood has a high level of fibrin as well as rouleaux. Not a single free-floating RBC was observed throughout his blood sample after he consumed the unmarinated cooked pork. This subject also felt considerable fatigue about two hours after eating the pork chop, although he insisted that he was not sleep deprived that day.

The other two subjects showed similar blood results following consumption of the unmarinated cooked pork chop. Two of the three subjects felt fatigued after eating the pork chop, which suggests reduced peripheral blood circulation due to RBC stickiness and aggregation. Because the tiniest microcapillaries are smaller than the diameter of a single blood cell, each cell must pass through singly and deform its shape in order to do so; blood cell aggregates simply cannot pass through them.

By contrast, all three subjects reported no fatigue or other symptoms after eating the marinated cooked pork chop. Figure 4 shows the same subject's fasted blood on another day prior to eating marinated pork. The same cut of pork was marinated in the refrigerator for twenty-four hours, completely submerged in unfiltered live

apple cider vinegar (with the "mother"). The subject's blood looks completely normal before consuming this pork chop. Then, five hours after consuming the same size portion of a marinated pork chop, the subject's blood is shown in Figure 5. The RBCs in this blood sample show a very slight stickiness or tendency to aggregate, and a few platelet aggregate forms are seen, with no fibrin. The subject's blood is largely unchanged from before. The other two subjects showed essentially no change before or after consumption of the marinated cooked pork.

Figure 6 shows the blood of the female subject, age thirty-seven, fasted, prior to consuming four strips of uncured pastured bacon. Again, this subject's blood is normal and healthy, without any RBC aggregates or fibrin. Figure 7 shows the blood of the same subject, five hours after consuming the bacon. The subject's RBCs are not aggregated; there is only a minuscule amount of platelet aggregates and fibrin. This blood is essentially unchanged over baseline. The other two subjects' blood samples also appear about the same, before and after consumption of bacon, too.

Figure 8 shows the blood of a subject, male, fifty-two, prior to consumption of prosciutto. This blood looks normal and healthy, with sev-

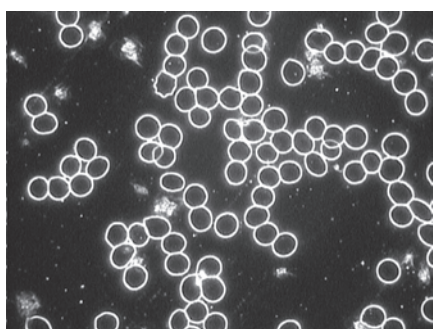


FIGURE 1. Microphotograph of blood of male, 52, before consuming the unmarinated cooked pork chop. RBCs are seen as round cells, and small white patches of platelet aggregates are seen. This is the picture of normal, healthy blood.

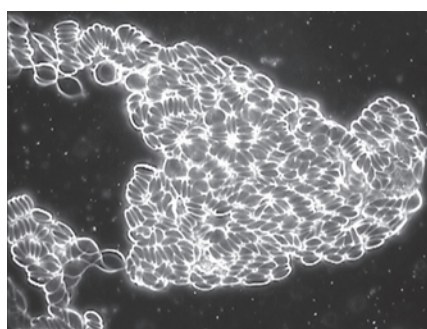


FIGURE 2. Microphotograph of blood of male, 52, five hours after consuming the unmarinated cooked pork chop. RBCs are entirely stuck together in rouleaux (stacks of coins) formations. This blood condition disrupts the microcirculation.

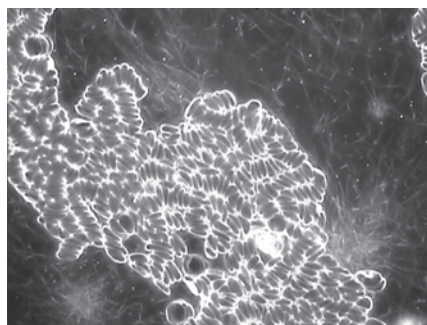


FIGURE 3. Microphotograph of blood of male, 52, five hours after consuming the unmarinated cooked pork chop. RBCs are entirely stuck together in rouleaux (stacks of coins) formations, and a high level of fibrin, white threads, means that early blood clotting has transpired.

eral platelet aggregates shown, and a white blood cell is also seen. Figure 9 shows the blood of the same subject about five hours after consuming three ounces of pastured prosciutto. Again, this blood looks normal and healthy, about the same as the subject's initial blood test that same day. Moreover, the blood of the other two subjects also did not change significantly pre-post eating prosciutto.

As an additional control, we also looked for an effect from consuming an unmarinated, pastured lamb chop on the blood of the same three subjects. The blood of the female subject, age thirty-seven, prior to eating the lamb chop is shown in Figure 10. Her blood is seen as normal, healthy blood with a few platelet aggregates. About five hours after consuming the lamb chop, her blood appears as shown in Figure 11, which is

about the same as the pre-lamb condition. Moreover, the blood of the other two subjects did not show any significant changes after consuming lamb either.

BLOOD COAGULATION SCORES

There were two blood tests (before and after) per condition times five conditions (five types of meat) times three subjects for a total of thirty blood tests. Blood tests were scored by a researcher with long-term experience using live blood analysis. A Likert scale was used as follows: 0 (none present); 1 (very small amount); 2 (small amount); 3 (moderate amount); 4 (moderately large amount); 5 (large amount); 6 (the highest level ever observed). The following variables were scored for each blood test:

- Rouleaux of RBCs, whereby the cells are in

Moreover, the blood of the other two subjects also did not change significantly pre-post eating prosciutto.

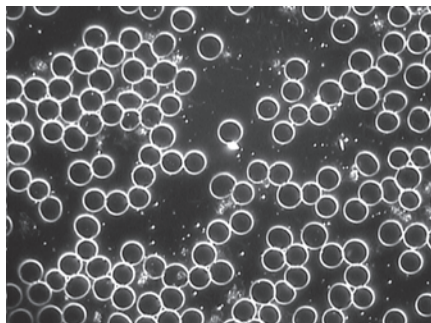


FIGURE 4. Microphotograph of blood of male, 52, before consuming a marinated cooked pork chop. RBCs are freely moving. Very few platelet aggregates are seen. This blood appears normal and healthy.

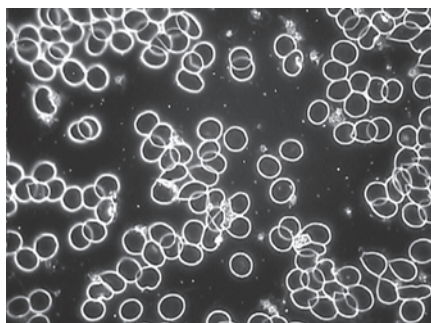


FIGURE 5. Microphotograph of blood of male, 52, five hours after consuming a marinated cooked pork chop. RBCs are mostly free to move, although there are a few small aggregates. This blood appears normal and healthy with little change compared to Figure 4.

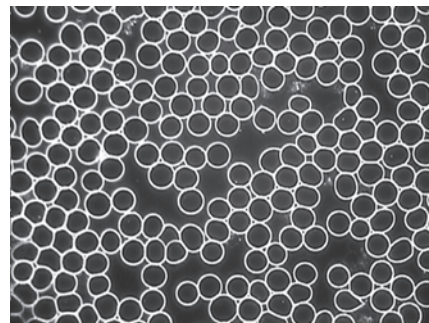


FIGURE 6. Microphotograph of blood of female, 37, before consuming uncured pastured bacon. This is the picture of completely normal, healthy blood.

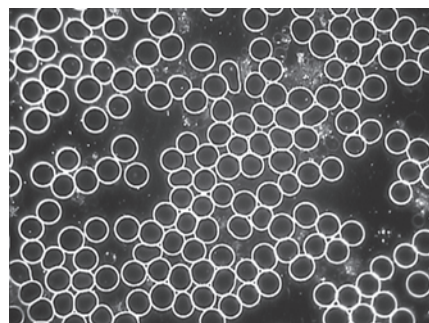


FIGURE 7. Microphotograph of blood of female, 37, five hours after consuming uncured pastured bacon. RBCs are free to move. This blood appears normal without any clotting factors seen.

- tight stacks like rolls of coins seen on edge;
- Other looser aggregates of RBCs (non-rouleaux);
- Stickiness of RBCs, which appears as cells try to break away from each other;
- Platelet aggregates, which appear as a grey sludge in the blood plasma;
- Fibrin, which appears as white threads in the blood plasma;
- Spicules, short forms of fibrin that appear in small clusters in the blood plasma;
- Shape changes in RBCs, cell distortions involved in the clotting process.

Figure 12 shows the results of the mean values of the three subjects' scores of the three most prevalent blood coagulation factors seen to occur after consuming cooked unmarinated pork, which were rouleaux, RBC aggregates and fibrin. Compare this with Figure 13, which shows the mean values of the three subjects' scores after consuming cooked marinated pork. The difference between these two charts is striking as well as significant. It is clear that consuming unmarinated cooked pork shows a significant coagulation effect on the blood. However, no statistics are calculated in

this study as the sample was small.

Figures 14, 15 and 16 depict the mean values of these same coagulation factors for before and after consumption of bacon, prosciutto and lamb for the three subjects. The results of these are similar to those for the marinated pork, with no significant changes observed before or after consumption of these meats.

CONCLUSIONS

1. Consuming unmarinated cooked pastured pork produces blood coagulation and clotting in blood examined at five hours after eating; however, consuming marinated cooked pork does not produce any blood coagulation or clotting.
2. Consuming processed forms of pastured uncured pork, including bacon and prosciutto,

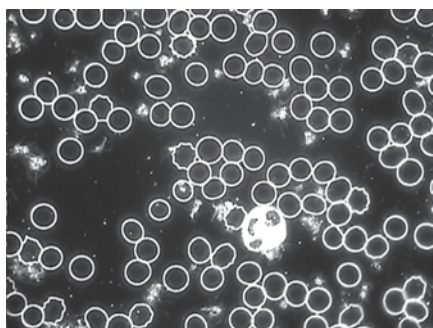


FIGURE 8. Microphotograph of blood of male, 52, before consuming prosciutto. RBCs are free to move. This blood appears normal and healthy with several platelet aggregates and a white blood cell present.

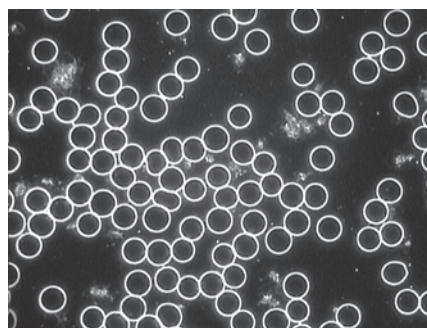


FIGURE 10. Microphotograph of blood of female, 37, before consuming an unmarinated cooked lamb chop. This blood appears normal and healthy with only a few platelet aggregates.

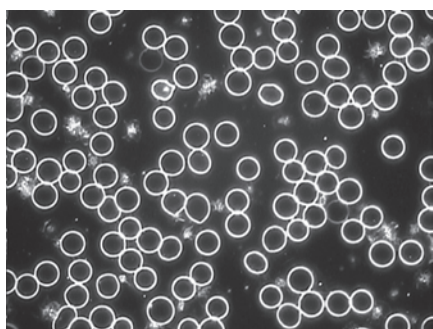


FIGURE 9. Microphotograph of blood of male, 52, five hours after consuming prosciutto. This blood appears normal and healthy. There is no apparent change over the initial blood test, as shown in Figure 8.

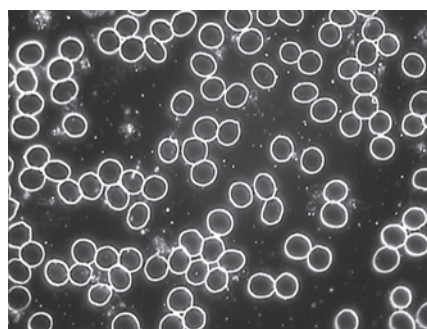


FIGURE 11. Microphotograph of blood of female, 37, five hours after consuming an unmarinated cooked lamb chop. This blood appears normal and healthy with only a few platelet aggregates. No changes are observed over the sample shown in Figure 10.

does not produce any blood coagulation or other visible changes in the blood at five hours after eating.

3. Consuming unmarinated cooked pastured lamb does not produce any blood coagulation or other visible changes in the blood at five hours after eating.
4. No changes in white blood cell activity, white blood cell clumping, crystals, microbes, or spicules (indicating liver stress), were found before or after consumption of all five preparations of pork and lamb.

The results suggest that unmarinated cooked pastured pork may be unique in producing these coagulation effects on the blood, which also appeared quite rapidly, in less than ten minutes after blood draw, and did not clear up during an hour of observing the blood under the microscope.

The early blood coagulation and clotting observed after consuming cooked unmarinated pork are adverse changes in the blood. A shorter blood coagulation time is associated with increased systemic biochemical inflammation as well as the possible formation of blood clots in the body, as in heart attack or stroke. This condition in the blood, if chronic, is associated with increased risk of chronic degenerative disease,

including cardiovascular disease, cancer, autoimmune disorders and others.²

What is it about unmarinated cooked pork that may produce biochemical inflammation and early blood clotting? A literature search revealed use of pork in the *Materia Medica* of ancient China. In Chinese medicine, “pork has the medical properties of being bitter, somewhat cooling, and slightly poisonous, and was used for chronic madness.”³ Yet pork is the most common meat consumed in China, indeed throughout Asia. Usually it is marinated in vinegar before it is cooked; pickled pork is also a common dish throughout Asia.

It is well known that allergies cause unwanted inflammation. Is this a possible link? In modern medicine, meat allergies are rare in adults, typically outgrown during the first few years of life.⁴ Those who are allergic to pork are typically sensitive to pork serum albumin.

There is also an interesting link that has been found between sensitivity to pork meat and cats, as these two allergies are frequency associated, suggesting a crossed allergenicity.⁵ That is, those with allergy to pork frequently have respiratory allergies to cats. However, in this study, the subjects were allergic neither to pork nor cats. In searching the modern scientific and medical

Consuming processed forms of pastured uncured pork, including bacon and prosciutto, do not produce any blood coagulation or other visible changes in the blood at five hours after eating.

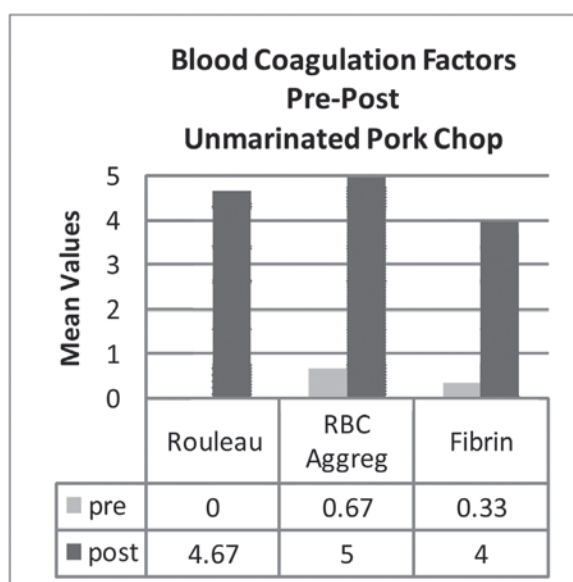


FIGURE 12. This chart and accompanying table show the average values of scores for blood coagulation variables for the three subjects before and after consuming unmarinated cooked pork chops. The pre-post differences for rouleaux, RBC aggregation, and fibrin are significant.

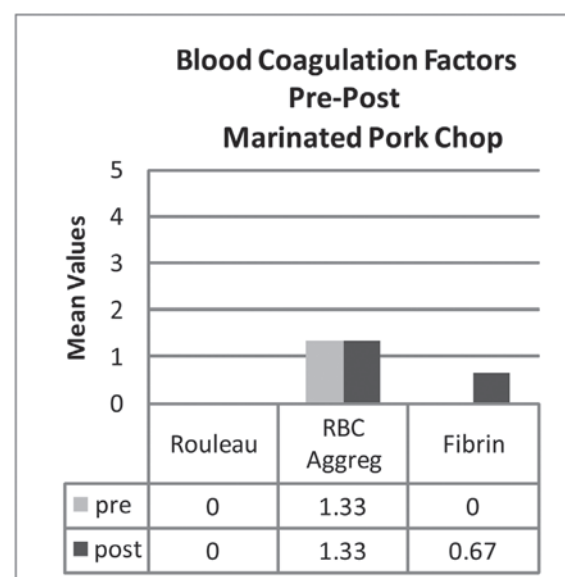



FIGURE 13. This chart and accompanying table show the average values of scores for blood coagulation variables for the three subjects before and after consuming marinated cooked pork chops. The pre-post differences are insignificant.

literature for clues, nothing was uncovered that might explain the results of this study.

What is most notable, however, is that the results demonstrate the wisdom of traditional food preparation. The processing of pork in customary ways by salts and acidic marinades makes pork safe for consumption—not only by inactivating parasites, killing off noxious bacteria that may cause food poisoning, and promoting safe fermentations in the meat that add flavor; traditional processing of pork also seems to prevent the inflammatory and blood clotting effects as observed here through live blood analysis, although we do not know why. We speculate that raw pork contains a toxin, unidentified to date, and that heat alone from cooking cannot destroy it, but that fermentation with salt, and also acid plus heat, do so. This toxin in pork, if it exists, is therefore heat-stable and requires further denaturation by salt or acid in order to detoxify it. This is exactly what traditional pork preparation provides. 

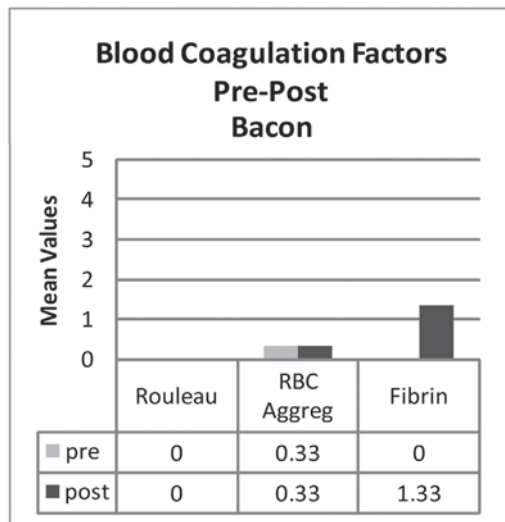


FIGURE 14. This chart and accompanying table show the average values of scores for blood coagulation variables for the three subjects before and after consuming bacon. The pre-post differences are insignificant.

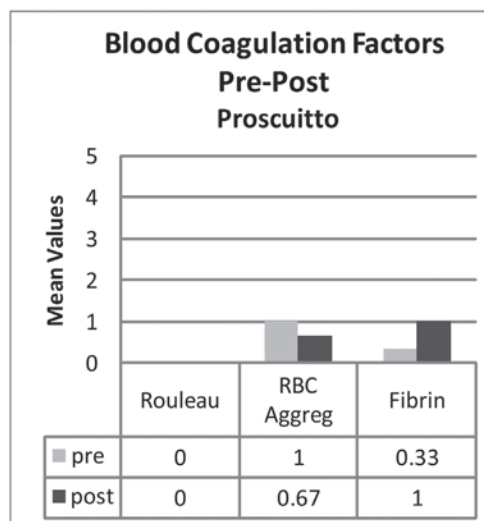


FIGURE 15. This chart and accompanying table show the average values of scores for blood coagulation variables for the three subjects before and after consuming proscuitto. The pre-post differences are insignificant.

ACKNOWLEDGMENT

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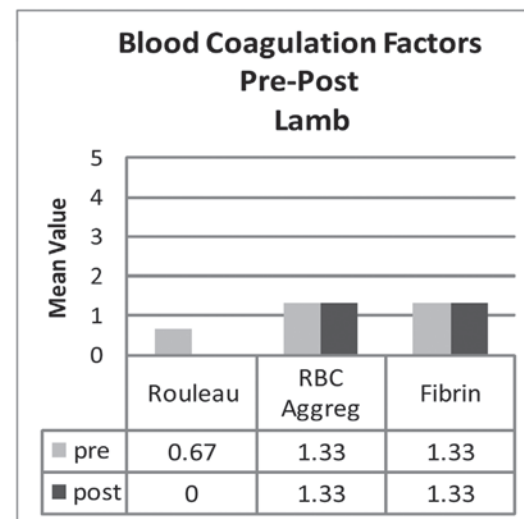


FIGURE 16. This chart and accompanying table show the average values of scores for blood coagulation variables for the three subjects before and after consuming lamb chops. The pre-post differences are insignificant.

Protein: Building Blocks of the Body

All Proteins Are Not the Same

by Fred Kummerow, PhD

Protein is in the spotlight these days, with articles touting diets high in protein and advertisements for protein powders in the media. Protein is, of course, an important building block in the body, but it is not the only building block. And furthermore, protein is made up of a variety of substances, with the result that not all protein sources are equal in value.

Here are some of the facts about proteins: protein is essential to a healthy heart and a healthy body; animal sources of protein including eggs are “better” for you nutritionally since they contain all of the essential amino acids; as with most nutrients and vitamins, both too much and too little protein have detrimental effects on the body; and, protein cannot be “stocked” up like fat but must be eaten daily. Protein is the basic nutrient and plays an essential role in carrying cholesterol and preventing heart disease.

The human body in its complexity needs dozens of nutritive substances. The one that stands before all others is protein, or proteins, since there is not one but hundreds of kinds of protein.

Protein is needed to “carry” fat and cholesterol throughout the body.

Here’s what protein contributes:

- We are literally made of protein from our bones to our muscles, arteries and veins, skin, hair, and fingernails. Our heart, brain, liver, kidneys, and lungs are built of tissue made of proteins.
- Proteins help carry the oxygen that reddens our blood.
- In the form of enzymes, proteins digest our food, synthesize essential substances, and break down waste products for elimination.
- When fat and carbohydrates are insufficient, proteins produce the energy we need for life.
- Proteins in combination with a substance called sterols form hormones, which regulate the delicate chemical changes that constantly take place within the body.
- The chromosomes, which pass on our characteristics to our children, include protein in their structure.
- Protein is needed to “carry” fat and cholesterol throughout the body.

To be short of protein is to be lacking in the very substance of life.

PROTEINS ARE BUILDING BLOCKS

Proteins, our most complex substances, are made up of varying combinations of nitrogen-containing amino acids.¹ There are twenty different amino acids that are important to the body.

These twenty combine together in hundreds of intricate chemical patterns to create a variety of complex protein structures. When we eat foods that are sources of protein, such as meat, milk, cheese, eggs, beans or peas, the digestive system first breaks down the food proteins into their amino acids, and after they are absorbed into the blood, enzymes in the body recombine them into certain sequences to produce the proteins suited to the body’s special needs, such as making red blood cells or building muscles.

The body has the ability to make its own “building blocks” out of whatever amino acids are on hand. However, there is one important limitation—some of those amino acids are only available in food. These “raw materials” so to speak must all be present to build the body properly; if they are not, the body, like a building made with shoddy materials, will not stand up over time.

Of the twenty amino acids needed for proper construction, eight are called essential amino acids for adults, nine for children, since the body cannot synthesize or make these for itself: histidine, isoleucine, leucine, lysine, methionine (which becomes cystine), phenylalanine (which becomes tyrosine), threonine, tryptophan, and valine. These essential amino acids must come from our diets.² The other twelve can be manufactured within the body or, to continue our construction metaphor, they are made “on-site.” At different ages, we need different amounts of

FIGURE 1: Recommended Daily Allowance (RDA) of the Essential Amino Acids in terms of mg/kg of weight (2.2 pounds/kg)

AMINO ACID	Infants	Children (1-3 years)	Adolescent Girls (14-18 years)	Adolescent Boys (14-18 years)	Adults (19 years and above)
1. Histidine	32	21	14	15	14
2. Isoleucine	43	28	19	21	19
3. Leucine	93	63	44	47	42
4. Lysine	89	58	40	43	38
5. Methionine → cysteine	43	28	19	21	19
6. Phenylalanine → tyrosine	84	54	35	38	33
7. Threonine	49	32	21	22	20
8. Tryptophan	13	8	5	6	5
9. Valine	58	37	24	27	24

amino acids for optimal functioning. Furthermore, not all protein sources have equal nutritional value.

AMOUNT OF PROTEIN NEEDED DAILY

The body requires not only food to supply the nine essential amino acids it cannot make on its own, but also food in the right amounts to help in the process of using and making those other twelve amino acids within the body.

Figure 1 presents the nine essential amino acids, as well as the amounts needed according to age, activity level, and health.³ Figure 3 illustrates this same data graphically (see page 36). (All of the figures contain the essential amino acids numbered as in Figure 1.)

Note how much more infants need of every essential amino acid compared to adults. Of all the sources of amino acids, the best source is nature’s most perfect food—mother’s milk.⁴ Figure 4 compares the amino acid needs of infants with those provided in mother’s milk. Infants typically consume about one quart of milk per day (or the equivalent of 946 mL). Figure 5 shows that this amount meets the complete daily requirement of protein for an infant weighing about nine pounds (or four kilograms). Infants need higher levels of the essential amino acids than do adults, as shown in Figures 1 and 3.

The amino acids needed in greatest amounts are leucine (number 3), lysine (number 4), and phenylalanine (number 6). The bars of the graphs for these three should always be the longest to ensure adequate amounts of these amino acids. It is interesting to note that one quart of mother’s milk contains the needed mixture in the right amounts of essential amino acids daily required by the infant, as shown in Figure 3. The amino acids that are required in greater amounts appear

in greater volume in mother’s milk.

The next question then concerns how much protein overall do we need each day? The National Research Council of the National Academy of Sciences has established a “Recommended Daily Allowance” (RDA)³ for protein (see Figure 2), but it is important to recognize that no set allowance, based on averages, can speak for the widely differing requirements of individuals.

As with all other nutrients such as vitamins and minerals, the amount of protein required depends on the individual’s age, weight, sex, level of activity, total intake of calories, and health. Other considerations may also be important; growing children and teenagers, pregnant women, and persons recovering from illness all need more protein than the “average” person. As shown in Figure 2, growing children and teenagers need more protein than adults. A sixty-five-pound child requires about fifty-nine grams of protein per day, more than his or her father weighing one hundred eighty pounds.

Pregnant women and breastfeeding mothers also need additional protein since they are not only maintaining their own bodies but also providing for the growth of their developing child. The pregnant teenager has an even greater need: she has to supply her own fast-growing body while nourishing the fetus developing within her womb. For a pregnant teenage girl of one hundred ten pounds, the protein requirement goes up to about 62.5 grams per day, much higher than for an adolescent of the same age. A pregnant teenager who does not eat enough protein will give birth to an underweight baby who may not survive. The data is based on both weight and other body requirements, such as pregnancy to predict the amount of protein needed. Since pregnant teenagers generally weigh less than

A sixty-five-pound child requires about fifty-nine grams of protein per day, more than his or her father weighing one hundred eighty pounds.

FIGURE 2: Suggested Amounts of Pure Protein Needed Daily³

	Grams per day	Ounces per day
Adult male (180 pounds)	47.4	1.67
Adult female (135 pounds)	44.6	1.57
Child (65 pounds)	59.0	2.08
Pregnant woman (160 pounds)	67.0	2.36
Adolescent (100 pounds)	39.2	1.38
Pregnant teenager (110 pounds)	62.5	2.20

Eating a hamburger or a steak on Sunday will not still supply an adequate amount of essential amino acids on Tuesday, even though on Sunday all the essential amino acids were there.

adult women who are pregnant, the result is a lower amount of suggested protein for a pregnant teenager than for the pregnant adult.

PROTEIN TRANSIT TIME

It is worth pausing to consider the fact that the protein in our body is constantly being destroyed, that is, it is used up during normal metabolism. A study on the rate at which a protein is “used up” has been carried out in pigs.⁵ Pigs were used because the pig is the animal closest to us in the way food is metabolized. This study indicated that it took thirty-six hours before the protein was used up. “Used up” in this case means the protein was freed of its nitrogen and no longer furnishing building blocks for body tissue. This study compared feeding pregnant pigs every day with feeding pregnant pigs with the same amount of food, but every three days. The pregnant pigs fed every day gave birth to heavier and healthier piglets than those fed every third day.

As far as I’m aware, studies on humans to date do not cover this “transit time” for proteins. However, I believe the protein metabolism works the same way in people. This means that eating a hamburger or a steak on Sunday will not still supply an adequate amount of essential amino acids on Tuesday, even though on Sunday all the essential amino acids were there. Even more problematical is eating soy-based cheese pizza five times a week. This food is likely missing an essential amino acid. Both soy products and wheat flour are considered “incomplete” proteins

since they do not have all of the essential amino acids in adequate amounts. The body needs all the amino acids to make cells, such as those in muscles.

CHOLESTEROL AND PROTEIN

Cholesterol is carried in the blood by lipoproteins. Lipoproteins include (1) apoproteins, combinations of essential and nonessential amino acids in varying amounts; (2) phospholipid, a fat- and water-soluble complex; and (3) fat. These apoprotein carriers must be carefully constructed by the body out of the correct combination of essential and nonessential amino acids. These carriers cannot be made properly if one of the essential amino acids is missing—another reason not to short yourself on the essential amino acids. The important role of apoproteins in transporting cholesterol in the blood has been documented⁶ and there has been an immense amount of research tying differences in apoproteins to a possible cause for heart disease.

Not only must all the essential amino acids be present, they must also be present in the right amounts to carry cholesterol. Chickens have a similar metabolism to human beings and are often used in scientific experiments. A study⁷ in which one-week-old chicks were fed various combinations of essential and non-essential amino acids showed that the lowest cholesterol level was always in the chicks fed the required essential amino acids in the correct amount. Whenever an essential amino acid was missing or even a non-essential amino acid was fed in

FIGURE 3: The recommended daily allowances (RDA) of the nine essential amino acids by age groups in mg/kg of weight.³

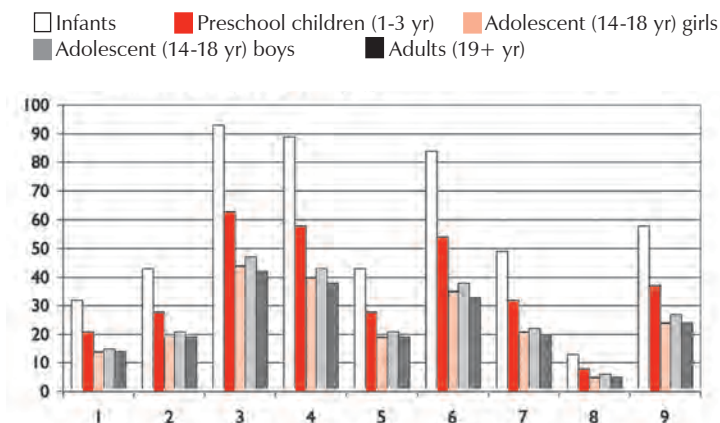
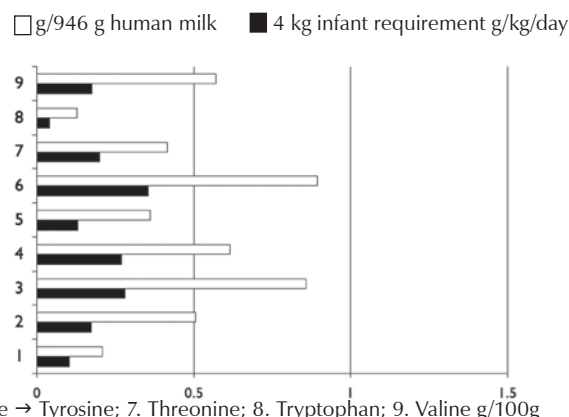


FIGURE 4: Daily amino acid requirement of an infant compared with the human milk consumption of an infant.⁴



1. Histidine; 2. Isoleucine; 3. Leucine; 4. Lysine; 5. Methionine → Cystine; 6. Phenylalanine → Tyrosine; 7. Threonine; 8. Tryptophan; 9. Valine g/100g

excess, the cholesterol level increased. This may also happen in people eating unbalanced amino acid diets, although to verify such a study today is not possible in the human population. It has been assumed that Americans consume more than an adequate amounts of protein, although we do not know whether this happens every day and in the right amounts. An adequate amount of essential amino acids must be supplied every day of the week for optimum nutrition.

For the body to function properly we also need to take in considerably more protein than the amount we use. The rate of protein use or destruction in the body is about 0.33 grams of protein for each kilogram (2.2 pounds) of body weight per day.⁴ The RDA amounts in Table 1 refer to the protein itself, not the food it is found in—the actual weight of the protein-containing food needs to be much higher since foods containing protein also contain other nutrients.

UNEQUAL PROTEIN SOURCES

The goal in any diet is to consume an adequate amount of each essential amino acid to satisfy the recommended daily requirement.³ However, just because various foods contain protein does not mean that those proteins are equal in nutritional value. Different proteins contain differing amounts of essential amino acids, and some, when eaten in a regular serving, do not contain enough to satisfy the body’s requirements. Some sources, such as meat and eggs, are called “complete” proteins since they contain all nine essential amino acids. “Incom-

plete” proteins, such as in tofu made from soybeans, do not have large enough amounts of all the essential amino acids.

The amino acid profiles of a variety of complete and incomplete proteins are shown in Figures 3 to 16. The white bars on each of the figures indicate the food source that contains the greatest amount of the nine essential amino acids in grams out of one hundred grams. In looking at the figures, keep in mind that the longer the bar, the higher the amount of that amino acid. A protein source that contains two grams of an essential amino acid is more nutritious than one that contains one gram of an essential amino acid. These graphs were constructed from the percentage of essential amino acids in food items listed by the USDA Nutrient Data Laboratory.¹ Each of the essential amino acids is numbered in the figures for easy reference.

We’ve discussed how mother’s milk is nature’s most perfect food, and Figure 5 shows the egg to be in second place because its amino acid content mimics the levels in mother’s milk. Moreover, the egg is also inexpensive and readily available. If you doubled the portion to two whole eggs, these would contain even more essential amino acids than one quart of human milk, although our data here is based only on a one-egg comparison.

Figure 6 compares some common sources of animal proteins along with a common vegetarian source, tofu. As you can see, pork provides the highest levels of amino acids of all of these sources, and tofu, the least. It is a myth that eat-

Whenever an essential amino acid was missing or even a non-essential amino acid was fed in excess, the cholesterol level increased.

FIGURE 5: Essential amino acids in human milk compared to one egg.¹

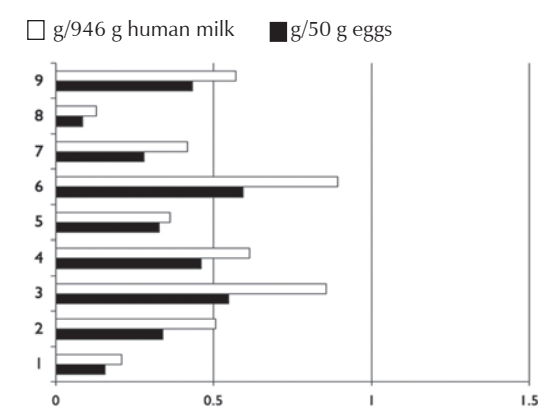
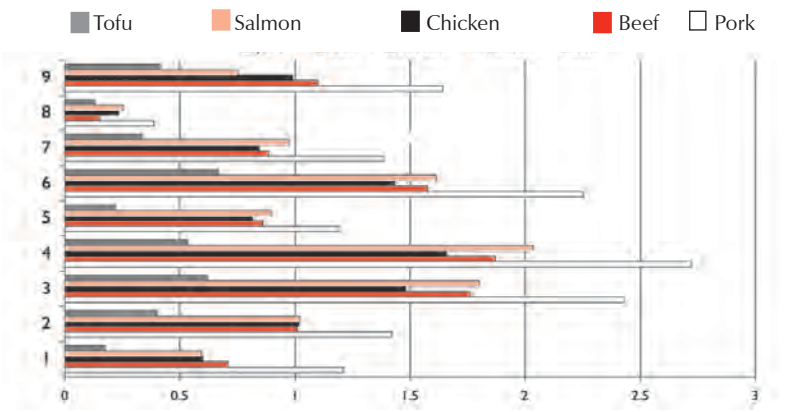


FIGURE 6: Comparison of the essential amino acids of pork, beef, chicken, salmon and tofu.¹



1. Histidine; 2. Isoleucine; 3. Leucine; 4. Lysine; 5. Methionine → Cystine; 6. Phenylalanine → Tyrosine; 7. Threonine; 8. Tryptophan; 9. Valine g/100g

ing tofu provides the same nutritional value as eating pork, beef, salmon or chicken. Tofu is especially deficient in methionine and tryptophan.

As shown in Figure 7, various parts of the egg contain different portions of the essential amino acids. Many people just eat one part of the egg, the white or the yolk, for ostensibly better health. If you just eat the white of the egg, you'll get less nutritional value than available from either the yolk or the whole egg. The white contains only protein, but no vitamins or minerals. If you eat just the yolk, you'll get less of one essential amino acid, tryptophan (number 8), than from either the white or the whole egg. The egg yolk also contains vitamins, minerals and important fatty acids. For maximum nutritional value, it's best to eat the whole egg.

PROTEIN FROM PLANTS

Plant foods do not provide the same quality protein as animal foods. First, we focus on wheat, an incomplete protein. The amino acid amount in the whole wheat kernel is greater than in wheat flour, whole wheat bread, and white bread. Wheat is lower in tryptophan (number 8) than is needed. The longest bars in Figure 8 indicate that the wheat kernel contains more of the nine amino acids than wheat flour, and that whole wheat bread contains more of the amino acids than white bread. Most of us eat wheat in bread, either of the whole wheat or the white bread variety, not a whole wheat kernel. Figure 8 illustrates the fact that the grains we currently eat do not furnish enough protein to be a major source of protein in our diet.

Figure 9 illustrates our concern with the lower amounts of essential amino acids in grains versus animal products. Here the comparison is between the protein in whole wheat kernels, a form most of us do not eat, and egg. Note how much more of the amino acids are in the complete protein, egg, versus the incomplete protein, wheat.

The amounts of amino acids in 100 grams of navy beans and corn are compared in Figure 10. As shown, both are low in tryptophan (number 8) and methionine (number 5). Corn is also low in lysine (number 4). Corn

contains more essential amino acids than beans for five of the nine amino acids, but beans can help balance the corn in the other four areas. That is why beans and corn are often served together in the Mexican diet, for example. Those who eat only vegetable proteins need to pay careful attention to the amount of amino acids in each source to make sure they have enough overall.

Figure 11 compares two incomplete proteins—navy beans and wheat bread—with a complete protein, in this case chicken. You can clearly see the superiority of chicken in providing the essential amino acids. Yet the first two items, wheat bread and navy beans, are those the USDA recommends as sources of amino acids to substitute for meat, milk and eggs. This figure illustrates why such advice is faulty. It is a myth to say all protein sources are equal.

The incomplete proteins from grains and other plant sources—corn, rice, peas, beans, nuts and sesame seeds—contain all nine essential amino acids but not in the same amounts and not in adequate amounts as found in eggs, dairy products and meat. However, as we showed above, it is possible to obtain the nine essential amino acids, piecemeal fashion, by eating several kinds of vegetable protein, like grains and legumes, at the same time. It is true that if you eat an extra large amount of the incomplete proteins, you can get 100 percent of what you need. However, you may not have a large enough stomach to eat any-

FIGURE 7: Comparison of equal amounts of egg white, egg yolk and whole eggs.¹

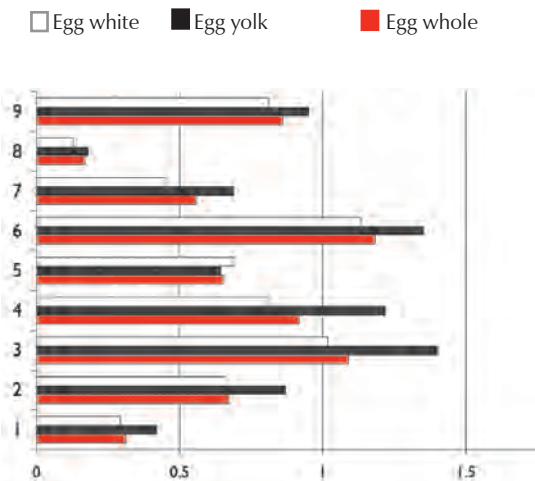
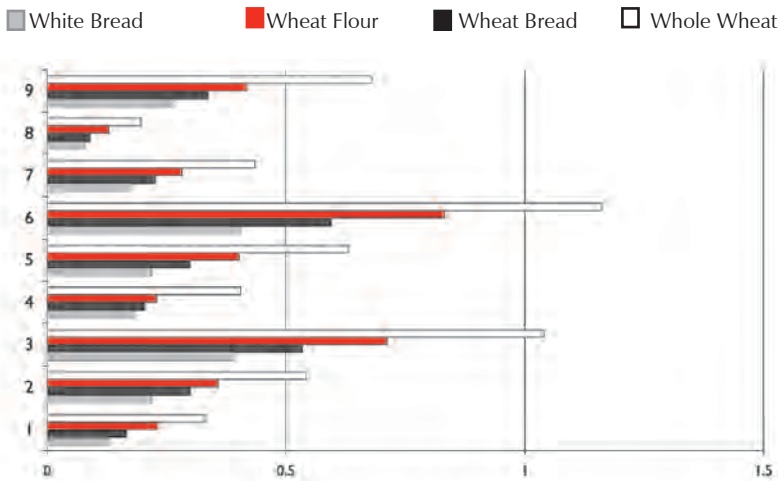


FIGURE 8: Amino acids in whole wheat kernel, wheat flour, whole wheat bread and white bread.¹



1. Histidine; 2. Isoleucine; 3. Leucine; 4. Lysine; 5. Methionine → Cystine; 6. Phenylalanine → Tyrosine; 7. Threonine; 8. Tryptophan; 9. Valine g/100g

thing else and thus miss out on other important nutrients!

MILK VERSUS SOY

The amino acid content of various dairy products and soy milk, a substitute used for milk, are compared in Figure 12. Cheese products, both American (Cheddar) cheese and cottage cheese, contain all essential amino acids in large quantities. Every type of cow's milk from whole milk to skim milk has the same amount of amino acids; the only difference is in the fat and water content of the dairy product itself. Milk is used to make cheese; in fact it takes about five quarts of whole milk to make one pound of Cheddar cheese. Since cheese is so "concentrated" and contains far less water than milk, it contains greater amounts of amino acids ounce for ounce (or gram for gram in this case) than milk. Cheese also contains ten times more fat than whole milk, as well as ten times more protein. The fat provides the flavor in cheese.

Comparing milk and soy milk, it is clear that soy milk has lower quantities of the essential amino acids overall, and is especially low in methionine (number 5) and tryptophan (number 8). It is not a good substitute for cow's milk, yet it costs more.

Milk and milk products provide both protein and calcium, which are needed by people at all ages. Many adults consider milk just for infants.

However, the increasing amount of osteoporosis in the bones of both men and women indicates that many Americans don't drink enough milk or eat enough dairy products to retain normal bone function throughout the lifespan.

PROTEIN IN NUTS

Nuts (such as walnuts, pecans and almonds) are also incomplete sources of protein, although they can serve well as supplementary protein sources. Nuts also provide many vitamins, minerals and important fatty acids. Figure 13 shows the essential amino acids in pecans, sesame seeds and peanuts. Pecans contain lower amounts of eight amino acids than peanuts or sesame seeds. Peanuts have the highest amounts of six of the amino acids. Overall, nuts come up short when compared to animal sources of protein.

PROTEIN IN POPULAR FOODS

Continuing to look at grains as a source of protein leads to the next comparison, that of several kinds of starches. Figure 14 compares the amino acid contents of white rice, wild rice and pasta. None contain much protein. Pasta is made from wheat flour, which has less protein due to the milling process. White rice has some of its protein removed in the milling process as well. Wild rice is not polished so more of its protein remains, although in some instances, pasta is a better source of several amino acids than the other two. However, none of them is a good source of the essential amino acids.

Now let's compare two popular foods, hamburgers and pizzas. Figure 15 shows that a hamburger has more nutritional value than a cheese pizza. Hamburger has more than twice as much protein as pizza (25 percent and 11 percent respectively).

When the "right" two incomplete proteins are combined, the value of their amino acids almost equals that of a complete protein. For example, a

FIGURE 9: The amount of essential amino acids in 100g of whole wheat compared to 100g of egg.¹

□ Egg whole ■ Whole wheat

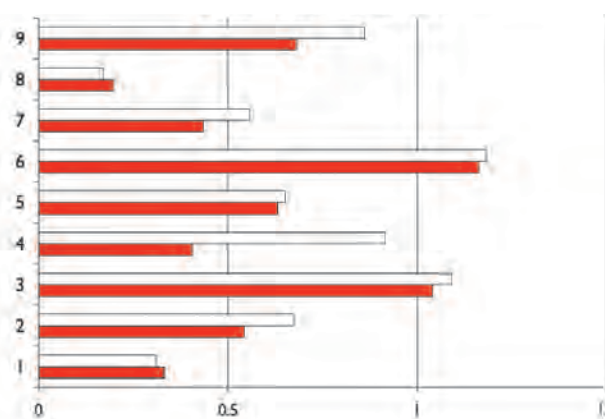
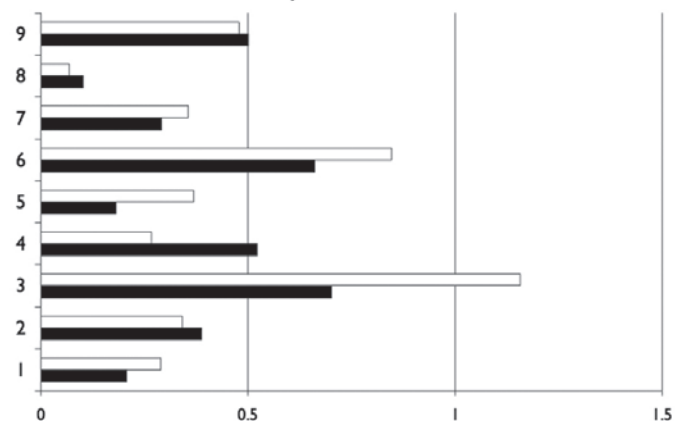


FIGURE 10: The essential amino acids in navy beans compared to corn.¹

□ Corn ■ Navy Bean



1. Histidine; 2. Isoleucine; 3. Leucine; 4. Lysine; 5. Methionine → Cystine; 6. Phenylalanine → Tyrosine; 7. Threonine; 8. Tryptophan; 9. Valine g/100g

combination of 50 grams beans with 50 grams of corn is better than 100 grams of eggs but not quite as good as beef, as shown in Figure 16.

PET FOODS

It is interesting to note that pet foods for dogs and cats are carefully formulated to include the right amounts of essential amino acids. My colleagues in the College of Veterinary Medicine tell me that the coronary arteries of pet dogs and cats contain very little atherosclerosis. Unfortunately, people do not have such a carefully formulated diet.

EGGS

Although maligned in nutritional recommendations, eggs are the most nutritious and the least expensive protein source in the grocery store. At only 68 calories, one egg provides about 11 percent of your daily protein requirement. Eggs contain a variety of important nutrients including every vitamin, mineral and natural antioxidant that your body needs. (Those nutrients are enough to feed a growing chick so that it hatches healthy, but one egg is not enough for you to meet your daily requirement!) Studies at many major universities in the U.S. and abroad attest to the egg as an excellent source of protein. Many in the forefront of anti-aging research believe that moderate egg consumption of one per day should be an integral part of a complete anti-aging diet.⁸

Because eggs are high in natural cholesterol (210-220 mg of cholesterol per egg), there has been a concern that eating an egg would raise one's cholesterol level to unhealthy levels.⁹ Restricting egg consumption became a key component in many health-related diets; this is actually a misguided recommendation since this has not been shown to be the case.¹⁰ Eating an egg raises the total cholesterol score only 2-3 mg/dl in well balanced diets. In healthy young men and women, even two eggs a day had little effect on total cholesterol levels.¹¹

In a recent study, elderly subjects (more than sixty years old) were assigned to one of two dietary groups: one group ate three eggs per day and the other ate the same amount in egg substitutes for a one-month period.³ The result of this study was a significant increase in both LDL and HDL cholesterol for those who ate eggs, but the ratio between the two was not affected significantly. In other words, if the LDL went up, the HDL did too, thus counteracting the effect of the higher LDL. The study concluded that dietary cholesterol provided by eggs does not increase the risk for heart disease in an elderly population.

There have been a number of studies conducted looking at egg consumption and health risks. One at Harvard University included an eight- to fourteen-year follow-up study of approximately thirty-eight thousand men and eighty thousand women.¹² There was no statistically significant difference in risk for heart attacks and strokes among people who ate eggs less than once a week compared with those who ate more than one egg a day. Other studies in a variety of settings found no evidence that eating up to an egg per day led to heart attacks or strokes.^{13,14} The Framingham study¹⁵ has investigated the effect of environmental factors and what people ate on the development of coronary heart disease since 1949. No relationship between egg intake and coronary heart disease incidence was found.

FIGURE 11: The essential amino acids in chicken, wheat bread and navy beans.¹

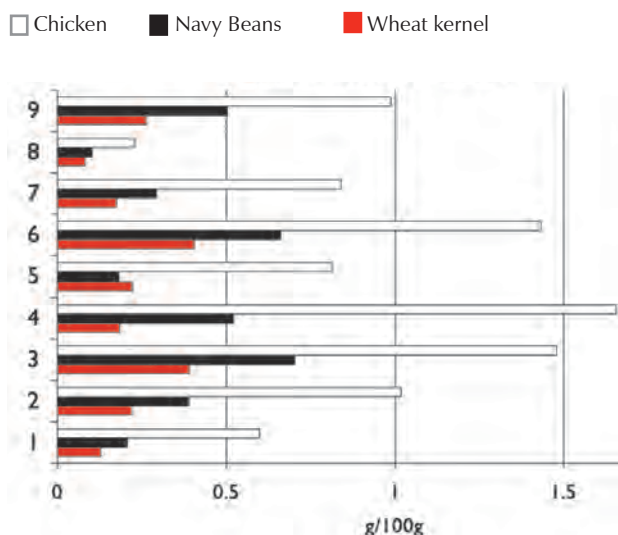
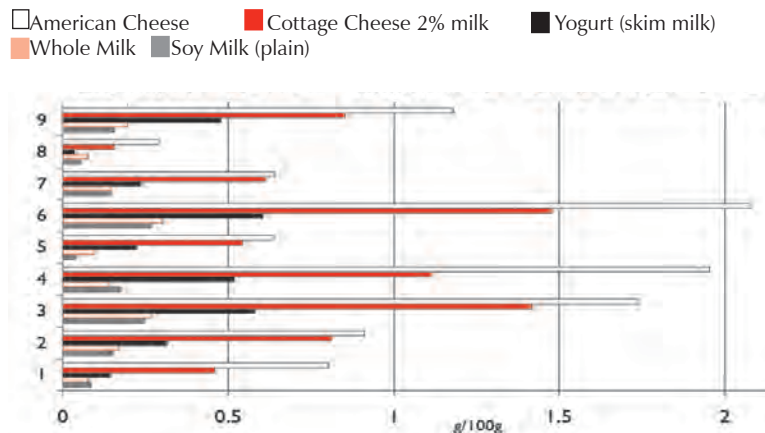


FIGURE 12: Comparison of Dairy Products and Soymilk.¹



1. Histidine; 2. Isoleucine; 3. Leucine; 4. Lysine; 5. Methionine → Cystine; 6. Phenylalanine → Tyrosine; 7. Threonine; 8. Tryptophan; 9. Valine g/100g

SUBSTITUTING PLANT FOR ANIMAL PROTEINS

Much of the world population tries to meet its need for protein with plant sources. Indeed even in the U.S., grains and cereals comprise a large part of the USDA-recommended diet for protein, vitamins and minerals. The possible effects of moving away from animal protein to those of plant sources should be considered.

In 1971, Frances Moore Lappe¹⁶ published her book, *Diet for a Small Planet*, a book that claims to have started a revolution in the way Americans eat. This book was revised as a second edition twenty years later. The book advocated the use of cereals and legumes rather than animal protein products for the American diet because it assumes that cereal grains fed to animals could be more effectively used to feed the human population. The book had an impact on diet recommendations of the American Heart Association and the USDA because grains and legumes do not contain cholesterol and therefore are assumed to be less likely to cause heart disease than the cholesterol in animal food products such as meat, cheese, and eggs.

Lappe was aware that meat, cheese, and eggs had a greater biological value than either cereals or legumes because animal food products had an essential amino acid mix that was more complete than the amino acid content in the protein of either cereals or legumes. She reasoned that combinations of vegetable and grain sources

such as wheat and beans or soybeans would provide a sufficient supply of essential amino acids.

There are three flaws in Lappe's thinking. One is the very nature of plant proteins and their manufacturing process. Processed cereals are deficient in minerals and vitamins. Furthermore plant proteins are incomplete proteins and need to be eaten in combination.

The second flaw is the lack of available land to grow plant proteins. Grassland that is used to graze animals cannot be converted easily into land to grow plant proteins nor should it be so converted. Third, animals actually function very effectively to convert plants, such as grass, that people could not live on, into animal protein that people can digest.

The truth is that in terms of protein quality and calories, vegetable proteins are not nearly the bargain they at first seem since they do not contain sufficient amounts of the essential amino acids. Plant sources of protein can be useful in a mixed diet that also includes protein from meat, milk and eggs, but alone, or as the major source, plant proteins fall short for most people.

This basic difference in quality also means that it can be risky to try to replace animal protein with vegetable protein substitutes, even when they are disguised through processing to resemble the real thing. For example, when "Egg Beaters" first came on the market, we tested them on rats.¹⁷ Rats were the best animals to use for the experiments we were conducting at the time. "Egg Beaters" were advertised as egg substitutes that were just as nutritious as farm fresh eggs and even better because they contained no cholesterol. We fed one group of rats on whole eggs and another on "Egg Beaters." The egg-fed rats grew strong and healthy, while the rats fed "Egg Beaters" became underweight and scrawny, lost their hair, and died after only a few weeks. The "Egg Beaters" formula was deficient in an essential vitamin, pantothenic acid. According to the listing of ingredients now on the box, that vitamin has been added and corn oil deleted from the original formula. The present formula, therefore, contains neither fat nor cholesterol, and now has less vitamin E than the original formula. This

FIGURE 13: Comparison of essential amino acids in nuts and seeds.¹

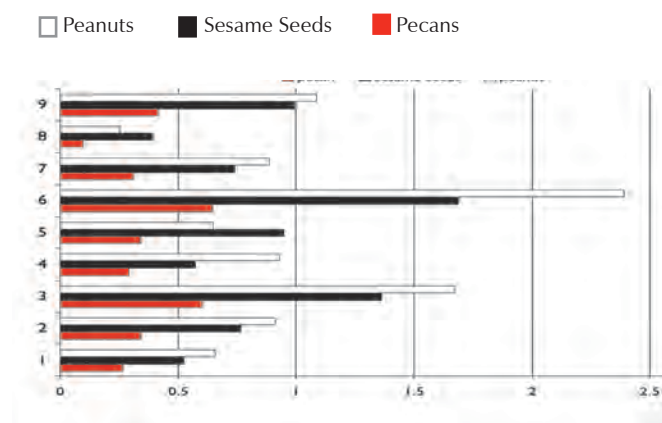
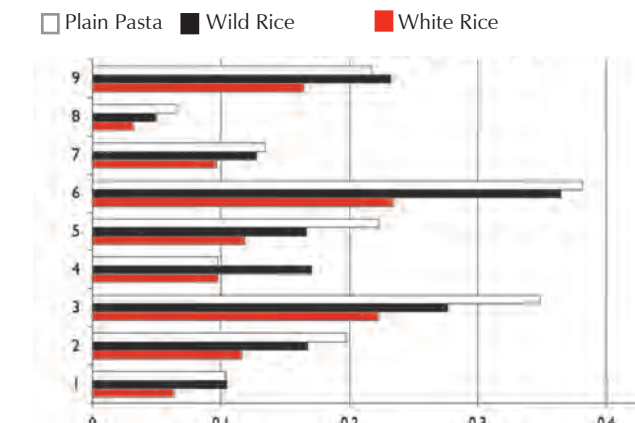


FIGURE 14: The amino acids of white rice, wild rice and pasta.¹



1. Histidine; 2. Isoleucine; 3. Leucine; 4. Lysine; 5. Methionine → Cystine; 6. Phenylalanine → Tyrosine; 7. Threonine; 8. Tryptophan; 9. Valine g/100g

could lead to other problems. Today, a carton of “Egg Beaters” costs twice as much as a dozen eggs and still does not equal the nutritional value of the real thing.

A comparison of the biological value of substitutes for eggs, meat, and milk as protein sources brings up a concern for the consumer. Claims are made or implied that cholesterol-free substitutes will lower cholesterol levels in the blood with no clinical tests by the producers having been made as proof of its total nutritional value.

PLANT PROTEIN AND AGRICULTURE

If we increase our consumption of plant proteins, we would need to increase the acreage devoted to raising plants, but some problems of a practical nature in the way agriculture currently is practiced would occur. The limits of agriculture should be taken into consideration in diet recommendations.¹⁸ Agriculture is defined as the cultivation of land as in raising crops, husbandry, and tillage farming. Unfortunately, only about 20 percent of the land in the U.S. can be cultivated for crops, but 26 percent can be used to pasture livestock.¹⁹ Half of the cropland is used to grow feed for livestock. In realistic terms, any major effort to supply additional plant protein for human consumption in the U.S. would require dismantling the nation’s agricultural system, since most of American agriculture is directly or indirectly involved in producing livestock either through direct grazing on grasslands or by growing feed on cultivated land.

Critics of our country’s agricultural system persistently argue that instead of continuing to use our valuable farmland to grow feeds for animals, we should follow the example of the Chinese and concentrate on growing vegetable protein to be consumed directly by humans. The claim is often repeated that each pound of beef we eat costs four pounds of grain that should be going to feed people. By turning the land to the production of food crops for direct human consumption the argument goes, we would cut our intake of animal fat and cholesterol and at the same time increase the total food supply by eliminating the inefficiency inherent in animal production. This view, as agro-economists have often shown, overlooks a

number of important considerations, quite apart from the questionable willingness on the part of the public to eat wheat, corn and soybeans in the place of meat, milk, and eggs. The simple truth is that the animal-oriented agricultural system as it has evolved over two centuries in America makes a more efficient use of available land to provide essential, high-quality protein, with fewer surplus calories, and at a lower cost, than any other system that has presently been devised.

In the U.S., a large area of the West is grass-land that can only be used to feed animals. Not enough water is available to grow crops. Grazing animals can maximize efficiency in the production of nutrients. Feeder cattle are raised on land that is not fit for wheat, corn or soybeans. U.S. grasslands are either fertilized or sewn with alfalfa or clover to provide increased forage yields.

The fact is that animal agriculture is huge the world over. China, Thailand and Vietnam account for more than half the pigs and one-third the chickens produced worldwide. Brazil is expected to become the world’s largest meat exporter.²⁰ In a world of rapidly increasing population and a potentially shrinking food supply, animal food products are presently an asset to adequate nutrition. Animals are converters of inedible proteins to edible ones. Animals can carry on this operation more economically than have food scientists to date. One should think of animals as “screening and processing devices,” which provide acceptable sources of nutrients.

The rapid expansion in urban development

FIGURE 15: Amino Acid comparisons of cheese pizza and beef hamburger.¹

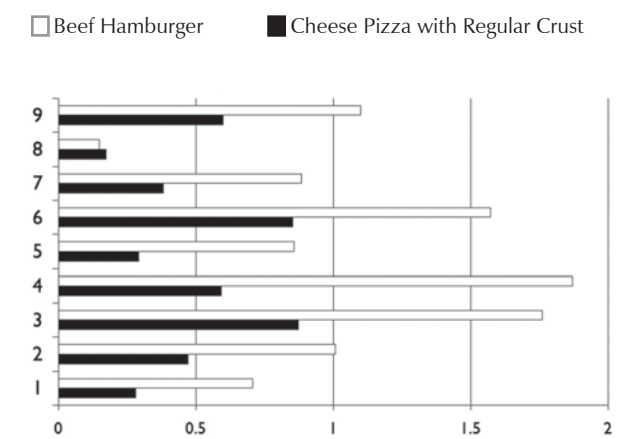
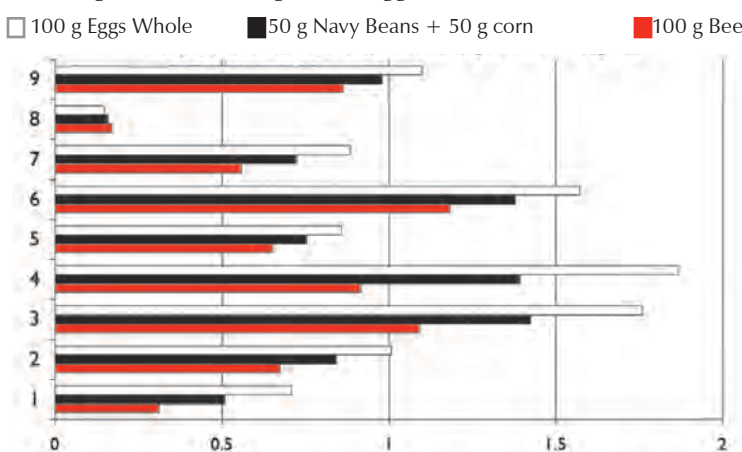


FIGURE 16: Comparison of 50g beans+50g of corn with 100g of beef or 100g whole egg.¹



1. Histidine; 2. Isoleucine; 3. Leucine; 4. Lysine; 5. Methionine → Cystine; 6. Phenylalanine → Tyrosine; 7. Threonine; 8. Tryptophan; 9. Valine g/100g

comes almost all at the expense of cultivated and grazing land. Better urban planning could save much of this land. Further expansion of land for cultivation in some countries is being carried out but this may be at the expense of the environment. Countries such as India, China or the U.S. are unlikely to convert land back to cultivation, so planning now may be the key to prevent this land from being turned into cities and removed from its potential in creating edible products.

USABILITY OF THE PROTEIN WE EAT

Nearly equal in importance to the completeness or quality of the protein we eat is how efficiently and completely the body can use it. Not only do we need all the eight (nine for children) essential amino acids in our diet, we also need them in our body in just the right proportions and at the same time. It does little good taking in a few essential amino acids one day and getting the others later in the week. The body simply cannot make effective use of them unless it has them all together at one time. Missing one of the essential amino acids is almost like trying to read a novel in which every ninth page is missing, except that our imaginations can fill in the plot line whereas our bodies cannot fill in the missing amino acid. Moreover, even if all the essential amino acids are present, too little of one can limit the body's effective use of the others.

The usability of various protein foods can be expressed in terms of digestibility and biological value.⁶ Digestibility simply refers to the

percentage of protein in the given food that the body can absorb. Biological value represents the percentage of the absorbed protein that the body can actually put to work building cells for growth and maintenance. If we multiply digestibility and biological value, we get a measuring index known by nutritionists as Net Protein Utilization (NPU), which stands for the total percentage of the protein that the body can actually use.⁶ Without exception, animal proteins have a higher NPU than vegetable proteins. See Figure 17.

Net protein utilization tells us, among other things, that when we include animal protein in our diet, we can satisfy our daily protein requirements with smaller amounts of food than if we rely on vegetable products alone. Remember that even if you got your NPU from dried peas or navy beans, you would still be getting an incomplete, low-quality protein, deficient in the essential amino acids the body needs.⁶ In terms of quality and accessibility to the body, the animal protein in meat, milk and especially eggs goes further in meeting our needs than protein from plants.

BALANCE OF PROTEIN AND CALORIES

Proteins need to be consumed in the right proportion to fats. Studies with chickens tell us more about proteins, fat and cholesterol. In one study,²¹ we varied the fat-to-protein ratio in the diet. When the amount of protein in the diet was increased compared to the amount of fat in the diet, the cholesterol level in the chicken's blood dropped, and they had less fat on their bodies. The type of fat consumed made no difference. A "hard" fat such as beef tallow gave results similar to a "soft" fat such as corn oil.^{22,23} Translating this to people means that if you're going to eat lots of fat of any kind, make sure you eat enough protein to lessen the increase in cholesterol and weight gain.

One way of monitoring the level of protein-to-fat is through the E/P ratio (energy/protein) of a food item or diet.²¹ Energy here is measured in calories, which are really units representing the energy-producing potential of a food. The E/P ratio is calculated by dividing the total calories in the food item or diet by its protein content. For example, white bread has

FIGURE 17: The Biological Value: The Net Protein Utilization of Food.⁴

FOOD	NPU	Amount needed daily if a single food source
Eggs	94%	6 1/2 eggs
Milk	86%	5 1/2 cups
Cheese, Swiss or Cheddar	82%	5 ounces
Beefsteak	75%	6.6 ounces
Soybeans	66%	2 cups
Peanuts	56%	2 cups
Whole wheat	53%	36 slices whole wheat bread
Dried beans and peas	34%	7.2 cups beans

FIGURE 18: Comparison of Energy-Protein Ratio of Various Foods.²¹

FOOD	E/P Ratio	FOOD	E/P Ratio
Shrimp	5	Cheddar Cheese	16
Cottage Cheese	5	Whole Milk	20
Halibut	6	High Protein Bread	21
Lean Beef	10	Oatmeal	28
Skim Milk	10	White Bread	32
Whole Eggs	12	Candy Bar (with nuts)	54
Broccoli	13	Doughnuts	65
Wheat Germ	15	Cookies	73
Fresh Peas	15	Pie Crust	92

Energy Protein ratio = total calories in 100 g/percent protein

In the unborn child and young infant, too little protein means that the cells do not form in sufficient numbers, and the cells that are formed are smaller in size. The child's growth is stunted, and no amount of protein consumed later in life can repair the damage.

an E/P ratio of 32 (275 calories divided by 8.5 percent of protein.) It is possible to label a food item for its energy content (E/P ratio) and thus add information to present food labeling. This ratio can be a measure of “empty calories,” that is, foods likely to contribute to obesity, but without the nutrients required for good health. Low E/P ratios are good and high E/P ratios, bad, for our diets; thus an E/P ratio of 12 is good, and one of 65 is bad. As you can see from Figure 18, fish products, meats, milk, and eggs have a low E/P ratio; candy bars, doughnuts, cookies, and pies have a high energy-to-protein ratio. The E/P ratio of a meal can be drastically changed by an increase of a single food item such as a doughnut or by the deletion of a food item such as an egg.

We've explained how the balance between protein and calories is measured. Now we need to look at why this balance is important. The physiological reasons for needing a certain balance of protein and calories are complex; in general they have to do with the fact that it is the proteins that carry the fat, or lipids, in the blood. As previously stated, any excess calories we take in are converted into fat in our bodies, and we need additional protein to cope with it. It is a vast oversimplification, but we might think of protein as a kind of “fat-antidote.” However, too many calories from any source overwhelm the system so protein no longer can work as an antidote and the antidote analogy breaks down. The total caloric intake is the problem, not just the fat-to-protein ratio. Eventually that extra fat is deposited in various places in our bodies.

DANGER OF PROTEIN EXCESS

Because protein is such an essential building

block and has that fat-antidote link, some diet specialists have suggested making it the key food to consume. But this is not a good idea nutritionally. When no other nutrients are available, the body has only protein to use for energy. In order for protein to be converted to calories, the kidneys must remove nitrogen from the amino acids to convert them into a usable form of energy. This process is called deamination. It overworks the kidneys, which can have some long-lasting, negative effects. An illustration of this comes from some early explorers in the U.S. who died after consuming a diet of rabbits. Rabbit meat is very lean and very high in protein. These early explorers had what was called “rabbit-starvation,” since they relied on rabbits for their food.⁴ Without other nutrients, their bodies could not cope with the protein. Even Lewis and Clark noted the effects of too much protein in the diet. However, when explorers ate what was called “pemmican,” they survived; pemmican contains both protein and fat. Today, a diet overloaded with protein also taxes the kidney. In other words, good diets must include a variety of nutrients.

PROTEIN DEFICIENCY

As previously stated, protein deficiency is a serious matter. Growing children, especially, need large amounts of protein and are particularly sensitive to its quality. If they do not get enough of the right kind, their general growth and development suffers—their minds as well as their bodies. In the unborn child and young infant, too little protein means that the cells do not form in sufficient numbers, and the cells that are formed are smaller in size. The child's growth is stunted, and no amount of protein consumed


KEY POINTS ABOUT PROTEIN

- High quality protein must be part of any diet because of its overwhelming importance to physical and mental growth and wellbeing.
- For optimum health, protein containing all the essential amino acids in the correct amounts must be consumed every day; it cannot be stored in the body like fat.
- Animal proteins are the best kinds of proteins in terms of their nutritional value. Eliminating meat, milk and eggs because of the cholesterol and fat they contain means losing the high-quality protein and other essential nutrients they provide.
- Plant proteins can provide the essential amino acids only if they are carefully chosen to balance one another, and then must be eaten in large amounts.
- An all-protein diet is not healthy since it will overtax your kidneys; you need other foods as well.
- When eating high-fat foods, it is important to eat protein at the same time.

later in life can repair the damage. Protein-deficient infants face a lifetime of being smaller, weaker, and less vital—physically, mentally and emotionally—than they need to be.

Protein deficiency can also be lethal. Children studied in hunger-torn Bangladesh in 1970-71 who were protein-deficient had a death rate four and one-half times higher than better-nourished children in the same locality. Increases in protein can make a dramatic difference in the average physical development in whole populations. In Japan, over the period 1900-1955 when the national consumption of animal protein was increasing, sons grew two inches taller than their fathers, and daughters matured two years earlier than their mothers.⁶

PROTEIN AND HEART DISEASE

Protein is not only important for growth, but also for the prevention of heart disease. Protein carries fat throughout the body. If it is deficient, then fat gets deposited on the body, rather than whisked through it. However, if there is too much fat, even the protein cannot handle it and it still gets deposited. It's been shown that people in lower income brackets even in industrialized nations have more heart disease than those in higher brackets; this may be due to the former eating less protein in relationship to the amount of fat consumed. 

Fred Kummerow, PhD, is the author of almost four hundred scientific papers in peer review journals, many focusing on the dangers of trans fatty acids. In 2010, the 94-year-old University of Illinois veterinary biosciences professor emeritus filed a petition with the FDA to ban trans fats. He still conducts research at the Burnside Laboratory at the University of Illinois. This article is a condensed version of a chapter in his book, Cholesterol Won't Kill You But Trans Fats Could.

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A Dietitian's Experience

IN THE NURSING HOME

Part Two: We Must Change the Paradigm of Health Care Delivery

By Kim Rodriguez, MS, RD, LD

President Obama pushed preventive health care with the passage of the 2009 healthcare law. But the kind of “preventive care” that he and most health professionals talk about is not preventive at all. These policy makers talk about Medicare and Medicaid coverage for tests to discover disease in its early stages, to treat disease in its later stages, and to fund pharmaceutical therapy to ease symptoms of disease—not ways to bolster health and truly prevent disease from developing in the first place.

Currently, our healthcare system not only supports disease, it rewards it. Insurance reimbursement is higher for a healthcare facility if the patient presents with more diagnoses. Pharmaceutical medications are offered at no cost to the facility or physician and, in many cases, a physician collects “perks” if even more pharmaceuticals are prescribed.

In 2003 the Medicare Prescription Drug Improvement and Modernization Act authorized CMS (Center for Medicare Services) to begin offering a comprehensive drug benefit for its elderly in January 2006 (Medicare Part D). The benefit was hugely expensive, adding more than nine hundred billion dollars to Medicare spending over the next ten years and representing an increase in total Medicare benefit outlays of twenty percent according to the 2007 U.S. Congressional Budget Office.

According to the American Association of Retired Persons (AARP), here is how the Medicare drug benefit has bled the U.S. budget for 2010:

- Pain medications: 131.2 million prescriptions;
- Cholesterol lowering drugs: 94.1 million prescriptions;
- Blood pressure medications: 87.5 million prescriptions;
- Thyroid medications: 87.4 million prescriptions;

- Proton pump inhibitor (antacid): 53.4 million prescriptions;
- Hyperglycemic agents (diabetes): 48.3 million prescriptions.

The total cost of pharmaceuticals charged to Medicare Part D in 2010 was over eighty-two billion dollars.

This drug benefit has also increased the overall cost of medical care thanks to the related increases in physician visits, prescribing and monitoring of medications (and the many ensuing adverse events), and treatment for medical complications and side effects caused by the use of so many medications at one time. According to the Agency for Healthcare Research and Quality, Americans treated in hospitals for medication-related problems surged in 2006 to almost two million.

The Census Bureau reports that the number of Americans sixty-five years old and older is expected to more than double to eighty-nine million by 2050. We may be living longer, but we are living sicker, and becoming sicker younger. Nursing homes are already admitting patients younger than sixty years of age. These are people too ill to care for themselves and must apply for Medicare's support.

A TREND THAT MUST END

Great changes in healthcare legislation must take place in order for the system to sustain itself. I think these changes must include the reduction and/or elimination of unnecessary pharmaceutical medications and their replacement by other, safer healing modalities. Most important, we must recognize the importance of eating only whole, unadulterated foods to be and stay well.

I have worked in the healthcare system for twenty-one years as a registered dietitian in over fifty nursing homes throughout the country. I am also well educated in integrative and holis-

Currently, our healthcare system not only supports disease, it rewards it.

tic nutrition, working as a true “nutritionist” alongside naturopathic doctors, chiropractors, acupuncturists and holistic physicians for seven years. How I was originally trained and expected to practice nutrition is very different depending on which hat I am wearing on a particular day. Because I continue to train and network in both conventional and alternative arenas, I have come to my present convictions without bias or from a hardened mindset from either position.

The outcomes exhibited by those patients who choose the path of pharmaceutically based allopathic medicine and lowfat diets recommended by the American Dietetic Association compared to those who choose a more integrative, holistic, whole-food approach to their health are undeniably dramatic. I must assume that only someone unable to recognize and understand the good health obtained from the holistic approach would choose pharmaceutical-allopathic intervention and lowfat diets. I can only assume that our government leaders who continue to support our pharmaceutically based allopathic system are either blind to the benefits of integrative/holistic therapies, blind to the ill effects caused by total reliance upon pharmaceuticals, or intentionally supportive of disease and illness because our world economy would fail without it. (The medical industrial complex is the second largest money-making industry next to the military machine.)

To illustrate these factors that allow the status quo to persist, I will share some observations from my professional experience.

OVERMEDICATION

Pharmaceutical therapy serves a purpose, but it is not one of prevention or healing. Its purpose is to cover up, suppress or reduce the symptoms of disease. Unfortunately, the industry has expanded and twisted its purpose as billions of dollars are spent on advertising and evidence-based “studies” pushed onto physicians’ desks. The industry has done a terrific job of marketing its wares to the populace at large, and introducing a culture of easy acceptance of medication for every possible ailment.

In a nursing home, as in allopathic care in general, the focus is on pharmaceutical intervention. Residents in my nursing homes take an

average of nine medications each, two to three times a day. I recently witnessed twenty-three medications, dosed two to three times a day, administered to an eighty-five-year-old lady who weighed ninety-five pounds. One hundred percent of my residents are taking a cholesterol-lowering drug (statin), although mainstream research demonstrates that the risks outweigh the putative benefits in this population. The statin is never discontinued, even when a cholesterol level is very low, and it is prescribed at any age. Many residents over ninety are taking these drugs.

Statin-induced myopathy (muscle pain) is common and acetaminophen is frequently prescribed to resolve the pain. Statins are one drug that claims to be “preventative,” but after watching its effects in the elderly I find it to be quite the opposite.

I once worked at a facility that employed a new physician who had studied medicine outside of the pharmaceutical model. He did not believe in the use of statin drugs, and they were discontinued on eighty-two residents. We observed residents “waking up,” recognizing family members, no longer requiring assistance with meals, and walking for the first time in many years. The transformation in these residents was stunning. The facility staff was startled. I regret that we did not perform an evidence-based study to document this revolutionary event.

Approximately half the medications given to nursing home residents are administered to relieve the side effects of yet other medications. Adverse effects expand exponentially with the number of medications taken, partially because they indicate the presence of numerous diseases or other medical problems, but mostly because they provide opportunity for drug-borne disease and multiple drug-drug interactions.

I always foster a relationship with the consulting pharmacist when working in a nursing home, frequently asking for reviews of medication causing nutritional imbalances. A consulting pharmacist is expected to review medications and make recommendations to the medical director. Consultants I interview feel that one hundred percent of the nursing home population is overmedicated and that medication levels could be cut in half or better.

Approximately half of the medications given to nursing home residents are administered to relieve the side effects of yet other medications.

WHY OVERMEDICATION?

Why do medical directors or physicians allow overmedication?

1. They are not aware the medication is causing side effects. In most nursing homes, they visit and review their residents infrequently or not at all. Their care is typically based on a signature to a previously defined "protocol." The rest of their care is typically responding to a nurse's request. Most often, the nurse does not understand potential side effects and medicates the side effect, assuming it is a new disease process.
2. They are hesitant to discontinue a medication another physician has started out of respect to the physician. With many specialists, the list of medications becomes extensive.
3. They do not understand the contraindications and harmful side effects of medications. A physician receives his continued training from a pharmaceutically sponsored class or meeting with a pharmaceutical representative, whose ultimate goal is to sell drugs.
4. They may have no training in geriatric medicine, nor does the pharmaceutical representative. There are many drugs that are not well tolerated in the elderly or in an overmedicated resident with compromised liver and renal function.
5. They protect their own interests. If the resident presents with an event such as stroke and the medication for that disease process has not been prescribed or has been discontinued, the physician can be deemed liable. Therefore they prescribe the medication, even though they may not consider the therapy beneficial or believe in it.
6. They are trained only in pharmaceutical therapy or invasive procedures. When a disease presents, they want to do something to help, and pharmaceutical intervention is all they understand.
7. If they understand integrative healing therapies or suggest them, the healthcare facility would not allow it. The Medicare-Medicaid Program does not pay for this. The facility or resident would incur the cost, something most are unwilling to do.
8. They do not believe or trust in the body's ability to heal, and assumes the resident will rely on pharmaceutical therapy forever.

Why don't medical directors or physicians suggest healing and integrative therapy? They either do not understand it, or believe they will lose income to a "competitive" therapeutic approach.

RESOLUTIONS FOR CHANGE

When a disease process presents itself, we should ask why this has occurred. Health care providers should attempt to resolve the root of the disease with a healing therapy. At the same time, if a pharmaceutical therapy to ease symptoms is implemented, this should always include plans to reduce or eliminate it as the symptoms resolve. A drug should never be used as a "cop out" in addressing the primary cause of the disease.

For example, I have a nursing home resident who is losing too much weight. As a dietitian, I am expected to order Ensure, or a pharmaceutically sponsored synthetic supplement, update food preferences, and add more fat (most often synthetic *trans* fat) to the food. If weight loss continues,

I am expected to suggest an appetite stimulant, antidepressant, or a synthetic form of multivitamin with alcohol stimulant. If there is nausea, a medication is administered for it and the cause of nausea is not addressed. If pain is the cause of weight loss, a pain medication is administered, and the cause is not addressed.

When I challenge this current treatment paradigm, the staff is uncomfortable because I have introduced a subject about which I am more knowledgeable, and a modality with which they are unfamiliar. I am not expected or asked to spend time on a discovery as presented below in the holistic model. No one is asking *why* in this setting, and consequently no one is getting well.

As a holistic nutritionist I ask, "Why is this person losing weight?" I review medications that may cause anorexia or fluid loss, as well as nutritional deficiencies (such as a common anticonvulsant-induced osteomalacia). I rule out pain (often a statin-induced myopathy). I confirm that a drug is not used which is contraindicated for poor renal or liver function causing nausea. I rule out increased energy expenditure such as new diagnosis of cancer or lung disease or increased healing needs. I evaluate balance of mind, body and spirit. I analyze adequate intake and utilization of minerals, which could result in depression, sleep disturbance or poor hormone utilization. I address the *root* of the weight loss, which rarely simply calls for more food or supplements. Additional pharmaceuticals or "natural medicines" may be suggested. There are many natural medicines that prove clinically important, which can replace or work in conjunction with pharmaceutical therapy. Most have little or no side effects (see Jelin JM, Gregory PJ and others. *Pharmacist's Letter/Prescriber's Letter. Natural Medicines Comprehensive Database*. 12th edition. Stockton, CA: Therapeutic Research Faculty: 2009; pg 1- 2004).

In my experience, chiropractors, acupuncturists, massage therapists, naturopathic doctors, energy workers, true nutritionists (not dietitians), and so on, are trained this way. They work to support healing, not to drug or to conduct their work in support of an industry. Today you will find some physicians moving into this paradigm and away from the pharmaceutical model and some medical schools are teaching these modalities.

Members of the American Dietetic Association have recently formed the group “Dietitians in Integrative and Functional Medicine,” who recognize and use these modalities, mostly in the private practice arena.

In a nursing home I find most residents do not want to take medications, complaining that medication makes them feel sick. Many will spit them out. The medication continues to be encouraged by the nursing staff, and the resident who refuses it is documented in the medical record as “noncompliant.” The medication is encouraged by a nursing staff who often feel it is making their resident sick as well, but continue to administer it because it is “physician ordered” and it is not their responsibility to question orders.

I never encounter a resident or family member who understands what the medications are that they are taking, the reasons they are taking them, their benefits or possible adverse side effects. This should all be clearly explained, allowing the resident and/or family member to choose the therapy from an educated vantage point. A choice should be offered to the resident and/or family, meeting them at their comfort level and determining a level or age at which they would like to discontinue reliance on pharmaceuticals.

Pharmaceutical use is rarely conducted responsibly. Identifying the potential side effects and contraindications as provided by the *Nurse's Guide to Medications* or *The Physician's Desk Reference* is rare. I frequently identify drugs prescribed when they are clearly contraindicated in a particular disease process such as renal failure, most likely causing the resident distress and certainly opening the door for potential lawsuits.

INSTITUTIONAL FOOD

Nursing homes serve institutional food, usually canned or frozen-prepared. Although the products may be more expensive than raw food, it saves in employee time (cost) and decreases the risk of a fine for improper preparation from the Department of Health, whose dictates are absurdly stringent and unrealistic.

Dietitians review calories, protein and fat content of a meal. They determine that the proper servings of the food groups as suggested in the Food Guide Pyramid are served. They do not review the quality of the food base, nor are they

expected or encouraged to do this. The Food Guide Pyramid is always adopted as a guide for meals. Because of poor food quality, I find that vitamins and minerals are inadequate. The meals meet the Recommended Dietary Allowances only because the foods are synthetically fortified.

Calcium and vitamin D intakes are always inadequate and are rarely supplemented, which may be the reason for the high incidence of urinary tract infections, falls, weakness and broken bones. I often recognize this deficiency in the laboratory blood value, a value often overlooked by everyone—including the registered dietitian! If calcium is supplemented, it is most often requested by a family member and is usually in the form of the poorly absorbed calcium carbonate and unaccompanied by vitamin D. A resident is often admitted on large doses of vitamin D with poor calcium intake.

Servings of protein foods are precisely defined and measured at three to four ounces per serving to control the institution's costs. Increasing a resident's protein amount is allowed if increased protein needs are calculated for wound healing in decubitus or skin breakdown.

Low-cholesterol diets are frequently ordered by the physician and included in the facility's diet manuals, despite the fact that there is no research demonstrating the diet's effectiveness. In these cases, physicians are protecting themselves in the event a cardiac insult presents and the resident was not on this diet, in which case the physician may be deemed liable.

Saturated fat intake is low. Skim or lowfat milk is used, and skin and fats are removed from most meat. Margarine is selected instead of butter because it is less expensive. In my opinion, saturated fat intake is so poor that it hinders proper absorption of fat-soluble vitamins—another reason for increased urinary tract infections, weakness and falls.

Tube feedings are implemented for residents with dysphagia. A synthetic-type formula such as Ensure or a pharmaceutically sponsored supplement is used. Tube feedings made of whole foods are discouraged because of the time required by employees to make them, the increased risk of fines from the Department of Health for improper preparation and storage, but mostly because genuine food is not paid for by Medicare but these synthetic formulas are. It is quite impossible to implement a whole-food tube feeding, unless the family or resident demands it.

REAL FOOD FOR RESIDENTS

A nursing home I recently worked in employed a cook who focused on southern-style cooking using fatback, turkey necks, liver and fresh food! The facility administrator was a “jolly” southern fellow himself and found the increased cost of serving this type of food to residents entirely appropriate. This facility had little weight loss among residents, fewer medications were prescribed, and the overall population appeared much healthier and stronger than in my other facilities.

A strong focus on nutrition and whole foods to reduce or eliminate the reliance on pharmaceutical medications in nursing home settings is imperative. If food intake is poor, or pharmaceutical therapies are depleting particular nutrients, they should be supplemented in whole-food form.

Tube feeding prepared from whole foods should be used, as well as

nutritional shakes made of real food to replace Ensure and pharmaceutically sponsored supplements.

Foods should be served in whole form, without their fats removed. Margarine and other synthetic *trans* fats should be categorically banned. Fresh foods should be highlighted, and purchased locally if the location supports this option. Organic and pastured foods should be sought out as a first priority.

THE NEW PARADIGM

Many Americans are searching for residential care offering these healing modalities, and the numbers demanding such options are increasing. After publishing my last article in the Summer 2011 *Wise Traditions*, "A Dietitian's Experience in the Nursing Home," I received close to one hundred calls and e-mails from people searching for a holistic-based residential care or nursing home.

Unfortunately, the way our healthcare system currently reimburses medical expenses makes it difficult to offer this type of nursing home, as its virtues are essentially unrecognized by Medicare and Medicaid, but if you choose to pursue this option, now there is a way. Consider the following suggestions to create the health support team you desire:

- Find a physician who is willing to recommend referral to an alternative practitioner who works in an adjunctive healing modality, and work toward decreasing medications if indicated.
- Be willing and able to pay for alternative healing therapies and insist on them. You will need a naturopath, nutritionist, acupuncturist or other healer to lead you in the process. Be aware that this avenue can be costly.
- Be patient. Real healing on a deep level takes time, but is the true goal. The quick improvement of symptoms that we have become accustomed to via pharmaceutical intervention is not true healing.
- Most important, you must be able to incur the cost and time required to purchase and prepare whole, real unprocessed food if the facility is not willing to do this. You are within your legal rights to bring in food and whole food supplements.

The Nursing Home Reform Law mandates that all services be provided to a resident when required by the resident's comprehensive assessment and care plan, regardless of the availability of Medicare or Medicaid payment for the service.

It is time to include a naturopathic, holistic physician or true nutritionist in a nursing home who understands healing modalities. Change the type of care, forming a plan that focuses on true healing. The role of an allopathic physician should be to serve as a consultant to administer and decrease pharmaceuticals or recommend invasive procedures or supportive equipment such as oxygen.

The Centers for Disease Control say there are three ways to address the burgeoning health care crisis: a rise in payroll taxes, a reduction of benefits, or a combination of the two. Why not change the benefits our system supports to include only those that prevent disease and heal, such as whole, unadulterated food, whole-food supplements, homeopathy and herbs? Reimburse healing practitioners such as acupuncturists, chiropractors, herbologists, true nutritionists, massage therapists, energy workers, physical therapists, speech therapists, occupational therapists, consulting pharmacists, activity directors and chaplains.

The facility or physician should assume the costs of pharmaceutical interventions. If pharmaceutical interventions become necessary, this indicates the abject failure of the physician or facility to keep the resident healthy and well.

The health care delivery paradigm I envision rewards good health and encourages a facility or physician to decrease or eliminate reliance upon pharmaceuticals. The paradigm I envision heals the healthcare system and the American people.



Kim Rodriguez works as a registered dietitian/nutritionist in private practice, specializing in nutrition for the elderly. She offers consultations via phone/e-mail and can be reached at (803) 349-5588 or nutrition@bellsouth.net.

A HOLISTIC NURSING HOME?

Our author, Kim Rodriguez, RD, would like to assess interest in establishing a holistic-based nursing home in the United States, offering integrative medicine and a diet of whole foods. If the interest is high enough, she will then approach nursing home owners who otherwise may be forced to close based on recent sharp Medicare cuts. Such owners may be interested in shifting to private care with these priorities.

The fee for the nursing home care is expected to be around \$2500 per month, not reimbursed by Medicare or Medicaid. (Typical nursing homes charge Medicare \$6500 per month.) Additional costs may include nutritional supplements or other healing modalities.

If you are interested in such a facility for a loved one, contact nutrition@bellsouth.net or (803) 349-5588.

Homeopathy Journal

ANTIBIOTICS PAVE THE WAY TO CHRONIC ILLNESS; HOMEOPATHY RESTORES HEALTH

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

My family and I live on fifteen acres in the Boston Hills of New York where eighteen years ago we built our house and pond. We laid out our land with an aim to keep chickens, ducks and bees while we raised our family. When we embarked on this project we knew there was a good deal at stake if we uprooted a stand of apple trees or buried a spring, so we were cautious and learned as much as we could before permitting the powerful bulldozer to rearrange our land.

So it is with our health and the use of antibiotics. Just as we knew that our decisions in 1994 would have repercussions on the terrain we inhabit today, likewise we must consider what the use of an antibiotic can leave in its wake, decades, or even a lifetime later. No matter the arrangement, after a visit from the bulldozer, the topography will never be the same. Once the bulldozer leaves, what is left behind must be faced on a daily basis.

OVER-RELIANCE ON ANTIBIOTICS

Along with vaccines, antibiotic therapy is one of the cornerstones of modern medicine. And yet, even research published in mainstream medical journals consistently cautions against their excessive use. There is escalating evidence that the use of antibiotics, no matter how many decades previous, often plays a leading role in the development of conditions such as colitis, food intolerances, behavioral problems, and joint conditions such as ankylosing spondylitis and rheumatoid arthritis.

Imagine, for example, Sammy, a normal two-year-old. Sammy is not feeling well because he has an ear infection. His parents take him to the doctor who prescribes antibiotics. This isn't new to Sammy's family since the same symptoms were met with the same prescription the previous fall. After administering the antibiotic, the ear pain abates by the following night and Sammy is well again. Or is he? Six weeks later, Sammy cries out in the night with ear pain and a fever.

His parents believe this latest bout is yet another isolated incident, and return to the doctor for the next antibiotic. Again peace ensues. At least for a while.

Within three months Sammy is revisited with an ear infection *again*. Now he is prescribed a more powerful drug with a daily dose for six months. His parents are relieved that this will at last be the end of the ear pain and fever because they believe the stronger antibiotic can't allow an infection to survive.

Instead, the now sallow Sammy begins to have sharp stomach pains and obstinate constipation accompanied by mild rectal bleeding. Again he visits the doctor, with a subsequent stay in the hospital for invasive and scary tests. Nothing more is revealed than what the parents already suspect—that the antibiotics are causing a new illness. A stool softener and analgesic are prescribed, along with a muscle relaxant and a prescription laxative. Sammy remains on the antibiotic.

Sammy is now on five medications, each packing considerable side effects. His ear infections are likely not resolved since a large percentage of childhood ear infections return repeatedly under this sort of treatment. Also, in direct proportion to the amount of antibiotics, Sammy is no longer able to have a normal bowel movement without the aid of medications. In fact, there is inflammation in the descending bowel that has caused bleeding. This is an ideal site for an infection, which is exactly what happens to Sammy. He develops a rectal fissure that subsequently becomes abscessed.

But how could this happen? Isn't he on a daily antibiotic? The doctor explains that within short order antibiotics become nearly useless and stronger variants are required to keep the infection from mounting. Sammy's life becomes a series of demoralizing medical appointments, frightening invasive tests, pain and anxiety. There is little joy for Sammy and his parents.

There is escalating evidence that the use of antibiotics, no matter how many decades previous, often plays a leading role in the development of later illnesses.

THE HOMEOPATHIC ALTERNATIVE

In another household, twelve-year-old Constance is in her bed when she's awakened by fever and stabbing pain in her right ear accompanied by alarming dreams. Her mother comes to her bedside with the family homeopathic remedy kit, bolstered by years of study that have helped her discern signs and symptoms in order to choose the correct remedy. While her father comforts her, Constance's mother decides, with the aid of their well worn homeopathy guide, that *Belladonna* is the best choice for her.

This homeopathy-savvy mom administers the remedy twice in two hours and Constance drops into peaceful sleep. In the morning, our spirited youngster is back to her packed social life, with no sign of illness. That afternoon, their healthy family heads for a trip to the shore. Constance has parents with discerning taste, who have chosen homeopathy over drugs of commerce in order to live with autonomy.

HOMEOPATHY ANTIDOTES ANTIBIOTIC POISONING

Even before the recognition that microorganisms play a role in infectious disease, Dr. Samuel Hahnemann, known as the Father of Homeopathy, made a simple but insightful observation. Hahnemann noted that to suppress a symptom is a misguided medical strategy, since the real target for treatment of disease has been ignored. The word "symptom" means

"sign," and by using a drug to eliminate the outward expression of an illness, the illness is merely managed, not cured. Worse yet, by eliminating the signs of the disease, the drug drives the illness to a deeper state in the body. That's why one ear infection morphs into a second and third, followed by gastrointestinal pain, food intolerances, constipation, rectal bleeding, and finally a fissure and abscess, as in Sammy's case.

This is but one aphorism of health published in Dr. Hahnemann's scholarly treatise *The Organon of Healing*. In it, he states that infectious illness must be displaced by treating the person, not removing symptoms, or killing organisms. This is accomplished by using the precise remedy, or *similimum*, which awakens the body's natural ability to resolve the illness. Thus, the remedy becomes the stimulus, while the organism does the actual healing. The body has the ability to heal itself when given the correct incentive in the shape of the well chosen homeopathic remedy.

FOUR WAYS TO PLACE HEALTH DECISIONS WHERE THEY BELONG: IN YOUR HANDS

Let's speak about the most exhilarating part of treating yourself or family members with homeopathy: finding the solution to the condition at hand. This is where you can fulfill your innate desire and God-given right to take care of your own. This is where your efforts in learning enough homeopathy along with good nutrition will give you one of the greatest gifts of all. . . the ability to heal yourself and your family. I promise you, the benefits of health autonomy via homeopathy are significant. Here is my list of how to accomplish this worthy goal:

1. Just like Constance's family, parents should learn to treat their family members for fevers, otitis media, conjunctivitis, sore throat, sinus infections, urinary tract infections, colds, flu, food poisoning, bee stings, poison ivy, injuries, warts and much more. It's simply a matter of learning homeopathic techniques with a few books, CDs, and a course or two. When I first embarked on my learning process, I often locked myself in a room and studied. Even back then, before entering formal training, I was successful enough to boast that there simply was no need to visit a doctor, because I did it myself. You can do this, too. One caveat: be prudent. There are circumstances in which the attention of a doctor is entirely warranted. Knowing which conditions are within your ability and which are not is crucial and your studies ought to incorporate knowing the difference between the two. Having said this, however, it's surprising how much healing can be accomplished even on the way to the emergency room.
2. If you do nothing else, memorize the top remedies (and how to administer them) that specifically address your family's needs. For example, if you have sports active kids, know the remedies for trauma, the best potencies and how frequently to administer. If your spouse is prone to the flu, study the flu remedies and know them cold, so to say!
3. Be able to treat common illnesses with methods in addition to homeopathy. Knowing how to incorporate botanicals, home remedies, curative foods, and acupressure, for example, are skills that will give you a leg up so that drugs are not as tempting.
4. It doesn't matter how many years ago antibiotics were administered, even if decades prior, when seeking to undo the damage now. Working with an experienced homeopath can often yield gratifying results. For example, if Sammy's parents don't discover homeopathy until he's twenty, it's likely that his illness can still be retraced using the timeless homeopathic method.

FINDING THE CORRECT REMEDY

Homeopaths work with unique tools. Not only must they pay close attention to the details of the ill person, but there's a duty to use the highly detailed information revealed by the presenting symptoms. The foundational reference books upon which a homeopath depends are called *The Repertory of the Materia Medica*. These repertoires are a compendium of remedy provings as well as clinical contributions by homeopathic doctors, clinicians, hospitals and researchers worldwide.

An example of one of the most frequented repertoires is the *Homeopathic Clinical Repertory*, by Robin Murphy, ND. In it there is a handy rubric (symptom entry) entitled "Toxicity, Antibiotics; poisoning from." The remedies found to address this condition include: *Apis*, *Arsenicum album*, *Calendula*, *China*, *Chin-ar*, *Chin-s*, *Floric acidum*, *Gelsemium*, *Lycopodium*, *Penicillinum*, *Podophyllum*, *Mercurius viv*, *Natrum phosphoricum*, *Nitricum acidum*, *Nux vomica*, *Sulphuric acidum*, *Sulfa* and *Thuja occidentalis*.

This formidable list may appear daunting, but it is in the details that the homeopath selects the appropriate remedies. Each of these medicines has been used to unearth the damage caused by antibiotics, yet each one represents only one element of the picture. To undo the pathology every symptom the person reports must be considered. This methodology allows for the most important information (presented in symptoms) to be synthesized in the decision.

To Sammy's parents, for example, the rectal bleeding and abscess are of ultimate concern. However, Sammy's history of repeated ear infections is very significant. Hence, the next rubric that the homeopath would seek is "Ear; *Otitis media*, recurrent." In this case, we find *Calcarea carbonicum*, *Hepar sulphuris*, *Kali sulphuricum*, *Lycopodium*, *Psorinum* and *Sulphur*.

So far, with the above two rubrics to consider, *Lycopodium* is the only remedy common to both. Once we also look up "Rectum; abscess," and "Constipation; recalcitrant," as we must, then and only then, will the correct remedy emerge. That remedy represents the entirety of all the symptoms, and thus the full representation of the sufferer. This careful process maintains that the symptoms, as indicators, reign supreme.


The same practice must be considered for Constance. The fact that she is a rather plucky preteen tells us there is already a distinction between her illness and Sammy's, no matter whether the microorganism is bacterial or viral in origin. Moreover, in Constance's case the most undeniable feature is that she has only an occasional acute illness, while Sammy presently suffers from chronic illness.

Although it might be tempting to administer one or all of the remedies listed under the first rubric for Sammy's antibiotic poisoning, this would be a mistake. As demonstrated, this list is but one piece of the investigation that allows us to nail the remedy for someone who is ill, even if only in part, due to antibiotic toxicity. The information is foundational.

Does it matter if the ear pain is bacterial in origin? Or that there is candida, strep or MRSA? Fundamentally, these distinctions are irrelevant. As I teach my clients and students, just give me the relevant symptoms, and I'll show you the remedy that will address the totality of them all.

RESTORING VIBRANT HEALTH

The human body begins life as a virgin forest. Yet the body is capable of prosperity for only so long after it has suffered medical abuse. This is why one illness follows another with deepening pathology after succumbing to drugs.

Just as we instantly recognize a rich and teaming forest, we also distinguish hearty health at a glance. Join Constance's family, millions of others and myself, who rely on homeopathy. Homeopathy embraces timeless principles that defend and renew a thriving and vigorous landscape. 

Joette Calabrese, HMC, CCH, RSHom, is a homeopathic consultant/educator who works with and trains clients via Skype and phone. If you're interested in learning how homeopathy might be a fit for your and your family's health strategy, contact Joette at (716) 941.1045 or inquire at HomeopathyWorks.Net for a free 15 minute discussion to see how homeopathy might fit your approach. Visit Joette and download information on the upcoming launch of her homeopathy system in tele-class format, designed for mothers and others. Click on Yearn To Learn.

The body is capable of prosperity for only so long after it has suffered medical abuse.

All Thumbs Book Reviews



***Making Supper Safe:
One Man's Quest to Learn the Truth
about Food Safety***
By Ben Hewitt
Rodale Books 2011

Ben Hewitt sets out to examine the public health disasters caused by our industrialized, centralized food and agriculture behemoth as it lurches and stumbles in its death throes. This ugly, violent phase shows no signs of ending quickly, and the monster crushes and maims randomly as it falls to its knees again and again. Alas, after each catastrophe, others strain to prop it upright once more, to continue its merciless and deadly stumble for another day and another dollar.

My evil-giant characterization of the problem of food safety, straight out of a modern-day tale from the brothers Grimm, is close to what Hewitt comes to himself in the course of his survey of the most recent food contamination disasters in this country. How and why do these disasters continue? A toxic mix of near total consolidation of agribusiness, an out-of-sight food processing mega-industry, and government regulatory agencies largely in collusion with both has left the unaware U.S. citizen—the hapless, clueless consumer—vulnerable to injury and even death.

Although we may have become almost inured to regular news of food recalls and poisonings, the scale of the numbers involved remains mind-boggling: millions of pounds of meat or billions of eggs, for example. Most Americans are completely ignorant of the ways these products arrive on supermarket shelves, and to the fact that in most cases there are only two or three gigantic processing plants that supply—or potentially poison—the entire nation. Hewitt uses the 2007 incident of Cargill's bacteria-contaminated ground beef to illustrate how dimly we understand what is really in our

food. That beef commingled meat from animals from three U.S. states and one South American country. It also contained a cost-saving—to Cargill, of course—beef by-product of rendered, centrifuged and ammoniated carcass remnants identified as “fine lean textured beef.” Cargill produced millions of pounds of this processed beef product weekly from just two facilities and sold it as “American Chef's Selection Beef Patties.” Nine hundred and forty people were sickened by this contaminated meat, including one woman left permanently paralyzed.

FDA and USDA, whose purported jobs are to protect the public from mass poisoning, fall down on the job—at least as far as policing of the monolithic food industry is concerned—from the perspective of a naïve and trusting public. Processing facilities are inspected by FDA on average once in seven years, and even in the case of outright documented contamination, FDA can only issue toothless “suggestions for correction.” Meanwhile, the wheels of the industry never stop; company heads never stand trial for poisoning or killing people. The industry may pay hefty fines for violations, but this financial liability has already been factored into its operating expenses, and anyway the consumer pays for it in the final product cost. FDA staff members are frequently recycled employees and advisers from the very same food and biotech industries the agency is supposed to oversee. They insure that the infamous “revolving door” between industry and government oversight is well oiled for this corrupt fraternity of “business as usual.”

State and federal regulatory agencies come truly alive with military zeal only when they learn of citizens who have decided to circumvent this rotten system by forging direct relationships with small farmers to provide them with wholesome food. In numerous examples, all well known to *Wise Traditions* readers, Hewitt documents the appalling thuggery these agencies and their henchmen wage against small farmers and

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example.

All Thumbs Book Reviews

consumers who have chosen to work together outside the system. These food war skirmishes are slowly appearing on the national radar, and ground-breaking films such as “Farmageddon” should spearhead much more awareness.

Hewitt travels to the lofty Seattle law offices of Marler Clark, to speak with Bill Marler, the most prominent food-borne illness attorney in this country, in order to learn more about food safety issues from his perspective. Among some surprising revelations is what Marler “seemed to be saying is that the root cause of food-borne illness isn’t pathogenic bacteria: It is immorality. It is cutting corners in pursuit of profit.” Marler himself comments that “...the wheels just came off the meat industry. It’s degrading to our bodies, to our environment, and to the animals. It’s degrading to our morals.” Yet, he continues, “No one has convinced me that with the population we have, we can go back to a non-industrial food system. And yet the biggest problem we have is the huge scale of it and the motives behind it. It’s a capitalist model, and we’ve not really figured out how to infuse the system with a good, strong dose of morality.”

Marler is disdainful of raw milk as a food choice, but believes it should be legal albeit with strict regulation. This type of regulation, of course, is just what those who produce or procure raw milk recoil from, arguing, among other things, that compliance would force small producers to operate on large-scale industry standards and thereby perish, along with their authentic product. Marler keeps company with many who stand by more government intervention as a way to clean up food production. “The reality is that the only way a society as large and complex as ours is going to work is through government policy,” he says. In other words, if business as usual isn’t working, we ought to try more of the same.

Certainly those who are poisoned by tainted food suffer horribly. Hewitt provides a poisoning

primer of sorts—graphic details of the havoc wreaked on the body by some of the more notorious organisms we’ve learned to fear such as *E. coli* O157:H7. To his credit, Hewitt doubts that sterilized, pasteurized, or irradiated food is the answer to banish either the organisms or fears of their contamination, and he even entertains the novel concept that regular exposure to many microorganisms in normal daily life helps build immunity and healthy resilience. Bolstering this conviction are the likes of Mark McAfee, owner of Organic Pastures Dairy: “We are bacteriosapiens. It’s on us; it’s in us. It *is* us”; Justin Sonnenburg, assistant professor of microbiology and immunology at Stanford: “[W]e are a victim of hyperhygenitization. The evidence is increasingly strong that when our intestinal microbiota is in a normal, healthy state, we’re more resistant to disease. In fact, one of the top predictors for salmonella poisoning is antibiotic use within the last thirty days”; and Lynn Margulis, professor of geosciences at the University of Massachusetts: “The whole idea of good bacteria versus bad bacteria isn’t just wrong, it’s suicidal. Some of the things we consider pathogens could be key to our survival in the future. I’m not denying there are toxic bacteria, but there are natural reasons for it. When we think of these bacteria as something to be defeated we are not thinking ecologically at all.”

Hewitt reasonably suggests that the more we live in isolation from the natural world, which of course includes eating sterilized, dead, and ersatz foods, the more we disable the natural powers of our internal terrain to protect us. Modern industrialized humans who eat from the common trough suffer compromised immune systems and damaged gut biota, along with propensities for other disorders, thanks to their position at the top of a diseased food chain.

Making Supper Safe is bracketed by first and last chapters that chronicle Hewitt’s forays

(Continued on page 57.)

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All Thumbs Book Reviews



Stop Alzheimer's Now!

By Bruce Fife, ND

Piccadilly Books, Ltd., 2011

I was privileged to receive a free copy of this book and became absorbed in its easy-to-understand, yet dense explanation of the prevention, and even in some cases, reversal of several of our most devastating neurodegenerative disorders.

Dr. Fife not only discusses Alzheimer's disease, but also covers Parkinson's, ALS, multiple sclerosis, and other neurodegenerative disorders such as epilepsy. He documents celebrities for whom help comes too late: Charlton Heston, Rita Hayworth, Michael J. Fox, and other popular personalities who have unfortunately either succumbed to or continue to face the challenges of living with these degenerative disorders. We know that neither money nor fame can bring about prevention or reversal of these frightening conditions. Dr. Fife, however, outlines a possible way out of disaster if we start early enough to intercept these diseases before they become irreversible.

To begin with, Dr. Fife addresses premature aging and neurodegeneration, covering aspects that cause these conditions. Fife presents new information for readers, including details about free radicals, Advanced Glycation End Products, and Dietary Advanced Glycation End Products. These substances, called AGEs, are everywhere in our diets, and yes, even in so-called healthy diets. Something I did not know until I read this book is that AGEs form not only inside our bodies but outside them as well. When you roast a chicken in the oven, you are creating glycated proteins in the browned chicken skin. When proteins and sugars are cooked together at high temperatures in the absence of water, AGEs are formed. This and much more on AGEs is thoroughly covered.

Dr. Fife clearly explains that abnormal proteins and plaque tangles are characteristics

of Alzheimer's disease and first develop in the hippocampus, a structure deep in the brain that helps to encode memories, and in areas of the cerebral cortex that are essential in thinking and making decisions.

We are all now aware of the devastating effects of chronic inflammation. Dr. Fife notes that in postmortem analysis, inflammation always appears to be present in the brains of those who die of neurodegenerative disorders. Chronic inflammation may even contribute to the problem, but it is not the cause of neurodegeneration. Fife challenges us with several questions: What causes inflammation? What causes oxidative stress? What disrupts glucose metabolism? He claims that while genetics may play a role in some cases, by far the major influences involve a combination of diet, trauma, drugs, stress, toxins and infection. Dr. Fife covers each of these issues and more in extraordinary detail, providing many useful visual aids to help us understand this complex subject.

The keynote portion of the book is centered on how we can prevent or reverse these disorders by using information reaped from Dr. Fife's now famous studies of one of the most humble, yet power-packed foods known to man: coconut oil. In addition to the excellent information on this single food, Dr. Fife—otherwise affectionately known as “Dr. Coconut”—goes on to integrate its use with the many health benefits associated with the neuroprotective effects of ketones and medium-chain fatty acids in our diet.

Ketones and medium-chain fatty acids are two of the precious substances that cross the brain barrier. Dr. Fife describes the influence of ketones as potent neuroprotective substances that can ease inflammation, oxidative stress, disturbed glucose metabolism and excitotoxicity. Medium-chain fatty acids, which are plentiful in coconut oil, produce more ketones than normal dietary fat composed of long-chain triglycerides, and are more efficiently absorbed and prefer-

Ketones and medium-chain fatty acids are two of the precious substances that cross the brain barrier.

All Thumbs Book Reviews

entially used by the liver to produce energy in comparison to the more common long-chain fatty acids.

Finally, and quite eloquently I might add, Dr. Fife gives us a complete menu plan, charts, tasty recipes and numerous other “how to” pointers in order to start our journey into the world of prevention or reversal of many of our most dreaded illnesses. This is a wonderfully inspiring book that makes complicated disease processes and chemical interactions comprehensible for the

average person. As with his many other books, Dr. Bruce Fife has once again done us a great favor.

Review by Maria Atwood

EDITOR'S NOTE: Before our readers abandon crispy chicken skin or the occasional barbecued steak, please visit Chris Masterjohn's blog on AGEs at <http://blog.cholesterol-and-health.com/search/label/AGEs>. The evidence indicates that AGEs in food are poorly absorbed and that a number of factors in the WAPF diet offer robust protection: adequate protein, well-rounded intake of vitamins and minerals, raw foods, fruits and vegetables and avoidance of industrial vegetable oils.

(*Making Supper Safe*, continued from page 55.) into nocturnal dumpster diving with someone who is a regular practitioner of the art. Hewitt obviously enjoyed writing these chapters for their whiff of derring-do, but the risks involved in sifting through toss-outs from retail food emporia are not of the same order as those taken—albeit without knowledge—by those who regularly purchase their food from supermarket chains or eat in restaurants. Shops often discard otherwise sound food simply because an expiration date has been reached. In fact, Hewitt's companion finds pounds of discarded but perfectly ripe Brie that he later serves to rave reviews (including those of his aged aunt) during a dinner party. Food in these dumpsters—especially outside high-end shops—is either retrievable—as long as it passes your personal standards for quality, origin, organic, etc.—or is in a simple, frank state of putrefaction which causes you naturally to pass it by. Food-borne organisms that can create serious harm, on the other hand, do not cause the food itself to spoil, and so are ingested without obvious warning. Unfortunately, those who cringe at the thought of dumpster diving might be equally put off by the thought of pulling a radish or carrot out of a clean, home garden, and, after a swipe across the pant leg, going straight into one's mouth. Or cracking and swallowing a still-warm egg taken right from the hen's nest. These are just ordinary

behaviors of an ordinary farm kid, at least of my generation, and illustrate the kind of exposure to the natural world that helps confer health. Yet for a truly stomach-turning experience, poke around the dumpster behind your favorite restaurant and check out the ingredient list on the empty cooking oil containers. Now those are things you do not ever want to put in your mouth!

Some critics of *Making Supper Safe* have complained that Hewitt merely frightens his readers without providing any solutions to the threats against food safety. These critics reject the fact that there will always be a degree of risk involved in eating, just as there is risk involved when driving your car. Hewitt has in fact hinted—rather than perhaps bring down scorn for trumpeting such an outlandish proposal—that the way to circumvent danger from the industrial feed trough is to avoid it altogether, however and whenever possible. Hewitt, in his early forties, married with two young sons, lives in a solar-powered home he built himself. According to the book jacket, he and his family live “on a diversified forty-acre farm in Vermont, where they produce dairy, beef, pork, lamb, vegetables and berries.” That covers about everything you need to eat well. Hewitt also mentioned that often many months would pass before he or his family needed anything from the local grocery store, and one might guess that what they needed was along the lines of vinegar, baking soda or kitchen matches, rather than food. If one cannot create the means to become as self-sufficient as Hewitt has presciently done, then one can join the growing movement of consumers who connect directly with the producers of their food and enjoy an open and trusting relationship with them. This puts the responsibility for providing safe food for one's family back where it has always been all along: on the individual. The fostering of these traditional relationships restores dignity, satisfaction, good health and, yes, Bill Marler, morality in food production in America.

Review by Katherine Czapp

All Thumbs Book Reviews



The Small-Scale Poultry Flock
by Harvey Ussery
Chelsea Green Publishing, 2011

The foreword to *The Small-Scale Poultry Flock* is written by Joel Salatin, which is always a good way to start a book. If you read and study this book, you will learn almost everything there is to know about chickens except why they cross the road (unless I missed that). However, as Harvey Ussery wisely points out, you may think you know about chickens, but you will not know chickens until you spend some time with real, live chickens.

Most how-to or all-about books can be rather dry and tedious. While there are sections that get deep into the nuts and bolts of how and why things are done the way they are on the Ussery homestead, this book is spiced up with interesting stories. In one memorable example, a friend was watching TV on a windy night when he heard a persistent tapping at his front door. He opened the door to find not a raven, but one of his own hens who led him back to the chicken house where the wind had blown shut the coop door, trapping the birds outside. Apparently the flock had analyzed the situation, determined they were going to need help, and sent a messenger to obtain that help.

Ussery corrects common misunderstandings for those who don't know any better. Some chickens really do lay naturally white eggs and they have the same nutritional content as eggs of any other color. Technically the male of the species is called a cock, not a rooster, and the good ones will "dance for the ladies." Both males and females can be surprisingly ferocious fighters. The noises chickens make are not completely random. They make specific sounds for contentment, calling their chicks, warning the flock of an approaching predator, or warning an unwanted invader to get away or risk being shredded by sharp beaks and claws.

Many people probably know chickens have an elaborate social structure commonly referred to as a pecking order. You can't have very many cocks or there will be endless war, kind of like with humans. Occasionally a cock will insist on picking a fight with his keeper. In cases of excessive incorrigibility, the only answer in this situation is for the keeper to take advantage of his or her higher position on the food chain.

Chickens and other birds will do a lot of farm work for you if you let them. You can have chicken tillers and composters, goose weeders, and duck bug-and-slug zappers. They help with fertilization when their numbers are kept to a reasonable limit. However, as concentrated commercial operations have shown, you will run into trouble if you try to find out how many chickens can dance on the head of a pin.

Several chapters discuss what to feed a chicken, and there is also some brief coverage of feed for other birds. Chickens are omnivores and some can be more self-sufficient than others. As with humans, it is best to stick to feeds with ingredients you can pronounce. Appendices in the back give additional feeding details along with instructions for building various structures you and your chickens might want. Appendix G has an interesting comparison between nutritional content of eggs from factory farms versus eggs from someone like Harvey Ussery or Joel Salatin.

Mr. Ussery doesn't go into any long rants but covers a little of everything from the morality of eating chicken, to the economics of why one would want to spend more money on good local food instead of "cheaper" commercial grocery food; from how to stretch increasingly worthless dollars to how chickens help build compost. I didn't notice any mention of whether dollar bills would make a good addition to compost but that's okay. The thumb is UP.

Review by Tim Boyd



If you read
and study this
book you will
learn almost
everything
there is to
know about
chickens,
except why
they cross the
road (unless I
missed that).

Tim's DVD Reviews

Autism Now

Public Broadcasting System

<http://www.pbs.org/newshour/news/autism/>

Robert MacNeil was inspired to do a six-part PBS series on autism because his grandson Nick is autistic. In the first segment we are introduced to Nick and his mother Alison and learn about his case in particular.

Robert and Alison both seem to understand that autism involves more than just what is above the neck. There clearly are digestive and other issues involved that require a whole body approach to the condition. Alison also noticed that trouble started after a vaccination was given to Nick. MacNeil's response was, "I understand Alison's suspicion, but public health authorities say there is no scientifically valid evidence that vaccines cause autism. And Alison found little support from the developmental pediatrician." That attitude sets the tone for the remainder of the series.

The next segment examines a family with three autistic boys. It is not surprising that the oldest has the least severe problem and the youngest has the most severe autism. Then it is time for the experts to weigh in. This goes about as well as it always does when you see experts on TV. There are always many, many words, some of them ridiculously long, which can all be analyzed, distilled down and summarized by three simple words: We don't know.

Dr. David Amaral provides a classic example of expert doublespeak: "Clearly, thirty years ago we didn't know any genes that conferred risk of autism. Now, we know that there's at least twenty or more that seem to be associated with autism. The interesting thing, though, is that any particular gene that you might find that is related to autism is only related to about 1 to 2 percent of the cases of autism. So there—I think what's clear now is that there's not going to be a single autism gene. But there are many, many."

Clearly, Dr. Amaral is trying very hard not to admit that genetics are a dead end to explain the current explosion of autism cases, but if he can't do any better than that, I am forced to conclude that genetics *are* a dead end, especially when significant genetic aberrations are historically not known to arise out of thin air in only a few decades.

Much more mindless babble from experts is followed by an exploration of the impact of autism on the nation's education system. New York City schools have more than seven thousand students with autism. Schools in general are overloaded and don't have the resources to deal with the flood of autistic students. This is yet another one of many ways public schools don't make the grade.

The ensuing section points up the lack of government programs for adults with autism. Apparently everyone with autism is doomed without government help. Here we go with more inside-the-box thinking that I don't quite follow. If the government is so good at solving problems, why have cancer rates gone up so much since Nixon declared war on cancer almost forty years ago? And how is Johnson's even older war on poverty going?

I suppose since PBS only exists thanks to government funding, that attitude is to be expected. The final section continues a little further down that path by asking how taxpayers who are already overloaded will handle the additional burden. Consistent with the rest of the series, there are no real answers to these questions either. This series may be useful for raising awareness if you don't get much news in your cave but if you are looking for any innovative ideas you will be disappointed and my disappointed but not surprised thumb is DOWN.

If the government is so good at solving problems, why have cancer rates gone up so much since Nixon declared war on cancer nearly forty years ago?

Tim's DVD Reviews

Apparently
the revelation
that real food
is better than
junk is a great
epiphany to
the scientific
community.

Forks over Knives

**Executive Producer Brian Wendel
Monica Beach Media**

"Forks over Knives" kicks off by looking at the statistical indicators of health, or lack thereof, in America today. Diabetes, obesity, cancer, heart disease and allergies are so common that it is getting hard to find anyone who doesn't suffer from one or more of those conditions. We spend over two trillion dollars on health care per year. As the movie points out, it is easy to find a profit motive for the health care industry to maintain this status quo. There is no money in healthy people and no money in dead people. The money is in people who are alive, sort of.

Dr. Caldwell Esselstyn and Dr. T. Colin Campbell both grew up on traditional American farms where dairy or beef were the main food products and key elements of their diets. Several minutes of footage are spent showing how healthy these men are. That kind of diet seemed to serve them well, especially Esselstyn, who was an Olympic athlete. Their message now, however, is that their dietary upbringing was a mistake.

We are treated to a discussion of the lipid theory that claims heart disease is caused by fat and cholesterol jamming up our arteries. This is backed by a detailed movie animation showing cholesterol plugging an artery. Many moviegoers may be convinced by such animation but I hope I can be forgiven for being a little skeptical if an artist's rendition is all the proof they have.

Campbell elaborates on rat studies in which rats fed diets of 20 percent casein deteriorated rapidly while rats fed 5 percent casein stayed healthy or recovered if they were not healthy. This outcome is meant to somehow prove that animal protein in general is at the root of all cancer.

What I see in this film is a whole-food, plant-based diet being compared to a non-whole-food, animal-based diet. It is generally accepted that a high protein, lowfat cuisine is bad for rats. As

many scientists and non-scientists have noted, there are many similarities between rats and humans, and therefore rats are used in experimentation as models for humans. I would agree that high protein, lowfat diets are bad for humans too. A whole-food, plant-based diet probably is better than non-whole-food (or non-food), processed, pasteurized, homogenized, chemicalized, plasticized, animal-based diet. All this leads to one very important question: So what?

Real food is better than junk. Apparently this revelation is a great epiphany to the scientific community. There are, however, important details the movie carefully avoids. Animal foods are lumped in with junk food, sugar, and sugary chemicals. The film makers don't compare whole-food plant-based diets to whole-food animal-based diets. Campbell, as the author of *The China Study*, likes to cite China as an example of a healthy plant-based diet culture. Kenya is mentioned in relation to having much lower cancer rates than the U.S., but there is no mention of the Masai and their animal-based traditional diet. There is no mention of Eskimo dietary traditions or other counter examples.

The producers include an explanation in some detail of why removing fat from milk concentrates the protein, making it much less healthy to consume, but there is no analysis of whole raw milk. The net result is a distorted picture complete with the usual politically correct agendas. You can see this movie if you want, but there are better ways to waste a couple hours of your life that you can never have back. The thumb is DOWN.

***Farmageddon, the Unseen War on
American Family Farms*
Kristin Canty Productions**

In this thumb's UP film we see a country where officials masquerade as inspectors to gain entry to a farm and then steal their products, where government agents steal customers' milk

Tim's DVD Reviews

and pour it out on the ground in front of those who bought and paid for it, where the only thing more regulated than milk is marijuana, and where washed and bagged lettuce at a farmers market is ticketed for being a processed food.

We see a country where the government tells a small farmer he is permitted to sell his milk to private customers, then turns around and sends armed goons onto his farm to stop him from doing so. They also steal tens of thousands of dollars worth of equipment and food.

We see a country where sheep that are not sick are seized and slaughtered for a disease that doesn't exist. Other farms and food clubs are raided with SWAT teams where no charges have been filed, or they are guilty of misdemeanors at most, and there is no legal explanation for this.

I consider the production and choice of food a basic human right and there is no moral justification for these government actions. What's the deal? The rationale being sold to the public is that these laws, regulations and enforcement actions are needed to ensure public safety. If we stop and think this through, it gets very strange. Some areas have laws against selling raw milk and some don't. I guess that means raw milk is safe in some areas but not others. But, if you buy raw milk where it is legal to do so and cross imaginary political boundaries with that milk, that is illegal, implying that crossing that boundary magically rendered the milk unsafe. In places where sales are illegal it is legal to give it away. Apparently milk is only dangerous when money changes hands.

There is no law against drinking raw milk anywhere. Are you confused yet? If you answered yes, good. That's the point. It gets slightly stranger when you consider that the method of choice for restoring safety is sending in goon squads who point big guns in everybody's face. I know that always makes me feel safer.

Where is this jackbooted thuggery taking place? Is this Nazi Germany? The Soviet Union? Communist China? No, no and no. This is your

wake up call if you are out of touch with what is taking place on farms these days, but we are talking about the United States of America. If the above paragraphs sound like exaggeration, actually that's just a quick sampling. It doesn't stop there. How do these agencies get away with their foul deeds? They prefer to perpetrate them when there is not a lot of media attention around.

This movie does more than just talk about allegations of raids and abuses. There is actual footage capturing several of these events as they happened. The USDA and FDA are responsible for most of the attacks and don't try to deny them. They even seem to be quite proud of their achievements—except when you try to ask them questions on camera. Producer Kristin Canty tried to do that a number of times and the best she could do was a brief chat with one New York spokesperson who gave out a few carefully evasive statements. In every other case the officials ran for the hills when they saw her coming. It seems they are not so bold without their big guns. I've met Kristin several times. She's not scary looking.

Small farmers show more courage when facing a gun than government regulators show when facing a camera. It sure is reassuring to know our government is bravely protecting us from those notoriously evil and dangerous small farmers. I guess next they will go after killer bunny rabbits and kittens. Nothing embarrasses tyrants more than being caught acting like tyrants openly where everybody can see.

Do your part to embarrass a tyrant and see this movie.

The Biggest Weight Loss Secret in the World

Jason Christoff

www.biggestweightlosssecret.com

Disk One in this set of eight CDs discusses mental programming. Your beliefs define the boundaries of the box your mind operates in. They determine what you accept as true and what doesn't have a chance. That is the key point and I personally see this frequently. I'm often asked how to convince someone whose mind is made up that they are wrong. You don't. No amount of evidence in the world will convince someone to believe what they don't want to believe. You can't help someone who doesn't realize he doesn't know what he is doing. The most common example in modern America is the mindset that government authorities are infallible. If the FDA or the CDC says raw milk is dangerous, that's it. The matter is settled.

Disk Two points out that you don't really want to be normal. If you look around at what normal is in America today, you have a smorgasbord of problems to choose from. Normal could be diabetic, overweight, suffering mental health issues or other chronic illnesses, unemployed, spending big money on drugs or healthcare, and the list goes on. Normal is overrated.

Obesity in particular is a major concern. Even people who are not obese

Tim's DVD Reviews

worry about avoiding the problem. The main discussion in this disk is about why we become obese. What should not come as a surprise to our regular readers is that watching calories is a waste of time. Our culture has been doing that obsessively for decades. How is that working out? Christoff also speaks in detail about how the body's defense mechanisms work and why they can make it hard to lose weight if you don't understand that subject.

We poison ourselves every day in many diverse and creative ways. Small children are more susceptible than adult men to a given amount of poison. The reason is simple. Size matters. The theory is put forward that one of the body's defense mechanisms against constant low-level poisoning is to get bigger. I don't know if this explains every instance, but Christoff makes a very interesting case and backs it up well.

Disk Three discusses the immune system and the many things in western civilization that assault it. Any one thing by itself is unlikely to be a big deal, but between lack of good nutrition and exposure to a long list of chemicals, life can be difficult.

Christoff goes into some detail on one chemical which most people are addicted to. Healthy plants do not suffer greatly from insects because they have a natural insecticide. Coffee plants have this. It is called caffeine. It may not kill anybody immediately but continuous accumulated exposure will cause problems eventually. Human metabolism and energy increase the same way with caffeine as with any low level poison in the system. This raises a few questions which he didn't address. If all healthy plants have some form of natural insecticide, what are the implications for a healthy diet? Not all plants have the same effect on human metabolism as coffee so is there something else affecting us besides the insecticide component of caffeine? My curiosity is not completely satisfied here but it is an interesting point.

Disk Four continues with the short list of

toxins just to give you some idea how prevalent they are. Things that make the list are birth control pills, fluoride, bleach, tap water, hygiene products, sunscreen, off-gassing from plastics and almost anything new, BPA, drugs and cleaners.

Disk Five talks a little about real food and points the listener to Sally Fallon Morell and the Weston A. Price Foundation. Christoff argues that bacteria are not the enemy in our day to day lives, and real food comes from living soil. I can't argue with that.

Disk Six continues to emphasize the importance of good soil and genuine organic food. Christoff describes how ridiculous our unhealthy lifestyle can be by giving us the mental picture of an obese American grabbing a bag of fast food and enough snacks to last for the hours he will sit propped up in front of his TV watching mindless, mentally debilitating entertainment. He may fall asleep for a few hours in front of the TV, then force himself to wake up with a jug of high-octane coffee so he can go work at a job that is just a paycheck to him.

Disk Seven is more philosophy than anything else and Disk Eight is a bit of a mixed bag. With eight total disks, this will take a long time to listen to. If you have a CD player in the car you can listen to it while you drive around for a few weeks. For Disks One through Six in particular I give a thumbs UP.

Burzynski: The Movie

Written, directed, and produced by Eric Merola

Dr. Burzynski is a medical doctor and PhD biochemist who has discovered the genetic mechanism that can cure most human cancers. Numerous interviews are presented with patients of Dr. Burzynski who have been cured. His treatment has no negative side-effects. While his treatment protocol doesn't produce a one-hundred percent success rate it is far better than conventional chemotherapy or radiation, and often successful with childhood brain tumors which are otherwise almost always fatal.

Other pharmaceutical companies routinely receive multi-million dollar grants from the National Cancer Institute (NCI) to conduct research and clinical trials. The U.S. government currently prohibits any tax-payer money to be granted to Dr. Burzynski's FDA-approved clinical trials. The movie documents how the FDA is controlled by the pharmaceutical companies it is supposed to be regulating on our behalf.

In the 1980s Burzynski battled with the Texas Medical Board, which had asked for successful cases to review, which Burzynski provided. There was no further word for two years. Then the board came back, pretended the cases were not successful and accused him of breaking a law that doesn't exist. After several amendments to the charge, the case went to trial in 1993. Burzynski won. That, however, was just the beginning.

Tim's DVD Reviews

The Texas Medical Board took Dr. Burzynski to a higher, district court. The case eventually went all the way to the Texas Supreme Court. Their goal was to revoke his medical license. It was discovered that the FDA was the driving factor behind this relentless persecution. When confronted, the FDA displayed its usual cowardice and refused to go on camera or be quoted. Throughout the 1990s the FDA went before a grand jury and came back with no indictment. This happened at least four times and probably more. They are not clear on this. Apparently it happened so often everybody lost track.

There was an interesting interchange in a congressional hearing between Congressman Joe Barton and FDA commissioner Dr. David Kessler. Barton was curious to know how many grand juries are necessary before the FDA concludes there is no fault. The FDA's insolence shines through brightly here. Kessler asks Barton how he knows no fault was found. Barton gives the obvious answer that no indictments were handed down. Kessler then begins splitting hairs over the difference between lack of indictments and lack of fault which understandably baffles the Honorable Joe Barton.

The insanity is then taken to the next level. The FDA authorized Burzynski to conduct clinical trials but continued to pursue a criminal case against him for conducting those clinical trials. Once again, they were unsuccessful. Seriously, I am not making this stuff up. Do we need more evidence that the inmates have taken over the asylum?

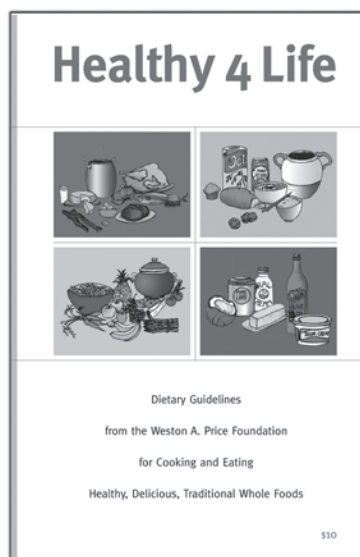
If you do need more evidence, you're in luck. On October 4, 1991, the NCI hosted their site visit to Burzynski's clinic, and verified for themselves that "anti-tumor activity was documented by the use of Antineoplastons." Seventeen days later, on October 21, 1991, the Department of Health and

Human Services, and Dr. Dvorit Samid (NCI) filed a patent for Antineoplastons AS2-1. They even had the audacity to include Burzynski as a reference. "The invention described herein may be manufactured, used and licensed by or for the government, for governmental purposes..."

Over the next three years, the United States patent office approved all eleven copy-cat patents on Antineoplastons.

One revealing detail found in these patents is this statement: "Current approaches to combat cancer rely primarily on the use of chemicals and radiation, which are themselves carcinogenic and may promote recurrences and the development of metastatic disease." There it is, immortalized in a patent stolen by NCI and the U.S. government. Conventional cancer treatment is carcinogenic.

Dr. Burzynski continues to treat cancer patients using Antineoplastons in FDA-approved clinical trials. In 2009, Phase II of FDA-supervised clinical trials of Antineoplastons was successfully completed. Phase III trials comprise the third and final phase before reaching FDA approval. This movie gets a thumbs UP and so does Dr. Burzynski. ☺☺



HEALTHY 4 LIFE Dietary Guidelines and Recipe Book

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

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

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

Growing Wise Kids

MAKING THE MOST OF AUTUMN ABUNDANCE

Simple Ways to Preserve Nature's Garden Bounty

By Jen Allbritton, CN

As leaves begin to flitter from the trees, the brisk breeze and waning sunshine remind us that colder, snuggle-up weather is on its way. Now is the moment to make plans to stock up your freezer, fridge and pantry with the bumper crops from your home garden, overflow from Community Supported Agriculture (CSA) shares, green grocer sales or case discounts at the farmers market. Not only will you be preserving the freshest, most nutrient-rich foods, you will save some hard-earned income too.

Depending on your food supply, energy level and storage capacity, you could potentially enjoy your stash through winter's end. While there are many methods of preserving produce, we will focus on the three time-honored traditional methods of freezing, dehydrating and fermenting as they apply to a handful of the most used and best loved ingredients. These will make the biggest difference to your family in time and money savings.

THREE GREAT WAYS TO PRESERVE

Freezing is a quick and nutrient-protective technique to preserve foods. As Carol Hopping explains in her classic work *Stocking Up*, "a general rule to remember is that those vegetables most suited for freezing are those that are usually cooked before serving." Vegetables that fall into this category include asparagus, beets, cauliflower, broccoli, peas, carrots, spinach and other greens. Many fruits freeze well too—if done correctly, that is, by processing foods as soon as possible after harvest or purchase, steam blanching instead of immersing in boiling water, and, at serving time, thawing frozen foods in the fridge instead of on the kitchen counter. With these measures to reduce cellular breakdown, freezing will do the best job of maintaining nutrient levels, such as vitamin C.¹ As a general rule, most fruits and vegetables last up to twelve months in the freezer, but for specific vegetables,

it may be helpful to keep a copy of a book on the subject handy in your kitchen, such as *Keeping it Fresh* by Janet Bailey.

Making frozen foods taste as good as fresh takes a bit of finagling. There are two factors to contend with when freezing your harvest: enzymes and water. Blanching is usually necessary to destroy the vegetable's enzymes that cause foods to grow and mature, which, if not deactivated, will continue to do their job, causing frozen vegetables to become tough, off-flavored and discolored. The second issue is the water that makes up a vast proportion of your produce; in fact, this water within the plant cells is really what we are freezing. Commercial food is flash frozen, a faster process than can be achieved with the typical home freezer; however, there are some tricks to make home freezing as close as possible to the more desirable flash freezing.

When food is frozen slowly, bulky, jagged-edged ice crystals form inside the food. When thawed, these large ice crystals rupture the cell walls, leaving a mushy mess. Freezing quickly, to as low a temperature as possible, makes for smaller ice crystals, less cell wall damage, and a firmer, more flavorful end product. To freeze foods as quickly as possible, try one or all of these steps: freeze goods on a flat baking sheet before storing in a bag or container; turn down the thermostat in your freezer for a few hours before storing your new harvest; and package in smaller portions. To keep frozen foods at their best, store at 0° F or lower.

DEHYDRATION

Drying, similar to freezing in nutrient-preservation, offers more variety in food texture and portability. Removing the moisture from food also discourages the growth of germs and molds, lending itself to long-term storage for both veggies and fruits. On average, four pounds of fresh food yields one pound dried. Drying raw

Freezing quickly, in as low a temperature as possible, makes for smaller ice crystals, less cell wall damage, and a firmer, more flavorful end product.

vegetables works, but the enzymes not destroyed during drying may cause a dramatic loss in flavor. This loss can be reduced by blanching first, which unfortunately adds more steps to the process.

The authors of *Preserving Food without Freezing or Canning* say “while they surely were unaware of vitamins, through intuition and experience our ancestors discovered that drying is suitable for only a few types of vegetables. On the other hand, it is perfectly effective for most fruits, mushrooms, certain herbs and fish.”

Vegetables that can be chopped and dried fairly well include onions, leeks and zucchini (this makes more of a zucchini chip), but in general, vegetables are best frozen or fermented.² Many fruits dry well, as their high acidity aids in preserving their flavor and nutrition. Fortunately for our taste buds, one of the easiest ways to dry fruits is to make fruit leathers (see recipe on page 68). A dehydrator made specifically for drying foods is ideal, but not necessary. It offers more consistent results and a larger drying area, with racks and temperature controls.

LACTO-FERMENTATION

Lactic acid fermentation maintains the flavor of vegetables beautifully, while improving their nutritional worth with lovely, life-giving beneficial bacteria. During the active fermentation process, lactic acid-producing bacteria transform starches and sugars within the food into lactic acid. This preserves the food, making it practical for peoples long ago without today’s more modern perservation options. What traditional cultures didn’t necessarily know is that the enzymes and lactobacilli naturally found on these foods rapidly reproduce, producing a super-charged, super-alive, super-food loaded with gut-loving bacteria and more vitamins and minerals than when raw.

Lacto-fermented foods encourage digestion and absorption of nutrients, build the good bacterial ecology in the gut, boost immunity, assist in detoxification and taste delicious! This process is perfect for vegetables. The nitty-gritty ins-and-outs of fermentation can wait for another article, but the basic concept goes like this: take shredded veggies, often cabbage (to make sauerkraut), and submerge them under liquid or the vegetables’

own juices released from its cell walls by pounding with a mallet, always with added salt. Salt helps draw out the liquid from the vegetables as well as inhibits the growth of unwanted bacteria.

The mix is often weighted down, and it is closed up in an airtight container, wherein the naturally present bacteria are allowed to work their magic at room temperature (approximately 72 degrees) for three to five days; warmer temps speed up the process. The final result should be tangy, soft and delicious. As Sally Fallon Morell says in *Nourishing Traditions*, “The occasional batch that goes bad presents no danger—the smell will be so awful that nothing could persuade you to eat it.” Once fermented to your liking, the veggies are ready to be stored in the refrigerator, slowing the process down and aging your concoction to perfection, with a shelf-life of at least eight months.

Your efforts will be well rewarded with a long supply of fermented goodness, as it is best used in small, condiment-sized amounts. For in-depth instruction on fermenting and tasty recipes, check out these sources for recipes and advice: *Nourishing Traditions* by Sally Fallon and Mary Enig, as well as www.westonaprice.org; *The Body Ecology Diet* by Donna Gates and her website www.bodyecology.com; *Wild Fermentation* by Sandor Katz and his website www.wildfermentation.com; and other wonderful blogs and websites found on the internet expounding on personal fermentation experiences that offer hours of perusing fun, such as The Nourishing Gourmet (www.thenourishinggourmet.com).

ZUCCHINI RELISH

1 large or 2 small zucchini
1/2 sweet red pepper
1 small onion
1 clove garlic, mashed
1/4 teaspoon each of spices such as ground mustard, Chinese five-spice powder, ground allspice, ground cumin
1 tablespoon sea salt
1 oak or grape leaf, optional

Scoop out the zucchini seeds and discard; process zucchini, red pepper, onion and garlic through the grater attachment of a food processor (or grate by hand). Add sea salt until it is flavorful to you. Toss in an oak or grape leaf—the tannin in the leaf helps the resulting ferment keep a firmer texture. Stir in the spices and press down in your glass container until the juices come up over the top of the mixture. Keep the veggies down with a weight of some type, maybe clean marbles, and put on a tight lid. Allow relish to sit out at room temperatures for 3 to 5 days, depending on how warm it is. Keep checking your relish; it is done when it has a tangy taste and smell. This relish is reminiscent of salsa, so try it on top of tacos, eggs, or guacamole. Recipe created by Amelia Meister, author of www.everydayinfinity.com.

gourmet.com) or The Nourished Kitchen (www.nourishedkitchen.com).

PRODUCE PRESERVATION IN ACTION

There are many ways to preserve foods and this article merely scratches the surface of possibilities. Each method has its own pluses and minuses with different foods; however, finding what works for your family's taste preferences, storage space and allotted time is the real objective. The following information may inspire one or two fresh ideas.

LUSCIOUS TOMATOES

Tomatoes are quite versatile, and home-grown tomatoes are one of the finest tasting foods on the planet. But depending on where you reside (such as at nine thousand feet in Colorado where I am), growing them can take some work. Luckily tomatoes are frequently found at reasonable case pricing at local farmers markets.

Tomatoes lend themselves to all three of our preserving methods. Although canning tomatoes is most common, freezing them is easier and less time consuming. Simply remove the core and freeze them whole on cookie sheets; once hard, transfer to freezer bags for more economical storage. Coincidentally, freezing tomatoes cracks their skin, which makes for easy removal with a little rubbing and warm water. Although freezing changes their texture, they are still enormously useful in cooked dishes.

Incidentally, the total antioxidant levels found in tomatoes cooked for a half hour are 62 percent higher than in raw.³ Frozen tomatoes can be used to make a lovely pasta or pizza sauce (see recipe below) in the crockpot with sautéed onions, herbs and spices or a creamy butternut squash and tomato bisque. Use them for chili, goulash, basil meatballs in tomato sauce, sloppy joes, ketchup or tomato paste. Another option is to pre-make sauces and pastes with fresh tomatoes, soups, and tomato paste, and freeze them for later use.

Dehydrating fresh tomatoes is an age-old process, as their high acidity makes them perfect for this method. They are tangy and delicious on pizza, in sauces, chopped in salads or pulled right from the bag as a treat and are easy to make at home (see recipe below).

And tomatoes can be fermented. Making multiple batches of ripe-from-the-vine cultured tomato salsa is a wonderful way to preserve

RECIPES USING FROZEN AND DEHYDRATED TOMATOES

PIZZA/PASTA SAUCE FROM FROZEN TOMATOES: Much like many typical sauce recipes, this formula is forgiving and flexible for all occasions. Take approximately *4 to 5 pounds of frozen tomatoes* from the freezer, run them under warm water and rub the skins off. Toss the skinless tomatoes in a large crockpot or pot on the stove. Sauté *2 large onions* in *3 or 4 tablespoons olive oil* until soft. Add *4 to 6 cloves garlic* and cook for another minute or two. Add herbs: *basil, oregano and thyme* (maybe a little *pesto* if you have some), and don't be shy with quantities (about *1 to 2 tablespoons fresh*, *1 to 2 teaspoons dried*). Sprinkle on *1 teaspoon sea salt* and a *little pepper* to taste and *1 teaspoon or more of evaporated cane juice sugar* to balance the acidity of the tomatoes. Simmer until the sauce reaches desired consistency (*1 to 2 hours*), stirring occasionally to break the tomatoes apart. Consider embellishing this recipe with *1 cup of organic red wine*, replace an onion with *several leeks*, add *fresh or roasted red peppers*, toss in a handful of *sundried tomatoes* (see below) or *1 cup puréed zucchini or butternut squash*.

"SUN-DRIED" TOMATOES: Although called "sun-dried," most dehydrated tomatoes are not produced from the sun's rays. Take any quantity of ripe, yet firm tomatoes (Roma or paste tomatoes are best because of their thicker, meatier walls, fewer seeds and less water). Cut the tomatoes in half lengthwise, or thirds if large, and remove the stem and any bruised or soft areas. They will shrink to approximately one quarter their original size. If using a dehydrator, simply spread the tomatoes evenly on dehydrator trays, sprinkle with sea salt and any herbs of choice, set to around *120°F* and dry for up to *24 hours*. The end product should be leathery and pliable, not brittle. Although an oven doesn't produce as consistent results as a dehydrator, it still works. When done, store in airtight storage containers (careful to remove extra air). The tomatoes can be kept at room temperature for a few days, but for longer storage, the freezer is best (for up to *12 months*) just in case there is a touch of moisture remaining, making a breeding ground for mold. To soften, soak dried tomatoes in equal parts boiling water and vinegar for a few minutes, then drain. Use as is or drench in olive oil, herbs and garlic and marinate in the fridge for a day or so before eating.

TOMATO PASTE: Toss frozen tomatoes into a pot with some optional chopped onions. Cook them until mushy and blend with handheld blender or transfer to standing blender. Return mixture to pot and add salt and pepper to taste and herbs if desired. Boil down, stirring frequently until it is smooth and a concentrated paste (about an hour). Add honey or other sweetener to temper the acidity, using approximately one teaspoon for every two cups of paste. Paste can be re-frozen if needed.

tomatoes (see recipe in *Nourishing Traditions*). (Note: I have successfully used unpeeled Roma tomatoes with this recipe to eliminate the extra peeling step).

Long ago, ketchup was a fermented condiment (not even originally containing tomato at all!) and slowly evolved into what we know today. Sally Fallon Morell gives us a short and sweet history in *Nourishing Traditions*, “Ketchup provides us with an excellent example of a condiment that was formerly fermented and therefore health promoting, but whose benefits were lost with large scale canning methods and a reliance on sugar rather than lactic acid as a preservative. The word ‘ketchup’ derives from the Chinese Amoy dialect *ke-tsiap* or pickled fish-brine or sauce, the universal condiment of the ancient world. The English added foods like mushrooms, walnuts, cucumbers and oysters to this fermented brew; Americans added tomatoes from Mexico to make tomato ketchup.”

If you haven’t yet, be sure to make the time to try the fermented ketchup recipe in *Nourishing Traditions*. Not only is the taste far superior to store-bought products, the fermentation gives it a significant nutritional advantage. Two ketchup tips: if kids will be partaking, consider going easy on the garlic and cayenne; and use frozen tomatoes to make the base tomato paste (see recipe on page 66).

PRESERVING GREENS

Spinach, mustard greens, collard greens, kale, and Swiss chard all freeze well. Pick them young and tender and discard over-mature, fibrous stems (keep normal stems), wilted leaves or

those with discoloration or insect damage. Wash thoroughly in cold water, but don’t dry. Now it’s time to blanch.

To steam blanch vegetables have a bowl of washed, chopped, wet greens, a large pot with boiling water with a steamer basket that fits inside (preferably with a handle) and a large bowl of half water/half ice nearby. Approximately an inch over the steaming water, suspend your basket filled with greens, steam for up to three minutes for the hardier greens (collards) and one to two minutes for softer (spinach). Water blanching is also an option: take a pair of long-handled tongs, clamp a bunch of un-chopped greens, submerge and hold them under boiling salted water for the same amount of time as mentioned above for steaming. Pull them out and immediately dunk into the ice water (stopping the cooking process so they are not fully cooked). Once cool, dry with paper towels, chop if necessary and freeze. Use these nutritional emerald green gems in dips, casseroles, soups, smoothies and sauces.

Greens ferment brilliantly, in fact, this preserving method is ideal for the hardier, more difficult-to-digest choices such as kale and collards. Fermentation begins the breakdown of fibrous leaves, while advancing their enzyme activity and making them easier to digest. Consider commingled greens with lively combinations, such as cabbage, carrots, kale and Granny Smith apples—be creative!

Herbs are most often dried, which renders them convenient, but lacking in much of the flavor of fresh. Depending on your cooking plans, a wonderfully convenient flavor-retaining way to store herbs is in frozen cubes. Carol Huppig,

Dehydrating tomatoes is an age-old process, as their high acidity makes them perfect for this method.

BPA IN CANS: WHAT TO DO

The use of commercially canned tomatoes, while convenient, is problematical as the plastic lining used by many brands contains the resin bisphenol-A (or BPA), a nasty chemical with synthetic estrogen-like properties linked to reproductive troubles, heart issues and obesity, among other problems. The acidity of tomatoes encourages more BPA-leaching from the plastic lining than do other foods, and it is this same acidity that makes BPA-free lining alternatives for this particular food a challenge.

Nevertheless, BPA-free canned foods are becoming available. For example, Muir Glen’s newer products, with expiration date March 2013 and later, have a new vinyl-based lining with an orange tint (compared to the BPA-containing clear enamel).⁴ However, it remains to be seen whether these liners produce their own health problems.

Glass-bottled commercial tomatoes are also a choice and probably the safest—tomato paste and purée can be found in glass, and Eden Organic has developed a line of bottled tomatoes in amber glass, which prevents the damaging effects of light and Bionaturae provides tomato paste in glass jars. But now that you know about the ease of freezing your own supply of tomatoes, it may be your new best (and cost effective) option!

Quickly
blanching
fresh herbs
before
freezing
resulted in
superior taste
and flavor
over tossing
raw herbs
straight into
the freezer.

author of *Stocking Up*, and her research team discovered that quickly blanching fresh herbs before freezing resulted in superior taste and flavor over tossing raw herbs straight into the freezer. And fortunately, it is easier than you might think. De-stem and mince your herbs of choice—basil, coriander, chives, oregano, dill, thyme—and press into ice cube trays, cover with boiling water to lightly blanch and pop into the freezer. Once frozen, store in freezer bags and add to soups, stews, roasts and sauces all year long. (Note: consider using BPA-free plastic, stainless steel or silicone ice cube trays, especially because of the heat being applied.)

SUMMER SQUASH AND ZUCCHINI

Summer squash is a wildly prolific crop. Even just one plant in a home garden can yield more than a family can use, so after you have bestowed your friends with their fill, consider implementing our three preserving methods to the leftovers. Let's begin with freezing, which offers many choices. Simply cut your summer squash into rounds and freeze on cookie sheets before transferring to freezer bags. To cook, try sautéing with butter and garlic until the water evaporates, but be aware, a squash's texture is altered with freezing so it will be softer than fresh. You can also shred the squash and freeze in

desired quantities for breads, muffins and soups. And zucchini purée makes a wonderful base for soups; just cook it down with a little water, herbs and spices of your choice, blend and freeze.

Squash can be dehydrated with relative success and does better with a quick blanching first, unless you are making chips, then bypass blanching and dry raw. Take a look at Donna Gates' recipe for Veggie Chips under the recipe section at www.bodyecology.com for inspiration. Use dried squash in soups and casseroles.

Fermenting squash also works; however, its texture tends to be mushy. One experiment worth trying is Zucchini Relish (see recipe on page 65). With its tangy bite and burst of flavor, it's a winner.

LATE SUMMER AND FALL BERRIES

Berries can be easily frozen on cookie sheets before storing so they don't clump together, no blanching needed. But they also freeze very nicely in purées (for later use as pancake or waffle topping) and stirred into ice cream before freezing. As for dehydrating, the aforementioned mouthwatering leathers (see recipe below) are my personal preference, but blueberries and strawberries can be dehydrated whole. However, their skin needs to be cracked so the moisture can escape. This can be done through a quick


HOMEMADE FRUIT LEATHER

Take any desired ripe fruit (apricots, pears, peaches, apples, berries, plums, grapes, etc.), peel only when necessary (such as in pineapple and banana), wash, cut out any bruised areas and remove any pits, stems, or cores, then cut into chunks. Purée fruits together, using water if needed, to reach an applesauce-like consistency. The fruits can also be cooked first (simmered in a little water, about a half cup for 4 cups chopped fruit, for 10 to 15 minutes, covered), which intensifies the flavor a bit and eliminates any enzymes or bacteria that may cause trouble later.

Add extracts, spices (cinnamon and nutmeg are usually winners) or herbs to complement and enhance the flavor of your leather. Some leather-connoisseurs like adding a little lemon juice (one to two teaspoons) to prevent the fruit from darkening. Spread leather approximately 1/4 inch thick onto dehydrator tray. Depending on consistency and thickness, dry up to 20 hours, until it peels easily from the sheet. For faster results, once one side is dry, flip it. Leather inspiration:

- Add a cup of homemade yogurt or cottage cheese for a unique texture and a nutritional boost.
- Consider squash—such as butternut or pumpkin—to smooth out a fruit combination.
- Try dehydrating pudding, a favorite smoothie recipe or even a pasta/pizza sauce for easy storage and a unique sandwich fixing.
- Include chopped dates, dried coconut, or ground crispy nuts or seeds or a scoop of almond butter to add texture to your mix.
- Intensify the flavor with grated lemon, orange or lime peel.
- Some combo ideas: 3 cups chopped apricots, 3 cups chopped plums; 4 cups mashed bananas, 2 cups chopped pineapple, handful of dried coconut; 3 cups chopped apple, 3 cups cooked pumpkin purée, season with cinnamon, ginger, allspice, cloves; 4 cups chopped strawberries, 2 cups chopped cooked rhubarb.

blanching or slice with a sharp knife.

Extending the abundance of fall doesn't require much extra effort. Preserving your nutrient-rich bounty can be simple and mesh nicely with your family's needs. Start with your go-to ingredients, items you are sure to use again and again. With each new harvest season branch out and try something different to add to your repertoire. Your busy schedule the rest of the year will thank you, your family's tummies will gurggle with delight, and your wallet will be a little fatter for your troubles. 

Jen Allbritton is a certified nutritionist and author. She lives with her family in Colorado and spends lots of time in her kitchen cooking up WAPF-friendly creations. Contact her if you'd like to learn more about subjects related to diet and children at jen@growingwisekids.com.

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Food Feature

PORK

By Sally Fallon Morell

Pork is traditionally marinated in vinegar in the Philippines and in Argentina; in Europe it is fermented or cured; even America has her tradition of pickled pigs feet and vinegar-marinated barbecue.

"Dear WAPF," began the hand-written note, "We are cancelling our membership because of the Foundation's stand against eating pork. Your prejudice against pork hurts hard-working farmers."

This letter has languished in my files for several years as I considered how to answer what I call the "pork dilemma." On the one hand, several practitioners of live blood cell analysis have told me that eating pork causes undesirable changes in the blood; on the other hand, pork was consumed by healthy Polynesian and Melanesian groups which Dr. Price visited and described; and pork is a major food in the diets of long-lived peoples such as the Okinawans and Caucasian Georgians. Equally important is the fact that raising pork fits so well into the model of an integrated farm. If the farmer is making cheese (from grass-fed cows, of course), he can give the whey, considered a waste product, to the pigs and chickens. Many farmers have told me that it is the pigs, more than any other product, that brings prosperity to the farm, even if they are raised on purchased grain.

A clue to the dilemma came from a Chinese

member of WAPF. "In China," he told me, "we prepare pork in a special way, otherwise we think it is unhealthy." The preparation technique involves cutting pork into small pieces and marinating it in vinegar before cooking it in pork fat. "When we prepare pork this way," he said, "we know that it is good for us." Pork and pork fat together form the number one source of calories in the traditional Chinese diet.

Pork is traditionally marinated in vinegar in the Philippines and in Argentina; in Europe it is fermented or cured; even America has her tradition of pickled pigs' feet and vinegar-marinated barbecue.

At last we have been able to bring some finality to the question with the live blood analyses of Beverly Rubik (see article page 24). Her study indicates that plain pork meat indeed causes undesirable changes in the blood, accompanied by fatigue, but pork that has been marinated, fermented or cured does not. This is indeed good news for farmers and bacon lovers!

Here is a collection of pork recipes from around the world that WAPF members can eat with confidence.

THE RACTOPAMINE SCANDAL

Although banned in one hundred sixty countries, including China, the U.S. Food and Drug Administration (FDA) allows the administration of a drug called ractopamine for pigs. Used in 45 percent of U.S. pigs, the drug increases protein synthesis at the expense of fat buildup in maturing pigs. Side effects include hyperactivity, muscle breakdown and mortality but farmers use it anyway to get pigs lean for today's fat-phobic market. Unlike growth-promoting antibiotics and hormones, which are withdrawn as the animal nears slaughter, ractopamine is started as the animal gets close to butchering day.

Handling instructions for ractopamine caution: "Not for use in humans. Individuals with cardiovascular disease should exercise special caution to avoid exposure. Use protective clothing, impervious gloves, protective eye wear and a NIOSH-approved dust mask." Yet FDA allows its use in meat in such a way that residues surely remain—up to 20 percent of ractopamine remains in the meat you buy from the supermarket, according to veterinarian Michael W. Fox. (The drug is also approved for confinement beef and turkeys.)

Of course, there are other reasons to avoid conventional pork, including the horrendous way that they are raised in confinement, a system that tortures the pig, demeans farm workers and pollutes the environment.

Be sure to seek out pork from conscientious farmers who allow their pigs to roam on pasture or in forest. In fact, pigs will clear out a forest floor, creating a savanna where cows can graze in hot summer months; and pigs build up nutritious, delicious fat from a diet of forest nuts and roots that otherwise go to waste. There is enough forest in the U.S. to raise our entire supply of pork, without a single cage or CAFO.

ADOBO

Serves 4-6

Adobo is a popular Filipino meat dish cooked in vinegar, soy sauce and garlic. Different regions cook the dish in varied ways, some like it saucy, others dry. This version comes from Agnes Bunagan, office worker at the Weston A. Price Foundation.

2 teaspoons salt or naturally fermented soy sauce
1 teaspoon crushed black peppercorns
1 tablespoon crushed garlic
1 cup raw apple cider vinegar
2 pounds pork belly, cut into 1-inch cubes
1 cup water

In a bowl, combine salt, peppercorn, garlic, and vinegar. Marinate pork pieces in this mixture for an hour, or better yet overnight. When ready to cook, pour water in the mixture, cover and let simmer over low heat until meat is tender.

A variation of this recipe calls for cooking the pork in pork fat rather than water, for a dish that is dryer.

Adobo is best eaten with rice.

PORK CHOP CASSEROLE

Serves 4

4 large pork chops
1 cup apple cider vinegar
1 1/2 cups brown rice
2 tablespoons fresh whey or vinegar
3 cups water
4 tablespoons lard
1 large onion, chopped
1 green pepper, seeded and chopped
3-4 tablespoons chili powder

1 large can chopped tomatoes
3 cups chicken broth
2 teaspoons dried oregano
sea salt to taste
chopped cilantro for garnish

In the morning, place the rice, whey or vinegar and water in a jar. Close tightly and leave on the kitchen counter all day. Also in the morning, pound the pork chops with a meat hammer and place in a pyrex casserole with the vinegar. Marinate, refrigerated, throughout the day, turning occasionally.

Melt the lard in a cast iron or enamel casserole. Dry the pork chops well with paper towels and brown in the lard, two at a time, until well browned on both sides. Remove and set aside. Cook the onion and green pepper in the remaining fat until soft. Drain the rice through a strainer and add to the casserole. Cook about ten minutes, stirring frequently. Add the chili powder and stir into the rice and vegetables until well amalgamated. Add the tomatoes and stock and bring to a boil. Allow to boil uncovered until the liquid is reduced to the level of the rice. Season to taste with salt and place the pork chops on top of the rice.

Place in an oven set at 250 degrees with the top slightly ajar on the pan. Bake at this low temperature for about 1 1/2 hours or until the meat is completely tender and the rice is cooked through.

To serve, place rice and one pork chop on a plate and garnish with cilantro.

SALUMOTERAPIA

The latest health craze in Italy is salumoterapia or cured meat therapy. Hosteria da Ivan, outside the Italian town of Parma, has dedicated one room of the establishment to serve as a salumoterapia salon, where delicious cured meats are paired with fine wines and cheeses as a health-restorative formula. The salon is lined with crates of Champagne and Italian wines, while prosciutto, culatello and salami hang from the beamed ceiling. Guests sit around one big table. The treatment consists of deep breathing, eating and drinking. Participants are served a plate of choice salumi—sliced prosciutto, culatello, salami and Tuscan head cheese. They are then given large cloth napkins to be placed over their heads and the plate, allowing them to inhale the porky perfumes and stimulate the salivary glands and appetite. Remove napkin, taste salumi and drink sparkling wine. Salumoterapia is followed by a superb four-course dinner, a treatment that guarantees a feeling of renewal!

Variations include prosciutto wraps, mortadella mask and lard massage. The mortadella mask involves putting one large slice of the cold cut, with holes removed for eyes, nose and mouth, over the face, as a skin softener. Prosciutto wrap is recommended for tennis elbow or knee problems. SOURCE: theatlantic.com, June 9, 2011.

PROSCIUTTO AND MELON APPETIZER

Serves 4

This makes an elegant and easy appetizer; it's equally delicious served for lunch, perhaps with the addition of some thinly sliced Parmesan cheese.

Prosciutto is an Italian word for ham. In English, the term prosciutto usually refers to a dry-cured ham that is thinly sliced and served uncooked; this style is called *prosciutto crudo* in Italian and is distinguished from cooked ham, *prosciutto cotto*. The ham is rubbed with sea salt and allowed to age from nine months to two years, resulting in mellow, delicious flavors.

Be sure to have your prosciutto sliced for you, rather than purchase it pre-sliced in packages. Find a deli that will keep all the fat on the ham—some stores, like Whole Foods, cut the fat off, thereby wasting the most flavorful and nutritious part.

16 thin slices of freshly sliced prosciutto ham
1 ripe cantaloupe
2 limes

Cut the cantaloupe into wedges, rind removed. Cut the limes into quarters, lengthwise.

Arrange the prosciutto slices artistically on 4 large plates with cantaloupe slices and lime wedges.

To eat the prosciutto, first squeeze lime juice on the melon and ham slices, then garnish with freshly ground black pepper.

CHICKEN LIVERS WRAPPED IN BACON

Makes 24

8 chicken livers from pastured chickens
8 pieces no-nitrate thinly sliced bacon
1 small can water chestnut slices
1 cup naturally fermented soy sauce

Trim the chicken livers, dry well and cut each into three pieces. Wrap each piece with one half slice of water chestnut and 1/3 piece of bacon, secured with a toothpick. Place in a baking dish and marinate refrigerated for several hours in the soy sauce.

To serve, place on a broiler pan and broil

about five minutes per side or until the livers are cooked through.

PORK AND BROCCOLI STIR FRY

Serves 4

1 pound pork, cut into small strips
1/2 cup vinegar (any type)
1 cup chicken stock
1/4 cup naturally fermented soy sauce
1/4 teaspoon red chile flakes
1 tablespoon grated fresh ginger
2 cloves garlic, finely chopped
1/4 cup rice or red wine vinegar
2 teaspoons Rapadura
2 tablespoons lard
1 bunch green onions, cut into 1-inch pieces
2 red peppers, seeded and cut into thin strips
2 cups broccoli florets
1 tablespoon arrowroot dissolved in 1 tablespoon water


Place pork in a bowl with vinegar and marinate for several hours. Drain and dry well with paper towels. Mix stock, soy sauce, chile flakes, ginger, garlic, rice vinegar and Rapadura and set aside.

Heat lard in a cast iron skillet or wok over medium high heat. Stir fry pork until moisture evaporates and the pork browns. Add green onions, red peppers and broccoli and stir fry for several minutes, until vegetables soften slightly. Add sauce mixture and bring to a boil. Add arrowroot mixture and boil vigorously until sauce thickens. Serve immediately. This goes well with brown rice. (Recipe from *Eat Fat Lose Fat*.)

SHREDDED PORK

Makes about 4 cups

about 3 pounds pork butt or fatty pork meat,
including organ meats such as heart
1 cup vinegar
1/2 cup lard
4 tablespoons chile powder
2 teaspoons dried oregano
4 cloves garlic, minced
1/2 cup tomato paste
2 cups beef or chicken broth

Cut pork into 1-inch cubes and marinate in vinegar about 24 hours, refrigerated. Dry cubes well and brown in hot lard in a large flame-proof casserole. Add remaining ingredients and bring to a boil. Reduce to a simmer and place in a 350-degree oven, with the lid slightly askew so moisture can evaporate. Bake several hours until the liquid is reduced to about half. Shred the pork with a fork or knife. This is a great filling for tacos, burritos, enchiladas, tostados and other Mexican dishes. 

Soy Alert!

NOT TAKING THE EWG PLEDGE

By Kaayla T. Daniel, PhD

The Environmental Working Group has asked Americans to go meatless once per week and “Take the pledge to eat less and greener meat!” Chef Mario Batali and other celebrities have gone on board to help EWG enlist one hundred thousand people who will sign the pledge, commit to eating a more “veg centric” diet, and “build awareness” of how much our food choices impact the planet.

I personally am not about to take that pledge though EWG’s slogan “Reduce your impact, improve your health” sounds like a “win-win.” EWG tells us, for example, that Americans who skip meat and cheese just one day a week—such as with a “Meatless Monday”—can cut carbon emissions equal to taking over seven million cars off the road. And it promises that reducing meat consumption will lower our risk of obesity, heart disease, stroke and cancer.

Sadly, EWG’s proposal will do very little for the environment. Worse, it will encourage people to “feel good” about their growing green consciousness while distracting them from exploring and adopting genuine, sustainable solutions. While it is certainly good that EWG recommends “greener” meat and not just “less meat” or even “no meat,” the catchy “Meatless Monday” slogan perpetuates the myth that meat is evil and that plant-based diets are the key to personal and planetary health.

Here’s why I will not take the EWG pledge:

THE TRUE ENVIRONMENTAL THREAT

The true threat to our environment is not animals—which have been covering the earth with manure and emissions for tens of thousands of years—but the globalization and industrialization of agriculture with its unconscionable, factory-farming practices, toxic use of pesticides, herbicides and commercial fertilizers, plundering of natural resources, draining of the water table, and bankrupting of small farmers and cottage industries. EWG’s nod to “greener meat” sug-

gests they actually understand these problems, but the overriding message is to stop eating meat of any type. As for all that climate warming gas, animals emit far less when they eat natural, grass-based diets and not unnatural, hard-to-digest feeds manufactured from soybeans, corn and other grains.

NOT SUSTAINABLE

Plowing pastures and rangeland to plant crops is not a sustainable way to feed the hungry and save the environment. In fact, only about eleven percent of the land on planet earth can be farmed, a percentage that cannot be increased without deforestation, irrigation, chemical fertilizers, and other destructive ecological practices. Old-fashioned organic mixed-use farms are the answer. And animals are essential, not optional, for healthy farms.

SAVING TOP SOIL

America’s top soil has been devastated by mono cropping, “perfect” green lawns and other unsustainable practices. While the process of mixing, rotating and composting plants is a start, land cannot be restored without the help of animals. They are needed not only for their rich manure but for rotational grazing. Animal waste is truly a horrific problem with factory farming, but is valuable and collectible on small, mixed-use farms. Overgrazing has certainly damaged much of America’s land, but the solution is sustainable grazing practices. And that solution, properly handled, serves the land far better than leaving it alone for “conservation.” As Joel Salatin has described so well in *The Sheer Ecstasy of Being a Lunatic Farmer*, *Everything I Want to Do is Illegal* and other books, diversity and interdependence are the keys to honoring and restoring our land. Salatin also argues cogently for putting our trust in local farmers and not in the official certification programs EWG recommends. How many more exposés of pseudo organic does the

While the process of mixing, rotating and composting plants is a start, land cannot be restored without the help of animals.

Cornucopia Institute need to make before EWG comprehends that certification can be—and has been—co-opted and corrupted? As Salatin explains so well, “transparency” between consumers and farmers is the answer. That means thinking globally and acting locally by getting up front and personal with your food and its source.

HEALTH PROBLEMS

EWG blames animal foods for the diseases of modern civilization, including cancer and heart disease. But the twentieth century saw a decline in the consumption of meat, dairy and butter consumption, and a sharp increase in the consumption of sugar, high fructose corn syrup, white flour, liquid and partially hydrogenated vegetable oils, artificial flavorings, preservatives and other known health hazards of processed, packaged and fast foods. Contrary to popular belief, science does not support the idea that saturated fat and cholesterol found in animal products contribute to obesity, diabetes, heart disease and cancer. All health problems associated with animal products lie with factory farming and other commercial and non-sustainable farming and food processing practices.

CANCER-CAUSING TOXINS

EWG recommends lowfat dairy because “less fat will mean fewer cancer-causing toxins in the body.” That’s nonsense, of course, when we are talking about the health-giving fat found in the milk of cows, sheep and goats who spend their lives out in the sun on pasture. This recommendation further fails to recognize the fact that not all toxins are fat-soluble, many are water-soluble, and commercially grown fruits, vegetables, grains, beans and seeds are often loaded with toxins, including the dioxins that EWG erroneously states are found “entirely” in animal products.

LOWFAT NONSENSE

The idea that eating lowfat could be eco-conscious defies common sense. The lowfat gospel is a key reason why factory farms—including so-called organic factory farms—grow freakish hens with size DD breasts. Big Agra’s goal with such chickens is to minimize the less-profitable dark meat and maximize the white meat preferred by “health conscious” consumers. The lowfat message also pleases Big Pfood, which profits mightily whenever whole foods are divided into several different products, all of which will require manufacturing, packaging and long distance hauling. As for the skim milk recommended by EWG, Mother Nature put fat in milk for a reason, and that reason was not to kill us. When people drink skim milk, their bodies need and crave that missing cream, leading to compensatory bingeing on ice cream and other unhealthy treats high in both fat and sugar. Lowfat thus leads to increased consumption, more packages, more products, higher profits, ill health and environmental destruction.

Yet another problem with EWG’s lowfat recommendation is it encourages people not to cook. How so? Because fat is what gives food flavor. Cooks who choose lean cuts and prepare vegetables without butter or other tasty fats, often think they are lousy cooks. Making lowfat foods tasty,

after all, requires complicated spicings and other gourmet tricks. This drives people to eat out often or to dine at home on lowfat packaged foods. Out or in, the manufacturers have ramped up the flavors with MSG and other health-destroying additives.

RIGHT-SIZED PORTIONS

EWG’s tips for eco-conscious consumers include reducing food waste by buying “right size portions.” What’s wrong with that? It buys into the idea that meat comes in little packages. Boneless, skinless chicken breast, for example, instead of eating every part of the animal—white meat and dark, tough cuts and tender, organ meats like liver, and skins, bones, tendons and cartilage in old-fashioned broth. EWG is right to point out the cost to the environment of food that goes bad and ends up in landfills, but recommends a solution that means more packaging, not less. How about some emphasis on old-fashioned thrift? Consuming leftovers, freezing and, most important of all, valuing and using the entire animal.

BUYING LOCAL

EWG reports that buying vegetables locally helps the environment, but buying eggs, milk, fish, poultry and meat locally has a minimal effect. It’s one of the primary reasons EWG recommends we cut back on all meat and adopt a more “veg centric” diet. Such a bizarre finding could only be the case if researchers evaluated the environmental impact of buying animal products from factory farms—including “Big Organic” operations—located close to home. Furthermore, it fails to take into account the role animals play in restoring our soil and growing nutrient-dense vegetables and fruits. Without animals nearby, farmers must use fossil fuel fertilizers and/or compost and manure transported from far away. Not good for the environment!


GRAINS, BEANS AND TOFU

Finally, if people give up or minimize eggs, meat and dairy products, what will they eat instead? EWG suggests grains, beans and tofu. In other words, vegetarian foods that are most likely grown and transported from a distance. And the mistaken goal of eating less meat will

drive many consumers to buy processed and packaged vegetarian entrees full of soy protein isolate, corn syrup, MSG and other excitotoxins, "natural" or artificial colorings and flavorings as well as other dubious and non-green ingredients. Clearly not an option for wellness seekers or environmentalists.

AN ALTERNATIVE PROPOSAL

What to do instead? How about committing to one day a week in which the menu includes nothing that comes in a package? How about eating nothing with a label or a barcode? How about one hundred percent local, preferably from

farmers who use only locally obtained feeds, fertilizers and workers? In other words, let's join the ranks of the Non Barcode People. 

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 and numerous other shows. Dr. Daniel is Vice President of the Weston A. Price Foundation, the author of The Whole Soy Story: The Dark Side of America's Favorite Health Food, and recipient of the WAPF's 2005 Integrity in Science Award. She will speak at Wise Traditions 2011 on the topic of "Recovery from Vegetarian Diets." Her websites are www.naughtynutritionist.com and www.wholesoystory.com. To reach Dr. Daniel or schedule a private nutritional consultation, email her at Kaayla@DrKaaylaDaniel.com.

FROM NEOPHYTE TO COOKING INSTRUCTOR

When Richmond, Virginia chapter leader Elli Sparks learned about the principles of nourishing traditional diets, she began to organize pot luck dinners. "The fellowship was wonderful," she reports, "the food was not." The offerings included tofu, salad-bar salad, and gluten-free chocolate-chip cookies. Then Ellie organized a small group to study WAPF principles, and she began helping a farmer sell pasture-raised meat at the market. "I'd suggest liver or heart to her customers, briefly explaining the value of organ meat. I'd tell them why butter is better. I encouraged folks to make stocks. Her customers seemed interested."

Last November, Ellie became the WAPF Richmond Chapter leader and offered a class called "Kombucha in Your Kitchen." Thirteen people came and asked for more! Since then, Ellie has taught thirty classes including "Making Yogurt and Kefir and More about Raw Milk," "Fabulous Fats," "Pickle Me," "How to Cook and How Not to Cook Grass-fed Beef," "Soaking and Sprouting Nuts and Grains," "Homemade Ice Cream," and "Fermented Drinks."

Over one hundred students have attended Ellie's cooking school, and most students hear about WAPF for the first time in her class. She now has other faculty members teaching courses on dinners and breakfasts. Her butcher will teach a course on terrines and her daughter wants to co-teach "Teens in the Kitchen" with her.

Says Ellie: "Thank you for inspiring me 'To Teach, To Teach, To Teach!'"

RIGHT: Ellie inspires a new generation of cooks.



ABOVE: Students sample healthy bread in Ellie's sourdough class.



RIGHT: Students are all smiles after preparing mood-boosting fermented foods.



Legislative Updates

STAYING INVOLVED TO PROTECT OUR FARMS AND OUR FOOD

By Judith McGeary, Esq.

In the world of activism, there is a “power ladder.” A group or movement starts by being powerless, then moves up to being recognized, at the table, able to make a deal, able to make a deal stick and, finally, able to participate in governance. A group may be at different stages of the power ladder on different issues and will invariably shift forward and backward over time.

The local foods movement as a whole is at the table and has achieved some victories in making deals. The problem often lies, however, in making the deal stick. All too often after declaring victory on a bill, groups become complacent, only to find their hard-won deal is undone in the rulemaking process.

WAPF was one of the organizations that fought hard for important protections for small-scale producers from new burdens under the Food Safety Modernization Act (FSMA). And now we have to stop the FDA from undermining that victory in the rulemaking process. The agency is just beginning the process and has asked for informal comments on several specific topics in preparation for proposing new rules. WAPF has provided comments on issues such as which facilities should be exempted as “very small businesses,” how to classify low-risk facilities, and factors that FDA should consider in prioritizing inspections and enforcement activities. Most recently, WAPF provided comments about hazard analysis plans for facilities making traditional foods such as raw milk cheeses, bone broths, and lacto-fermented vegetables.

WAPF’s comments stated:

The government’s approach to HACCP (Hazard Analysis and Critical Control Points) plans has frequently involved “kill steps” such as pasteurization or irradiation. The FSMA, however, requires a HARPC (Hazard Analysis and Risk-Based Preven-

tive Controls” plan, not a HACCP plan. See FSMA §103. In assessing HARPC’s, the FDA should therefore look at risk reduction rather than kill steps at critical points.

As included in FSMA, the Tester-Hagan amendment provides that facilities that gross under \$500,000 annually and that sell more than half of their products directly to consumers or to local restaurants and retailers are not required to do a HARPC plan if they provide documentation of compliance with state or local food safety laws. See FSMA §103(l). This amendment relieves small, direct-marketing facilities from the burden of a federal HARPC plan.

There will still, however, be very important differences in scale in the facilities that are subject to the new HARPC requirement. From small wholesale operations to medium-scale direct marketers, there will be numerous facilities subject to the regulations that are a fraction the size of the large processors to which almost all of the foodborne illness outbreaks have been traced. WAPF urges the FDA to include scale-sensitive considerations at every step of the process.

The comments went on to provide concrete recommendations of the sorts of provisions that are reasonably necessary to protect food safety with bone broths, raw milk cheeses, and lacto-fermented vegetables. Just as importantly, WAPF’s comments pointed out what should *not* be required of artisanal producers of these foods. It is all too likely that FDA, based on its typical industrial-food model, would consider a hazard analysis plan inadequate if it didn’t include provisions such as stainless steel aging boards for cheese or chlorine rinses for vegetables used in fermentation or similarly misguided requirements. WAPF’s comments put the agency on notice that these provisions are both unnecessary

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and counter-productive.

The comments concluded:

It is critical that FDA's new regulations recognize the unique characteristics of raw milk cheese, bone broths, and fermented vegetables. These traditional nutrient-dense foods have excellent track records for safety. Treating these artisanal foods as if they were inherently dangerous would undermine their quality, while not serving the mission of food safety. We urge the agency to learn more about these traditional foods and to approach the regulatory process from that perspective, rather than applying the typical assumptions developed through experience with mass-produced industrial products.

During this time, while FDA is gathering information in preparation for writing the rules, it is most effective for organizations to file comments, and WAPF will continue to speak up for both consumers and local producers. Once the agency publishes proposed rules, we will need every member to submit their own comments to show the level of public concern. So please stay tuned for action alerts to help us protect our food.

ANIMAL IDENTIFICATION, ROUND TWO

Along with food safety, the issue of animal identification has also re-emerged. When USDA announced that it was dropping its plans for the National Animal Identification System (NAIS) back in early 2010, Secretary Vilsack also announced his intention to propose a simpler, more limited program for animal traceability. That new proposal has finally been released, and the agency is taking public comments through November 9.

The new rule is significantly less onerous than NAIS was, primarily because it (1) applies only to animals that cross state lines, and (2) provides for the use of low-tech forms of identification, rather than requiring microchips and RFID tags. But the proposed rule suffers from some of the same serious flaws as NAIS.

Fundamentally, like NAIS, the new "animal disease traceability rule" is a solution in search of a problem. The agency continues to promote the program based on generalized claims about

the need for increased traceability, while not responding to requests for a specific, fact-based analysis of the existing programs and what the weak links are. The reality is that the agency remains focused on what will help the export market, rather than on animal health.

Because of its focus on market issues, the agency has included provisions in the proposed rule that are both unnecessary for animal health and unfairly burdensome. The most prominent issue is the inclusion of what are known as "feeder cattle" – cattle under the age of eighteen months, the majority of which are destined to be slaughtered for meat at an early age rather than entering the breeding herd. Because of their short life-span, these animals are not significant factors in long-term chronic diseases such as tuberculosis, brucellosis, or mad cow disease. Moreover, feeder cattle vastly outnumber breeding cattle, and including them in the program significantly increases the burden on producers. The program would require even those cattle that go directly to slaughter to be tagged and accompanied by an interstate certificate of veterinary inspection or other paperwork. This does nothing for disease control—but it does provide the meat packers with the important benefit of traceable animals for the export market without having to pay premiums to producers.

The inclusion of feeder cattle in the program is even more burdensome because of the record-keeping requirements. Vets and sale barns would have to keep records of every tag distributed and copies of every interstate certificate of veterinary inspection for five years, long after most of the cattle will be dead. Copies of these records would also have to be maintained by state agencies, creating costly and inefficient duplication.

Small-scale diversified farms face additional challenges because of the provisions for dairy cattle and poultry. While the proposal would phase in feeder cattle in the beef industry, the proposed rule would immediately require identification and interstate certificates of veterinary inspection for all "dairy cattle" that cross state lines, even young males. The definition of "dairy breed" is vague and overbroad, creating additional problems for farmers who use dual-purpose breeds such as Devons and Dexters.

The requirements on poultry would be


Small-scale diversified farms face additional challenges because of the provisions for dairy cattle and poultry.

It's time for
producers
and
consumers
to speak up
again.

devastating for many pastured poultry and backyard poultry owners. The proposed rule allows vertically integrated operations to use group identification for thousands of birds, but mandates individually numbered permanent leg bands for any bird that crosses state lines and is not kept in an isolated group "throughout the preharvest chain." Since many pastured poultry operations and backyard poultry owners order day-old chicks from hatcheries scattered around the country, the rule will apply to many people who never take their birds across state lines after that first shipment.

It's time for producers and consumers to speak up again. While the agency listened to some of our concerns about NAIS, it's clear that the full message was not yet heard.

Comments must be submitted to the USDA by November 9. WAPF, FARFA, and forty-seven other organizations have requested an extension, but we do not know yet whether it will be granted. You can submit comments online at www.regulations.gov/#!submitComment;D=APHIS-2009-0091-0001 or by mailing them to: Docket No. APHIS-2009-0091, Regulatory Analysis and Development, PPD, APHIS, Station 3A-03.8, 4700 River Road Unit 118, Riverdale, MD 20737-1238.

At the time this article goes to press, we are still working on a full analysis and sample comments. You can find a copy of the proposed rule and more information at www.FarmAndRanch-Freedom.org. 

RAW MILK VENDING MACHINES IN GERMANY

Anita Rausch and Doug Mitchell, WAPF chapter leaders (for nearly eight years!) in Germany, write to report that raw milk vending machines are appearing all over Germany.

The "MuhKuhMat" machine in the pictures below is located at Markushof farm, in a small village called Maisbach ("Corn Creek") south of historic Heidelberg. They discovered it earlier this year while helping a young American mother of three—soon to be four—locate real raw milk in her local area.

Markushof adopted organic farming practices several years ago. For many years the grandfather quite happily sold fresh milk to villagers and local raw milk enthusiasts. When he passed away, the family didn't have time to deal with a steady stream of customer interruptions, so they decided to invest in a twenty-four-hour vending machine, making real farm-fresh raw milk available around the clock.

The machine will accept coins from a single cent (!) all the way up to a two-Euro coin, as well as bills, dispensing precisely metered amounts, all for only one Euro per liter. The family told me that a few children in the village even come by with their cup and a ten-cent coin and drink the milk right on the spot.

Markushof does have a German-only website with pictures of the farm and MuhKuhMat, or "MooCowMachine" in English (www.markushof-naturkost.de/). They also have an on-site shop open weekends, where they offer value-added products like their own grass-fed meats and organic produce, as well as other tasty local naturalia like whole & milled grains, artisanal cheeses and wines.

Audrey, the young American mother, is considering joining the WAPF, and Anita is hoping she will send a picture for the Healthy Baby Gallery. Her youngest was with Anita and Doug that day in Maisbach, but he was still a little too small to hold up a milk bottle for the pictures.



A Campaign for *Real Milk*

FDA WAGES SECRET WAR ON RAW MILK FARMERS

By Mike Adams

Editor's Note: The following shocking article was published on NaturalNews.com on August 25, 2011 and is reprinted here in edited version with permission of the author, Mike Adams, the Health Ranger, and NaturalNews Editor. It confirms what we have long suspected, that raw milk is the number one target of the food police at the FDA. Nevertheless, their KGB-style tactics are not strong enough to stop the burgeoning force of consumer demand for healthy, delicious raw milk and a rising sense of outrage against FDA tactics. Be sure to share this information with your elected representatives and demand an end to funding for anti-raw milk programs.

After weeks of investigation, *NaturalNews* can now reveal that the U.S. Food and Drug Administration is waging a clandestine war on raw milk dairy farmers through a network of government spies who are coached on infiltration and social engineering techniques. Resembling the Stasi East German police or KGB of the former Soviet Union, these undercover FDA agents meet each month for a "spying roundtable" phone conference called the Raw Milk Call during which techniques of infiltration are openly discussed and encouraged.

NaturalNews can now reveal that the majority of these undercover FDA agents are women, who are more easily able to infiltrate the raw dairy community with techniques of social engineering (see below).

The existence of this elaborate spying operation has been confirmed by *NaturalNews* through three different sources, all of which demanded anonymity as they fear being targeted by the FDA with armed raids, false arrest and destruction of their property, as we recently witnessed with the Rawesome Foods raid. One source told *NaturalNews* they feared the FDA would stage a Waco-style siege of their farm and invent some justification to assault their farmhouse and shoot

them and their family. Yes, this is how much freedom has been lost in America today, where farmers are afraid to speak out for fear they might be killed. And yet, it's not paranoia; they have legitimate reason to fear that their own government is targeting them for termination.

FDA USES KGB-STYLE TECHNIQUES TO INFILTRATE RAW DAIRY NETWORKS

Through these sources, *NaturalNews* has learned the FDA coaches its network of spies to engage in KGB-style social engineering techniques in order to win the trust of the very people it then targets for armed raids and arrest. Those techniques include:

- FDA agents visiting local farmers markets and gathering names of possible raw milk providers to be targeted.
- FDA agents calling those targets and trying to convince them to sell raw dairy products by telling "sob stories" of how they have a baby that can't breastfeed, and they need raw goat's milk to keep the baby alive. (This is why most undercover FDA agents are women—they make more convincing social engineers when it comes to issues like finding goat's milk to feed babies.)
- FDA agents engage in name-dropping of others in the raw dairy community in order to imply trust. In California, for example, they might say, "I spoke with Mark McAfee at Organic Pastures, and he told me to talk to you." This technique impresses the target, thinking they have been recommended by a big name in the raw dairy industry. In reality, the whole story is fiction and is used by FDA spies to try to ensnare other raw dairy producers.



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

- FDA is building a secret government database of raw dairy customers. This is accomplished by training its spies and agents to demand the confiscation of customer lists from raw dairy farmers. Such lists are then delivered to FDA headquarters in Washington D.C. where they are added to a growing database of names, email addresses and sometimes even home addresses. It is not known what the FDA ultimately plans to do with this list.
- FDA pays huge sums of cash each month to various state agriculture departments, then sends top-level FDA infiltration agents to those states to train state-level agents in these same clandestine techniques. As one example, *NaturalNews* has learned the FDA currently pays the Wisconsin Dept. of Agriculture more than eighty thousand dollars a month for it to spend on these raw dairy spying and infiltration schemes. Shortly after the program was launched, FDA flew several of its top agents to Wisconsin to walk the local farmers markets with spies-in-training agents, teaching them spying and infiltration techniques in what was essentially a "raw milk spy camp."
- FDA agents have been well trained and schooled on running elaborate entrapment schemes which are operated with the sole purpose of persuading small, local raw dairy farmers to break the law or violate FDA regulations so that the FDA can justify an armed raid on their farm operation.
- Many millions of dollars (*NaturalNews* could not get accurate numbers on the total expenditures) are being spent by the FDA on these spying and infiltration programs. None of these programs are reported to Congress. None are reported to the press. These are entirely "dark operations" conducted behind the scenes, with no official announcements, and with no desire to attract publicity of any kind. They are, essentially, secret wars being conducted against America's farmers, with no congressional approval whatsoever.
- *NaturalNews* was told that FDA head Margaret Hamburg is not only authorizing these secret spying operations, but that she took a personal role in structuring the operations so that they would not be made public. *NaturalNews* has not yet been able to confirm this allegation, since obviously the FDA outright refuses to return our phone calls, insisting on operating entirely in secret.
- As part of its secret spying and social engineering effort, the FDA also runs a national farmer intimidation program where FDA agents dressed in what look like FBI or "agency" uniforms just show up at farmers homes and engage in verbal intimidation in order to dissuade farmers from producing or

ANNUAL MEMBERSHIP DRIVE - AUGUST THROUGH OCTOBER, 2011

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Even if you cannot afford to make a donation to the Weston A. Price Foundation, you can help the Foundation by building membership. Each new member represents potential income to the Foundation for years to come.

To encourage you and thank you for signing up new members, we are offering gifts.

FOR TWO NEW MEMBERS signed up during the drive, receive a copy of the new Healthy 4 Life recipe and dietary guidelines booklet.

FOR FIVE NEW MEMBERS signed up during the drive, also receive a copy of the hardback edition of *Nourishing Traditions*.

FOR FIFTEEN NEW MEMBERS signed up during the drive, receive full registration for the *Wise Traditions* 2011 Conference in Dallas, Texas (does not include hotel or transportation to the conference).

HOW IT WORKS: Download and print the Special Membership Drive Form posted on the homepage of www.westonaprice.org. Have those considering joining at your request use this form to become a member. Be sure to have them fill out the "At the request of" line as this is how we keep track of you. If you are working for fifteen new members and attendance at the conference, please let Kathy Kramer know by emailing her at info@westonaprice.org.

PLEASE NOTE: This membership drive applies to new memberships, not renewals. It applies to members joining during August, September and October 2011 and requires that the memberships be done on the special form for the Membership Drive. We can mail you the form or you can find it on our website at the homepage.

marketing raw dairy products. This is done without a warrant and completely outside the law. Farmers are routinely told that if they talk about this, they will be targeted with armed raids.

- One farmer was told, "If you go public with this, we will come back and have your entire herd destroyed by claiming your cows are infected with mad cow disease." This is a classic secret police-style intimidation technique, and it explains why so few raw dairy farmers have been willing to step forward and go public with their stories. One sheep farmer was already targeted and had his entire flock of sheep murdered by the FDA working in conspiracy with state agriculture officials, under the false pretense that the sheep were infected. This particular instance is covered in the film Farmageddon, at www.FarmageddonMovie.com
- FDA officials have stated, during these monthly "Raw Milk Calls," that their goal is the complete destruction of the raw dairy industry in the United States, and that achieving this goal was a top priority of the U.S. Food and Drug Administration.
- FDA has also stated that it plans to use the increased funding provided to it under the Food Safety Modernization Act to expand its secret spying and infiltration network and train even more spies to entrap and intimidate raw dairy farmers.
- Many of the people now attempting to join raw milk buying clubs and meet-up groups are actually undercover FDA agents who are gathering names, emails, addresses and other "evidence" to be used to justify future armed FDA raids. National lists are being drawn up and prioritized to create "hit lists" of farms to raid under the Food Safety Modernization Act.
- Salaries and bonuses of clandestine FDA employees are raised based on the "performance" of how many raw dairy operations are shut down, how many customer names

are confiscated, successful raw milk "buys" and other key milestones of oppression and tyranny that are set by the FDA. In this way, FDA agents are financially rewarded based on the number of American farmers they crush.

THE FDA'S SECRET WAR REVEALS HOW THE U.S. GOVERNMENT IS HEADED TOWARD TOTAL POLICE STATE TYRANNY

That this situation exists in the United States today is a disturbing and powerful commentary on the runaway power of regulatory agencies, which have essentially built their own lawless kingdoms of power, subject to no law and no checks or balances.

The FDA, in particular, simply writes its own law without any congressional approval whatsoever. It wages its own secret wars, runs its own spy network and is essentially rising up to become its own secret police organization (or terrorist group). None of this has ever been approved by Congress. The head of the FDA is not elected by the voters. And President Obama is either unaware that all this is going on or refuses to do anything about it. (President Bush did nothing about it, either.)

The FDA, notably, far from protecting Americans from dangerous foods and drugs, now sees the people as the enemy and spends an inordinate amount of its time and money waging secret spying campaigns and plotting armed raids against innocents. If this rise to power continues, the FDA will effectively become the KGB of agriculture, eventually wielding its own firearms and running terror-style hit-and-run assaults on people engaged in small-scale organic farming, gardening or raw dairy production. This is, essentially, all-out war against the American people, and it's all being funded by your taxpayer dollars and carried out with the full tolerance of the President himself.

President Obama could put a stop to this if he wanted to. The FDA could be reeled in and de-funded. It could be split into two separate agencies: Foods, and then Drugs as a separate agency. Congress could pass a "food freedom rights" law that guarantees the protection of

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farmers (of course, the FDA would probably just ignore it, as the agency respects absolutely no law whatsoever).

HELP US END THIS INSANITY BY LEAKING INTELLIGENCE

NaturalNews has already received information hinting that even many agents within the FDA are fed up with the agency's illegal war on farmers. If you work for the FDA, or with the FDA, or have participated in FDA raids in any way, and if you have intelligence that needs to be made public to help end this secret war, *NaturalNews* will protect your anonymity, just as it has protected the other sources who provided intelligence for this story.

You may submit tips to us at: <http://www.naturalnews.com/newstips..>

Our goal is to see the FDA's war exposed, to see Congress take action to halt the FDA's actions, and to see the rights of farmers protected under law.

Obviously, do not submit tips to us from your work computer, because that can be tracked. Use an internet cafe so that your IP address cannot be tracked by anyone. Do NOT include your real name, and if you give us an email address, make sure it is an anonymous email that would not link back to your actual name or work location. Remember: the government is also tracking and reading your emails, so take all necessary steps to protect your privacy and safety. We are, after all, dealing with a terrorist organization in

the FDA. The FDA may stop at nothing to protect its power and continue waging its war on American farmers.

NaturalNews is actively gathering and distributing intelligence on this situation, publicizing the truth that the FDA wants to keep secret—that it is waging a clandestine, illegal war against America's farmers, using Stasi-style, or KGB-inspired secret police tactics combined with the threat of violence to crush resistance. This is a campaign of terrorism being waged against innocent farmers in America, and it is a sign of a government out of control, a government which, in many ways, has become an enemy of the People and an enemy of freedom.

THE FDA WANTS MORE POWER

And the FDA is just getting warmed up. Once the new funding from the Food Safety Modernization Act kicks in, this agency promises to unleash an army of new agents to sweep across the countryside, detaining gardeners and small farmers, demanding "show me your papers!" Meanwhile, its agents will be terrorizing, intimidating and threatening everyone except the big agriculture giants which are always exempt from government scrutiny (even though they are the ones causing all the food safety problems in the first place).

If the FDA is not stopped, it is positioned to rise up as the most dangerous government-run terrorist organization America has ever seen. Already responsible for the death of at least one hundred thousand Americans each year who die from taking FDA-approved medications, this agency is now hell bent on destroying an entire food-producing industry while exploiting the most insidious tactics of intimidation and oppression that have ever been used throughout the world's most criminal regimes: Stalin, Pol Pot, Hitler and others.

What we need to see right now is the Dept. of Justice conducting an armed raid on the FDA, arresting all the top FDA officials and charging them with criminal conspiracy to deprive American farmers of their rights.

*For Sally Fallon Morell's comments on this,
please see the President's Message on page 2.*



WAPF on the WEB

WEBSITE: Our new website design is launched, and the online ordering page is working! Thank you for your patience while we made the time-consuming changes. You can now join, renew, donate and order materials on line.

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CALIFORNIA: THE RAWESOME RAID

On August 3, 2011 federal, state and local government officials raided the Rawesome Foods store in Venice, seizing food, records, computers and cash from the store. The officials seized almost the entire food inventory at the store, dumping out all the raw milk on the premises and carting the rest of the seized food out on trucks that were suspected to be heading towards a county landfill. At the same time this was going on, police were arresting James Stewart, Sharon Palmer and Victoria Bloch.

Stewart, the owner of the Rawesome store in Venice, had defied an order by the Los Angeles County Health Department prohibiting the re-opening of the store after it was temporarily shut down by a government raid on June 30, 2010 (see *Wise Traditions* Fall 2010 issue for background). He believed the court had no jurisdiction over the club and reopened the next day. Government officials seized records and a computer from Stewart's home as well, in addition to taking nine thousand dollars in cash he had on his person. Stewart was charged with thirteen felony and misdemeanor counts, the majority of which related to the production and sale of raw milk and raw milk products. Bail was originally set at one hundred twenty-three thousand but was later reduced to thirty thousand dollars. Before he was released, Stewart had to prove to the judge that the bail money did not come from his business proceeds, a treatment mostly reserved for drug dealers.

Palmer, the owner of Healthy Family Farm in Santa Paula, had been raided three times before by government officials and had been arrested in 2008 for the production and sale of raw dairy products. Like Stewart, the majority of the ten felony and misdemeanor counts she was charged with were related to the production and sale of raw dairy products. Bail was set at over one hundred twenty thousand dollars but later reduced to sixty thousand dollars. Palmer also had to prove to the judge that the bail money did not come from her business proceeds.

Bloch, the Weston A. Price Los Angeles chapter leader, worked for Palmer as an independent contractor taking orders, signing members up for Palmer's CSA and being responsible for communications for the farmer. Bloch was charged with three felony conspiracy counts related to the sale and distribution of raw dairy products and labeling violations. The three underlying crimes that Bloch was charged with "conspiring to commit" were misdemeanors. Bail for the WAPF chapter leader was initially set at sixty thousand dollars but she was released on her own recognizance.

Much of the illegal activity the three were accused of centered on a herdshare contract the Rawesome Club in Venice had with Palmer. Rawesome owned forty goats that were boarded at Palmer's farm. As part of the contract, Palmer was to provide raw dairy products to the Rawesome members. Criminalizing Rawesome's use of its property is an ominous development for food freedom of choice and the sanctity of private contract. An agreement like the one Rawesome had with Palmer was the only way its members could obtain raw goat milk and raw goat milk products within the state of California (see *Wise Traditions* Summer 2009 issue for background).

There were nine different government agencies taking part in the investigation of Rawesome and Healthy Family Farms including the U.S. Food and Drug Administration (FDA), the California Department of Food and Agriculture (CDFA), the Los Angeles County Department of Public Health, and the California Franchise Tax Board. The questions now arising involve who funded the investigation and why the state of California is putting so much time and resources into the investigation at a time when the state is in such poor condition financially. There had not been any complaint about anyone becoming sick from consuming the food produced at Rawesome. The Rawesome raid was the most extreme police state action taken yet in an effort to criminalize the activities of those who have opted out of the government-sanctioned food system.

A pretrial hearing has been scheduled for the Rawesome defendants in the Los Angeles County Superior Court October 6.

CALIFORNIA: EVERGREEN ACRES GOAT FARM

CDFA enforcement actions weren't limited to Rawesome. The agency sent a cease-and-desist letter to a Mendocino County herdshare operation and worked with the district attorney's offices in El Dorado and Santa Clara Counties in investigating shareholder dairies. The DA's office in both counties each sent a letter to a shareholder dairy within its jurisdiction warning the dairy that it was violating state laws. In the case of the Santa Clara County dairy, Evergreen Acres Goat Farm of San Jose, the letter demanded that the dairy stop distributing raw milk immediately with the threat of criminal prosecution if it didn't.

The May 18 letter to Mike and Jane Hulme, owners of Evergreen Acres, accused the Hulmes of illegally manufacturing and selling dairy products. The letter informed the Hulmes that "the unlicensed manufacturing or processing for resale of any milk or milk product is a crime, punishable by a fine of up to ten thousand dollars and/or imprisonment of up to one year in the county jail."

In a subsequent meeting at the Santa Clara County District Attorney's Office, an official from CDFA informed the Hulmes that while it was legal for goat owners to board their goats at the farm and to have the Hulmes milk their goats, the owners could only drink the milk from their goats at the Hulmes' farm; once they left the farm with the milk, Evergreen Acres had become a dairy processing plant and was violating the law since it did not have a license. The official did not give the Hulmes any public health reason for this distinction.

With licensing not being an option due to cost and zoning issues, the Hulmes and San Jose goat owners Ian Gerbode, Sara-Jane Skiwski and Sarah Sullivan filed a lawsuit against CDFA and the County of Santa Clara, asking for a declaration by the court that the boarding contract the goat owners had with the Hulmes was legal. The suit, filed July 22 in the Superior Court of Santa Clara County, asks for a permanent injunction against the State of California and Santa Clara County to prevent Defendants from commencing or continuing any enforcement action against the Plaintiffs "or anyone else in California who wishes to engage in the conduct engaged in by Plaintiffs."

In commenting on the threatened prosecution that led to the lawsuit, Mike Hulme pointed out, "There is no injury here; no one has become sick from milk produced at the farm. There have been no complaints from either the goat owners or the city of San Jose. The only conclusion I can draw is that this is a politically motivated action by the district attorney and CDFA to effectively put a small family farm out of business."

CDFA has drawn widespread criticism for its stance on herdshares and there is evidence the agency is reevaluating its position on shareholder dairies. At a meeting held with raw milk producers and consumers on August 23, CDFA Secretary Karen Ross said that she wanted to form a working group on herdshares in California and have the group draft a report with recommendations on the issue. An attorney for CDFA admitted at the meeting that there was no law on the books covering herdshares. Ross said that she wanted the report from the working group to be finished four months after the members of the group get started on the project.

SOUTH CAROLINA: TUCKER ADKINS DAIRY

A prime example of FDA bias against raw milk occurred in South Carolina at the expense of Tucker Adkins Dairy. On July 16, the Food and Drug Administration (FDA) issued a press release stating that three confirmed cases of campylobacteriosis in North Carolina were associated with the consumption of raw milk obtained on June 14, 2011 from Tucker Adkins Dairy of York, South Carolina. As far as is known, public health officials investigating the outbreak did not look for other possible causes of illness after discovering that the three individuals drank raw milk.

FDA issued the press release prior to receiving test results of a milk sample the agency had taken from a container obtained on June 14 by one of the individuals allegedly ill from the milk. Any threat of illness from the milk produced by the dairy had already passed by the time FDA issued its press release. The agency could have waited until the test results were in but did not. Shortly after the press release was issued, FDA acknowledged the milk suspected of harboring campylobacter tested negative. FDA's press release was more a statement of its policy on raw milk and did nothing to promote or advance the public health; the agency's accusations against the dairy were based more on its position that "no one should drink raw milk at any time for any reason" than on any evidence.

Contrast the actions of FDA with those of the South Carolina Department of Health and Environmental Control (DHEC), the agency that has the hands-on responsibility for insuring that Tucker Adkins Dairy produces a safe product. The department could have suspended the dairy's license or suspended raw milk sales if it suspected the dairy was responsible for making people sick; it did not.

The department took two samples of its own, each of which tested negative for campylobacter. DHEC found that the dairy did nothing wrong. In its seven years of operating as a licensed dairy, Tucker Adkins Dairy has never been cited for a violation by the department nor has a complaint ever been made against the dairy for the raw milk it produces.

Like FDA, the department advises the public that raw milk has inherent risk and that all milk should be consumed pasteurized. Unlike FDA, DHEC waits until the facts are in and does not carry out an anti-raw milk action at the expense of the reputation of a hardworking family farm.

WISCONSIN: GRASSWAY ORGANICS & ZINNIKER FARMS

On August 12 Dane County Circuit Court Judge Patrick J. Fiedler denied the motions of Grassway Organics Farm Store LLC and Zinniker Farms—and the respective private associations doing business with the two entities—for a ruling in their lawsuits against the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) that the distribution of raw milk by Grassway and Zinniker to the members of the respective associations was legal. (See *Wise Traditions* Fall 2010 and prior issues for background on the cases.)

Grassway Organics Farm Store LLC, which has a Grade A milk producer license in its name, issued stock in the LLC to Grassway Association and its members. Under 2002 and 2004 administrative law decisions in the state, those purchasing shares in the entity holding a milk producer license could purchase raw milk from that entity. Grassway Organic Farm

Store LLC hired Wayne and Kay Craig of Grassway Farm to run the dairy operation and the farm store. The Craigs were also plaintiffs in the suit.

Mark and Petra Zinniker had an agreement with Nourished by Nature LLC to board, care for and milk cows wholly owned by the LLC. In addition to the LLC's herd, the Zinnikers also boarded a cow co-owned by Gayle Loiselle and Robert Karp. The farm does not hold a Grade A milk producers license. The Zinnikers, the LLC, LLC member Phillip Burns, Loiselle and Karp were all plaintiffs in the case. The Grassway and Zinniker lawsuits had originally been filed separately but were consolidated by Judge Fiedler last fall.

In his opinion, the judge went out of his way to rule against the plaintiffs. Under the 2002 and 2004 administrative law decisions, those purchasing stock in an entity holding a Grade A milk producer license could obtain raw milk in the regular course of business from that entity so long as the license was used for "its proper purpose of producing milk . . . which will be sold or distributed into the public, human food chain" (that is, sold to a processor unpasteurized for eventual distribution to the public human food chain).

The judge held that the Grassway plaintiffs were not entitled to a judgment since they were not in compliance with the law because they used their license "solely for the purpose of allowing the Association members to purchase non-pasteurized milk." In making this finding, the judge ignored the fact that, under state law, an entity holding a Grade A milk producer license will have its license revoked if it goes more than sixty days without shipping milk to a processor. Grassway Organic Farm Store LLC has held the same Grade A milk producer license it was issued in 2005.

As for the Zinniker plaintiffs, the judge ruled that they were not entitled to a ruling because they did not own a milk producer license. What the judge held, in effect, was that it is the state's business on where any owner of a dairy animal boarded that animal; dairy livestock owners obtaining milk produced by that livestock if the animals were boarded on an unlicensed farm would be violating the law. The judge dismissed all the Zinniker plaintiffs' arguments on their property rights, right to contract, and right to privacy. The judge did not indicate how a private livestock boarding contract had anything to do with DATCP's responsibility to protect the health of the general public. Plaintiffs have ninety days to appeal the judge's decision.

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

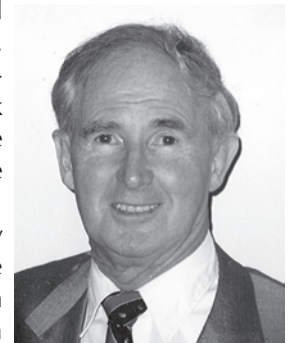
GEOFFREY MORELL ATTENDS IAPF CONFERENCE

Intrepid WAPF secretary Geoffrey Morell attended the 100th year meeting of the International Association for Food Protection (IAPF), held in Milwaukee, Wisconsin, July 31 through August 4. Twenty-five hundred people from across the world—from the U.S., China, Europe and Australia—attended the five-day event. IAPF was founded one hundred years ago with a focus on "making milk safe," and later morphed into an organization dedicated to making all foods safe. The conference theme of "Good Safe Food" possibly reflected criticism voiced by Geoffrey at last year's conference that complete "safety" results in food that is actually dangerous for our health.

Geoffrey attended a workshop on milk safety held on the first day. Only one speaker made any mention of the farmer's role in producing clean, high quality milk from well tended cows. Virtually the entire focus was on treatment at the processing plant, but several admitted that these pasteurization plants are often filthy. One report showed that there were more bugs in the milk after pasteurization than before, due to contamination from the pasteurization machinery. Yet attendees appeared to speak in one voice in support of some kind of treatment of milk—if not pasteurization, then treatment with new technologies like ultra violet light—rather than providing good clean milk raw.

Likewise, for other foods, the emphasis was on some kind of treatment to make foods safe, with no one discussing how to build healthy immune systems. Instead the focus is on pasteurization, irradiation, sterilization, chemicalization and other treatments that so deaden the food as to render it an assault on the immune system.

There was a huge collection of exhibitors, some with very elaborate displays, and poster presentations, including one by food safety attorney Bill Marler to advertise his website realrawmilkfact.com. It was clear from the displays that there is an enormous investment in food safety treatments, which translates into strong lobbying in government circles. An exhibit booth advertising sanitary wipes for the handles of super market carts epitomized the prevailing attitude—not children drinking raw milk and playing in the sand pit to build up their immunity, but belief in a hostile world full of dangerous germs that must be sterilized and sanitized.



RAW MILK IN IRELAND

by Elisabeth Ryan

The Irish Government intends to ban the sale of raw milk by the end of 2011. Minister for Agriculture, Simon Coveney, acting on the advice of the Food Safety Authority of Ireland, has stated that he is fully satisfied that the ban should go ahead.

Raw milk as a product available for sale is not a familiar phenomenon to most Irish people. Many were reared on it and if they weren't, their parents were, but current consumption of raw milk remains largely a practice only within farming families who drink their own milk from the bulk tank—estimates put this figure at around one hundred thousand or around 2.25 percent of the population. Over the last few years interest has certainly been on the up, however after a ban in 1996 on the sale of raw milk in Ireland, it was thought to be illegal to sell it and thus it has been unavailable to the vast majority of people.

Raw milk is probably most familiar to Irish consumers through its use in cheese. It has been a long battle to get to where we are today in relation to our thriving raw milk cheese production and a tacit peace has now been achieved between the authorities and the producers. Threats to undermine this still crop up from time to time, mainly through the insidious policies of supermarket chains that outwardly appear to represent the interests of the artisan producer but show the opposite through their internal practises. They employ, for example, badly worded warning labels which by best practice should not be exclusively limited to the raw milk cheeses, and they issue ill-researched rules about in-store separation of even pre-packaged products. Notwithstanding this, all is well, in fact all is wonderful with raw milk cheese, and it has found a rightful pride of place in our food culture. For the most part, these days our cheese makers find their inspectors to be helpful and co-operative and most encouragingly see a new-found understanding of their product coming from government departments. Raw milk cheeses such as Durrus, Cooleeney and St. Tola, to name but a few, are well known to the Irish consumer and cheese fans actively seek out raw milk cheeses.

Raw fluid milk is an entirely different matter. A 2007 EU directive removed the legal basis for the 1996 ban that had prohibited the sale of raw cow's milk for direct human consumption. Regretfully, this went unnoticed in Ireland until late 2010. At this point three producers, Aidan Harney, David Tiernan and Darina Allen, began to sell raw milk from their farms and in Tiernan's case through a number of specialist retailers also. Having only been available for such a short time and in such limited quantities, raw milk has not gotten the foothold in the current culture that it certainly would given half a chance. Farmers who would be keen to explore the possibility of selling their raw milk direct are put off by the impending ban. The awkward reality is that as soon as we knew it was legal, we were also told it would be banned.

The three reasons given for the ban are the protection of public health, the cost of regulations, and the possible reputational damage to the Irish dairy industry. The same answer has been wheeled out on several occasions in response to a multitude of questions posed both by politicians and the public: "While public health is the overriding consideration, it is also worth noting that legislation required to allow the sale of raw milk on a restricted basis would be much more complicated and would impose very significant extra cost on my Department in relation to oversight and enforcement. Failure to adequately oversee such high-risk business operations could result in serious national and international reputational risk." So wrote Minister Simon Coveney in response to parliamentary questions posed July 2011.

When looking at the issue of international reputation it is worth pointing out that many other countries allow the sale of raw milk including our close neighbours in England, Wales, Italy, France, Holland, Belgium and Germany as well as New Zealand whose dairy industry we often seek to learn from and who are similarly reliant on exports—there has been no resulting damage to their reputations internationally.

The ban of raw milk is set to be introduced as a Statutory Instrument (an amendment to existing legislation) which can be enacted by the relevant minister. This requires no discussion in the Dáil (parliament) and has been subject to no public consultation.

The Campaign for Milk Ireland was established in May 2011 and consists of a number of businesses, food organisations and members of the food and farming community who have joined together to offer to the government an alternative option of a system of regulations. We have been encouraging the public to raise the issue with their local politicians which has resulted in a number of questions being put to the Minister for Agriculture in the Dáil. Two of the three national broadsheets just published a detailed letter to the editor signed by members as well as some high profile chefs and food celebrities. We are active on social media and have been featured on the radio several times. We have been promised a meeting with the Minister for Agriculture and debates have been taking place at food events around the country. We organised a large public debate held on 6th September in Dublin which had on its panel representatives from the scientific research institute Teagasc as well as members of the Food Safety Authority of Ireland who are recommending this ban. Further details on www.rawmilkireland.com

Healthy Baby Gallery

Healthy, happy, beautiful twins, Benjamin John and Isabel Catherine Adams, were delivered at thirty-eight weeks on December 3, 2010, weighing in at around seven pounds each, born to proud parents Alissa and Eric. Throughout mom's pregnancy and years prior, mom and dad ate a diet of raw milk, butter, cheese, pastured eggs, vegetables, fermented cod liver oil, grass-fed meats, broths and kombucha. At eight months, the twins are still breast-feeding and starting to eat a WAPF diet.



Mary Helen Stein was born March 2010 to St. Louis WAPF co-leader Heather Stein. She was born at home after an easy four hour labor. She weighed in at just over nine pounds—Heather and husband Joel liked to joke that she was "all muscle!" During (and before) her pregnancy Heather ate lots of nourishing foods such as bone broth, pastured meats, butter, raw milk, seafood, and organic fruits and vegetables. The pregnancy was easy and enjoyable. Now seventeen months old, Mary Helen enjoys the same foods mom did while she was in the womb (plus mom's nutrient-dense breastmilk) and is quite an adorable, chubby toddler! Older sister Lucia (age five) did not enjoy the benefits of a WAPF diet until one year of age, when her parents found this way of eating as a solution to Lucia's severe food allergies. Even though she got a late start, Lucia now enjoys abundant health too and has experienced healing from most of her food sensitivities and even her chronic asthma, with the help of a local WAPF nutritionist and chiropractor.



Aaron, son of Megan Harris, pictured at five months, is a healthy thriving little chunk, a very sweet, happy baby. Mom consumed the nourishing traditions-style diet for two years, to the benefit of her baby. Because of it, he is the happiest most content baby, loves his momma's milk, and truly sleeps like a baby! Notes Megan: "I love the Healthy Baby Gallery. As a mother it is very inspiring to see parents nourishing their little ones and it shows."

The latest WAPF baby in San Diego. Ivy Boatcher was born after four hours of labor (two of which were spent outdoors using a birthing ball). Mother, Loretta Boatcher, NTP, age forty-four, attributes the WAPF diet rich in cod liver oil, X-factor butter oil, butter, bone broth and raw milk to her very successful and easy pregnancy. Baby Ivy was born over nine pounds, beautiful and eager to nurse. The nurses were amazed at Loretta's delivery, Ivy's perfectly shaped head and how beautiful and healthy the placenta and umbilical cord were, especially in light of Loretta's age. Loretta's doctor had wanted to induce due to concerns over her age. Instead, Loretta sought the support of a local acupuncturist who did treatments to support the onset of labor at the body's chosen time.



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 A big welcome to our new chapter leaders from the Czech Republic and Spain!

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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 and PowerPoint presentations.

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Thank you to Suze Fisher, a chapter leader in Maine, for setting up a local chapter chat group. New chapter leaders can sign up at <http://groups.yahoo.com/group/wapfchapterleaders/>

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TASTE AND SEE EVENT



Elanor Sodergren (right), outgoing Lincoln, Nebraska chapter leader, and Sue Kirkpatrick, incoming chapter leader, hosted a "Taste and See" event on June 25 for members and others interested in sampling traditional foods. They prepared and presented a wide variety of foods for tasting, including breakfast items, lacto-fermented foods, sourdough bread, fermented beverages and desserts.

After several years of enthusiastic and inspiring leadership in the Lincoln area, Elanor moved to Cincinnati, Ohio, with her family and passed her chapter leader duties to Sue. Elanor educated many people on the ways of traditional health wisdom and will be missed by many friends she made while in Nebraska.

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LOCAL CHAPTER BASIC REQUIREMENTS

1. Create a Food Resource List of organic or biodynamic produce, milk products from pasture-fed livestock (preferably raw), pasture-fed eggs and livestock and properly produced whole foods in your area.
2. Provide a contact phone number to be listed on the website and in our quarterly magazine.
3. Provide Weston A. Price Foundation materials to inquirers, and make available as appropriate in local health food stores, libraries and service organizations and to health care practitioners.
4. Provide a yearly report of your local chapter activities.
5. Be a member in good standing of the Weston A. Price Foundation.
6. Sign a contract on the use of the Weston A. Price Foundation name and trademark.

OPTIONAL ACTIVITIES

1. Maintain a list of local health care practitioners who support the Foundation's teachings regarding diet and health.
2. Represent the Foundation at local conferences and fairs.
3. Organize social gatherings, such as support groups and pot luck dinners, to present the Weston A. Price Foundation philosophy and materials.
4. Present seminars, workshops and/or cooking classes featuring speakers from the Weston A. Price Foundation, or local speakers who support the Foundation's goals and philosophy.
5. Represent the Weston A. Price Foundation philosophy and goals to local media, governments and lawmakers.
6. Lobby for the elimination of laws that restrict access to locally produced and processed food (such as pasteurization laws) or that limit health freedoms in any way.
7. Publish a simple newsletter containing information and announcements for local chapter members.
8. Work with schools to provide curriculum materials and training for classes in physical education, human development and home economics.
9. Help the Foundation find outlets for the sale of its quarterly magazine.

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 Hood Canal Area: Betsy Bloomfield (360) 877-5718, hanknbetsy@gmail.com
 Issaquah: Katherine McMillin (425) 391-5647, wapf.issaquah@yahoo.com
 North Olympic Peninsula: Christopher Hampton (360) 232-4747, restoresequim@yahoo.com
 Olympia: Brent Kohler (360) 456-3036, reception@gemclinic.com & Rebecca Bartsch (360) 630-1605, rebeccabartsch@yahoo.com
 Orcas Island: Learner Limbach (360) 376-4048, mbiramaker@gmail.com
 Point Roberts/Whatcom County/Lower Mainland of BC: John Hammell (360) 945-0352, (800) 333-2553, jham@iahf.com, http://www.meetup.com/Point-Roberts-Chapter-The-Weston-A-Price-Foundation/
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 Tacoma: Susan Blake (253) 759-6770, hairandbodyshop@comcast.net
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 Harpers Ferry/Charles Town/Frederick MD: Alissa Harris (304) 535-3009, drharris@harpersferry-chiropractic.com
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WAPF AT THE UNIVERSIDAD DE AMERICAS

In August, Dr. Ann Oldham Michael (right), our chapter leader in Chile, presented a talk on Weston A. Price Foundation principles at the *Universidad de Americas*. As it happened, our Toronto chapter leader Patricia Meyers (left)(who is originally from Chile!) happened to be in town and was able to help out at the WAPF booth. Big thanks to these two lovely ladies for their enthusiasm and support for WAPF teachings.



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Surrey: Madeleine & Tim Frankel 07980 000346, wapgaps.surrey@gmail.com

UK resource list: www.naturalfoodfinder.co.uk

EUGENE, OREGON CO-CHAPTER LEADER IN MEXICO

Victoria Schneider, co-chapter leader in Eugene, Oregon has been giving classes on WAPF principles in San Miguel de Allende, Mexico. In her classes, she observes that the country farmers and poor villagers who have adhered to their age old traditions have beautiful teeth. She explains the benefits of ancient food preparation techniques, such as soaking whole corn in limestone water and mixing the corn meal with lard to make tortillas. She explains the threat of vegetable oils, sugar and soy, with heads nodding in agreement. Heads also nod in agreement when she explains the ancient way of making tamales. Tamales of soaked corn meal wrapped in corn husks were cooked, packed in clay jars, buried in the ground and left to ferment for two weeks. A delicious corn fungus coats the tamales like a cheese.

Below left, sale of raw cows milk from the local dairy. Raw milk is much more popular than pasteurized; the villagers usually transform it into cultured cream, yogurt or queso fresco (fresh cheese). Below right, Victoria teaches classes on lacto-fermentation using local fruits and vegetables.



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DC

CSA: Hi-Brix, nutritionally dense, biodynamically grown kitchen vegetables, grass-finished beef, pastured pork, broilers and eggs. Openings for 2011 season in DC Metro area. Contact Allan Balliett, info@freshandlocalcsa.com (304) 876-3382, www.freshandlocalcsa.com.

FL

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

IL

Come to our farm! Healthy, FAT, beef & pork, born and raised certified organic, no nitrates. Sides or cuts (as available) plus many other healthy foods. Chapter Leaders Dale Kelsey—sustainable producer receiving no government funds, no grants, no subsidies—and Eileen Kelsey, CHom. incorporating WAPF Nutrition with Classical Homeopathy (815) 239-1466.

IN

Pastured chicken available June to October, dressed or live. Please order 3 months in advance of when you want the chicken J. M. Schwartz, 7560 S 200 E, Berne IN 46711

Raw milk cheeses, grass-fed beef, veal, whey-fed pork. 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 Yegerleher's The Swiss Connection. (812) 939-2813, www.swissconnectioncheese.com, Clay City,.

OH

Raw milk cheese from whole milk. Normandy cross cows 100% grass-fed without chemicals. **We ship.** Mail order, Colby, Cheddar and Appenzeller Cheese \$6.00/lb plus shipping Ice Shanty Cheese, Arlie & Ada Stutzman (330) 674-1289

MD

100% Grass-fed dairy and beef. Soy-free woodland pork. Soy-free pastured broilers

and eggs, fermented foods, North Central MD, grass-fedcarroll@gmail.com.

Nick's Organic Farm. Grass-fed beef (no grain ever), free range eggs, pastured chicken & turkey. Liver, organ meats, & bones. Pick up in Potomac or Buckeystown. Our cattle are always on organic pasture. Our cattle and poultry receive all organic feed, no hormones, antibiotics, or animal parts. We raise our own hay and grains and grind our own poultry feed. Quality Organic Products Since 1979. (301) 983-2167 nicksorganicfarm@comcast.net - www.nicksorganicfarm.com.

Windmill Meadows Farm, Washington County. Grass-based sustainable family farm. Our focus: healthy, well-balanced soil produces healthy livestock on healthy grass for healthy, good-tasting food products. Grass-fed dairy, beef, goats, pasture-based poultry (broilers & layers). Availability to Washington DC markets (301) 739-5258.

MI

Creswick Farms. Dedicated to raising healthy, happy animals—lovingly cared for as Mother Nature intended—which provide high-energy, nutritious and delicious food sources for health-conscious individuals. No antibiotics, steroids or GMOs ever fed to our animals! (616) 837-9226, www.CreswickFarms.com.

MN

Farm on Wheels offers animals raised on green grass & certified organic by MOSA. Nutrient-dense cuts of beef, lamb, chicken, turkey, goose, duck, pork, lard, butter & eggs. No corn or soy. Farmers Market year round in St. Paul, Prior Lake, Northfield, Linda (507) 789-6679, www.farmonwheels.net.

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

NJ

Fresh food from fertile soil. River Birch Micro Farm. Member: Farm-to-Consumer Legal Defense Fund. Eggs from chickens on grass pasture. Fruits, nuts and vegetables. Farmer/Soil Scientist Joseph Heckman, Ph.D. 19 For-man Ave, Monroe Township, New Jersey 08831 (732) 605-0444.

Full food farm ecosystem in NorthWest NJ seeks member/partners to build community for third growing season. We provide free-choice weekly pickups year-round of pastured animal products, seasonal and stored vegetables, with future plans for beans, grains, fermented foods. howlingwolffarm@embarqmail.com.

NY

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.

New York Buyers Club. Certified organic grass-fed dairy products from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork and chicken. Fermented foods, Green Pasture Products, soaked and dried nuts and raw honey. **Will ship.** (717) 768-3437. Pleasant Pastures.

PA

100% Grass-fed dairy and beef. Soy-free woodland pork. Soy-free pastured broilers and eggs, fermented foods, (610) 593-2811

All Natural Chicken, no medication, raised with organic feed, pastured on the farm. Fresh whole chicken \$2.95/lb; eggs \$3.00/dozen. The Miniature Farm, Larry and Rachel Halteman, Newville, PA (717) 776-7157

Bareville Creamery 100% Grass-fed. We offer raw cultured butter from our grass-fed cows. **We will ship** to you. \$8.00/lb plus shipping, or visit our farm to pickup. Daniel & Katie Zook, Leola, PA (717) 656-4422.

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Certified organic grass-fed, raw milk dairy, beef and poultry products near Reading, PA. Cows not fed any grain; new pasture every 12 hours. Eggs are soy free. King of Prussia Farmers Market. www.springcreekstrickerfarms.com or call Spring Creek Farms (610) 678-7629, Forrest Stricker."

Certified organic grass-fed dairy. Raw milk cheeses, cottage cheese, yogurt, sour cream from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork, chicken, rabbit & turkey. Call for info. **We ship.** (717) 768-3437 Pleasant Pasture Organic Acres.

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) 687-6346.

Grass-fed and soy-free dairy, beef, chicken, and pork for our family and friends, specializing in cheese, butter and eggs. **Will ship,** Family Cow Farm, 1090 Kirkwood Pike, Quarryville, PA, 17566.

If you are looking for milk & golden cheeses from a totally grass-fed cows, veal raised at a momma's sides, romping on the green, soy-free turkeys, free-range pastured poultry, & eggs, and if you have a desire for beef and lamb raised on fresh green grass without grain, vaccinations, or wormers, rabbits hopping in the grass...you are welcome to stop in or to give us a call! Mark & Maryann Nolt & family Newville, PA (717) 776-3417.

Miller's Biodiversity Farm is looking to supply small and starting co-ops with milk, meat and eggs. For more information please call Aaron (717) 806-0392. **Will ship.**

New location for an attractive variety of quality grass-fed and free-range products, located near the Lancaster and Chester County Line. For more information and/or questions, please call (717) 768-3263, Elam & Linda Stoltzfus Narvon Natural Acres, Narvon, PA.

Owens Farm, Sunbury, PA, grass-fed lamb, pastured Tamworth pork (fed soy-free grain), pastured meat chickens, soy-free heritage chickens, raw honey, sheep camp, farm tour, Adopt-A-Sheep & more. Visit Owens Farm www.owensfarm.com (570) 286-5309. info@owensfarm.com.

Raw Dairy products from our no-grain, grass-fed Jersey cows. Milk, cream, yogurt, kefir, 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 dairy products from our 100% grass-fed cows - whole milk, heavy cream, cream cheese, sour cream, cottage cheese, butter. All made here on our 13-acre Chester County Farm. Free from hormones and synthetics. Samuel and Esther Fisher, (610) 273-2076.

Raw milk from 100% grass-fed cows, yogurt, eggs from free-range chickens, 100% grass-fed beef and raw milk cheese. Ira & Mary Beiler. (570) 278-5881.

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 lamb and pastured chickens, turkeys and eggs. 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 and wholesale. Prices start at 4.75/pound, **we do mail order** cheese. Raw milk and organic eggs available. Eastern PA, 15 minutes N of I78, 153 Martins Rd. Pine Grove, PA 17963 (570) 345-3305.

Soy free, pasture raised chicken. Fed organic feed. No chemicals used on this farm for 10 years. Also, breast, wings, leg and thigh available. **will ship** Co-ops welcome \$4.25 per pound. Miller's Biodiversity Farm (717) 806-0392.

TX

Grass-fed beef from our heritage cattle, born & raised on our 110-yr-old Shudde Family Ranch near San Antonio. Healthy soil, to healthy grasses, to healthy cattle, to healthy nutrition-dense beef for healthy families. Inspected, frozen. **We ship.** www.ShuddeRanch.com (866) 392-1510.

VA

Belle Meade in Sperryville. Pastured livestock, no hormones/antibiotics: chickens, other poultry, pork, grass finished beef, eggs; organic vegetables. Contact (540) 987-9748 or tanya@bellemeadeschool.org. Join e-mail list

to receive availability updates. Pickup at farm; nearby locations; Fairfax County Government Center. www.bellemeade.net

Cow/Herd shares available, with Member in Local Kine (M.I.L.K.) Project in Fauquier County at Western View Farm, 2028 Laws Ford Rd., Catlett, VA 20119. For information call Martha Bender (540) 788-9663.

Grass-fed Black Angus beef, pasture-raised pork, goat, lamb & chicken raised in Northern Virginia. Free range eggs from our 600+ chickens! Raw milk herd shares available. Open seasonally Wednesdays and weekends. www.chicamarun.com (540) 668-9828.

Mount Vernon Farm raises 100% grass-fed beef & lamb, and soy-free pastured pork and soy-free eggs. We have an on-farm store and buyers clubs throughout Northern and Central Virginia. Contact us at (540) 987-9559 or mtvfarm@gmail.com. www.mountvernonfarm.net and Facebook.

Salatin family's Polyface Farm has salad bar beef, pig-aerator 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 and birds, 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.

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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ORGANIC FARMER/blacksmith, 35, wants friends and a wife. Interests: Biblical Christianity; high-brix farming; metalworking; horse farming and logging; alternative energy; rural life skills; and healthy, sustainable lifestyle. Not enamored with the electronic age. Timothy Martin 331 County Route 47, Potsdam NY 13676.

SINGLE SENIOR WAPF Group, Maria Atwood, retired and a Colorado Chapter leader would like to form a single seniors group of men & women 55 and up. If anyone in that age group is interested please contact her at: easternplainswapf@yahoo.com (719) 573-2053, Colorado Springs, CO.

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DVD "Raw Milk: The Whole Truth" (AKA: The Raw Milk Controversy: Fact & Fiction) Explains the whole truth about Raw Milk! Reviewed by WAPF: <http://www.westonaprice.org/dvdmedia-reviews/thumbs-up/1433-raw>

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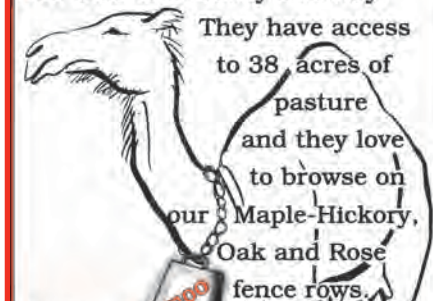
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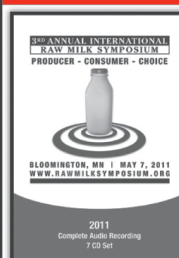
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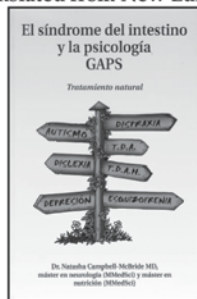
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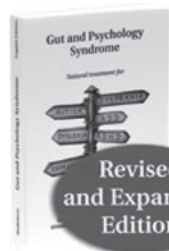
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The second manual, *Iqaluich Niginaqtuat, Fish That We Eat*, provides information regarding the traditional use of fish, their processing, recipes and eating enjoyment. It was compiled from the local traditional fish knowledge of northwest Alaska and was partially funded and placed on the web by the U.S. Fish and Wildlife Service.

The third manual in this series will similarly detail the traditional Inupiat processing techniques and recipes for sea mammals.

Presently there is no funding to support this work. Any suggestions would be welcome. The web link to *Iqaluich Niginaqtuat, Fish That We Eat*, is below. The report is located under the U.S.F.W. Northwest AK section. From here you can read it and/or download and print it. It should be printed double-sided due to the length (341 pages), including 100+color photos, sketches.

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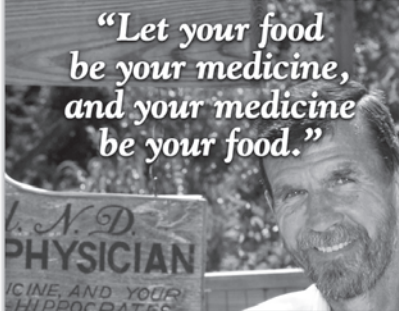
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