



# Wise Traditions



IN FOOD, FARMING AND THE HEALING ARTS

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## President's Message

The past few months have seen several tragic mass shootings, several of them in schools. As a society, we are collectively seeking answers to the reasons for such senseless violence. Yet, the media are strangely silent about the nutritional causes of violent behavior, some of which are well known.

In this issue we attempt to answer this question with an in-depth look at the nutritional causes of unstable and violent behavior, starting with two interesting letters in the Letters section, and moving on to analyses by Sylvia Onusic (page 19) and Chris Masterjohn (page 37).

One thing is certain: the modern diet of processed food, void of healthy fats and low in virtually every nutrient, is a potent witch's brew that breeds unhappiness, depression, anger and lack of impulse control. No amount of regulation, control, medication or armed protection can halt the downward slide of a population that routinely, even exclusively, consumes processed foods. Truly, we are paying the price for decades of agenda-driven dietary advice and for abandoning our culinary traditions.

The Weston A. Price Foundation diet, rich in nutrient-dense foods including traditional fats from grass-fed animals, and including glycine-rich bone broth and healthy biofilm-building lacto-fermented beverages and condiments, is the solution to out-of-control behavior. But, of course, very few have embraced this solution, at least not yet. With your support, however, we can get this message out to thousands. Indeed, our membership is growing by leaps and bounds. Introduce the WAPF message to just one other person or family and you can be part of the solution to a society spiraling out of control.

We are pleased to announce a new column in this issue: Technology as Servant by John Moody, our Louisville co-chapter leader (along with Chris Hughes). In this issue, John explores the disadvantages and dangers of the new CFL compact fluorescent light bulb (see page 69). Future issues will discuss LED lightbulbs, rocket stoves and sun ovens.

It's been a hard flu season this year. See Tom Cowan's Ask the Doctor column on holistic treatments for the flu on page 50.

We are very much looking forward to our conferences this year. In addition to our yearly international conference, held this year in Atlanta, Georgia, November 8-11, we will have two regional conferences: March 23-24 in Detroit, Michigan and September 21-22 in Portland, Oregon. The regionals are smaller, less elaborate conferences than the yearly *Wise Traditions*, and feature popular speakers on basic subjects, plus local speakers, farmers and artisans. See page 16 for details or visit <http://conferences.westonaprice.org>.

# Letters

## AGENDA 21

It would not be surprising if a small beleaguered organization as WAPF would be prone to believe in conspiracy theories like the UN Agenda 21.

Obviously there are plenty of people out there who believe that vegetarianism and decrease of consumption are necessary to feed the billions of people in this world. The UN, being a global organization, would take up this concern and make plans and propose treaties.

But as far as I know, Agenda 21 is not the law in this land. It would have to be ratified by both Houses of Congress and signed by the President to be so.

In our democracy there are many ways to prevent this, and I don't believe there is any chance it would pass Congress anyway. I would be more concerned over the numerous Free Trade Agreements which are already law. Their global ruling body, the World Trade Organization (WTO), has the power to declare our laws contrary to the trade agreement and demand that they be eliminated or there would be a heavy fine. To mind comes a California law banning MTBE, a gasoline additive which contaminates groundwater. The three judges of the WTO panel demanded the law be dropped. The National Animal Identification System (NAIS) on the contrary would be a law that facilitates free trade and probably to their liking.

If we want to have restrictive laws that prevent access to raw milk and other nutrient-dense foods off the books we necessarily have to work in the political arena. But first and foremost there should be education and sticking to the

facts on hand. People's mind can be changed—just remember the sea change we witnessed in the use of tobacco. Truth will prevail.

Heike M. Eubanks  
Myrtle Point, Oregon

## HIGH CALORIE MALNUTRITION AND THE BRAIN

I spent twenty years at Cleveland Clinic Foundation as a pediatrician and between May of 1975 and August of 1976, I kept a diary of "interesting patients." Because of my fascination and experiences with what I have come to call "dietary mayhem," I recorded some of the amazing diet histories and the nature of the associated symptoms.

I will mention two as examples. A young adolescent was seen because of "nervousness and change of personality." He had consumed ninety-five gallons (calculated) of a popular cola over a two-month period and was severely deficient in vitamin B<sub>1</sub> (thiamine). The other was a seventeen-year-old girl who presented with "nervousness" and obesity. She had widespread bleeding into the skin of her thighs, numbness in one leg below the knee and a history of years of swelling in one knee joint. Her diet history was appalling. She consumed a half grapefruit for breakfast and five to six cups of coffee; twelve cups on a Saturday. For lunch, she had half a grapefruit and sixteen ounces of pop. For dinner she had up to four candy bars, two cups of coffee before "dinner" and two cups after. She claimed that she consumed twenty-eight gallons (calculated) of cola in a two-month period.

At about this time in the 1970s, a

newspaper reported a murder. A young man raped and killed a girl with countless stabs of a penknife. He walked to his apartment, leaving a trail of blood that the police followed to arrest him. He had not thrown away the bloody penknife and the coroner reported that it was "the most vicious murder he had ever encountered." There was no attempt at evasion. A large number of empty pop bottles were found in his car when it was inspected by police. Of course, the pop bottles were reported simply as a kind of signature of a wastrel personality and never thought of as being of potential importance in loss of civilized control. I have often wondered whether O. J. really did commit the infamous murder unconsciously and in a blind rage because of consumption of the "soft" drink that he enthusiastically advertised. Could it be that President Clinton's lack of judgment in office was related to his well-known predilection for junk food?

There has been recent interest in coffee and dark chocolate as "exemplary foods" for their antioxidant content. Dr. Weil wrote an article in *Time Magazine* advocating the consumption of seven or eight cups of coffee for everyone. There is a fundamental flaw in this reasoning. Yes, they do indeed provide antioxidants, but this benefit is overwhelmed in chocolate by the added sugar (the chocolate bean is bitter and it is the addition of sugar that provides its characteristic taste and makes it addictive) and the caffeine in coffee. For this reason, they are not the best sources of antioxidants.

Caffeine excites brain cells to function and consumes cellular energy, thus giving a false impression of "more

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energy.” This consumption of cellular energy often occurs in a person whose cells are already struggling to meet energy demands. I have seen hundreds of patients for whom these commodities are the cause of their symptoms. Of course, it depends on the individual sensitivity. I saw a polysymptomatic woman who drank two cups of coffee a day. I asked her to stop. She said, “That is absurd, my husband drinks seven cups and he is fine.” I said, “Well, you will never know unless you try it,” and she did. During the next forty-eight hours an extremely severe headache kept her in bed. The headache cleared and after that her symptoms disappeared. I admit that this was unusual but since we never know the individual biology, how many people suffer without anyone suggesting the possibility? I have seen hundreds of patients with PMS and 90 percent were addicted to chocolate and coffee. With withdrawal of the offending substances and the addition of a few vitamins, the PMS invariably disappeared.

Sweet tasting junk is responsible for producing the “walking sick” in millions because the empty calories produce a relative deficiency of vitamins, thiamine in particular. I have compared it to a choked car engine where gasoline is burned inefficiently and proved the issue by performing a blood test called “erythrocyte transketolase,” a superb and highly accurate test for thiamine deficiency that is affecting millions.

Doctors still do not take much notice of diet in their patients and they are missing the very obvious symptoms that have long been forgotten, those due to classic vitamin deficiency disease that modern medicine has assumed to

be conquered. The mechanism is mild hypoxia (lack of the biochemical use of oxygen in creating cellular energy ) affecting the limbic system and brainstem. When this happens the limbic system (which is an obvious computer that automatically organizes our emotional and physical ability to adapt to our environment) becomes much more reactive. Since this is the part of the brain that produces our emotional reflexes—monitored and advised by the cortex and higher centers—a “nursed grievance” in a grade school boy can, I believe, explode in violence, perhaps the secret of school shootings. Nobody has looked at this possibility. I consider it to be an urgent necessity. An experiment was done in healthy human subjects in 1942 by giving them an artificially produced thiamine deficiency diet. They all developed typical so-called psychosomatic symptoms, including quarrelsome behavior, headaches and abdominal pain.

The point is that we are still a relatively primitive animal. All animal brains are built on the same principle. We still have the primitive brain, sometimes called the “reptilian system” and our higher brain centers have evolved to monitor and “advise” the cave man that lies within us all. We all know that alcohol will upset this physiological balance and it is well known that thiamine deficiency is an associated factor. Sugar in all its different and widespread forms also produces relative thiamine deficiency, thus inducing a mild degree of oxidative inefficiency.

Derrick Lonsdale, MD, FAAP, CNS  
Strongsville, Ohio

## VACCINATION AND VIOLENCE

Published in 1990, Dr. Harris Coulter's book *Vaccination, Social Violence and Criminality* provides one of the most powerful critiques ever written on the subject of vaccination damage. In it he predicted a wave of violence in our schools.

The mechanism which he discussed in detail was a certain type of brain damage known and acknowledged to be caused by vaccination: sub-acute encephalo-meningitis. This condition was known to cause inflammation of the base of the brain, which affects personality and behavior.

This was no mere theoretical exercise. As one of America's most creative medical historians, Coulter did extensive research to reveal that encephalitis was an acknowledged medical reaction to all (or nearly all) vaccinations and that a very mild form left in its wake serious personality distortions and disorders. A review of the “epidemics” of infectious encephalitis that swept America and Europe in the 1920s reveals that those who survived such a condition would suffer from various conditions that we recognize today but were exceedingly rare at that time. These conditions include ADD, ADHD, autism, Asperger's syndrome, allergies, anorexia, bulimia, impulsive violence, stuttering, mental retardation, dyslexia, sudden infant death syndrome (crib death), processing disorders, the inability to feel empathy (seen in autism spectrum disorders but also in criminal behavior), bed-wetting, Tourette's, seizures and many other conditions which, it must be repeated, seemed to come out of nowhere (or rarely occurred) in those times.

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Coulter seemed especially concerned about the violence emanating from such diseased brains. His discussion of prisoners revealed that a surprisingly high number suffered from various neurological disorders such as tics, stuttering, dyslexia and other conditions which were reflective of nervous system problems.

In his book, Coulter discussed America's youngest serial killer, a young teen in the late 1800s whose mother stated it was the smallpox shot that changed her child's personality and turned him violent. Coulter's book had a chilling interview with the notorious serial killer Ted Bundy who in his own words discussed his uncontrollable urge to kill. Bundy (who was a psychology major) repeatedly said his was not a personality disorder but a neurological disorder (uncontrollable impulses in his brain).

Remember, this was before the Columbine shootings, before school violence was even discussed as a serious problem. Coulter predicted that our increasing mass vaccination program would reap us more violence.

The victims of vaccines are damaged. Damaged brains are often prescribed psychotropic medication, which has been linked to suicide and homicide. While we don't know enough about the Connecticut killer we do know that most of those who committed school killings were on such medication.

We should not let our investigations be driven into areas that are comfortable to discuss (gun laws, poor parenting, more secure schools) but rather look at what has turned our children into killers no matter how uncomfortable the road

traveled. How many more such acts of violence and murder must occur before we ask the question, "What is making these children murderously violent?"

Are these acts of violence a medical, iatrogenic (doctor-caused) phenomenon as a result of vaccination-induced chemically damaged, neurologically sick brains? The evidence is compelling and our refusal to investigate objectively that unpleasant possibility may ensure continued tragedies of this nature.

Tedd Koren, DC  
Gwynedd Valley, Pennsylvania

## APPALLED

I recently and inadvertently received a copy of your publication for Winter 2012. The anti-vaccination bias you have in your articles is appalling, and furthermore damaging to your readers' health. Educating your readers is one thing, and in fact is one of the important goals of anybody related to the medical field. However, your little disclaimer on the inside front cover hardly counteracts the tone, bias, and misconceptions of at least two articles in your publication.

The first, a column editorial "Crossing the Blood Brain Barrier" has medical facts stated in it that are not supported in the article. Two case studies from Canada without any control cases or studies are hardly enough to state damning and untrue medical facts which will drive people away from the vaccines. Also, anybody has access to the full side effect profile and practitioners must, by law, answer questions about potential side effects and provide an information FAQ sheet for every single vaccination. Go on the product website or ask a medi-

cal professional to get these items.

Then I got to the book review of *The Solution: Homeoprophylaxis*, and I was incensed at what I found, especially at the paragraph which begins at "Yes, yes; we know that vaccination is an ill-founded concept. . ." Do you all have any idea of the mortality rate of smallpox? According to the Centers for Disease Control, it's thought to be 30 percent while death from the vaccine is estimated at 2 in a million at most. I truly hope you email me back telling me which number is greater. What of the monetary and human cost of care for a patient with polio? These two diseases were brought to their knees by mass produced vaccines. The very first vaccine was what you call a "nosode" used to prevent smallpox, but was eventually replaced by standardized vaccines. To hear your book reviewer decry vaccines while the book proposes to do the very same thing as vaccines, using the same methodology, but just with different products is hypocritical at least.

I believe that you do not intend people harm, in fact I believe you are only looking to keep people healthy. I also believe that there is value in your publication and community's methodologies of holistic approaches and finding and correcting root causes of ailments and disease. However, to exploit the grave tragedy of some very few to incite greater tragedy in the future by using your publication to turn biased medical and public opinion about vaccines into medical fact is a serious transgression of your desire to help people. I hope in the future you take a more informative tone and seek to have your readers initiate a dialogue with every one of their

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health providers instead of seeking to misinform and scare your readers.

Name Withheld

*Diseases like smallpox were eradicated by sanitation measures, and polio is likely caused by the pesticide DDT. As you state, the side effects of vaccines are listed in the vaccine FAQ sheets, but few doctors read these to their patients or are even prepared to have a discussion about the subject. Meanwhile, more and more children suffer the adverse effects of vaccines, especially of so many vaccines, which introduce toxins like aluminum, mercury, formaldehyde and MSG into the bloodstream. Our philosophy is to protect our children with good nutrition, not with toxic vaccines.*

## OSTEOPENIA REVERSED

In July of 2010, I had a bone density test done. In the past when the doctors checked my bones, I had always come out with good density. Because of this, I didn't worry about bones breaking, even though I am in my sixties. It was a concern of mine because I have an aunt who has osteoporosis, and I seem to follow after her in many ways. She has fallen and broken some of her bones.

So imagine my surprise when my 2010 test came back with a diagnosis of osteopenia, the start of osteoporosis. I was very concerned but as life goes, I kind of forgot about it. At the time I was drinking store-bought, pasteurized, homogenized milk.

In the 70s and 80s, I lived on an acreage with my family and we had our own milk cow (along with beef, chickens, hogs, turkeys and rabbits). I was raised five kids on good, whole-

some, real food, drinking a gallon of raw milk a day for the family. After moving to town, I have missed that life tremendously so I have always been in search of raw milk, right from the cow, just like we had at home. As most of you probably know, that's not easy to find. Finally, I found a resource and I am grateful every day.

Fast forward to September 2012 (two years after the 2010 bone density test). My doctor suggested I get re-tested. I remember thinking, "That's a good idea—I wonder whether the raw milk will make a difference?" I don't think I really thought it would, I was just curious.

Well, lo and behold, my test results came back with the statement: "Since 7/12/2010 there has been a significant increase in bone density in the lumbar spine (2.8 percent)."

I was amazed and so excited—I couldn't wait to see my doctor again. When she read my report, she couldn't believe it. She said she had never seen osteopenia reversed. I asked her if she wanted to know what I was doing differently? She said she did and I told her, "The only thing I have changed is that I'm drinking raw milk." She looked at me strangely and said, "Aren't you afraid if it isn't pasteurized?" I replied, "No, actually I'm more afraid of pasteurized." She replied, "Well, keep doing what you're doing." I know I had to be the first patient that had told her that.

So my raw milk is gold to me. I love the taste and I love the results!

Elaine Andrews

Marion, Iowa

GROWING UP IN ARGENTINA

I grew up on a farm in Argentina. My mother was a petite woman, under five feet tall, who had fifteen children, all of them healthy. They were born at home with the help of a midwife.

We lived mostly on beef—usually as a stew cooked in a cast iron cauldron over a big fire. Everything went into that stew—meat, organ meats, bones, feet, beans and vegetables. Blood went into sausage. In fact we never ate anything raw, everything was cooked. The exception to that was raw milk, of course, which we all had throughout our growing years. For bread we had dough fried in lard. We also had plenty of eggs. We ate chicken, duck and pork on special occasions.

Of course, my mother breastfed all of us. One custom in Argentina was for a new mother to stay in bed and rest for forty days after the birth. The midwife stayed at the house for two months, making chicken soup and other nourishing foods. She took care of all the other children so my mother could rest. Then when she left, we other children helped with the child care and child minding.

A new baby was put in a basket to sleep in my parents' room. When the baby was old enough to sit up, that signaled the time for the baby to move out of my parents' room and in with the other children.

An important thing for baby was anise tea, for digestion and colic. We collected the anise ourselves and made the tea faithfully for the new baby.

My father lived to age eighty-seven and my mother lived to age ninety.

Ina Russell

Silver Spring, Maryland

POWERED BY RAW MILK

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Recently, I qualified to compete in the World Latin Dance Cup in Miami, 2012 December 12-15 in the ladies solo division. There will be over seventy countries there to compete and I will be representing the United States.

At the qualifying competition in Portland, people repeatedly asked me, "How do you do it?" "What do you eat?" I always tell them, "Raw milk and butter." Since then, I have been holding dance workshops for fundraisers for my trip in December. Lately, people have asked me to help them get on a better diet. I share with them my views on traditional whole nutritious foods. My college nutrition class taught me the holistic way and the USDA way as well, so that I could know the difference. Having grown up on an Indian reservation where my family is one of the few that still practices eating from nature's marketplace (the medicine food wheel), I carry that on in my life.

This competition opportunity to take place in December has given me a leg to stand on to support raw milk and whole nutrition. I am a fan of nourishing traditional diets and the tribal food wheel of the Umatilla Indian Reservation.

I will be sharing information on the benefits of raw milk at my "just for women Latin dance workshop" this Sunday in Walla Walla, Washington. I'm so glad this foundation exists.

Chelsie Bonifer  
Walla Walla, Washington

## "RAW" CHEESE

I am a WAPF co-leader in SW Colorado. Our chapter serves as a buying club of sorts for our members to save

on shipping charges. We were about to place a large order (over one hundred fifty pounds) for raw cheese from a company from whom we had ordered before, one that uses milk from Amish farms. I received a tip suggesting I check to see whether the cheese was truly raw. It was not. The milk had been heated to 144.5 degrees for fifteen seconds prior



to making the cheese. It was similar in that respect to at least one national brand that markets its cheese as "raw" even though it too is heat-treated, rendering it a "less-alive" food.

This type of treatment is called thermization which the U.S. categorizes as raw with regards to cheese and the European Union categorizes as pasteurized. Apparently there are only two official categories for cheese, pasteurized and raw, but unofficially there are gray areas. In the U.S., high-temperature pasteurization requires heating the milk to a

minimum of 161 degrees F for a certain length of time. There is also a category called low-temp pasteurization wherein the milk can be heated to just under 145 degrees.

For some reason, low-temp pasteurization, or thermization, of the milk used for cheese-making allows for labeling the resulting cheese as "raw" in the U.S. even though much of the beneficial bacteria and enzymes are destroyed through the heating process (although not as much as is destroyed with high-temperature pasteurization). Enzymes begin to break down at 118 degrees. So if you are trying to purchase truly raw cheese for the health benefits, you might want to check with your cheese-maker to see whether any heat-treatment has been used on the milk prior to making it into cheese.

Cheese-makers who are producing truly raw cheese will be getting a clean supply of milk from which to make their cheese. Those cheese-makers who have doubts about the quality of their milk, whether because of the conditions under which the dairy cows live or are milked, or how the milk is stored prior to processing, or with the transportation between the dairy and the cheese-maker, should certainly thermalize or pasteurize their milk prior to cheese-making. However, when the conditions are optimal and result in a healthy and beneficial raw milk, the cheese-maker can make a truly raw cheese, all enzymes and good bacteria intact.

It is always a good idea to have a dialogue with your food suppliers! In the case of cheese, it's not just a matter of antibiotics or hormones or how much grass and grain the cow is fed but also

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what happens to the milk from the teat to the finished product. It didn't used to be so complicated to get wholesome, clean, nutrient-dense food—hopefully we will get there again someday!

Zoë Groulx  
Pagosa Springs, Colorado

*Thanks for reminding us about cheese manufacturing processes. All the cheeses in our Shopping Guide listed as "raw" are truly raw, not heated above about 105 degrees. Cheeses that are thermized are listed under "good."*

## GRAIN-FED VS GRASS-FED

I thought you would be interested in our experiences with grain fed-beef. Our daughter has had a rash that has been slowly spreading, starting first on the front of her ankle, then spots of it spread to the backs of both her knees, then to the inside of her elbow. We tried elimination diets, and she still had it. She was down to only eating meat (grain-fed) and our own eggs from our hens (grass-fed).

I was at a loss as to why she still had this rash, until I heard a broadcast on Coast-to-Coast AM. They interviewed the lady who owns the website farmwars.info, and she was telling her own story about GMOs and her health problems, which included a horrible rash she got from eating GMO foods.

The light bulb went on in my head! So, although this was an unscientific experiment, I took my daughter off the grain-fed beef and started only giving her some venison we had from last year. It's only been a few days and her rash is actually disappearing! I wonder whether she is reacting to the GMO grains the

animals had eaten?

We also found a source for grass-fed butter at Trader Joe's, and she has also been eating that with no ill effects. The rash seems to be disappearing fastest from the backs of her knees and her elbow, but I am so glad that I finally found the reason, and I think it's the GMO grains that the animals are eating.

I must add that she also reacts to grains as well, even grains that are soaked and organic. However it seems that wheat causes a faster reaction than oats. I speculate that she may have also inherited her sensitivity to toxins from her father, as he is super sensitive to toxins in any and all forms, and our daughter is a WAPF baby to boot.

Jennifer Murdock  
mersiepoodledoodle@yahoo.com

## FRENCH RESTAURANTS

My husband and I just ran into a friend of his who just returned from a trip to France (his birthplace, where his family ran a restaurant). He reports to his horror that many of the mid-priced restaurants and bistros he and his wife saw in Paris and the Loire were all using pre-prepared food that was heated up to serve to customers. He said that the price range was from fifteen to fifty Euros per person, so the practice was not just at fast-food places. You could tell, he said, because no smells of cooking were coming out of the kitchen and all the menus were similar.

High-end restaurants and a few bistros still cook, but corporate food seems to have infected a country I thought would resist to its dying breath. He said that the economy has been down for long enough that people are willing to

put up with inferior food. Also it seems that many traditional bistros have been purchased by holding companies and fixed up to look typique, but are only Disney versions serving fake food. I am heartbroken!

Victoria Bloch  
Los Angeles, California

## METHANOL HAZARDS

Not untypically, I had my eyes opened by something fascinating in the latest issue of *Wise Traditions*. This time it was the hazard of toxic methanol in canned fruits and vegetables.

I don't eat any canned fruits and vegetables at this time, because we have fresh vegetables all year round from our greenhouse. However, I do eat canned meat. Fortunately, the latter does not contain pectin, the substance in fruits and vegetables believed to morph into the dreaded methanol. Methanol is also known as "wood" alcohol or "rubbing" alcohol . . . the stuff for sale in the supermarket that makes desperate winos go blind when they drink it. Some scientists now think methanol from canning is the cause of many modern diseases of humankind, particularly multiple sclerosis.

I was wondering how the process of canning created methanol . . . and Google was my friend.

I read an article on the Internet suggesting that with traditional cooking, methanol escapes by evaporation, so harmful levels of the chemical are not present in the finished product. But with canning, the metal cans or the glass jar lids are tightly sealed, thus preventing any methanol from escaping. Here's another case of technology supplanting the traditional ways and surreptitiously



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leading us into trouble.

Apparently, canning is not the only worry. All fruits and vegetables contain toxic methanol, and apparently just the process of chewing them up and digesting them releases it naturally.

"Methanol is also formed when fruits and vegetables are physically prepared for consumption by methods that include, but are not limited to, slicing, chopping, puréeing and juicing. Pectin will break down to methanol when the plant cell walls and middle lamellae are disrupted, as can happen through physical processes of food preparation.

"Methanol is also produced when pectin is broken down by microorganisms in the digestive tract, after fruits or vegetables are eaten. It has been reported that apples contain approximately 1 percent pectin, and that consumption of one kilogram of apples typically results in release of 0.5 grams of methanol in the human body. Because the pectin methylesters in fruits and vegetables will break down to produce methanol either during food preparation or during subsequent digestion, the "total amount of methanol released from consumption of chopped or otherwise physically prepared fruits and vegetables is not expected to be higher than the level that results from consumption of the equivalent amount of unprepared fruits or vegetables" (Proposition 65 Interpretive Guideline, 3 March 2012).

Now, this last bit is very interesting. Since chewing must be considered a form of "food preparation" similar to "slicing, chopping, pureeing or juicing", this article suggests that if one wishes to minimize harmful methanol entering the body, eating cooked fruits and veg-

etables is preferable to eating them raw . . . an idea perhaps especially hard to swallow for many raw-food enthusiasts.

According to the scientists on the History Channel, cooking allowed humans to evolve bigger brains and achieve the great "advances" of the modern world. Is another advantage of cooking the reduction of toxic methanol's negative effects on human health?

I often measure the validity of health theories against my intuition . . . not very scientific, but my intuition is the product of billions of years of evolution, as opposed to the scientists' accumulated knowledge which is a mere twenty-five hundred years or so old. In the case of the cooking-methanol question, in general I find that I "naturally" prefer eating cooked fruits and vegetables to raw almost all the time—and amazingly scurvy has yet to strike me down. That preference for cooked goes for nuts and seeds as well.

I guess it's time to write that best-selling book: *The Methanol-Free Diet — How To Avoid Multiple Sclerosis, Cancer and Other Modern Disease by Cooking 99% of Your Food!*

But actually, this emphasis on cooked food was championed many years ago . . . by macrobiotics, a diet popularized in the 1960s that recommends almost no raw food. Too bad the macros almost entirely avoid almost all animal foods, ruining an otherwise excellent traditional diet.

Unlike humans, animals don't cook, so obviously their bodies have evolved to neutralize the toxic effects of methanol. But cooking has been well established in human culture for tens of thousands of years, so our ability to tolerate methanol

has probably diminished significantly. On the other hand, I suspect that small amounts of methanol will not harm us, because humans have always eaten some raw foods.

I have a suggestion for those wishing to avoid methanol while enjoying canned fruits and vegetables. Pre-cook the food for a while before sealing it in the canning jars. How long? Long enough for the methanol to evaporate. You'll have to ask the scientists on the History Channel how long that might be . . . I have no idea.

Roger Windsor  
A Farm in Tennessee

*It is typically the high-pectin fruits such as apples, that are cooked in traditional cultures.*

## MRSA IN MILK?

A recent press release here in the U.K. has advised consumers against drinking raw milk due to MRSA (antibiotic-resistant staph) being found in five bulk tanks ([www.independent.co.uk/life-style/health-and-families/health-news/new-mrsa-superbug-strain-found-in-uk-milk-supply-8431187.html](http://www.independent.co.uk/life-style/health-and-families/health-news/new-mrsa-superbug-strain-found-in-uk-milk-supply-8431187.html)). This press release coincides with an imminent review of raw milk regulations by the Food Safety Authority (FSA). The writer fails to make a distinction between raw milk which the FSA has certified for human consumption versus lower grade commodity milk that must be pasteurized.

Indeed, commodity milk produced without a raw milk license is frequently contaminated with a whole host of pathogens, principally because the farmers are satisfied that the milk

# Letters

will be heat treated. Had MRSA not been found, the researchers could have trotted out the long list of other contaminants frequently found in the milk of intensively farmed cows. Indeed, many outbreaks occur when said low quality milk goes through a faulty pasteurizing unit simply because such high levels of infection are permitted in the bulk tank. This creates a moral hazard which has significant implications for milk quality and is part of the race to the bottom in milk quality and wholesale prices. Not only is quality compromised, but low wholesale prices are caused by excess quantities of low quality milk.

The article states that routine use of antibiotics is the cause of MRSA in bulk tanks, citing this as a reason to avoid drinking raw milk. However, any herd sickly enough to require routine antibiotics would have a bacterial count too high to qualify for a raw milk license. Furthermore, in raw dairies, cows are taken off milking as soon as there is any sign of infection or need for antibiotics. Indeed, the entire herd will be taken off milking for raw drinking milk with even the slightest antibodies to TB in just one cow, and they are tested far more frequently and to a higher standard than cows producing conventional milk. Consumers concerned with routine use of antibiotics should therefore be encouraged to drink certified raw milk because raw dairies do not milk any cows on antibiotics. This one of the

reasons why farmers producing artisan raw milk, sold directly to consumers, can command a price of between one and two pounds per liter (\$1.50 to \$3), bucking the trend in the wholesale market where milk sells below the price of production at around thirty pence per liter. We encourage journalists to support local, successful artisan farmers.

The FSA Board stated in their recent board meeting announcing the raw milk review that they were united in the view that raw milk is inherently dangerous; yet the same report confirms the lack of danger, for there has been no outbreak from raw milk for decades. This dichotomy and lack of confidence in the regulatory process is due to a combination of industry lobbying, in particular from Dairy U.K.. Their position is based on the fraudulent failure to recognize the success of modern raw milk regulations and to make a distinction between raw milk certified for human consumption and commodity raw milk destined for pasteurization.

Philip Ridley, Chapter Leader  
London, U.K.

## MEAT EATER'S GUIDE?

I was very disappointed when I went to Environmental Working Group's site today after receiving an email about the EWG's Shopper's Guide to Pesticides in Produce. On the main page of the email they also have EWG's Meat Eater's Guide to Climate Change + Health. Here they offer tips for meat eaters recommending that people eat more grains, legumes, tofu and lower-fat dairy products like non-fat yogurt. I plan to send them an email with my comments and hope that others might

do the same. You can do so here: <http://www.ewg.org/contact/hq>.

Karen McFarland  
Mansfield, Texas

## PHOSPHORUS CONCERNS

Many people have decided to cut back on meat, dairy and eggs because of warnings from the Institute of Medicine about excess phosphorus consumption. High levels of phosphorus are considered an independent predictive factor in mortality and morbidity from cardiovascular problems, kidney disease and osteoporosis. The average American consumes twice the RDA of 700 mg per day. Phosphorus, of course, is an essential nutrient, and people shouldn't be deterred from eating traditional foods such as grass-fed meats, pastured dairy and free range eggs.

Cutting out carbonated beverages is the most obvious way to reduce phosphorus levels in the diet, but people also need to take a look at their consumption of all packaged and processed foods, including health food store versions. Phosphorous is routinely added via additives such as the anti-caking agents, stabilizers, leavening agents or acidifiers. Since these are not required to be listed on the label, it is difficult to know how much is being added and consumed. When listed on the labels, they may show up as: tricalcium phosphate, trimagnesium phosphate, disodium phosphate, dipotassium phosphate. According to current regulations, these ingredients are safe when used in good manufacturing processes, but obviously the more one consumes prepared foods, the more elevated the blood phosphorus levels can rise.

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

# Letters

People with celiac disease need to be especially careful. The Institute of Food Technology in its December 2012 journal states, "It has been difficult for consumers to find gluten-free alternatives that taste good and have desirable texture properties. Consequently, manufacturers are looking for different ingredient solutions that will address these problems." Phosphate additives have provided that solution without consumer awareness of the health implications.

With any processed food, the message is take care and always remember: Fresh is best!

Betty Wedman-St. Louis PhD, RD  
St. Petersburg, Florida

*Below, Betty has provided us with a list of phosphorus sources in processed foods.*

HOMEOPATHY FOR

EPSTEIN-BARR

When I was twenty-five, I was diagnosed with Epstein-Barr (chronic mononucleosis) and spent two years in bed, sleeping sixteen hours per day. I could not function or work, much less socialize, due to extreme exhaustion. Conventional doctors said I had a chronic condition that would come and go for the rest of my life. During that time, I removed gluten, dairy, yeast, and caffeine from my diet, and tried

## SOURCES OF PHOSPHORUS IN PROCESSED FOODS

**BAKED GOODS:** Cake mixes, donuts, refrigerated dough, pyrophosphates for leavening and dough "improver."

**BEVERAGES:** Phosphoric acid in colas for acidulant, pyrophosphate in chocolate milk to suspend cocoa, pyrophosphate in buttermilk for protein dispersion, tricalcium phosphate in orange juice for fortification, tetrasodium phosphate in strawberry flavor milk to bind iron to pink color.

**CEREALS:** Phosphate in dry cereals to aid flow through extruder and fortification.

**CHEESE:** Phosphoric acid in cottage cheese to set acidification, phosphate in dips, sauces, cheese slices and baked chips for emulsifying action and surface agent.

**IMITATION DAIRY PRODUCTS:** Phosphate as buffer for smooth mixing into coffee and as anticaking agent for dry powders.

**EGG PRODUCTS:** Phosphate for stability and color/foam improvement.

**ICE CREAM:** Pyrophosphate to prevent gritty texture.

**MEAT PRODUCTS:** Tripolyphosphate for injections into ham, corned beef, sausage, franks, bologna, roast beef for moisture and color development.

**NUTRITION BARS & MEAL REPLACEMENT DRINKS:** Phosphates for fortification and microbiological stability.

**POTATOES:** Phosphate in baked potato chips to create bubbles on surface, and pyrophosphate in French fries, hash browns, potato flakes to inhibit iron induced blackening.

**POULTRY:** Tripolyphosphate for moisture and removal of Salmonella and Campylobacter bacterial pathogens.

**PUDDINGS & CHEESECAKES:** Phosphate to develop thickened texture.

**SEAFOOD:** Tripolyphosphate in shrimp for mechanical peeling, pyrophosphate in canned tuna and crab to stabilize color and crystals, surimi ("crab/sea sticks") triphosphate and pyrophosphate as cryoprotectant to protein.

# Letters

numerous forms of natural medicine. I sought the advice of many holistic doctors who prescribed vitamin IVs and handfuls of supplements. In 1997, I became acquainted with the Weston A. Price dietary principles, which were vital to help my body heal.

Immediately, I started making chicken broth and fermented vegetables, and increased the amounts of healthy meats and fats in my diet. I started to feel stronger and stronger within just a few weeks. The symptoms of Epstein-Barr continued to be up and down for a few years, and I was still not able to work. I tried yet another modality and saw a classical homeopath. He warned me that my healing could take a long time. I took one dose of the homeopathic remedy and scheduled an appointment for six weeks later. To my surprise, three weeks later, my fatigue was completely gone. I had plenty of energy to go out and do all the things I had missed for all those years. My homeopath believed that my quick recovery was due to my nutrient-dense diet. My body had the nutritional base to heal, it just needed homeopathy to flip the switch for a full recovery. My body became so healthy that the Epstein-Barr virus was not able to live in it, and blood tests confirmed that I was in the normal range.

In addition to Epstein-Barr, for twelve years I had suffered from depression, anxiety, ADD, bladder infections, migraines, insomnia, hypothyroidism, goiter, acne, eczema, PCOS, and menstrual cramps. Over time, each illness vanished with homeopathic treatment and my steady WAPF-inspired diet.

I was able to return to work and I started a four-year graduate homeopa-

thy program in New York. I have been practicing homeopathy since 2001, and I encourage my clients to embrace the WAPF diet for optimal health. What I saw in my life is what I see in my clients' lives: the body knows how to heal itself; it just needs the nutrients and the right stimulus (such as homeopathy) to bring itself into balance and truly heal.

I wanted to express my sincere gratitude to the Weston A. Price Foundation, for helping me heal and making such powerful tools available to my clients and the rest of the world.

Marnie Reasor, CCH candidate  
San Francisco, California

## SEEKING TEAM MEMBERS

I represent a small group of Weston A. Price Foundation (WAPF) members who are planning a venture to make nutrient-dense food more available to people when they are away from home.

We are passionate about eating real food and following Dr. Weston Price's nutritional guidelines, and we wish to make these nutritious foods easily accessible on the go. And we need your help.

Each of us has a transformative story of how Dr. Price's work and the message of the Foundation has profoundly impacted our health and well-being. After adopting this more healthful lifestyle, however, we became increasingly aware that eating real food outside of the home is an enormous challenge; oftentimes, it's impossible. Mainstream restaurants like Chipotle and Chick-fil-A are touted as healthier options by some, but they still fall far short in many respects. The complete lack of options outside the home inspired

this project, and we are now in need of your help to move it forward.

We are looking for individuals with restaurant-industry experience, preferably in management and/or procurement, to join our team. If you are interested in participating, please contact me, or forward this message to someone you know who may be interested.

In the words of Dr. Price, "An adequate, well-balanced diet is capable of building people strong and well in all respects and adequate for maintaining health and strength. This is the right of all mankind and their sacred birthright."

We want to see nutrient-dense foods be more readily available and appreciate all you do in support of this noble goal. Thank you!

Katharine Spehar  
Branford, Connecticut

## MUCH IN DEMAND

I thought your members would like to know that the librarian in charge of periodicals at our local library says that *Wise Traditions* is one of the most sought-after publications in the library's holdings and always much in demand. I'm told there was typically a wait list after they came out. The thing is, too, that I think a fair number of people who go to the library to read their magazines or use their computers don't have internet access at home, so the hard copy of *Wise Traditions* is really their only way of seeing it.

Chris Decker, ND, Chapter Leader  
Northampton, Massachusetts



# Caustic Commentary

Sally Fallon Morell takes on the Diet Dictocrats

## WRONG ADVICE

The number one item in the dogma of conventional nutritionists and medical professionals is—and has been for over fifty years—to substitute polyunsaturated vegetable oils for saturated fats. By so doing, we are told, we can prevent heart disease, our number one killer. This premise has sent billions of souls into the aisles of processed foods, with horrendous consequences, particularly for the next generation. And what if such advice is wrong, completely wrong? A new study should give believers a sinking feeling. The Sydney Diet Heart Study involved four hundred fifty-eight men aged thirty to fifty-nine. One group was advised to replace dietary saturated fats with omega-6 oils, while the other received no specific dietary advice. The result: all-cause mortality and mortality from coronary heart disease were higher in the intervention group than in controls. These findings are the more remarkable because the researchers lumped “common margarines and shortenings” with saturated fat, so the intervention group avoided not only saturated fat but *trans* fats as well. “These findings could have important implications for worldwide dietary advice to substitute omega-6 linoleic acid, or polyunsaturated fats in general, for saturated fats (*BMJ* 2013;346:e8707). Not a peep from the media, of course; the worldwide dietary advice to substitute vegetable oils for animal fats is not likely to end any time soon.

## MORE REASONS

### TO AVOID POLYUNSATURATED OILS

In addition to increasing the risk of heart disease, polyunsaturated oils increase the risk of obesity. Researchers in Southampton, U.K. found that mothers who have higher levels of omega-6 polyunsaturated fatty acids in their bloodstream during pregnancy have fatter children (*Journal of Clinical Endocrinology & Metabolism* January 1, 2013 vol. 98 no. 1 299-307). Additionally, new results from experiments using animal models show that a high intake of omega-6 led to overproduction of signaling compounds that stimulate the appetite, with the result that the animals ate more and developed obesity ([sciencenordic.com/vegetable-oils-promote-obesity](http://sciencenordic.com/vegetable-oils-promote-obesity)).

## AND MORE WRONG ADVICE

Type-2 diabetes is a risk factor for heart disease and most diabetics are put on cholesterol-lowering statin drugs to lower

that risk. But new research has conventional cardiologists scratching their heads. Researchers analyzing results for one hundred ninety-seven participants in the Veterans Affairs Diabetes Trial looked at frequency of statin use and coronary artery calcification, a strong indicator of cardiovascular risk. The results showed that more frequent statin use is associated with accelerated coronary artery calcification, even though LDL-cholesterol levels were “nearly optimal (*Diabetes Care*.2012 Nov;35(11):2390-2). Said the researchers: “. . . accelerated progression of calcified atherosclerosis in [type-2 diabetics] by statins may have the effect of lessening these medications’ overall benefit.”

## SATURATED FAT AND SPERM COUNT

“Eating a fatty diet could reduce a man’s sperm count by 40 percent,” declared the *Daily Mail*, “enough to put every man off his bacon and egg.” This dire warning referred to a study published in the *American Journal of Clinical Nutrition* (*ACJN*.112.042432v197/2/411), which claimed that saturated fat was associated with reduced semen quality among seven hundred Danish men. Zoe Harcombe of the U.K. has produced a brilliant analysis of the document ([www.zoeharcombe.com](http://www.zoeharcombe.com), January 10, 2013). She found that the researchers jumped to sweeping conclusions about differences in fat consumption that were actually very small, and that they could have equally concluded from the data that monounsaturated fat and polyunsaturated fat also lowered sperm count. The interesting finding was that the period of abstinence for those consuming more saturated fat was less, which could explain the lower sperm count. A much more interesting headline would have been: Men who eat more saturated fat have sex more frequently!

## UNHEALTHY VACCINATED CHILDREN

New data provide justification for parents who refuse to vaccinate their children. An ongoing study out of Germany on childhood illness has found a clear disparity between vaccinated and unvaccinated children. The survey includes data on eight thousand unvaccinated children, whose overall disease rates were compared to disease rates among the general (vaccinated) population. Vaccinated children were nearly twice as likely as unvaccinated children to develop neurodermatitis, characterized by chronic itching and scratching. Vaccinated children were about two and one-half more likely to develop

# Caustic Commentary

migraine headaches, and vaccinated children were about eight times more likely to develop respiratory problems like asthma and chronic bronchitis. They were three times more likely to develop hyperactivity, four times more likely to develop hayfever and a shocking seventeen times more likely to develop thyroid disease. Most importantly, only four of the eight thousand unvaccinated children had severe autism (.05 percent), while the rate among vaccinated children is about one percent, or twenty times higher. In a similar but unrelated survey conducted in the 1990s, researchers found that the death rate among vaccinated children from diphtheria, tetanus and whooping cough was twice as high as that of unvaccinated children (<http://journal.livingfood.us>).

## NANO-FLAVORINGS

From a [foodsafetynews.com](http://foodsafetynews.com) report we learn about a June conference of the Institute of Food Technologists in New Orleans. Hundreds of Chinese vendors working in small clusters beneath bright red banners offered for sale “almost any spice, food-processing substance or additives a food processor might want and promises of concocting anything else they could dream of—all FDA approved.” According to the report, “One salesman quickly jerked back his business card when a reporter pulled out a tape recorder to capture the man’s promises offering a ‘nanoparticle sweetener for honey that cannot be detected.’” ([www.foodsafetynews.com/2011/08/honey-laundrying/#.URHooKW9f95](http://www.foodsafetynews.com/2011/08/honey-laundrying/#.URHooKW9f95)).

## ABANDONING GMOS?

While consumers fight for labeling, and activists publicize the adverse health effects of consuming genetically engineered food, it looks like the genetically engineered seed industry may be taken down by the most powerful force of all: economics. Some U.S. farmers are considering returning to conventional seed after increased pest resistance and crop failures resulted in smaller yields globally for GMO crops compared to their non-GMO counterparts. Farmers in the

U.S. pay about \$100 more per acre for GM seed. Many have begun questioning “whether they will continue to see benefits from using GMs,” according to *Farmers Weekly*. Countries around the world that do not use GM seed are outperforming U.S. farmers. The largest crop yields last year were in Asia, particularly China, where farmers don’t plant GM seed ([www.fwi.co.uk](http://www.fwi.co.uk), February 6, 2013).

## VITAMIN A FOR THYROID FUNCTION

We often report on vitamin A in these pages, because it has so many roles in human biochemistry, and because it is the most

neglected and maligned vitamin in the popular literature. New research corroborates the fact that vitamin A is needed for thyroid function. In a four-month trial, fifty-six obese thyroid patients were randomly allocated to receive either 25,000 IU vitamin A per day or a placebo. In addition, twenty-eight non-obese thyroid patients received the vitamin. Vitamin A caused a significant reduction in blood thyroid stimulating hormone (TSH) concentrations in both obese and non-obese



Cartoon by Richard Morris

patients along with an increase in T3. The researchers concluded: vitamin A supplementation might reduce the risk of subclinical hypothyroidism in premenopausal women. How about suggesting the consumption of vitamin A-rich food instead? Let’s reduce the risk of thyroid problems in everyone by encouraging the consumption of foods like liver, cod liver oil and grass-fed butter.

## SPORE-FORMING BACTERIA

Researchers at Cornell’s College of Agriculture, a bastion of industrial agriculture, have identified spore-forming bacteria that not only survive milk pasteurization, but are able to germinate as a result of the heat. Certain bacteria

# Caustic Commentary

have the ability to form a tough, protective endospore that allows them to survive extreme conditions. The researchers identified *Paenibacillus* bacteria as the most important spore formers in dairy products, and say that strains of this bacteria can survive extreme conditions and have adapted to survive both high heat and refrigeration. The health implications of prolonged consumption of these spore-formers are not yet known, but research shows that they can foul milk and other food products. The lab at Cornell's college found that reducing the refrigeration temperature can decrease the growth of the bacteria, especially when the product is kept for a long time after pasteurization. Some dairy processors have increased the pasteurization temperatures further, in an attempt to kill spore-formers. Early reports indicate that these measures only result in more spoilage. Nature has a way of foiling our most vaunted technologies ([www.news.cornell.edu/stories/July12/FoodSpoil.html](http://www.news.cornell.edu/stories/July12/FoodSpoil.html)).

## NEW GUIDELINES FOR BABIES

For years, governments have recommended puréed vegetables and cereals as baby's first foods. In a major departure, new Canadian guidelines say parents should be offering their six-month-old infants puréed meat, fish and poultry two or three times a day. (Unfortunately, they also allow "meat alternatives" for baby.) According to the guidelines, these iron-rich foods should be the first that babies consume. "Traditionally, we've been telling parents that meat is the last food to introduce," said Daina Kalnins, manager of clinical dietetics at the Hospital for Sick Children. "But when you look at why, there is no reason to do that." Iron is critical for a baby's growth and cognitive development. By about six months, a baby's iron stores start to diminish and those solely fed breast milk will not meet their iron requirements and are in danger of becoming anemic or iron-deficient. According to Kalnins, iron deficiency during infancy and childhood may affect proper brain development. Interestingly, the guidelines mention that meat and fish have been traditional first foods for some aboriginal groups. Parents are urged to make baby's food, puréeing meat and fish with water. Unfortunately, they recommend leaving out salt. Still, the recommendation to introduce meat early is a real step forward in baby care ([www.thestar.com](http://www.thestar.com), September 24, 2012).

## EXTRA POUNDS HEALTH ADVANTAGE

After years of browbeating to get people to be extra thin, researchers have discovered that being moderately overweight does not automatically make a person at high risk for early death. The analysis of nearly three million people was published in the *Journal of the American Medical Association*. Researchers pooled data from ninety-seven studies in the U.S., Canada, Europe, Australia, China, Taiwan, Japan, Brazil, India and Mexico (2013;309(1):71-82). As expected, they found that people who were significantly obese, with a body mass index (BMI) of thirty-five or more, had short life spans compared to people of normal weight. But the scientists also found that people classed as overweight (with a BMI of twenty-five to thirty) died at slightly lower rates—not higher rates—than those of so-called normal weight. And those who were mildly obese (with a BMI of thirty to thirty-five) died in no greater numbers than did their normal-weight peers. Lead author Katherine M. Flegal said that smoking, which raises the risk of early death but also tends to keep people thinner, doesn't appear to be the explanation. It appears that you can, indeed, be too thin.

## WI-FI WORRIES

Didier Bellens, president of Belgacom, the Belgian mobile communications company, explains to school children that Wi-Fi is dangerous. He uses a landline in his office and provides DSL service, not Wi-Fi, to employees working on the twenty-seventh floor of his cellphone company's skyscraper. According to a Belgacom spokesperson, "Didier Bellens is only indicating the precautionary principles recommended by the World Health Organization" (*Sudpresse*, November 25, 2011). ☸

## FOR SCIENTISTS AND LAY READERS

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



# Wise Traditions 2013

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## SPEAKERS

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

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

## LOCATION AND ACCOMMODATION

The conference will be held at the Sheraton Downtown Atlanta Hotel. A special conference hotel rate of \$149, plus applicable taxes and fees, is available until October 14, 2013. Self-parking is \$22 per day; Valet Parking is \$29 per day. Phone (800) 833-8624 and identify yourself with Wise Traditions Conference/WAPF 2013 or use the code WPK6A.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

☐ RN ☐ LAC - ☐ All 3 days \$65 ☐ Friday \$25 ☐ Saturday \$25 ☐ Sunday \$25//☐ RD or nutr. ☐ Cert of Attend. \$5.

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## CHAPTER LEADERS

☐ I am a chapter leader.

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

## How did you hear about the conference?

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

## What is your current occupation?

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

## PLEASE FAX OR MAIL THIS FORM TO:

**Fax:** (304) 724-3007

## Mail:

WAPF Wise Traditions Conference  
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 Harpers Ferry, WV 25425

## Contact:

Conference Registration (304) 724-3006  
 registrar@ptfassociates.com  
 or  
 WAPF (202) 363-4394  
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## Poster Presentations Info:

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## PLEASE NOTE:

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

NO REFUNDS will be issued after  
 December 31, 2013.

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

# CONFERENCE SCHEDULE

## FRIDAY, NOVEMBER 8

### ALL-DAY WORKSHOPS

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

### EVENING ACTIVITIES

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

## SATURDAY, NOVEMBER 10

### PLENARY SESSION, CURING THE INCURABLE

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

### WELLNESS TRACK

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

### FARMING AND GARDENING TRACK

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

### EVENING AWARDS BANQUET

Keynote Address by Andrew Wakefield, MD, Integrity in Science

## SUNDAY, NOVEMBER 11

### TRACK I: CANCER

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

### TRACK II: CHRONIC DISEASE

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

### TRACK III: NATIVE WAYS

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

### TRACK IV: OUR TOXIC WORLD

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

### TRACK V: MAKING IT PRACTICAL

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

CLOSING CEREMONY: Panel Discussion with Sally Fallon Morell and others

## THURSDAY, NOVEMBER 8

Chapter Leaders Meeting 10 - 4

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

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

\* Additional fees apply.

## FRIDAY, SATURDAY & SUNDAY

Farm-to-Consumer Legal Defense FundRAISER  
 Breakfasts\*

\* Additional fees apply.

## MONDAY, NOVEMBER 11

Farm Tour\* with Will Winter and Kathy Kramer  
 Posture and Movement\*

Esther Gokhale, LAC & Deborah Gordon, MD  
 Homeopathy Seminar\*

Joette Calabrese, HMC  
 Traditional Cooking \*  
 Heather Tubbs and Lupa Irie

Raw Milk Track\*  
 Sally Fallon Morell, Gianacis Caldwell,  
 Ted Beals, MD and Pete Kennedy, Esq

\* Additional fees apply.

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

# Violent Behavior: A Solution in Plain Sight

By Sylvia Onusic, PhD, CNS, LDN

**W**e live in violent times. Americans are seven times more likely to die of homicide and twenty times more likely to die from shooting than people in other developed countries.<sup>1</sup> Between 1984 and 1994, the number of young murderers under age eighteen in the U.S. increased threefold.<sup>2-4</sup>

In the 1990s, a new form of deadly violence raised its head in America. The first mass school slaying occurred in 1992 when Wayne Lo killed a student and a professor at a remote school in Massachusetts. This act set the stage for an escalating pattern of chilling destruction aimed at students and carried out by students, violence that increases every year. From the 1999 Columbine shootings in Colorado to the recent shootings in Newtown, Connecticut, Americans are desperately searching for answers.

In his book *Confronting Violence: Answers to Questions About the Epidemic Destroying America's Homes and Communities*, George Gellert, MD, discusses “tested strategies to prevent violent crime” without providing any evidence that any of these strategies—electronic tracking, hot-lines, education and training—have actually worked. In fact, it is obvious that they have not.<sup>5</sup>

The brain and nervous system require specific nutrients to maintain function, and the evidence is overwhelming that nutrient deficiencies can lead to aggression and violent behavior.

The disturbing tendencies we see today contrast strongly with Dr. Weston Price's descriptions of harmonious, well-nourished primitive cultures—from smiling, joyful South Sea Islanders to highly spiritual Gaelic fisherfolk to Swiss villagers celebrating “one for all and all for one” during their summer festivals.<sup>6</sup> Likewise, Dr. Francis Pottenger described peaceful, harmonious behavior among well-nourished cats. Both cats and humans degenerated into disharmonious behavior patterns with the change to foods devitalized by heat and processing.<sup>7</sup>

Modern commentators are blind to the solution, a solution that is in plain sight: clearly defining good nutrition and putting it back into the mouths of our children, starting before they are even conceived. . . because food is information and that information directly affects the emotions, the nervous system, the brain and behavior.

#### FAT-SOLUBLE VITAMINS

The brain and nervous system require specific nutrients to function properly, and the evidence is overwhelming that nutrient deficiencies can lead to aggression and violent behavior.

Let's start with the fat-soluble vitamins, vitamins A, D<sub>3</sub> and K<sub>2</sub>, so important in the diets of primitive peoples.

Preformed vitamin A, called retinoic acid, is critical to brain development. Receptors in the amygdala, hippocampus and other paralimbic brain regions suggest that vitamin A signaling plays a vital role in cognitive function.<sup>8</sup> When vitamin A is lacking during gestation, as it is for most mothers in our fat-phobic society, children may be set up for abnormal behavior patterns later in life.

In animals, vitamin A deficiency results in problems with spatial learning and memory. Vitamin A deficiency may lead to dopamine receptor hypo-activity and the typical symptoms of schizophrenia, such as flat affect, apathy and lack of insight, as well as hallucinations and delusions.<sup>9</sup> Schizophrenia is a chronic, severe and serious brain disorder. People with schizophrenia hear voices and believe people are controlling them.<sup>10</sup>

Recent studies from the U.K. show that low levels of vitamin D<sub>3</sub> (cholecalciferol) are associ-

ated with increased risk of depression and panic. Researchers from the Children's Hospital and Research Center in Oakland, California, defined the role of vitamin D in neurological health, pointing out the wide distribution of vitamin D throughout the brain. The vitamin affects portions of the brain involved in learning and memory, as well as motor control.<sup>11</sup>

Vitamin D is very much involved in production of serotonin, the molecule of will power, and delayed gratification. Decreased serotonin activity can lead to an inability to create and act on well-formed plans.<sup>12</sup>

There are many vitamin D receptors in the brain. Bright light going through the eyes increases serotonin production—sunglasses block this effect—and sunscreen blocks the vitamin D formation in the skin.<sup>13</sup>

Studies with rats show that the production of serotonin is directly related to duration of bright sunlight. Sunbathing and exposure to bright light during the day can have a similar effect to antidepressants and of course are far safer. Other ways to boost serotonin in the dark of winter are exercise, massage and happy memories,<sup>14</sup> and, of course, vitamin D-rich food.

Calcitriol, the hormonally active form of vitamin D, accumulates in the adrenals, and this stimulates the production of the gene for tyrosine hydroxylase, which is involved in serotonin production. Serotonin synthesis is thought to be dependent on the duration of light exposure the previous summer.<sup>15</sup>

Less is known about the correlation between vitamin K<sub>2</sub> status and behavior. However, research has shown that vitamin K<sub>2</sub> is involved in the biochemistry of nervous tissue and is needed for the formation of myelin.<sup>16,17</sup> Vitamin K<sub>2</sub> contributes to the biological activation of proteins Gas6, which are involved in many cellular functions such as cell growth, survival and apoptosis. In the brain, vitamin K<sub>2</sub> also participates in the synthesis of sphingolipids, an important lipid present in high concentrations in brain cell membranes. Vitamin K<sub>2</sub> can affect psychomotor behavior and cognition.<sup>18</sup> Weston Price cured a child of seizures with high-vitamin butter oil, rich in vitamin K<sub>2</sub>.<sup>19</sup>

All these vitamins were consumed in very high levels in primitive diets.<sup>19</sup> Today, due to

disastrous dietary advice, most people avoid the dietary sources of these critical nutrients—egg yolks, butter, organ meats, meat fats, goose and chicken liver, cod liver oil, fish eggs and oily fish, and some fermented foods like sauerkraut.<sup>20</sup>

## WATER-SOLUBLE VITAMINS

Water-soluble vitamins also play critical roles in brain health. A deficiency of thiamine, vitamin B<sub>1</sub>, causes beriberi, a serious disease with neurological consequences, directly affecting the hypothalamus of the brain. The hypothalamus is the seat of impulse control. Symptoms of deficiency include depression, irritability, confusion and loss of memory. Chronic deficiency results in paralysis and insanity. Subjects with marginal deficiencies are impulsive, highly irritable, aggressive and sensitive to criticism.<sup>21</sup> People who eat foods with mostly empty calories such as sodas, fast foods, snack foods and alcohol are at risk for B<sub>1</sub> deficiency. Thiamine is found in animal foods and selected seeds. Pork is exceptionally rich in thiamine.<sup>22</sup>

Pellagra, a scourge of the early twentieth century, is a serious disease caused by a deficiency in niacin, vitamin B<sub>3</sub>. The three main symptoms are diarrhea, dermatitis and dementia—the three Ds. The psychotic symptoms can be very severe and vary greatly from individual to individual; in some individuals they precede dermatitis and diarrhea, making diagnosis of pellagra difficult. Pellagra continued to be fatal up to the 1940s and was successfully treated with niacin and niacin-containing foods. Widely found in food, it is especially rich in fish, liver, meats and bacon. Vitamin B<sub>3</sub> is also added to processed grain products, a practice that has helped reduce overt symptoms of pellagra.<sup>23-25</sup>

However, subclinical symptoms of pellagra are widespread. They include anxiety, hyperactivity, depression, fatigue, headaches, insomnia and hallucination—symptoms all very similar to those of schizophrenia. Abram Hoffer, MD, an orthomolecular psychiatrist, treated many cases of schizophrenia and pellagra with niacin.<sup>26</sup> Likewise, Natasha Campbell-McBride, MD, treats many cases of schizophrenia, which she believes is actually pellagra.<sup>27</sup>

Niacin is unique among vitamins in that our bodies can manufacture it. Niacin is synthesized

from tryptophan, an essential amino acid, via the tryptophan hydroxylase pathway. Tryptophan is an essential amino acid and must be obtained from the diet.<sup>29</sup> Good sources include cheese, chicken, turkey, beef, fish, shellfish, peanuts and eggs.<sup>28</sup> The whey component of raw milk is an excellent source of tryptophan because the protein is not denatured by heat.<sup>29</sup>

Under chronic stress, cognitive performance declines, possibly due to serotonin exhaustion. The uptake of the precursor tryptophan into the brain depends on nutrients that influence the availability of tryptophan. A significantly greater increase in the plasma ratio of tryptophan after ingestion of  $\alpha$ -lactalbumin from whey compared with casein, has been shown in several studies. After ingesting whey, memory scanning improved significantly in high stress individuals.  $\alpha$ -lactalbumin from whey has the highest tryptophan content of all food sources.<sup>30-31</sup> This explains why raw milk can have such a calming effect on a child's disposition.

Supplements such as L-tryptophan are available, which must be taken with vitamin C and B complex vitamins to support the transformation of tryptophan into serotonin. A form of tryptophan called 5-HTP crosses the blood-brain barrier and is transformed into serotonin (5-HT).<sup>32</sup>

Supplementing a high sucrose diet with what are called branched-chain amino acids, such as leucine, isoleucine and valine, lowers brain levels of tryptophan.<sup>33</sup> Supplements to enhance physical workouts at the gym are laced with branched-chain amino acids, and these are widely available for sale in many health food shops. Worse, many infant formulas are fortified with branched-chain amino acids, thus reducing the amount of tryptophan reaching the brain. The result may be reduced sleep in infants and aggressive behaviors in childhood. It is hypothesized that amino acid imbalances in infant formula may result in permanent changes in mental capacity and social adaptability later in life.<sup>34</sup>

Water-soluble vitamin B<sub>6</sub> is a precursor for fifty enzymes necessary for the metabolism of amino acids and for maintenance of the immune system; it is also necessary for the process of methylation, which is critical for mental health.<sup>35</sup>

Because of its relationship to the production of the neurotransmitter gamma aminobutyrate,

Many infant formulas are fortified with branched-chain amino acids, thus reducing the amount of tryptophan reaching the brain.

Low levels  
of folate  
show up in  
40-80% of  
elderly  
psychiatric  
patients.

B<sub>6</sub> deficiency is directly related to the occurrence of a kind of convulsion that commonly occurs in youngsters.<sup>36</sup>

B<sub>6</sub> is needed for modulating homocysteine levels—high levels are implicated in mental illness. Vitamin B<sub>6</sub> deficiency has been reported in some cases of infant formulas. Certain drugs will deplete vitamin B<sub>6</sub>.<sup>37</sup>

In 1989, elevated homocysteine was found to be an independent risk factor for vascular disease. Homocysteine is a sulfurated amino acid derived from methionine. Methionine is found in animal products like cheese, eggs, fish, meat and poultry and produced in a pathway that produces methyl groups required for the synthesis of catecholamines and DNA. High homocysteine levels are a sensitive indicator of B vitamin deficiency. Elevated homocysteine, called homocysteinuria, has a high prevalence in psychiatric disorders leading to violence, and elevated levels are found in Alzheimer's disease.<sup>38</sup>

Vitamin B<sub>12</sub> deficiency has a well-known correlation with mental disorders, including irrational anger. A higher incidence of low B<sub>12</sub> is found in mental patients than in the general population. Deficiencies cause mental symptoms ranging from poor concentration, depression and severe agitation to hallucinations.<sup>39</sup> Deficiencies are caused by pernicious anemia, an autoimmune condition; they are also found in vegetarians and vegans, those with low animal protein intake, and individuals with leaky gut.<sup>40</sup> Drugs including anesthetics can deplete vitamin B<sub>12</sub>.<sup>41</sup>

Volunteers on a diet deficient in pantothenic acid (vitamin B<sub>5</sub>) experience hypoglycemia, numbness in hands and feet, headache and insomnia; they are easily upset, irritable, quarrelsome, sullen and depressed. Good dietary sources include meats, organ meats, potatoes, tomatoes and royal bee jelly.<sup>42</sup>

Low levels of folate show up in 40-80 percent of elderly psychiatric patients. Folate is required for remethylation of homocysteine and hence plays a role in mental health. Good sources include liver, leafy green vegetables and orange juice. Folate is also found in enriched cereal products. Chronic alcohol consumption impairs folate absorption as do a large number of drugs.<sup>43</sup>

Finally, regarding vitamin C, research indicates that almost any physical or mental stress

significantly lowers vitamin C levels in plasma. The nerve endings in the brain contain the highest concentrations of vitamin C in the body after the adrenal glands.<sup>44</sup> It makes good sense to conclude that good vitamin C status supports mental health.

## MINERALS

Studies also show that deficiencies in iodine, potassium, iron, magnesium, zinc, chromium, manganese and other minerals can result in mental symptoms.

Magnesium is used in hundreds of brain enzymes. Low levels of magnesium are related to many neurological conditions, such as aggressive behavior, dementia and schizophrenia. Magnesium is found mainly in seeds, nuts, legumes, dark leafy vegetables and whole grains if it is not lost during processing.<sup>45</sup>

Iron is necessary for the synthesis of neurotransmitters and myelin that covers the nerves, and is critical during pregnancy in relationship to the IQ of the child.<sup>46</sup>

Iodine is required for the development of a healthy brain. Iodine deficiency affects all individuals but especially pregnant women, lactating women, women of reproductive age, and children younger than three years of age. During fetal and neonatal growth and development, iodine deficiency leads to irreversible damage to the brain and central nervous system. Iodine deficiency in the fetus results in severe mental retardation called cretinism.<sup>47</sup>

Zinc deficiency is common in the American diet because zinc is removed in processing of foods. It is abundant in red meat and oysters, foods not well liked or available to many children and teens. Many brain enzymatic reactions depend on zinc. It is involved in insulin metabolism as well. Zinc deficiency has been linked with hypoglycemia and suicide, and with angry, aggressive, hostile behaviors that result in violence.<sup>48</sup>

## CHOLINE, ARA AND DHA

Choline is a key nutrient for the brain. Phosphatidylcholine is produced from choline and is the main storage form of arachidonic acid (ARA) and docosahexanoic acid (DHA), two fatty acids that are vital to neurological function. There are

many studies suggesting that DHA contributes to brain development and is essential for myelination of nervous tissue.<sup>49</sup>

Choline is a precursor for the neurotransmitter acetylcholine, which is especially important in memory and mood, and it is also the transmitter most often used by neurons that communicate between the brain and the nerves controlling skeletal muscles, heart rate, breathing, sweating and salivation. The best dietary sources of choline are egg yolks, organ meats, legumes and breast milk.<sup>50</sup>

As for ARA and DHA, multiple aspects of brain metabolism, function and structure are thought to depend on having adequate brain concentrations of these fatty acids. Sources of ARA include butter, egg yolks and animal fats.<sup>51</sup>

Deficiency in DHA strongly correlates with violent behavior. Subjects with low DHA tend more towards violence and alcohol dependence.<sup>52</sup> DHA is found in breast milk but baby formulas were not supplemented with DHA until the late 1980s in Europe, and 2002 in the U.S. DHA can be found in brains, cod liver oil and finfish. Brains from animals were a traditional weaning food.<sup>53</sup> DHA and ARA formulation in formula, however, are not identical to those found in breast milk but are made from algae and extracted with hexane.<sup>54</sup>

## COPPER EXCESS

Sometimes an excess of a mineral can lead to mental imbalance. An excess of copper, for example, has been implicated in Wilson's disease, a condition with psychiatric consequences. High levels of copper can cause extreme fear, paranoia and hallucinations. Elevated levels of copper are found in many studies with schizophrenics, manic depressives and epileptics. Drs. Venter and Findlay found that pellagrins were also high in copper. Research has established that excess levels of copper can cause violent behavior in children and youth.<sup>55</sup>

Vitamin C deficiency results in copper increase. Birth control pills increase copper, as do some drinking water, copper pots and utensils, as well as copper in the birth control IUDs. Soy products are extremely high in copper. Other sources include tea, shellfish, liver, miso, cereals, cocoa and chocolate.<sup>56</sup>

## FOOD SENSITIVITIES

Allergies and sensitivities to specific foods, chemicals, or inhalants may be responsible for emotional reactions classified as "neurotic" or "psychotic." "Confusion, mental blocking, dullness, lethargy, tenseness, irritability, dissociation and perceptual distortions are some of the more common CNS [central nervous system] allergic responses."<sup>57</sup>

William Philpott, MD, an orthomolecular psychiatrist, believed that allergic reactions could result in schizophrenic behaviors: "My own practice as a psychiatrist has shown that for two hundred fifty consecutive patients, there is convincing evidence that the majority of them developed major symptoms on exposure to foods and chemicals; 92 percent of those schizophrenics developed symptoms such as maladaptive reactions to food and chemicals; 64 percent on exposure to wheat; 51 percent on exposure to corn; 51 percent on exposure to pasteurized cow's milk; 30 percent of schizophrenics develop symptoms on exposure to petrochemical products, some so severe as to precipitate suicide."<sup>58</sup>

For many people gluten causes an immune reaction. This condition is most often related to celiac disease (CD); symptoms include indigestion, bloating, villous atrophy, leaky gut and malabsorption of nutrients. Diagnosis is confirmed by testing for antibodies.

Gluten sensitivity (GS) has emerged as an illness distinct from celiac disease with an estimated prevalence six times that of CD. Gluten-sensitive people do not have villous atrophy or the antibodies that are present in celiac disease, but rather they can test positive for antibodies to gliadin, part of the protein.<sup>59</sup>

Both CD and GS result in a variety of neurologic and psychiatric symptoms: changes in the cerebellum, visual disturbances, blurred vision, seeing colored dots, headache and encephalopathy. Anxiety disorder, panic disorder and social phobia are common.<sup>60</sup>

Recent research found that schizophrenics are twice as likely to have gluten antibodies as controls. Some schizophrenics have antibodies to gluten that differ from those of CD patients, and these people may be missed when tested for CD. The condition is treated with antipsychotic medication, but some of these patients improve

High levels of copper can cause extreme fear, paranoia and hallucinations.

The general rule is that the more processed a food, the more MSG it contains.

with a gluten-free diet.<sup>61</sup>

Schizophrenia is the mental disease with the strongest relationship to gluten intolerance. It was known as far back as 1953 that patients with celiac disease had hallucinations. A high prevalence of depressive symptoms, hypothetically related to serotonin dysfunction, has been reported among adults with celiac disease. Several studies have shown that the majority of adolescents with CD displayed depressive behavioral symptoms and disruptive behavioral disorders before the diagnosis of CD. They also had low free tryptophan levels.<sup>62</sup>

#### EXCITOTOXINS: MSG AND ASPARTAME

Excitotoxins are substances in foods that overstimulate neuron receptors in the brain and damage brain cells. These neurons then become exhausted and die. Scientists have especially noted this effect in the hypothalamus, the part of the brain that modulates behavior, impulse control, the onset of puberty, sleep and immunity. Headaches are the most common side effect. The main two excitotoxins are monosodium glutamate (MSG) and aspartame, an artificial sweetener, also called Equal or NutraSweet.<sup>63</sup>

Symptoms of MSG ingestion can mimic allergic reactions, such as rashes, wheals on the skin, swollen face, hives, asthma, runny nose, flushing, rapid heartbeat, diarrhea, stomach cramps and arthritis. Neurological symptoms include depression, insomnia, anxiety, confusion and paranoia. MSG has also been linked in scientific studies with death of brain tissue in lab animals, obesity, reproductive disorders, behavioral disorders, hyperglycemia, learning and memory disorders, stroke, epilepsy, brain trauma and schizophrenia.<sup>64</sup>

The general rule is that the more processed a food is, the more MSG it contains. Canned soups, soup mixes, potato chips, crackers, soy sauce, infant formula, vaccines, some wines, protein bars, dietary supplements, and especially soy products contain MSG. When a food contains less than 99 percent MSG, the ingredient does not require a label. However, hydrolyzed vegetable protein must be on the label and that always contains MSG. “Flavors” and “natural flavoring” are probable sources of MSG.<sup>65</sup>

Believe it or not, conventional fruits and veg-

etables can be sources of MSG! A product called Auxi-Gro, which contains MSG, is sprayed on crops such as wine grapes as a growth enhancer, and MSG can end up in supposedly healthy fruits and vegetables. Organic fruits and vegetables are less likely to be sprayed with Auxi-Gro.<sup>66</sup>

Fast foods and processed foods are loaded with excitotoxins and should not be consumed, especially by growing children. Cooking home-made meals from simple basic ingredients is the solution to avoiding most excitotoxins at home.

MSG and its evil twin aspartame are the darlings of the food industry because they enhance the flavor of foods, thus making relatively tasteless processed foods more flavorful.

The artificial sweetener aspartame is found in many products, from soda to candy to flavored yogurt to beer. Parents, unaware of aspartame’s damaging effects on the growing brain, may buy food products containing aspartame if weight control is an issue in the household.

The FDA lists more than ninety symptoms of aspartame toxicity, even rashes, cramps and pain in the tendons and ligaments. Documented neurological events include vertigo, ringing in the ears, headaches and depression. Aspartame releases methanol upon heating and digestion, and methanol poisoning causes headaches, behavioral disturbances and inflammation of the nerves. Another breakdown product of aspartame is poisonous formaldehyde, the same substance used by undertakers to preserve corpses.<sup>67</sup>

Aspartame is composed of two amino acids, aspartic acid and phenylalanine. Seizures and other mental symptoms associated with aspartame consumption are related to low serotonin resulting from the phenylalanine component. Aspartic acid is synthesized from glutamate, a major excitatory transmitter in the brain. A lack of the calming neurotransmitter serotonin and increased levels of an excitatory transmitter further stimulate the brain.<sup>68</sup>

Thousands of adverse reactions to aspartame have been reported to the FDA, mostly concerned with abnormal brain function, brain tumors, epilepsy and Parkinson’s disease. Children’s brains are four times more susceptible to damage from excitotoxins than the brains of adults, and they react with ADD-ADHD-type symptoms, impaired learning, depression and nausea.<sup>69</sup>

The USDA recently condemned sugary soda drinks for school lunch programs but considers artificially sweetened beverages a "healthier" choice.<sup>70</sup>

Neurological damage from excitotoxins also depends on the quality of the diet. Those who eat antioxidant-rich foods such as organic colorful fruits and vegetables, high quality protein and good fats such as butter, lard, coconut oil and others, are protected from the occasional food containing MSG. Cod liver oil and turmeric can reduce the likelihood of damage.

#### OTHER FOOD ADDITIVES

Over three thousand chemicals, classified as food additives, are added to our food. Many of these can affect mood and behavior. For example, sodium lactate, which is added to luncheon

meats, can bring on panic attacks in some individuals. It seems to increase adrenal hormone levels, generating the fight-or-flight response.<sup>71</sup>

Another common additive is annatto, a yellow extract from seeds of a tree, which is added to foods that need a yellow coloring, such as snack foods and cheese. It often produces rashes, increases in blood sugar and even changes in blood pressure. Another additive, tartrazine, causes behavioral disturbances in children.<sup>72</sup>

Back in the 1960s, Dr. Simon Feingold proposed the theory that certain substances added to foods cause adverse reactions in children. These include artificial colorings, flavorings, preservatives and aspartame. Not all mood-affecting chemicals are created in factories. Salicylates, a natural compound found in apples, oranges and other fruits, can cause seizures, night terrors and speech problems in some children. These are eliminated in Stage 1 of the Feingold Diet. The diet has been successful in eliminating behavior problems in some children.<sup>73</sup>

Synthetic food colorings are permitted to have 10 parts per million (ppm) of lead in the substance but colors used in medications are allowed double that amount. The natural red dye, carmine, used in yogurts and

#### ASPARTAME IN SCHOOL LUNCHES

Aspartame is making huge inroads into the school lunch program. USDA and FDA plans will change school lunches from bad to worse. School lunches have had a bad reputation for many years due to the quality of the "food" given to growing children. Many school cafeterias have abandoned their kitchen and heat up premade pizzas, and open cans and packages. Many have their foods shipped in already prepared from large producers who supply prisons, universities, and other institutions. Schools that do prepare their foods can use up to 30 percent texturized soy protein in protein entrées.

The USDA has recently announced their plans to improve the quality of nutrition in school lunches by promoting diet sodas. They say they will outlaw sugary drinks. And of course whole milk is on the outlaw list as well. But skim milk, chocolate-flavored milk, soy milk, water, and diet sodas containing aspartame are all "a healthier choice" according to the USDA.<sup>1</sup>

In a move to sell more milk, the dairy industry is petitioning the FDA to allow aspartame and other artificial sweeteners to be added to milk and other dairy products without the labeling "artificially sweetened" because "they would promote healthy eating and are good for school children." "Kids don't like the term low-calorie," says Greg Miller of the National Dairy Council. He also says that the industry is "not trying to be sneaky" and does not petition the FDA to remove aspartame from the list of ingredients on the product.<sup>2,3</sup> It is only fair, they say, because sugar is added to milk without labeling.<sup>4</sup>

A petition from a consumer group, SumOfUs, gathered 93,142 signers to oppose this move. To sign this petition, go to [sumofus.org](http://sumofus.org). To submit a formal comment or send data to the FDA, go to: [www.regulations.gov/#!submitComment;D=FDA-2009-P-0147-0012](http://www.regulations.gov/#!submitComment;D=FDA-2009-P-0147-0012). May 31, 2013 is the deadline for FDA comments.<sup>3</sup>

Faced with the child obesity epidemic, the goal of nutrition experts is to cut calories from sugar, no matter what the cost. Barry Popkin of the University of North Carolina says that: "If the option is flavored (milk) with diet (sweetener) vs. regular sugar, then diet (sweetener) is favored."<sup>2</sup> The goal of reducing the amount of calories kids get from sugar has turned into a campaign for introducing even more toxins into the child's diet. Artificial sweeteners may have no calories, but they increase the appetite and are linked to obesity in scientific studies.

Because many children and adults are allergic to aspartame, this move may further cut sales of processed milk. For sure, it will cause behavioral problems in schools which already are overburdened with "special needs" kids. Instead of providing a nurturing environment for learning based on sound nutritional principles, schools must follow government regulations that are not in the best interest of children's health. It is becoming more and more difficult for children to make healthy choices because they are just not available in the form of nutrient-dense, natural and whole foods.

1. Jalonick, MC. New rules aim to get rid of junk food in school. AP. 2/2/2013. <http://yhoo.it/VDb1ok>

2. Aubrey A. Can Milk Sweetened With Aspartame Still Be Called Milk? 03/06/2013. NPR. <http://n.pr/15yqCdn>

3. Tepper, R. Aspartame In Milk Petition Sparks Thousands Of Angry Comments To FDA, Counter-Signatures. The Huffington Post, 3/07/2013. <http://huff.to/10jSNtC>.

4. Aspartame in Milk Without a Label? Big Dairy Petitions FDA For Approval. *The Daily Sheeple*. 2/23/2013. <http://bit.ly/15DJ59i>.

At high doses caffeine can worsen anxiety and trigger mania or psychosis, confusion, headache, seeing flashes, psychomotor agitation and depression.

candies, is made from beetles, and is very high in aluminum. Both synthetic and natural dyes put in food often provoke allergic reactions and psychiatric symptoms among vulnerable individuals.<sup>74</sup>

#### CAFFEINE

The average American drinks over twenty-six gallons of coffee a year. Coffee contains caffeine and over three hundred other chemicals. Cola drinks also contain caffeine along with a large dose of sugar or aspartame. Caffeine is addictive, increasing homocysteine, dopamine, cortisol, energy metabolism and norepinephrine, while reducing the blood flow in the brain and decreasing serotonin levels.<sup>75</sup>

Caffeine causes insulin spikes and increased blood sugar in diabetics or prediabetics. Caffeine will cause a small rise in blood sugar after meals. It causes urinary excretion of calcium, magnesium and potassium and thus affects brain metabolism. Caffeine is a stimulant and a diuretic. At high doses it can worsen anxiety and trigger mania or psychosis, confusion, headache, seeing flashes, psychomotor agitation and depression.<sup>74</sup>

#### SOY IN THE DIET OF INFANTS AND CHILDREN

Soy-based formula has been in use for more than thirty years. The average baby on soy-based formula receives the equivalent of five birth control pills a day.<sup>77</sup>

Excessive estrogens fed to rats during the fetal period leads to aggressiveness, problem behaviors and hyperactivity, all precursors to violent behavior. Excessive estrogens in baby boys may lead to problem behaviors later in life.

Babies on soy formula develop a zinc imbalance. Zinc has a role in metabolism of fatty acids in the brain and in the myelination of neurons. Low levels can cause a deficiency in essential fatty acids. When zinc and EFAs are deficient, there may be more chance for brain injury.

There is also no cholesterol in soy-based formula. Cholesterol is needed for the architecture of the brain.<sup>78</sup> Soy-based formula is also extremely high in manganese, a mineral that can cause aggression and violent behavior in later years.<sup>79</sup>

Soy, like sugar, is a major ingredient in the

food supply. In 1971 soy became a fixture in school lunches when the USDA authorized the use of texturized vegetable protein (TVP) made from soy to meet the requirement for two ounces of cooked meat for the Type A school lunch. This allows up to 30 percent soy in finished meat products prepared for young children. (These percentages are 40 percent and even higher in prisons.) Under the theme, "Soy Goes to School," the soy industry commissioned a number of articles that appeared in the *School Lunch Journal* and other publications to convince the audience that soy was a good idea, because it was "high in protein and low in fat." The effort goes on to this day in an attempt to convince the general public that children like soy foods.<sup>81</sup> The low cost factor was emphasized as a "cost breakthrough." But you get what you pay for. Adaptations for using soy in favorite school recipes were provided: chili, spaghetti, lasagna, meat loaf, pizza, Spanish rice and chicken pie.<sup>81</sup>

Soy burgers are loaded with MSG, along with artificial flavorings, to give them some semblance of taste. During processing, soy is washed in aluminum tanks, which leaches aluminum into the product. It is well known that aluminum can have adverse effects on brain development and cause antisocial behavior and learning disabilities. Some processes also use hexane, which is a toxic carcinogen.<sup>82</sup>

Soy is considered one of the top five allergenic foods, not a good choice for a child who already has food sensitivities. Babies who are fed soy-based formula are already at risk for behavioral problems, food allergies, early puberty, asthma, gynecomastia (male breast development) and thyroid disease.<sup>83</sup>

#### ALCOHOL AND VIOLENT BEHAVIOR

The consumption of alcohol increases the likelihood of violent behavior and is involved in half of all murders, assaults and rapes. Binge drinking—consuming four or more drinks in one sitting for females and five or more drinks for males—causes thinning of the pre-frontal cortex, the section of the brain related to functions such as paying attention, planning and making decisions, processing emotions and controlling impulses leading to irrational behavior. Binge drinking causes insulin resistance and has spe-

cific effects on the brain.<sup>84</sup>

When serotonin, the brain's "orchestra maestro," is low, aggression, impulsivity and violence increase, while cognitive function declines.<sup>85</sup> Alcohol consumption is much more likely to lead to violent behavior in individuals with low cholesterol.<sup>86</sup>

Substantial research has implicated decreased serotonin (5-HT) neurotransmission in human aggressive behavior. This can be directly related to diet. Alcohol, in combination with L-tryptophan depletion, has an additive effect on aggression, leading to violence. Male subjects with high trait hostility are particularly prone to increased aggression following plasma tryptophan depletion.<sup>87</sup>

## SUGAR

Sugars, in the forms of cane sugar, beet sugar, high fructose corn syrup and other forms of these refined sweeteners, are all fairly new to the human genome. Hunter-gatherers ate very small amounts of sugars in the form of fruits, honey and tree and grass syrups. In 1800 the sugar intake was less than ten pounds per person per capita, whereas today the average sugar intake is estimated at around one hundred fifty pounds per person per year.<sup>88</sup>

Much of the sugar ingested today comes in the form of fast food. Sodas are the most convenient and accessible way to down "elephant doses" of sugars. The average soda in the 1950s was eight ounces. Today's Big Gulp is twenty ounces.

Early infant feeding practices advocated the use of apple juice but studies show that children who are fed high amounts of apple juice are at risk for failure to thrive. And how many generations of infants were raised on the advice of Dr. Benjamin Spock, considered the ultimate authority, who advised the use of orange juice and sugar water in baby's bottle?<sup>89</sup>

Sugar consumption puts the body on a roller coaster of high and then low blood sugar. Recent findings show blood glucose levels at the high end of normal resulted in significant brain shrinkage, particularly in the regions of the hippocampus and amygdala involved in memory and other critical functions.<sup>90</sup>

By enlisting academics like Fred Stare,

Edwine Bierman, and Ancel Keys to its payroll, Big Sugar succeeded in convincing the public that sugar was not to blame for the obesity epidemic or heart disease.<sup>91</sup> By the 1990s the public was largely convinced that sugar had no role to play in hyperactivity, juvenile delinquency or hypoglycemia. Yet these connections were conclusively demonstrated by British researcher John Yudkin. He noted that hypoglycemia, a consequence of sugar binging, occurs in 30-70 percent of psychiatric patients, and in 90 percent of alcoholics.<sup>92</sup> The orthomolecular psychiatrists and researchers of the twentieth century, Hoffer, Osmond, Philpot, Pauling, Rimland, Webach and others, all recognized hypoglycemia as a major factor in aberrant behavior.<sup>93</sup>

## STUDIES ON NUTRITION, VIOLENCE AND CRIME

As early as 1971 the U.S. population was already consuming more than 50 percent of its diet in the form of junk foods. More than four thousand additives were readily available in the food system. In the 1970s several researchers tried to reduce crime through changing diet. They identified several areas where intervention could be made: brain allergies, hypoglycemia, nutrient deficiencies, brain dysfunction, environmental contaminants and neurotransmitter imbalance.<sup>94</sup>

Research by Hippchen, Schoenthaler, Schauss and others concluded that hypoglycemia, caused by a diet high in sugar and refined carbohydrates, could account for most of anti-social behavior. They found that hypoglycemia causes the brain to secrete glutamate, a neurotoxin, which leads to agitation, depression, anger, anxiety, panic attacks and violent behavior.<sup>95-97</sup>

Stephen J. Schoenthaler, PhD, a professor of criminal justice at California State University, has focused his research efforts on the effect of nutrition on cognition and behavior in school children, prisoners and institutionalized juveniles. He reported a significantly lower level of antisocial behavior after dietary modifications which involved decreasing sugar consumption during a three-month and nine-month period respectively. In fact, as of 1983, at least nine separate institutions in three states had found that the behavior of their juveniles improved

As early as 1971 the U.S. population was already consuming more than 50 percent of its diet in the form of junk foods.

A number of studies have suggested a relationship between low cholesterol levels and deaths due to accidents or violence.

significantly after the elimination of high-sugar junk foods.<sup>96</sup>

Schoenthaler concluded that the primary cause of hypoglycemia is poor nutritional habits. Because the brain uses mainly glucose for fuel, when glucose levels fall or fluctuate widely, neurons will not be supplied a constant source of energy and may “misfire,” affecting thinking and reasoning patterns. High sugar and starchy carbohydrate intake can lead to excessive insulin release, resulting in falling blood sugar and hypoglycemia.<sup>96</sup>

Alexander Schauss, author of the book *Diet, Crime and Delinquency* (1980), described as “the first clear guide to correcting behavior through diet,” used case studies to show that high intake of sugar, processed foods, junk foods, food additives along with insufficient nutrients, food allergies and lack of exercise, can all contribute to criminal behavior.<sup>97</sup>

The Finnish researcher Matti Virkkunen did a series of studies with violent male prisoners. He found abnormal glucose tolerance in subjects with antisocial personality and increased insulin secretion with excessive sugary foods, especially with alcoholics.<sup>98</sup> He confirmed the fact that violent male homicidal offenders had much lower cholesterol levels than other offenders; and that impulsive violent offenders and fire setters have low serotonin levels in the brain. He hypothesized that the lower cholesterol levels in the violent offenders could be “a consequence of enhanced insulin secretion and that high insulin levels are responsible for violent behavior.”<sup>99-100</sup> Finland suffers from one of the highest suicide rates in the world, along with an explosive rate of alcoholism.

A number of studies have suggested a relationship between low cholesterol levels and deaths due to accidents or violence. In Sweden, Beatrice A. Golomb<sup>101</sup> found that low cholesterol is associated with increased criminal violence in randomized trials. Studies in Turkey showed that “violent suicide attempters” had significantly lower total cholesterol and leptin levels compared to those with non-violent suicide attempts.<sup>102</sup>

Low cholesterol was also a major factor in a French study of patients suffering from major depression, which found that “clinical recovery may be associated with a significant increase

of total cholesterol.” Colin wrote that “these findings have challenged the vast public health programs aimed at promoting the decrease of cholesterol,” and even suggested suspending the administration of lipid-lowering drugs.<sup>103</sup>

Katherine DesMaisons, a counselor in drug and alcohol programs, ran a nutrition-based program for alcoholics in San Mateo County, California, called the “Biochemical Restoration Program.” By focusing on diet and nutrition, DesMaisons successfully reduced the sugar cravings that led people with flawed carbohydrate metabolism to crave the sugar in alcohol. She went on to earn a PhD with the dissertation, “Biochemical restoration as an intervention for multiple offense drunk driving” in 1966. She is the author of *Potatoes not Prozac* and *The Sugar Addict’s Total Recovery Program*.<sup>104</sup>

Barbara Stitt was chief probation officer in Ohio for twenty years. During these years she closely observed her clients and recognized that diet and behavior were strongly related. When diet improved, behavior improved. Dr. Stitt earned a PhD focusing on “The Biochemistry of Crime” and “Healing the Delinquent Mind.” In her book, *Food and Behavior: A Natural Connection*, she discusses reactive hypoglycemia, a defect that occurs when blood sugar levels are inadequate to meet the brain’s requirements. She also fingers sub-clinical pellagra; B vitamin deficiencies; allergic reactions; alcohol consumption; heavy metals toxicity; MSG; and aspartame as partners in crime. Her main advice is to eat protein for breakfast instead of sugary cereals, bagels, toast and other quick carbs, which set the stage for insulin swings and blood sugar reactions throughout the day. Her documentation links hypoglycemia to aggressive and violent behavior.<sup>105</sup>

## DEPRESSION AND OMEGA-3 FATTY ACIDS

The well-known French researcher, Jean-Marie Bourré, found a significant decrease of the polyunsaturated omega-3 fatty acids and/or an increase of the omega-6/omega-3 ratio in the plasma of those with psychiatric diagnoses. He presents the hypothesis that omega-3 deficiency “alters the structure and function of membranes and induces minor cerebral dysfunctions. Studies of omega-3 fatty acids provide the first coher-

ent experimental demonstration of the effect of diet (nutrients) on the structure and function of the brain. Deficiency alters the course of brain development, disturbs the composition of the brain cells, and results in “neurosensory and behavioral upset.”<sup>106</sup>

Lack of omega-3 fatty acids is involved in dementia, especially Alzheimer’s disease. Deficiencies cause more abnormalities in the frontal cortex and pituitary gland, which are accompanied by behavioral disorders. These disorders are “partially reversed by eating omega-3-rich egg yolks or pig brain.” Animal sources of omega-3 fatty acids are more effective than plant sources because of their long-chain structure.<sup>107</sup>

#### FAST FOOD, DIET SODAS, DEPRESSION AND VIOLENCE

According to researchers, much evidence points to an association of fast food with aberrant behavior, and fast food increases the risk of depression. The intake of *trans* fatty acids or the consumption of foods rich in this kind of fat, such as fast food or commercial bakery products, have recently emerged as contributors to higher depression risk.<sup>108</sup>

A new Boston study suggests that sodas are linked with violence. Those drinking soda, even one can per day, were likely to be more violent; the more a child drank, the more violent he became. The study points to adrenal exhaustion and low blood sugar as a cause. Drinking soda puts kids on an emotional rollercoaster with strong ebbs and flows in blood sugar.<sup>109</sup>

#### THE SCHOOL SLAYINGS AND PSYCHOTIC DRUGS

Jon Rappoport worked for thirty years as an investigative reporter and was nominated for a Pulitzer Prize. In his book *School Shootings, Why did they do it? An inquiry into the school shootings in America* and in his blog post, “The secret at the bottom of psychiatry’s rabbit hole,” he describes several acknowledged explanations for the school shootings, including access to guns, violence on TV, breakup of families, absence of a good education, growing poverty, and lunatic ideologies such as Nazism and Satanism. However, he asks, why have the media not named psychiatric drugs as one of the causes?<sup>110</sup>

In a comparison of the time periods 1993-1998 and 2005-2009, prescriptions of antipsychotic drugs per one hundred children (0-13 years old) rose from 0.24 to 1.83. That’s more than a sevenfold increase, and the rate is substantially higher among preteens and thirteen-year-olds. For adolescents (14-20 years old) the increase was nearly fivefold.<sup>111</sup>

In fact, between 2004-2011 there were almost thirteen thousand reports to the FDA’s Med Watch system of psychiatric drugs causing violent side effects, suggesting that the side effects from these drugs are nine or ten times higher than admitted in official data.<sup>112</sup>

In an analysis of mass shootings during the past fifteen years, every shooter had been taking or withdrawing from a psychiatric drug. In these thirty-one school shootings or school-related acts of violence, one hundred sixty-two were wounded and seventy-two were killed.<sup>112</sup>

Peter Breggin, MD, psychiatrist, notes that, “One of the things in the past that we’ve known about depression is that it very, very rarely leads to violence. It’s only been since the advent of these new SSRI drugs that we’ve had murderers, even mass murders, taking these antidepressant drugs.” According to Breggin, “psychiatric drugs can cause or worsen violence” in those who take them and cites a 2010 study of reports to the FDA on drug-induced violence which has demonstrated that antidepressants have resulted in an 840 percent increase in the rate of violence among those taking the drugs.<sup>113-114</sup>

#### SUICIDE AND PSYCHIATRIC DRUGS

A review of studies on Pubmed.org reveals many studies in medical journals in 1989 and continuing through the 1990s reporting on suicides and other neurological events in individual patients taking Prozac. Teicher reported on three subjects who developed “intense, violent, suicidal preoccupations” after two to seven weeks on the drug; these lasted from three days to three months after stopping the drug. He concluded that “3.5 percent of Prozac users were at risk.”<sup>115</sup>

A 1992 study proposed that enhanced serotonin inhibited dopamine pathways, as a possible cause of suicide ideation related to antidepressants.<sup>116</sup> Another 1991 study examined three patients who attempted suicide while taking Pro-

In an analysis of mass shooting during the past fifteen years, every shooter had been taking or withdrawing from a psychiatric drug.

zac, and again re-exposed to it, developed severe restless leg syndrome, which made them again feel suicidal. The restless legs went away after the Prozac was stopped. Other typical Prozac-induced symptoms were restlessness, constant pacing, purposeless movements of the feet and legs and "jitteriness." The authors suggest that restless legs may be caused by serotonin inhibiting dopamine transmissions in the brain and that the "restless legs" and "jitteriness" may be identical. The risk of suicidal behavior is increased in the first month after starting antidepressants, especially during days one through nine.<sup>117</sup>

## VACCINATIONS AND BRAIN INFLAMMATION

Some scientists and physicians have related mental disabilities leading to violence to early encephalitis or brain inflammation. As Harris Coulter explains in his book, *Vaccination, Social Violence, and Criminality. The Medical Assault on the American Brain*, these brain inflammations are connected to developmental disabilities, allergies, autoimmune diseases and violent behavior. Coulter believes that brain inflammation is brought on by adjuvants or other antigenic substances in vaccines.

Vaccination programs in the U.S. came into full force after World War II. Congress agreed that vaccinations were dangerous when they passed the National Childhood Vaccination Compensation Law in 1986, which approved payments to parents of children damaged by vaccines.<sup>118</sup>

According to the National Institute of Medicine, "encephalitis is irritation and swelling (inflammation) of the brain, most often due to infections. . . which may destroy nerve cells, cause bleeding in the brain, and brain damage," and may caused by "an allergic reaction to vaccinations."<sup>119</sup>

Do live vaccines cause encephalitis? Five vaccines (measles, mumps, rubella, polio, and varicella) given to children contain live viruses which can infect both the vaccination recipients, as well as those in close contact with them. The MMR vaccine is a "three-in-one" vaccine with live virus. According to the CDC website, "risks from the MMR vaccine" are "fever, rash, swollen glands, seizures, pain, low platelet count, serious

allergic reaction and permanent brain damage."<sup>120</sup>

Eurosurveillance reveals that except for the former communist countries in Europe, few European countries have mandatory vaccination programs.<sup>121</sup> American children, on the other hand, receive over thirty-five shots before grade school, following the CDC vaccination schedule. That includes as many as twelve shots in the first six months of life.<sup>122</sup>

Six vaccines (polio, hepatitis B, hepatitis A, pertussis, diphtheria and tetanus) contain formaldehyde, which is a toxic and carcinogenic preservative; five vaccines (hepatitis B, pertussis, diphtheria, tetanus, and haemophilus influenza) contain thimerosal, a mercury derivative preservative banned by the Food and Drug Administration (FDA) in over-the-counter (OTC) drug preparations because of questions over safety; and five vaccines (hepatitis B, hepatitis A, pertussis, diphtheria, and tetanus) contain aluminum as an adjuvant. Aluminum accumulates in brain, muscle and bone tissue and can be linked to fibrosarcomas (cancerous tumors) at the injection site.<sup>118</sup>

## THE TOXIC ENVIRONMENTAL BURDEN

According to a study by the Environmental Working Groups, blood samples from newborns show exposure to over two hundred eighty-seven toxins, including mercury, fire retardants, pesticides and Teflon—exposure that occurs even before they are born. Of these, one hundred eighty cause cancer in humans or animals; two hundred seventeen are toxic to the brain and nervous system; and two hundred eight cause birth defects or abnormal development in animal tests.<sup>123</sup>

Common exposures have been documented for mercury from vaccines, amalgam fillings, and fish; for lead from paint, soil and water fixtures; for arsenic from treated wood, pesticides and shellfish; for aluminum from processed food, cookware and deodorants; for cadmium from shellfish, paint, pesticides and piping; for antimony from Scotchgard; for manganese from soy milk, welding and metal works; and for fluoride from water, tea, medications and soy. All of these metals are documented to be extremely neurotoxic.

Heavy metal exposure compromises normal brain development and neurotransmitter function, leading to long-term deficits in learning and social behavior. Studies show that hyperactive children and criminal offenders have significantly elevated levels of lead, manganese or cadmium compared to controls; high blood lead at age seven predicts juvenile delinquency and adult crime.<sup>124</sup>

Prenatal and neonatal toxic metal exposure to mercury, lead, arsenic, cadmium, nickel and aluminum have been documented in medical publications and medical texts to cause common and widespread neurological and psychological effects including depression, anxiety, obsessive compulsive disorders, social deficits, mood disorders, schizophrenia, anorexia, cognitive impairments, ADHD, autism and seizures.<sup>125</sup>

High lead, copper, manganese, or mercury levels are associated with attention deficit hyperactivity disorder (ADHD), impulsivity, anger, aggression, inability to inhibit inappropriate responding, juvenile delinquency and criminality.<sup>126</sup> Occupational mercury exposure has been found to cause depression, anxiety, anger, antisocial behavior and aggressiveness.<sup>127</sup>

Manganese toxicity has a known association with impulsive and violent behavior. A poor diet increases the susceptibility to lead and manganese toxicity. The most significant dietary source is soy infant formulas, which typically have very high levels of manganese.<sup>128</sup>

Lead has been the subject of extensive research documenting its relationship to all of these conditions and to juvenile delinquency. Based on a national sample of children, there is a significant association of lead body burden with aggressive behavior, crime, juvenile delinquency and behavioral problems. After adjustment for covariates and interactions and removal of non-influential covariates, adjudicated delinquents were four times more likely to have bone lead concentrations greater than 25 parts per million (ppm) than controls. Communities with a higher percentage of children having blood lead over 10 mg/dL are significantly more likely to have higher rates of violent crime and higher rates of educational failure.<sup>129</sup>

Communities using silicofluorides in the water supply also report higher rates of learning disabilities, ADHD, violent crime and criminals using cocaine at the time of arrest. The use of fluorosilicic acid ( $\text{H}_2\text{SiF}_6$ ) to fluoridate public water supplies significantly increases the amounts of lead in the water. Data from analysis of a national sample of over four thousand children show that water fluoridation is associated with a significant increase in children's blood lead, with especially strong effects among minority children.<sup>129</sup>

Studies have found that heavy metals such as mercury, cadmium, lead, aluminum, nickel, and tin affect chemical synaptic transmission in the brain and the peripheral and central nervous system.<sup>130,131</sup> They also disrupt brain and cellular calcium levels, significantly affecting many body functions. Inadequate calcium levels in the brain can adversely affect cognitive development and contribute to degenerative CNS diseases. Calcium-dependent neurotransmitter release results in depressed levels of

serotonin, norepinephrine, and acetylcholine, all conditions related to mood and motivation.<sup>131</sup>

## IN PLAIN SIGHT

Many factors in the environment are new to the genome since World War II and have been implicated in violent behavior. These include changes and additions to the food we eat leading to severe nutrient deficiencies, changes in American agriculture and fertility of the soils, more chemicals in the environment, cheaper goods and services, heavy use of personal care and building materials that contain lethal toxins, changes in the American family, vaccination programs and others. Above all the most influential factor in the course of increasing violence has been changes in the American food system and loss of nutrients for children and growing teens.

These changes, coupled with an increase in medicalization of the mind with psychotic drugs, have provoked a crisis in mental health with appalling consequence: mass killings by our youth. It appears that our government officials do not have the political will to deal with or even recognize the factors that have led to this violence.

The Farm Bill and other government actions contributed greatly to the crisis. It will take a grass-roots effort to return the balance in our food system. Recently efforts have sprung up

## LEAD AND THE BRAIN


Until 1995, lead was not only used in insecticides, but also in gasoline.<sup>1</sup> Lead was only outlawed in paints in 1978. Lead dust released by smelters and mines can contaminate nearby soil. The metal can also be found in everyday items like pottery glazes, lead shot, water piping and fishing weights; it can leach from improperly glazed ceramic ware and even leaded crystal.

Lead adversely affects the brain and nervous system. Toxic levels cause neurological problems, especially in children.<sup>2</sup> Exposure to high levels of lead can lead to premature births, decreased mental capacity, learning difficulties and reduced growth in young children. Unborn babies can also be exposed to lead through their mothers.<sup>3</sup> Lead poisoning during childhood can have long-term detrimental effects on behavior.<sup>4</sup>

"Lead poisoning produces hyperactivity and aggression, and studies of low-dose exposure show an increased incidence of those behaviors subsumed under the attention deficit syndrome. More than half of children who display symptoms of ADD hyperactivity will go on to become delinquent and commit violent crime. The attributable risk for hyperactivity in children with elevated lead levels is .55 which means that more than half of the risk of developing hyperactivity or ADD-ADHD can be attributed to lead exposure."<sup>4</sup>

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which are slowly turning the tide. These include farmers markets, buying local, farm shares, home gardens, and a return to natural products such as raw milk, pastured eggs and meat. Cooking and eating real food at home for our families cannot be emphasized enough in resolving these major issues.

Meanwhile, none of us is safe. Society as a whole must pay the price for the wholesale poison of our land, our air and our food supply. 

*Heartfelt thanks for a generous contribution that enabled us to do this research. A long time WAPF member, who prefers to remain anonymous, was compelled to take action after the most recent school shootings. Her thoughts immediately went to WAPF, as she believes we must look to our food and drugs as a source for that senseless violence.*

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## ARSENIC AND THE BRAIN

As early as 1930, studies published in the *Archives of Pediatrics* found high levels of arsenic in babies and their mothers' breast milk. High levels of arsenic were a factor in about 30 percent of diagnosed eczema cases. The authors state that the chief source of the arsenic was the food industry. Any food product made from the hydrolysis of starch with commercial sulphuric acids contains arsenic, especially the glucose used in the manufacture of cheap candies. The potassium carbonate used in the preparation of cocoa is another source. Fruits and vegetables are contaminated by insecticides such as lead arsenate. Arsenic has been found not only on the skin of certain fruits, but even in the fruit itself.<sup>1</sup>

Arsenic was a common pesticide in the 1800s and 1900s. Lead arsenate was first used in the 1890s extensively in fruit orchards until the late 1950s when the pests became immune. Then the growers switched to DDT.<sup>2</sup> Pesticide residues bind tightly in the surface soil layer, where they remain for decades. Contamination of thousands of acres across the United States has occurred. Because arsenic and lead are quite stable and do not break down in the environment, they accumulate with each use in orchard soils.

Common washing practices did not adequately remove arsenic residues. Residues became a tough problem and apples were put into heated hydrochloric acids baths which removed about 80 percent of lead and 85 percent of arsenic. Arsenic is extremely toxic: a minimal lethal dose for humans is 50 - 300 milligrams (mg)/kg of body weight.<sup>3</sup>

Although phased out as a pesticide, arsenic is still with us. Arsenical pesticides were used heavily with cotton crops in the South. Recently *Consumer Reports*<sup>3</sup> reported on the high levels of arsenic in rice grown in the southern United States. "The rice grown in Arkansas, Louisiana, Missouri, and Texas, about 76 percent of domestic rice, generally had higher levels of total arsenic and inorganic arsenic in our tests than rice samples from elsewhere." But rice grown in California at Lundberg Family farms is also contaminated, and they are growing organic rice. *The New York Times*' story about Lundberg did not mention the cause of the contamination.<sup>4</sup> Rice flour is used almost exclusively in gluten free foods. Rice cereal is one of the first foods given to an infant. Rice noodles are used in Asian cuisine. Rice syrup is used as a sweetener. Any product made of rice grown in the Southern States and California has the potential for arsenic contamination. Consumers are turning to rice from Italy and Asia. High levels of arsenic have been reported in drinking water in areas around Tuscany.<sup>5</sup>

*Consumer Reports* also found that about 10 percent of apple and grape juice, also a popular drink for babies and children, that they tested, from five brands, had inorganic arsenic, a carcinogen. They concluded that apple and grape juice "constitute a significant source of dietary exposure to arsenic."<sup>6</sup>

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six years. Sylvia will lead a food tour to Slovenia May 16-23, 2013. For more information, see: [www.foodtourslovenia.wordpress.com](http://www.foodtourslovenia.wordpress.com). She can be reached at [sponusic@gmail.com](mailto:sponusic@gmail.com).

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## PARTICIPATION IN THE MOTHER EARTH NEWS FAIR

The Weston A. Price Foundation and the Farm-to-Consumer Legal Defense Fund sponsored the Real Food Stage at the popular Mother Earth News Fair in Seven Springs, Pennsylvania in September 2012, delivering over fifteen hours of content, cooking demonstrations and tastings to one third of the fifteen thousand fair participants, in addition to hosting a large exhibit booth for the three days of the fair.

WAPF speakers included Maureen Diaz who taught cooking demos on fermentation and food preservation; John Moody on continuous kombucha and building buying clubs; Pete Kennedy, Esq., food blogger David Gumpert and Kristin Canty on food rights; Elizabeth Gamsky Rich, Esq., on goat milking and cheese making; and, finally Joel Salatin and David Schafer, who demonstrated chicken butchering and dressing.

Pictured below (left) are David Schafer and Joel Salatin and (right) WAPF executive director Kathy Kramer, serving samples of lacto-fermented condiments.





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# Meat, Organs, Bones and Skin:

## Nutrition for Mental Health

By Chris Masterjohn, PhD

**W**hen I look back on my life and consider my struggles with anxiety, nothing stands in sharper relief than the healing power of nutrient-dense animal foods such as meat, bones, organs and skin. In my late teens, I became a vegetarian, thinking I would save the environment, the animals and even my own health. Six months later I became a vegan, excluding all animal products from my diet. Rather than improving my health, however, I developed problems with digestion and lethargy, a mouth full of tooth decay, and a profound aggravation of the anxiety disorders I had struggled with since my mid-teens.

After a year and a half, I slowly began including animal foods such as eggs, milk and eventually fish in my diet. Nothing seemed to help. After about two years, I caved in to strong cravings for red meat at Christmas dinner. I feasted luxuriously on such meats thereafter, and within two weeks my regular panic attacks had ceased. Nevertheless, I still suffered from the phobias and obsessive-compulsive disorder I had had prior to becoming a vegetarian. Several months later, I discovered the work of Weston A. Price.

Not only did my tooth decay come to a crashing halt after adding nutrient-dense animal foods, but within months my anxiety disorders disappeared.

Aiming to cure my tooth decay, I began incorporating nutrient-dense animal foods such as cod liver oil, liver and other organ meats, bone broths, and animal skins into my diet. Not only did my tooth decay come to a crashing halt, but within months my anxiety disorders disappeared. I thus realized that my health, both physical and mental, had undergone a revolution.

#### VEGETARIANISM AND MENTAL DISORDERS

To understand why nutrient-dense animal foods seem to have cured my anxiety disorders, it makes sense to ask a simple question: was I alone? Or do others who exclude animal products from their diet also struggle with mental disorders? Prior to 2012, seven studies had addressed this question. Four found that vegetarians were more likely than non-vegetarians to have eating disorders,<sup>1,2,3,4</sup> two found they were more likely to be depressed,<sup>5,6</sup> one found they had lower self-esteem and more anxiety,<sup>3</sup> and one found they were more likely to have contemplated or attempted suicide.<sup>1</sup>

One study conducted among Seventh-Day Adventists, however, found that vegetarians within this religious group had fewer negative emotions than their non-vegetarian counterparts.<sup>7</sup> Although Seventh-Day Adventism does not require vegetarianism, it strongly encourages this way of eating. It is possible this study stands apart from the others because vegetarians within this group experience greater esteem among their peers, are more confident in their own spirituality, or are more conscientious in other areas of

their lives just as they adhere more strongly to the teachings of their religion. Regardless of the precise reason for this one anomaly, six out of these seven studies found that vegetarians are more likely to experience mental disorders.

Nevertheless, all of these studies have several limitations: they relied on self-reporting of mental disorders rather than on professional diagnosis; they were conducted in limited populations, most of them in adolescents, one in young women, and one in Seventh-Day Adventists; none of them were matched for socio-demographic characteristics, which are known to differ between vegetarians and their non-vegetarian counterparts; and none of them determined whether the subjects developed mental disorders before or after they became vegetarians.

A study published in 2012 addressed each of these limitations.<sup>8</sup> The study included over four thousand respondents to the German National Health Interview and Examination Survey and its Mental Health Supplement, reflecting the general population of Germany rather than a specific subgroup. Clinically trained psychologists and physicians assessed the prevalence of mental disorders by administering a diagnostic interview rather than relying on self-reporting. The investigators took into account socio-demographic characteristics such as age, education, sex, marital status and community size, which was important because vegetarians were younger, more educated, more likely to be female, less likely to be married, and more likely to come from an urban environment. Finally, the

#### SUMMARY

- My anxiety disorders became seriously aggravated on a vegetarian diet but were resolved after including nutrient-dense animal foods in my diet.
- Consistent with my personal experience, seven out of eight studies have shown that vegetarians are more likely than their non-vegetarian counterparts to experience mental disorders.
- These studies cannot prove cause and effect, but vegetarian diets may induce a number of nutrient deficiencies that could contribute to the development of mental disorders.
- Vitamin B<sub>12</sub>, folate, methionine and glycine support the proper regulation of a biochemical process called methylation, which in turn regulates the neurotransmitter dopamine.
- This biochemical process contributes to the appropriate balance between mental stability and mental flexibility, which is needed for optimal mental health.
- Meat, bones, skin and organ meats such as liver provide a balance of the nutrients needed to support the proper regulation of methylation, and thus to support robust and vibrant mental health.
- Nutrient-dense plant foods are also beneficial.

investigators determined whether vegetarians with mental disorders began their vegetarian diet before or after the estimated onset of their mental disorder.

Compared to omnivores matched for socio-demographic characteristics, vegetarians were more than twice as likely to be depressed, more than 2.5 times as likely to suffer from an anxiety disorder, and over four times as likely to suffer from an eating disorder.

We could interpret these data in three ways: vegetarianism might contribute to the development of anxiety disorders, a pre-existing mental disorder might make someone more likely to become a vegetarian, or an unknown factor might predispose someone both to become a vegetarian and to develop a mental disorder. For example, perfectionism is not a mental disorder and could be beneficial in certain contexts, but the trait could contribute to an anxiety disorder if it gets out of hand, and a perfectionist may see vegetarianism as a way of making their diet “perfect.”

These interpretations are not mutually exclusive, however: someone might be more likely to become a vegetarian because of a particular psychological trait, but vegetarianism could then induce nutrient deficiencies that

interact with that psychological trait to produce a disorder. In the German study, half of vegetarians with eating disorders, two-thirds of those with depression, and over 90 percent of those with anxiety disorders developed their mental disorder before becoming a vegetarian, suggesting that vegetarianism was not the singular “cause” of their mental disorders, at least in the large majority of cases. Nevertheless, as shown in Figure 1, vegetarianism could have made many of the subjects more likely to be diagnosed with a mental disorder by aggravating pre-existing negative psychological traits. In my own case, vegetarianism did not “cause” my anxiety disorders, but it seriously aggravated them, and including abundant amounts of nutrient-dense animal foods in my diet cured them.

We should keep in mind that all eight studies

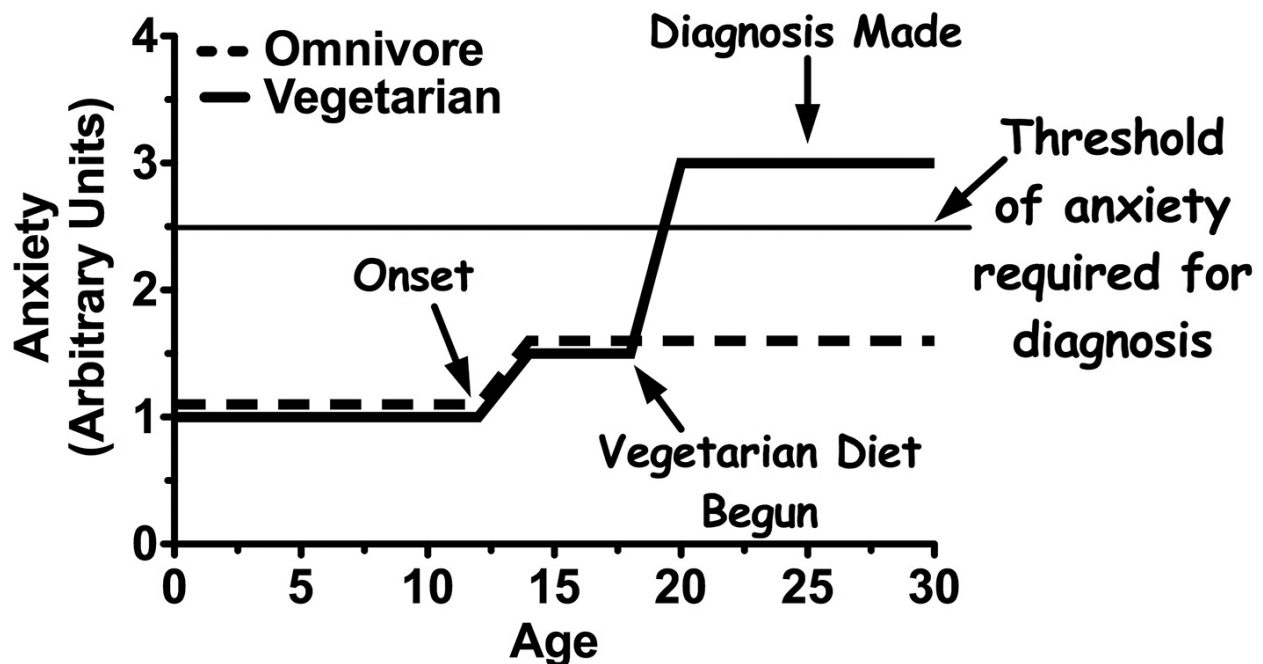


FIGURE 1: The figure shows a hypothetical explanation for how vegetarianism might contribute to the development of a mental disorder even if the onset of the disorder, as estimated retrospectively by a diagnostic interview at a later time, may have occurred before the adoption of a vegetarian diet. We could suppose that two people have a similar predisposition to increased levels of anxiety. Early in life, they both have “normal” levels of anxiety, represented arbitrarily by the number “1.” Both of them experience an increased level of anxiety in their early teens, but the anxiety does not reach the level that would be required for a diagnosis of a true disorder. One of the individuals, represented by the dotted line, remains an omnivore throughout the time period considered. The other, represented by the solid line, eventually becomes a vegetarian.

Vegetarianism aggravates the pre-existing tendency towards anxiety, pushing it beyond the threshold required for diagnosis of a disorder. If both individuals undergo a diagnostic interview at the age of 25, the vegetarian would be diagnosed with a disorder and the omnivore would not. The clinician may designate the onset of the disorder in the person’s early teens, when the level of anxiety first began increasing. This would be before the onset of the vegetarian diet, yet nutrient deficiencies from the vegetarian diet may have contributed to the ultimate development of the disorder.

Our goal is not to increase or decrease methylation but to provide our brains with the raw materials they need to regulate the process properly.

examining the relation between vegetarianism and mental disorders are observational in design and therefore incapable of determining cause and effect, which would require an experimental design. Nevertheless, it is reasonable to suggest the possibility that seven out of eight of them found vegetarians are more likely to suffer from mental disorders at least in part because nutrient-dense animal foods are required for optimal mental health.

#### SUPPORTING METHYLATION

There are a number of potential deficiencies and imbalances that could develop on a diet devoid of nutrient-dense animal foods: some people may become deficient in cholesterol if they do not make enough of their own; plant goitrogens, some of which require vitamin B<sub>12</sub> and sulfur amino acids for their detoxification, could contribute to thyroid problems; deficiencies of vitamin B<sub>6</sub>, long-chain omega-6 and omega-3 fatty acids, zinc, and fat-soluble vitamins A, D and K<sub>2</sub> could also develop. This article, however, will focus on the role of vitamin B<sub>12</sub>, sulfur amino acids, and glycine in supporting and regulating a process known as methylation, which is critical for mental health.

We can see how important these nutrients and the process of methylation are to mental

health by considering the neurological and cognitive consequences of severe vitamin B<sub>12</sub> deficiency. This condition involves nervous system degeneration, loss of sensation beginning in the toes and progressing to the feet and hands, stiffness and involuntary muscle spasms, disturbed gait, and mental disturbances ranging from mild personality changes and memory loss to psychosis and occasional delirium. Although we do not yet completely understand the exact mechanisms by which vitamin B<sub>12</sub> deficiency causes these problems, the primary role of vitamin B<sub>12</sub> within our bodies is to support the process of methylation, so a breakdown in this process is almost certainly an important part of the picture.

Methylation is a fancy biochemistry term that simply means the addition of a carbon atom with a small assortment of hydrogen atoms (a “methyl group”) to a wide variety of molecules. Methylation is required for the synthesis of many compounds such as creatine, and the regulation of many others, such as dopamine. As such, it is critical for a broad range of biological processes including tissue growth and repair, cellular communication, and controlling cancer. Among the many molecules whose production or regulation is dependent on methylation, both creatine and dopamine are critical to mental health. This article, however, will focus on dopamine.

A

#### Tonic Dopamine:

- Regulated by methylation
- Important for stability of neural response



B

#### Phasic Dopamine:

- Regulated by transporter and oxidase
- Lasts hundreds of milliseconds
- Important for “updating,” “resetting,” and “gating” neural responses to novel information.

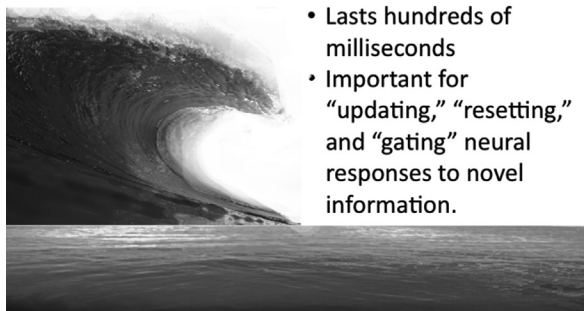


FIGURE 2: Tonic dopamine (A) is the modest amount of dopamine that is always present in our brains, and could be thought of as a stable body of water, or the background level of water in a sea through which waves pass. It is responsible for the stability of neural responses. Phasic dopamine (B) is a pulse of dopamine that lasts only a fraction of a second. It is responsible for the flexibility of neural responses. Tonic and phasic dopamine are distributed differently in the brain, allowing the brain to control their levels through different mechanisms. We inactivate tonic dopamine primarily by methylating it. By contrast, we inactivate phasic dopamine primarily by oxidizing it or by removing it from the area in which it is active. Thus, a greater degree of methylation will decrease the level of tonic dopamine, but will have little effect on the level of phasic dopamine.

## TONIC AND PHASIC DOPAMINE

In order to begin exploring the relationship between methylation, dopamine and mental health, we must first understand the difference between tonic and phasic dopamine.<sup>10</sup> As shown in Figure 2, tonic dopamine is the modest amount of dopamine that has a constant presence in our brain. It is like a stable body of water, and is important for mental stability. Phasic dopamine is like a wave that comes crashing in, making an appearance for only fractions of a second, and is important for mental flexibility. Methylation regulates tonic dopamine, while our brains have other ways of regulating phasic dopamine.

Nevertheless, as shown in Figure 3, our brains judge the size of the phasic dopamine “wave” by how high it stands above the background of tonic dopamine. A higher level of tonic dopamine makes the “wave” of phasic dopamine look a lot smaller, and our brains react to it accordingly. Thus, as shown in Figure 4, methylation regulates the balance between mental stability and mental flexibility: too much methylation will favor too much flexibility, not enough methylation will favor too much stability, and the level of methylation that is just right will provide the appropriate balance between the two. Thus, our goal is not to increase methylation or decrease methylation, but to provide our brains

with the raw materials they need to regulate the process properly.

## MENTAL STABILITY AND FLEXIBILITY

Two analogies should prove useful to help us understand the need to balance mental stability with mental flexibility. In the first, we could imagine a potter who makes clay flexible by moistening it before attempting to make something out of it. Too little moisture will lead to brittle clay: it is too dry to shape into anything, and applying enough force to change its shape will simply make it break, exposing rough and sharp edges. Too much moisture will make it easy to manipulate, but no shape given to it will hold. The right amount of moisture will make the clay malleable enough to manipulate into something useful or beautiful, and yet stable enough to retain the shape given it.

Similarly, not enough methylation could lead to “brittle” mental states. Such states are difficult to change, but when they do change, the transitions are sudden and without warning. This brittleness could lead to dangerous situations. For example, ordinarily when we get angry, the process is gradual enough that we may realize what is happening to us and stop ourselves from acting out in our anger, or someone else may notice that we are becoming angry and intervene to diffuse

With proper balance we become masters of our thoughts rather than their captives.

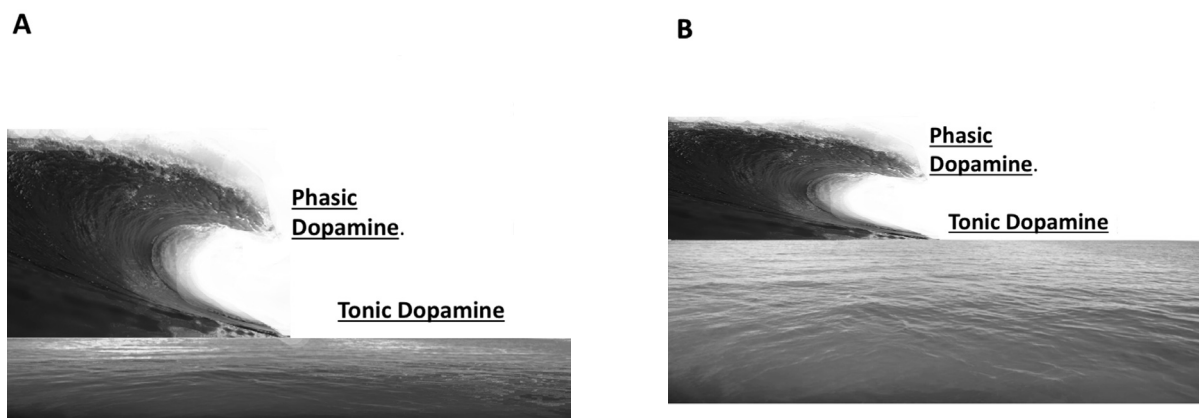


FIGURE 3: Tonic dopamine regulates the brain’s response to phasic dopamine. Our brain judges the size of the phasic dopamine “wave” according to how high it rises above the background of tonic dopamine. A “wave” of the same size will look larger when the level of tonic dopamine is low (A) and smaller if the level of tonic dopamine is high (B). Thus, a greater level of tonic dopamine not only promotes mental stability, but also decreases our response to phasic dopamine, thereby decreasing mental flexibility. Since methylation decreases the level of tonic dopamine (Figure 2), a greater degree of methylation will decrease mental stability and increase mental flexibility.

Investigators have estimated that up to 73 percent of vegetarians and 90 percent of vegans are deficient in vitamin B<sub>12</sub>.

the situation. If our mental states are too brittle, however, we may act violently without warning, giving neither ourselves nor those around us any opportunity to recognize what is happening and intervene. Alternatively, too much methylation could make our minds like a bowl of liquid clay: easy to make a mess with, but difficult to shape into something beautiful or useful.

In the second analogy, we could consider our consciousness like a net through which thousands of thoughts fly every day. These thoughts could be about basic biological drives and needs like food, sex, and sleep; they could be about the multitude of things we need to get done; or they could be thoughts that motivate us, whether to do good things or to do things that would get us into trouble. To achieve mental health, our net

of consciousness needs enough flexibility that we are able to manipulate it as each thought approaches, choosing either to let it pass through or to hold on to it. This net also needs enough stability, however, to hold onto beneficial thoughts for as long as they are needed. Without flexibility, we hold onto everything that comes our way indiscriminately. Without stability, we cannot hold onto anything at all. With a proper balance, we become masters of our thoughts rather than their captives.

Evidence from genetic studies supports the role of methylation in maintaining this balance. Some of us have a high or low rate of methylating dopamine for genetic reasons. In those who methylate dopamine at a low rate, unpleasant pictures cause a dramatic stimulation of activ-

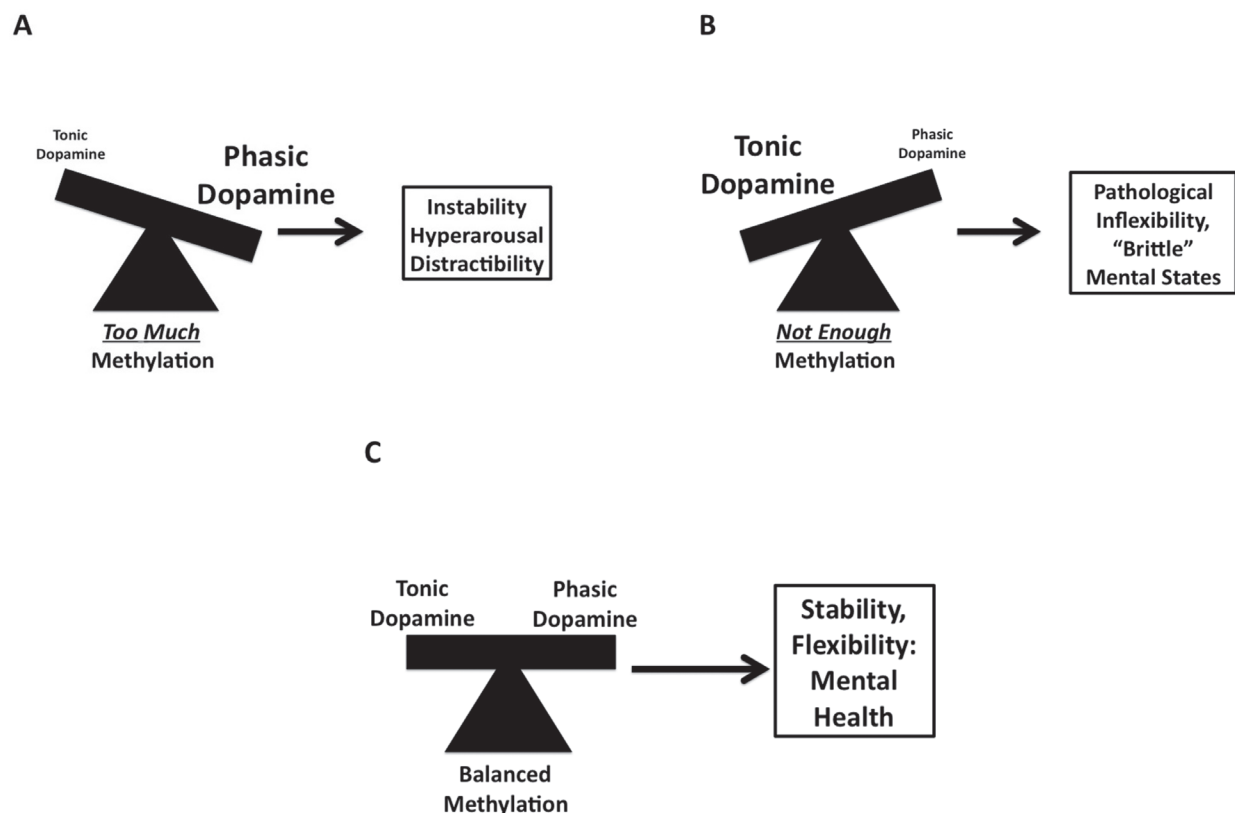


FIGURE 4: Optimal mental health requires a balance of mental stability and flexibility, which in turn requires a level of methylation that is “just right.” Too much methylation will contribute to too much flexibility, making us too easily distracted and unable to hold onto beneficial thoughts and mental states (A). Not enough methylation will contribute to too much stability, making us unable to tolerate healthy amounts of change, and making our mental states “brittle,” which means that any given mental state will take a lot of energy to break and the transitions will never be smooth (B). A balanced level of methylation will contribute to the appropriate balance between mental stability and mental flexibility, which will support vibrant and robust mental health (C).

ity in emotional centers of the brain.<sup>11</sup> These people are also much more likely to invest energy into cognitive activity when they are exposed to these emotionally stimulating pictures, and the more energy they invest in cognitive activity the less likely they are to become noticeably disturbed.<sup>11</sup> This suggests that low methylation contributes to excessive mental stability. The unpleasant image gets “stuck” in the person’s mind instead of passing through uneventfully, and the person must invest a lot more mental energy to break free of the image’s grasp.

Since being held captive by our own thoughts is a central problem in mental disorders such as depression and anxiety, some researchers have suggested that those who methylate dopamine at a low rate are “worriers,” while those who methylate dopamine at a high rate are “warriors.” While the distinction has some merit, making low methylation the “bad” trait and high methylation the “good” trait is too simplistic.

Between the “worrier” and the person who indiscriminately engages in every battle, there lies the cautious person who picks and chooses her battles. Moreover, genetic studies show that while those who methylate dopamine at a low rate have more difficulty with emotional processing, those who methylate dopamine at a high rate have more difficulty with cognitive processing.<sup>12</sup> Psychoses, such as those seen in schizophrenics<sup>10</sup> or those suffering from severe vitamin B<sub>12</sub> deficiency,<sup>13</sup> can manifest in some people with symptoms of excessive mental stability and in other people with symptoms of excessive mental flexibility. Examples include “rigidity of thoughts” on the one hand, and “flight of ideas” on the other. Perhaps the clearest indication that balance is best is that those with genetically high or low rates of methylating dopamine constitute roughly equal proportions of the population, and the majority of us have the genetics for an intermediate rate. If one trait were the “bad” one and the other the “good” one, natural

selection would have weeded the “bad” one out long ago.

The question before us, then, is this: regardless of genetics, what kind of nutritional approach can we use to provide our brains with the raw materials they need to maintain the right amount of methylation to support the appropriate balance of mental stability and flexibility needed for optimal mental health?

## MEAT, ORGANS, BONES, AND SKIN

As shown in Figure 5 and discussed in more detail in the Fall 2012 issue of *Wise Traditions*,<sup>14</sup> the most basic nutrient we need for the process of methylation is the amino acid methionine. The “meth-” in the word “methionine” refers to this process. Animal proteins are about twice as rich in methionine as plant proteins as a proportion of total protein. Plant foods, moreover, tend to contain much less protein than meats. People who exclude all animal products from their diets thus likely consume three to five times less methionine than those who eat a diet rich in animal products, leading to a dramatic decrease in the raw materials needed for methylation.

As also shown in Figure 5, consuming less methionine should generate less homocysteine. Paradoxically, however, compared to omnivores,

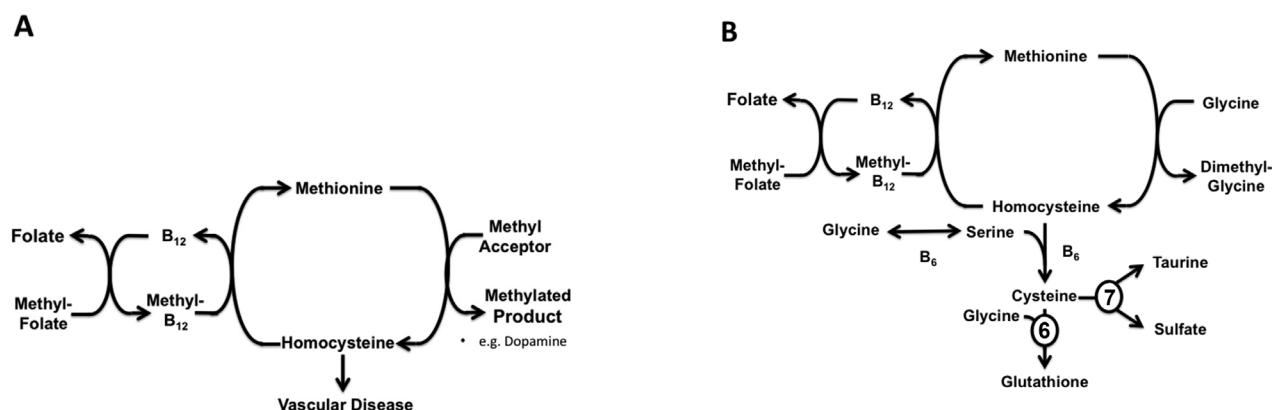


FIGURE 5: The figure shows methionine metabolism at low (A) and high (B) concentrations of methionine. The pathways are simplified, and were explained in more detail in the Fall 2012 journal. Briefly, to support sufficient methylation of dopamine we need adequate methionine. After each methylation reaction, however, methionine generates homocysteine. Recycling homocysteine back to methionine is important both to prevent cardiovascular disease and to support the methylation process. This requires vitamin B<sub>12</sub> and folate. At high concentrations of methionine, for example, in the hours after we eat a protein-rich meal, glycine acts as a buffer to prevent excess methylation and also supports the conversion of homocysteine to glutathione. Glutathione is the master antioxidant and detoxifier of the cell, and a key regulator of protein function. Adequate glutathione protects against degenerative diseases of all kinds.

Adequate  
glutathione  
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vegetarians are twice as likely and vegans are three times as likely to have elevated homocysteine.<sup>15</sup> Figure 5 provides a resolution to this paradox: while vegetarians and vegans may generate less homocysteine, they also have lower intakes of vitamin B<sub>12</sub>, which is needed to recycle homocysteine back to methionine.

Indeed, using the highest quality markers of vitamin B<sub>12</sub> status, investigators have estimated that up to 73 percent of vegetarians and up to 90 percent of vegans are deficient in B<sub>12</sub>.<sup>15</sup> This should be unsurprising since vitamin B<sub>12</sub> is found almost exclusively in animal products, and even that which occurs in eggs, a key vegetarian source of animal protein, is poorly bioavailable.<sup>16</sup> Thus, methylation takes a double-whammy: less methionine is available to begin with, and what is available often gets trapped as homocysteine rather than being recycled.

Figure 5 provides another key part of the balance. When methionine concentrations rise, for example after eating a protein-rich meal, the amino acid glycine acts as a buffer to prevent excessive methylation. Although animal foods are not richer in glycine than plant foods as a proportion of total protein, a diet that includes animal products provides more glycine than one that does not simply because it is richer in total protein.

Vegetarians excrete almost twice the level of a unique marker of glycine deficiency in their urine as omnivores.<sup>17</sup> This suggests that excluding animal products from the diet could not only lead to a generally inadequate level of methylation because of lower intakes of methionine and vitamin B<sub>12</sub>, but the lower intake of glycine could also lead to transient periods of excessive methylation. This could theoretically result in seesawing between excessive mental stability and excessive mental flexibility.

The purpose of this article, however, is not to denigrate vegetarian diets but to emphasize the importance of nutrient-dense animal foods. A standard omnivorous diet is hardly the ideal. Even omnivores excrete substantial amounts of the marker of glycine deficiency discussed above in their urine.<sup>17</sup> This could be because the typical omnivore fails to make use of skin and bones in their diet. Protein from skin is three times richer in glycine than meat, while protein from bones

is six times richer.<sup>14</sup> Thus, most omnivores may stand to gain substantial improvements in mental health by including glycine-rich skin and bones (in the form of bone broth) in their diets.

Moreover, Figure 5 shows that folate assists vitamin B<sub>12</sub> in its support of the methylation process. Folate is found primarily in legumes, leafy greens and liver. Vegetarians tend to consume more leafy greens and legumes than omnivores, and most omnivores fail to take advantage of liver or other organ meats. Many omnivores may thus improve their mental health even further by including folate-rich plant foods and liver in their diets.

#### HARNESSING GOOD NUTRITION FROM ALL SOURCES


Vegetarians and vegans may adhere more strongly than omnivores to other health-promoting habits as well. This is especially important to consider if we are interested in preventing all diseases rather than just mental disorders. For example, Figure 5 shows that glycine helps convert homocysteine to glutathione, the master antioxidant and detoxifier of the cell, and a key regulator of protein function. We might predict from this that vegetarians and vegans should have lower glutathione status than omnivores because of lower intakes of methionine and glycine.

Some studies, however, have shown that while vegans have lower glutathione status than omnivores, vegetarians have slightly higher glutathione status.<sup>18</sup> Unlike the vegans, the vegetarians in such studies may have been consuming plenty of milk and eggs. Thus, the vegetarians and omnivores may have had similar intakes of methionine and glycine. Both the vegetarians and vegans may have been consuming more fruits and vegetables. These provide vitamin C, which spares glutathione from oxidation, polyphenols, which increase the production of glutathione, and, especially in their raw state, glutathione itself.

Adequate glutathione status protects against degenerative diseases of all kinds. The best way to support glutathione status would likely be to consume a traditional diet that includes plenty of nutrient-dense foods of all kinds: meat, organs, bones, skin, folate-rich legumes and leafy greens,

and fresh fruits and vegetables rich in vitamin C, polyphenols, and glutathione.

## VIBRANT MENTAL HEALTH

Overall the evidence supports a key role for nutrient-dense animal foods in mental health. Seven out of eight relevant studies show vegetarians have a higher risk of mental disorders than omnivores. These studies cannot demonstrate cause and effect, but both dietary and biochemical data suggest that vegetarians are less able than omnivores to support methylation, and are thus likely less able to support the appropriate balance between mental stability and flexibility needed for optimal mental health. Standard meat-inclusive diets are hardly ideal, however. We should emphasize a wide variety of nutrient-dense foods, including not only meat, but also many animal foods banished from our modern menus, especially bones (usually as bone broth), skin, and organs. Such a diet is the surest way to obtain the robust and vibrant mental health of our ancestors. 

*Chris Masterjohn, PhD, is creator and maintainer of Cholesterol-And-Health.Com, a web site dedicated to extolling the benefits of traditional, nutrient-dense, cholesterol-rich foods and to elucidating the many fascinating roles that cholesterol plays within the body. Cholesterol-And-Health.Com is home to his blog, The Daily Lipid. Chris is a frequent contributor to Wise Traditions, the quarterly journal of the Weston A. Price Foundation, is a perennial speaker at the annual Wise Traditions conference, and writes a second blog on the foundation's web site, Mother Nature Obeyed. He has written five peer-reviewed publications and has submitted*

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# How Does Pork Sausage Affect the Blood?

## A Follow-up Investigation to the Pork Study Using Live Blood Analysis

By Beverly Rubik, PhD

**M**any cultures have a tradition of sausage-making with pork. There are numerous preparations of pork sausages, from raw pork stuffed into casings with herbs and spices, to cured and smoked sausages that need not be cooked again before eating. There are also certain traditional foods such as sauerkraut that are traditionally consumed with pork sausage in Northern Germany and Poland.

In this small pilot study, we investigate the effect on the blood of consuming pork sausage as observed through dark-field live blood analysis. We also compare the effect of consuming sauerkraut along with pork sausage. This study is a follow-up investigation to the pork study that I conducted in 2011 and published in *Wise Traditions*, which compared effects on the blood after eating fresh pork chops (marinated and unmarinated), bacon, prosciutto and also lamb (Rubik, 2011).

## METHODS AND PROCEDURES

Pork sausages used in this study were all from the same batch produced by a local farm that also raises pastured hogs. The sausages consisted of raw, ground, pastured pork meat with salt and spices stuffed into casings. The sauerkraut used was a commercial cultured product that consisted only of raw, lacto-fermented cabbage with salt.

Live blood analysis involves visual examination of a small droplet of freshly drawn capillary blood from the fingertip placed under a coverslip on a microscope slide and observed under a light microscope, typically dark-field, at high magnification (8,000x) using video enhancement and photographed using a digital camera. The blood is scored for a number of variables including blood coagulation factors using a Likert scale. This method offers a qualitative view of the blood cells and plasma that is part of the “biological terrain” as it is termed in integrative healthcare. It is described in greater detail in previous reports published in this journal (Rubik 2009; 2011).

The subjects were three normal healthy adults consuming the traditional diet recommended by the Weston A. Price Foundation for over two years and having a clean healthy biological terrain as observed in live blood analysis after an overnight fast. They were two females, ages 42 and 68, and one male, age 42. These par-

ticipants were also different from those who had participated in the previous pork study (Rubik, 2011).

Subjects fasted overnight and came into the laboratory for testing on two different days. A baseline blood test was first done. Then each subject consumed a single pork sausage (raw weight about 2.6 ounces or 76 grams) that was slowly cooked by pan sautéing until slightly browned and well done, using a very small amount of bacon fat to prevent burning. On the second visit, after the baseline blood test, each subject consumed the same type of cooked sausage along with about four ounces of sauerkraut (uncooked) at room temperature. Subjects were allowed to drink water during the meal and subsequently for the next five hours, but ate no other food whatsoever. Five hours after eating, subjects returned to the laboratory for the post-meal blood test.

## PILOT STUDY RESULTS

A few blood photographs are shown here in Figures 1 to 4 that show blood of the most sensitive subject, female, age 42. Figure 1 shows her blood before consuming a pork sausage. This blood looks healthy, with separate red blood cells (RBCs) that are uniformly round, and with no debris or clotting factors seen in the plasma. Five hours after consuming a pork sausage, Figure 2 shows that the RBCs are stuck together in

Thirty minutes after consuming this sausage, the subject reported fatigue and brain fog and wanted to lie down.

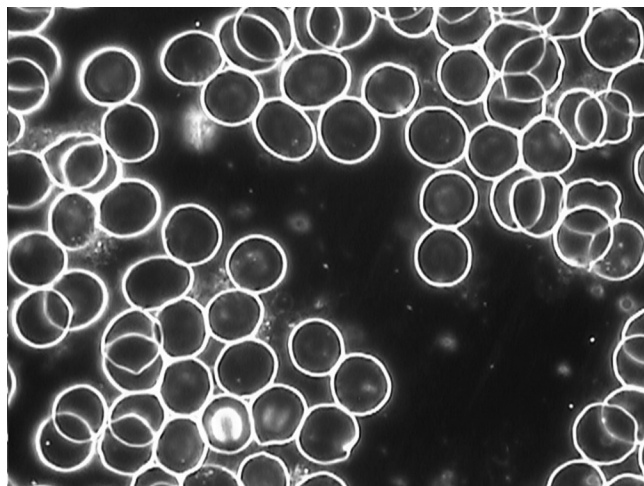


FIGURE 1: Platelet sample from female, age 42, before consuming pork sausage.

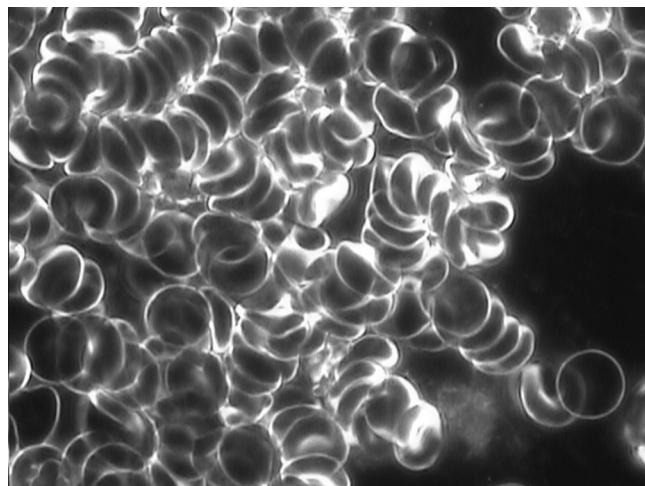


FIGURE 2: Platelet sample from female, age 42, five hours after consuming pork sausage.

Pork sausage does not appear to have such a dramatic, adverse effect on the blood of all subjects as did unmarinated pork.

rouleaux (rolls of coins). Thirty minutes after consuming this sausage, the subject reported fatigue and brain fog and wanted to lie down.

The blood of the same subject before consuming pork sausage with sauerkraut is shown in Figure 3, which again looks normal and healthy.

Five hours after consuming a pork sausage with sauerkraut, the blood is similar, as shown in Figure 4, with no rouleaux or clotting factors. Moreover, the subject reported that she felt “stable” after consuming this meal.

The other two subjects did not report any adverse reactions after consuming the pork sausage, nor did their blood show such distinct differences before and after consuming the sausage, with or without sauerkraut.

Figure 5 shows the mean values of all three subjects’ blood coagulation factors before and after consuming the pork sausage alone. Although greater amounts of rouleaux, RBC aggregates, fibrin (clotting protein), spicules (clotting protein), and platelet aggregates (clotting factor) are seen after consuming pork, these results are not as dramatic as after consuming an unmarinated pork chop (Rubik, 2011).

Figure 6 shows the mean values of all three subjects’ blood coagulation factors before and after consuming the pork sausage with sauerkraut. The differences shown are insignificant.

## CONCLUSIONS AND DISCUSSION

How does pork sausage affect the blood? There is no clear-cut answer from the results observed in these three subjects. Rather, individual differences were seen. One subject in particular responded adversely to pork sausage in this study as seen in the blood (Figure 2 compared to Figure 1), and self-reported symptoms of fatigue and brain fog. When RBCs are present in rouleaux as seen in Figure 2, peripheral blood circulation is impaired. However, the effect on the other two subjects’ blood was less apparent.

How does consuming pork sausage with sauerkraut affect the blood? For the subject most adversely affected by sausage, the blood looked about the same before and after consuming the two foods together. The blood of the other two subjects did not show much visible change from consuming pork plus sauerkraut. So there appears to be a protective effect from consuming the sauerkraut in the subject most affected by the pork sausage.

Overall, the results of this study are not as clear cut as in the previous pork study; for example, in comparing marinated to unmarinated pork (Rubik, 2011). That is, pork sausage does not appear to have such a dramatic, adverse effect on the blood of all subjects as did unmarinated pork. The number of subjects in this study (N

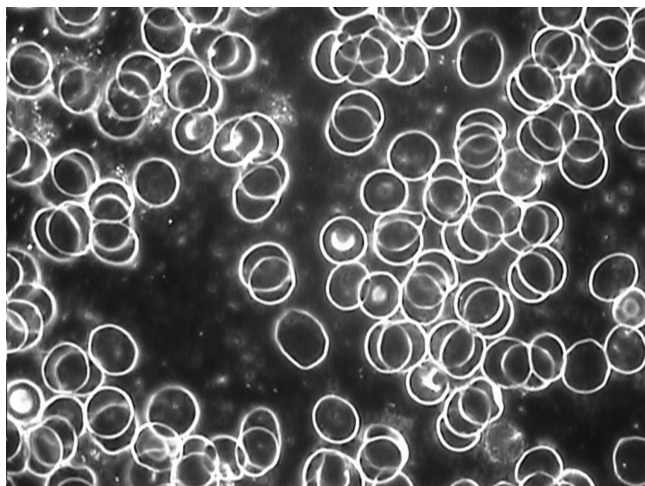


FIGURE 3: Blood sample from female, age 42, before consuming pork sausage with sauerkraut.

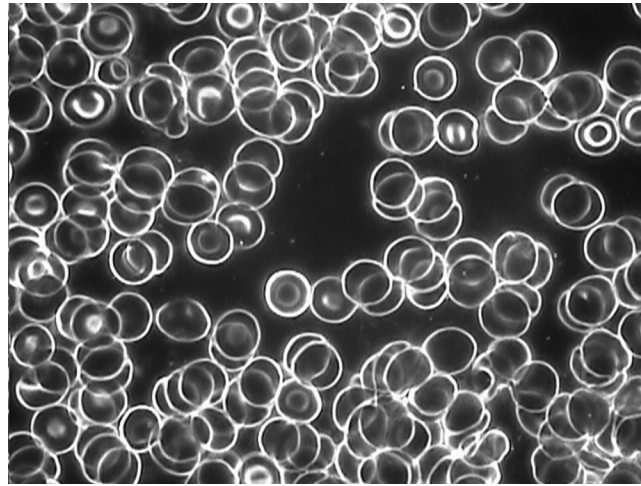



FIGURE 4: Blood sample from female, age 42, after consuming pork sausage with sauerkraut.

= 3) is too small for the study to be definitive, since the effect size was small. Moreover, only one type of pork sausage was tested here. We cannot generalize these results to all types of pork sausage because the recipes and methods of preparation vary widely.

Nonetheless, in the single subject who did have adverse reactions to pork sausage, consuming sauerkraut with the sausage alleviated the problem. This may indicate that the traditional *Brat mit Kraut* appears to be a wise food combination that calls for further investigation. 

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Traditional *Brat mit Kraut* appears to be a wise food combination that merits further investigation.

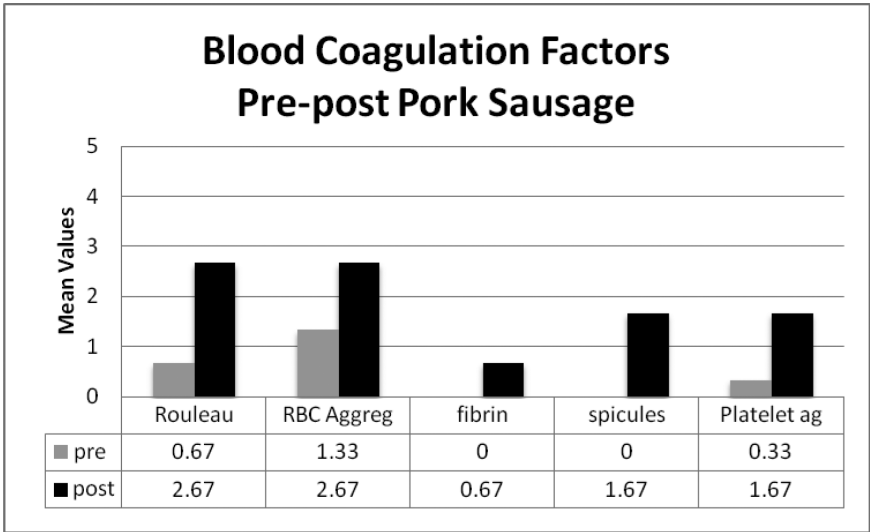


FIGURE 5: Mean blood coagulation factors pre-pork sausage consumption.

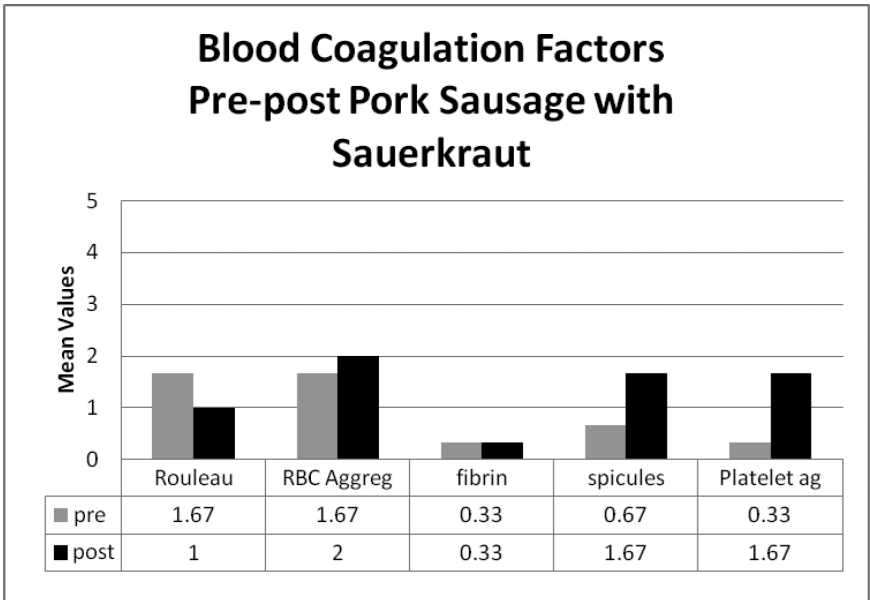


FIGURE 6: Blood coagulation factors pre-post pork sausage with sauerkraut.

# Ask the Doctor

## PREVENTING AND TREATING THE FLU

By Thomas S. Cowan, MD

**Question:** *There is so much pressure on us to get a flu vaccination. Is this wise, or are there better ways of preventing and treating the flu?*

**Answer:** True influenza is an infectious disease, transmitted through the air in infected secretions (i.e., mucus), caused by an RNA virus in the Orthomyxovirus class of viruses. There are three subtypes of viruses in this class, called A, B and C with the subtype A associated with the most severe symptoms in humans. The global influenza pandemic of 1918, which killed millions of people all over the world, but especially in Europe, was supposedly a type A influenza virus. There have been lesser outbreaks of other type A viruses occurring from time to time since then.

It is important to note that not all cases of sickness in the winter are the “flu” type, and it is virtually impossible for a doctor to tell an individual patient whether he is suffering from illness caused by the true influenza virus or some other variation of the common cold. Typically the distinguishing features of true influenza versus the usual cold are higher fever, body aches, sore throat and the tendency to get pneumonia. While these may occur in the common cold they are more severe in classic influenza.

It is important in understanding influenza to go over some basic principles of infectious disease and how our immune system functions. We have two immune systems, the cell-mediated or Th1 (thymus derived) immune system is responsible for eliminating intracellular (meaning inside the cell) organisms. It primarily works through the production of white blood cells that essentially digest and then excrete cells (for example, in our throat or bronchial tubes) that have been infected with a virus or bacteria. The consequences of a cell mediated response, that is, the digestion and excretion of dead and infected cells, are what we call sickness. In other words, fever, rash, cough, mucus and so forth are not

caused by the virus but by the body's response to the virus.

In contrast, the humoral or Th2 immune system targets extracellular (i.e., outside the cell) infecting agents (such as worms) or foreign proteins and produces antibodies that call for a killing response before the offending agent gets into our cells and makes us sick.

There are several important points to note here. First, with every naturally occurring infection both immune systems respond, first the cell-mediated to clear the virus, then the antibody or humoral system to make antibodies to remember what happened so our cells don't get infected with the same pathogen more than once. Second, the severity of any particular illness is a function of how many cells are infected and the strength of our cell-mediated response. Finally, whether we get repeated sickness is related to whether we can make an effective antibody response.

The influenza virus, being an RNA virus, can only replicate inside other mammalian cells; this is why it causes illness. If we haven't encountered a particular strain before it gets into our cells and replicates, the cell-mediated response comes into play and leads to sickness.

The cell-mediated response usually lasts a week to ten days; then the virus is cleared, we make antibodies and are immune for life. This is what happens in the vast majority of cases. In the process of the cell-mediated response, a kind of cellular house-cleaning takes place, in which a lot of weakened and otherwise diseased cells are cleared from our tissue. This is why we say after the flu that “we are better.” In fact, the cell-mediated exercise is largely responsible for immunity to cancer, auto-immune disease and other chronic conditions. In other words, the dictum “give me a fever [that is, the cell-mediated response] and I can cure any disease” speaks to the power and efficacy of the cell-mediated immune system.

Whether we get repeated sickness is related to whether we can make an effective antibody response.

In contrast, when we give a vaccine, any vaccine, we are deliberately trying to bypass the cell-mediated immune system and only provoke a humoral response. (If a vaccine provoked the cell-mediated immune system, it would just make us sick and no one would agree to them.) Although in theory this process might work, the problem is that this shifts the vaccine recipient into what is called a Th2 dominant mode, an imbalance in which the humoral immune system is too strong and the cell-mediated immunity is suppressed.

This leaves us with no avenue to clear the poisons that we have just been injected with from our tissues; it leaves us with chronic inflammation as our bodies struggle to clear these inflammatory toxins, such as mercury, formaldehyde, and dead viruses, and an increased susceptibility to chronic disease. An overactive humoral immune system often leads to auto-immune disease, where the humoral immune system attacks our own tissues.

In all, flu vaccines have too many problems to recommend them against an illness that should be fairly straightforward to overcome.

As far as flu prevention, the best approach is, of course, a nourishing traditional diet with an emphasis on good fats, lacto-fermented foods and gelatin-rich bone broth. Sugar and refined carbohydrates both blunt the immune response and should be avoided as much as possible. High-vitamin cod liver oil, rich in fat-soluble vitamins, helps the immune response, the dose is one-half to one teaspoon per day. The other proven pre-

ventative is some elderberry extract, my favorite being elderberry/thyme syrup from True Botanica, one teaspoon twice per day.

If you should get the flu, increase the cod liver oil to one teaspoon three times per day while you are sick, and give the elderberry extract one tablespoon four times per day until better.

I recommend two homeopathic remedies for the first three days or as long as you have a fever. The first is Oscilloccinum from Boiron, given one tube of little pills twice per day; the second is meteoric iron/prunus from Uriel pharmacy, five pills four times per day. The meteoric iron should be continued at this dose until all symptoms are gone. Of course, you should take plenty of bone broths and nourishing soups as appetite permits.

The important point to remember about the flu is that this is a annoying but self-limiting disease which, through its activation of our cell-mediated immune system, strengthens us and prevents us from going down the road of chronic disease. Vaccines do just the opposite and should be avoided. When it comes to the flu, we need to keep our eyes on the big picture and the true road to good health.

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An overactive humoral immune system often leads to auto-immune disease, where the humoral immune system attacks our own tissues.

#### WELL DESERVED AWARD

Shawn Dady, longtime Nashville/Brentwood/Franklin, Tennessee chapter leader and raw milk champion, receives the “Real Food Hall of Fame and Emerging Leaders” award from Nashville Mayor Karl Dean and the Nashville Farmers Market.



# Homeopathy Journal

BAD BOY, NAUGHTY GIRL:  
HOMEOPATHIC APPROACHES TO BEHAVIORAL PROBLEMS  
By Joette Calabrese, HMC, CCH, RSHom (NA)

Are there certain behaviors inherent in boys that are different from those displayed by girls? Certainly! The masculine gender is generally associated with the attributes of risk taking and competitive drive, while members of the feminine gender are often the multi-taskers in life, who flourish on enhancing social order.

Behavior is driven not only by gender, of course, but can be colored by outside influences such as environment, including foods in the diet, and especially factory-processed concoctions with suspicious chemical additives. Yet even normally wholesome fare can become culprits at times. These external influences can launch innocent gender-specific characteristics into the troubled realm of deviant behavior.

Take Benny, for instance. Benny is nine years old and sometimes his parents feel overwhelmed by his actions. He elevates risk-taking bravado—or perhaps foolhardiness—to an art form. Climbing to dizzying heights in trees and swinging from one branch to another is a common, disquieting sight for his family and neighbors.

Early in the school year, Benny's teacher asked the class to contribute a drawing that would later be transferred to a tee-shirt for a history lesson. The assignment was to depict a great leader of our country. Benny completed his drawing and wasted no time in transferring it to his tee-shirt so he could wear it to gym class. He handed in his shirt with a drawing of Abraham Lincoln. With Benny-type dash, it portrayed the president being assassinated, festooned with splatters of red paint to depict blood. Some would call this kind of expression violent. Indeed, his teacher didn't appreciate its subject matter and rejected it. Benny took the discouragement in stride, but the school authorities began informally labeling him as a potential risk for aggressive behavior, and kept a mistrustful eye on him during school

hours. A few days later, a school administrator reported that Benny had bitten a boy during recess. The other parents were alerted and conduct slips documenting other complaints began piling up on Benny's family's kitchen counter.

This worrying turn of events seemed to have begun at the onset of the current school year, shortly after the administration set a new policy of providing lunches as part of the tuition. As a result, few families were motivated to send their children off in the morning with a packed lunch. And in fact, it wasn't long before it became unfashionable among the students to carry one.

Benny's family had followed WAPF dietary recommendations for years. But they had recently submitted to Benny's participation in the school lunch program because of the additional social pressure which Benny would endure if he trotted into school clasping an "uncool" lunch bag from home.

This small, or perhaps not-so-small, shift in the contents of one meal per day may have taken Benny's otherwise well-formed boyish attributes in the wrong direction.

Benny's parents are homeopathy enthusiasts. Never have their children been given a synthetic medication as they wholly depend on the family homeopathy kit and chiropractic care for their health needs. Benny's mom had taken a course or two through the years and learned that the correct remedy can uproot behavioral disturbances, especially those related to diet. She never saw a need until now to focus on this subject, but she persisted in her belief that the right remedy and consistent, nutrient-dense foods as the mainstay of Benny's diet would be able to mitigate the influence of five aberrant school meals per week served at lunch. At least this was her wobbling hope.

When she contacted the family homeopath about Benny's intensified aggressive behavior,

External influences can launch innocent gender-specific characteristics into the troubled realm of deviant behavior.

her anxieties were allayed when she learned about the remedy *Stramonium*. The remedy profile fit Benny like an angrily provocative tee-shirt. Yet, there was a missing piece. *Stramonium* is usually associated with a jolt to the central nervous system as a requisite for its use: a scary movie, witnessing an atrocity, a head injury, or such. Benny hadn't experienced any mishaps or jolts, thought his parents. Certainly there was the usual onset of the new school year, but their son always adjusted to change with eagerness and it was a stretch to consider this a neurological jar.

But then Benny's mom remembered the daily fare of the cafeteria food. The lunch room was known amongst disgruntled parents for serving MSG-laden Chinese-food-type lunches twice weekly. Additionally, the school had been serving eggrolls daily and Benny adored them. This prompted Benny's mom to visit the school with a request to read the ingredients in the foods that were being served. She was shocked and angered to find that the ingredient list on nearly every food served (except for the ultra-pasteurized milk) read like *War and Peace*. Not only were the lists lengthy, but full of an unpronounceable cast of characters. MSG or its euphemisms appeared on nearly every label. MSG is considered a neurotoxin, Benny's mom reasoned straightaway, and therefore represented the daily neurological shock that was likely throwing her son's behavior into a descent. The image of Lincoln being assassinated flashed through her mind when she glared at the cafeteria "chef" who was not only clueless of the impact of his choices, but condescending toward her parental concerns.

Days later, when the remedy arrived, Benny's mom was poised to prove that the homeopath's and her assumptions were well-founded. Upon taking the remedy twice weekly for only a few weeks, Benny was back to drawing army guys instead of gnawing on classmates. When he became angry, it wasn't accompanied by rage, and he was able to remain focused for most assignments at school. In fact, the next conduct report included a few phrases which made his family proud: "More focused" and even "Kindly protective of the girls." Benny was utilizing his masculine traits in a shielding and chivalrous manner. What more can we hope for?

Now his mother gives him his remedy for a

week or two any time she witnesses unbridled aggression. She notes that it has been needed less and less frequently so that in the past year Benny has taken *Stramonium* over a period of about nine weeks in all, despite the MSG-laced lunches.

With the extra time Benny's mom had on her hands by no longer having to thwart teachers' and administrators' accusations and sidestep legal issues from fuming parents of injured children, she organized a small band of parents to present a new meal plan to the school cafeteria. It incorporated whole foods, including information on where they could be procured locally, and kid-pleasing healthy recipes that could be instantly incorporated. I can't say for sure, but I believe a membership to WAPF was included in the package.

Benny's school recently hoisted the white flag and surrendered to the nutrition blitz. The administration has even shown some gratitude and agreed to an armistice. No more premade sauces and egg rolls brimming with MSG. At least it's a start.

#### TEEN TANTRUMS

Lucy Jones is sixteen, but you'd swear she was half that age by her behavior sometimes. The dramatics were always ramped up around the time of her menses, but her mother noticed (and so had her sisters) that she was irritable and discontented at other times as well. Most of the time Lucy was a focused teen who volunteered in student council and the church choir, all the while earning high grades. Because of this generally well-balanced lifestyle it took a while for her family to recognize that she was becoming increasingly more difficult to live with. This notion came alive however at the time of her sweet sixteen birthday party.

Lucy wanted to serve only ice cream at her party. No pizza, no chips, just ice cream, in decorative dishes with an assortment of pink toppings. Although her family generally made ice cream from the raw cream they got from their local farmer and sweetened it with raw honey, this time they didn't have enough cream to feed the crowd invited. So Mrs. Jones bought the commercial version for the party.

Lucy adores ice cream. She also loves milk,

MSG is a neurotoxin and therefore represented the daily neurological shock that was likely throwing her son's behavior into a descent.

Top quality  
food plus a  
well-chosen  
homeopathic  
remedy equals  
well-adjusted  
children.

butter, yogurt. . . any dairy food. The night before the party, she and her sisters had a small bowl of the store-bought ice cream as a pre-party treat. After the family went to bed, Lucy was called by the ice cream in the freezer. So she padded out of bed, rummaged up a fork (the best way to eat cold ice cream, in her estimation) and ate an entire quart.

When the family awoke in the morning, no one noticed the naked container, but they surely noted Lucy. She was, shall we say, “hormonal.” Screeching and demanding that everyone pay attention to her because her belly was upset, she whipped her long fair hair from side to side in a female frenzy, finally collapsing into a heap of adolescent blubberings.

At first her parents were overcome, but when everything settled in their minds, they realized this behavior had occurred in the past, just not to the same degree. When they recalled the back-biting tendency of their oldest daughter toward her siblings, they remembered its association with other ice cream episodes. There was the time when Lucy vomited for hours followed by an evening of tears after the choir party when she had eaten more than a lady-like portion of ice cream. And her parents wondered if her recent low-level discontent might be related to the larger cream share to which they had recently committed with their farmer.

Mrs. Jones knew that if she took Lucy to an allopathic doctor, the “solution” would likely be antidepressants or synthetic hormones or both. No way! She had a friend from church who had learned some homeopathy and without revealing the full extent of Lucy’s histrionics, asked the friend for some direction.

The friend thought that *Pulsatilla* might suit Lucy since it was a remedy that’s chosen for girls who, in particular, have a craving for and detrimental reaction to dairy products. It’s also used for adolescents who can be demanding and petulant around hormonal shifts. This was perplexing to Mrs. Jones, particularly since she thought that raw milk products were wholesome. Well, of course they are, but Lucy needed a little homeopathic nudge to allow her body to utilize dairy foods correctly.

Mrs. Jones ordered *Pulsatilla* from her local health food store, since it’s a commonly used

remedy. Lucy began taking it every week. The improvement began within the second month, when Lucy’s menses weren’t painful for the first time in years. Her family also noted that she wasn’t prickly around the usual time. She had obligingly committed to abstinence from ice cream for a few weeks, but admitted that she had succumbed in the last few days after cheerleader tryouts and had had a hot fudge sundae after not making the squad. The fact that no one in the family knew about it was a testimony to her increased ability to tolerate both dairy and disappointments. Months later Lucy subversively bought a quart of maple walnut ice cream (her favorite) and ate it over a period of days, again, without consequence. No belly aches, no tantrums.

It’s been nearly a year since she took her remedy and except for one outburst after a school friend shunned her, she’s been symptom-free, ice cream-saturated, and rather content.

American homes are full of Bennys and Lucys. School cafeterias are laden with MSG, and ice cream is ever present. *Stramonium*, when tailor-chosen, will uproot violent behavior in a certain number of these children. . . as long as the “picture” fits. *Pulsatilla* will mitigate sufferings, often regardless of previous dairy allergies. Top quality food plus a well-chosen homeopathic remedy equals well-adjusted children. These are the promises of a healthy family and a hormonally balanced childhood that make parenting a wee bit easier during critical maturation years.



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# All Thumbs Book Reviews

***Extra Virginity:  
The Sublime and Scandalous  
World of Olive Oil***  
**By Tom Mueller**  
**W.W. Norton and Co., 2011**

Even if olive oil is not part of your regular diet, this is a fascinating look into the historical and contemporary uses of olive oil for food and industry, as well as its cultural traditions. From its farming, processing and distribution, to its industrial usage and medicinal and nutritional benefits, this is a story of what seems to be one of the most ancient sources of food and renewable energy, and consequently, food fraud. Along the way, the story of butter and margarine are told, as well as a rejection of the conventional wisdom, which blames saturated fat for heart disease.

This book is at its best when documenting the extensive fraud in adulterating olive oil, one that has been practiced from the 24th century B.C. to the present, with the highly sophisticated and ubiquitous practice of refining and blending olive oil with other inferior oils. In fact, after finishing this book, readers have no choice but to question whether or not they have actually ever consumed one hundred percent extra virgin olive oil (EVO). Fortunately, Mueller also instructs the reader on how to better distinguish and locate high quality EVO.

Mueller provides us with some basic and engaging information about the olive as tree, fruit and oil. The cultivated olive tree, *Olea europaea*, is the domesticated cousin of the wild oleaster, native to the Mediterranean basin and much of the Middle East. Unlike other common oils that are extracted from seeds (sunflower, canola, soy, etc.), olive oil can be extracted by mechanical methods alone because the olive is a fruit with a much higher water content than that contained in seeds.

Primarily as a result of oxidation, olive oil, unlike wine, begins to degrade in taste and quality immediately after harvest. Olive oil, like other

fats and oils, is a combination of many different types of fatty acids whose percentages vary depending upon the type of olive tree, the amount of water it receives and the climate it grows in. The primary fatty acid, oleic acid, can range from 55 to 85 percent in various oil samples. Because olive oil is mostly monounsaturated, it remains fresh longer than vegetable oils that are polyunsaturated.

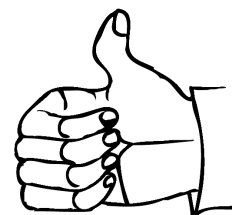
When not heat treated or industrially processed, EVO contains over one hundred polyphenols, vitamins and other volatile compounds that protect and repair the body as well as act as anti-inflammatories and reduce oxidization of cells.

This one and one-half billion dollar olive oil industry in the United States is governed by some of the loosest food purity laws. Although multiple government agencies consistently reported adulteration from 1930-1990, today not even the FDA tests for olive oil fraud. In 2010, the USDA did offer some regulations, but these remain voluntary and unenforceable. As Mueller states, "The United States of America is an oil criminal's dream."

"Cookbooks, like histories, are written by the victors," says the author. When Germanic tribes overran the Roman Empire, animal fats often replaced the traditional Greco-Roman diet of bread, wine and olive oil. Even the philosophers of the day would soon embrace this new diet. For example, the Greek physician Anthimus wrote in about 500 A.D. about the quality of lard which was used as a dressing for vegetables and was even extolled as a cure-all: "...a remedy [such] that they have no need for other medicines."

After the Catholic Church approved butter consumption during Lent in the fifteenth century, cookbooks of the time then included recipes using butter as well. Fast forward to today and the increased popularity of olive oil consumption (as well as the war on saturated fats) is generally credited to Ancel Keys and his Seven Countries

Continued on Page 56



This 1.5 billion dollar industry in the U.S. alone has some of the loosest laws concerning olive oil purity.

# All Thumbs Book Reviews

## ***The Fat Revolution: Why Butter and Real Fats Actually Make us Slim***

**By Christine Cronau**

**Purple Lotus Publishing**

America has been on a lowfat diet for decades now and the results are in. We are fat, sick and cranky. Plenty of studies have shown the pointlessness and even danger of lowfat diets. Why haven't we heard about them? In 1972, a cholesterol-lowering diet was proved to increase mortality. The study and its results were never published. When Gary Taubes asked the leader of the survey why not, he got a revealing answer: "We didn't like the results." At least we find an element of honesty there. When results from science disagree with what the scientific priesthood has been preaching, you don't need to know. To be fair, in some cases the contradictory evidence is made public, as in the Women's Health Intervention study in 2006. Yet in almost the same breath the experts brush it aside saying it doesn't change their recommendations.

*The Fat Revolution* is packed with information about what studies have been done and what they really say. Some might think this could get a little boring but Christine Cronau spices it up with things like quips from funny-man Tom Naughton. Tom points out that no matter what T. Colin Campbell says, feeding rats isolated dairy

proteins proves nothing "because most rats don't milk cows. The ones who do don't have the technology to separate the proteins." Cronau goes on to look at why the real science is suppressed or twisted and comes face to face with the same answer as everyone else who does this exercise. Some call it the universal motivating force. The symbol for that force looks a little like this: \$\$.

The soy industry at some point must have realized that soy-based food won't have much fat in it, so they worked hard to convince everyone that fat is dangerous. The rest of the processed food industry has its financial motives for withholding fat from their customers. This works out well for the pharmaceuticals because the result of a lowfat paradigm is a lot of sick people with suboptimal brain function who can easily be convinced that there is a drug for every ailment.

Don't the doctors know better? The one or two nutrition classes they take in medical school should make them experts, right? Well, they're on the same lowfat diet as everyone else. One researcher has estimated that 90 percent of the published medical information is false. These data points should give you a hint (if you're not on a lowfat diet) at what your doctor knows.

The real effects of saturated animal fat in the diet for adults and children are covered in detail. Cronau makes some controversial observations about exercise. The bottom line is that exercise has little effect on weight. She doesn't say exercise isn't good for you. Moderate exercise is healthy but isn't the key to losing weight. In 2006, data collected on thirteen thousand runners indicated that while long-distance runners are leaner, they still got fatter every year. Experts concluded that they needed to get more exercise. I didn't carefully do the math on this but my impression is that by the time you are fifty years old you would need to run half-way around the planet to stay thin. Some people might have a problem with that. I have no problem giving this book a thumbs UP.

Review by Tim Boyd

*Olive Oil*, continued from Page 55

Study promoting olive oil over saturated fats.

The adulteration of olive oil has been commonly practiced and handsomely profitable for as long as olive oil has been used. "Profits were comparable to cocaine trafficking, with none of the risks," says one European Union investigator. Readers will be overwhelmed by the extent of olive oil adulteration, from ancient Egypt to the present day, all in the name of increasing profits at the expense of the public's health.

Here are just a few of the many accounts of olive oil fraud enumerated in Mueller's book:

In 1981 over 800 people died and thousands more were injured in Spain when olive oil was blended with rapeseed oil.

In 1922, during Prohibition, U.S. Health Commissioner Royal Cope-land stated that "there is more profit in adulterating olive oil than there is in bootlegging."

In 1963, the *New England Journal of Medicine* reported "a well-known fact that the olive oil sold in America and elsewhere is very seldom pure, but mostly adulterated with other cheap vegetable oils."

Throughout the book, and specifically in the last couple of chapters, resources and websites are provided that will educate the reader not only about where to find high quality EVO, but provides the specific farming and processing information to equip readers with the right questions to pose when investigating the authenticity of their own sources of olive oil.

# All Thumbs Book Reviews

***An Epidemic of Absence:  
A New Way of Understanding  
Allergies and Autoimmune Diseases*  
By Moises Velasquez-Manoff  
Scribner 2012**

Moises Velasquez-Manoff is a science writer who has taken on the job of translating an ambitious scope of research for the non-medical reader. The central thesis is that we humans evolved alongside parasites, mostly insects and worms, and that without their stimulus our immune systems get restless and look for targets which often end up being some part of ourselves. This sort of “friendly fire” expresses itself as allergies, asthma and autoimmune diseases.

It’s important to point out that the many examples in the book are based on correlation, not causality. The correlations are indeed compelling, however. One, for instance, is that mothers who live on farms with animals have children with fewer cases of asthma and allergies. Another correlation links the eradication of malaria in Sardinia to a rapid rise in two autoimmune diseases: multiple sclerosis and type-1 diabetes. *An Epidemic of Absence* is dense with such examples.

This is a book built on the premise that such immune-mediated disorders “arise in direct proportion to affluence and Westernization” (page 8). We no longer live in the kind of environment that we—including our immune systems—evolved to expect. And that leads to problems: allergies, asthma, autism and autoimmune diseases like lupus, rheumatoid arthritis, and nearly a hundred others. Why is this? The author, a sufferer from both allergy and alopecia (his immune system attacked his hair follicles when he was a boy and he has been bald ever since), has carried out an extensive search for the answer and believes that “. . . much of our immune system evolved precisely to manage the problem of parasites” (page 23). That being so, those parasites aren’t really dispensable and are,

in fact, even symbiotic, what he calls “mutualists.” They need us and we need them. The result is a delicate balance for the immune system in which force to control the invaders must not become so much force as to destroy the self. He even claims that “parasites more than any other factor (diet, climate) have influenced our evolution” (page 94). In short, we are their creatures, not the other way around!

The island of Sardinia stands as an example of what can happen when a perennial health problem is eradicated. After World War II, mosquito-bearing malaria was vanquished and the fairly homogenous population of indigenous Sardinians began to develop both multiple sclerosis and type-1 diabetes at an alarming rate. Is the explanation, as proposed here, that “gene variants that helped defend against [malaria]...also increase the chances of developing autoimmune disease” (page 46)? The logic is that people with the genes to deal with malaria lived long enough to reproduce. They didn’t get MS or diabetes because their immune systems were busy dealing with malaria. Without the mosquitoes those fierce genes turned against the self. It almost sounds like a Hollywood horror movie to read the examples from around the world. The human whipworm *Trichuris trichiura* also seems to protect us humans from MS almost everywhere on the planet.

We’ve seen in the Sardinian example that malaria seems to have discouraged MS and type-1 diabetes, afflictions in which the immune system attacks, respectively, the myelin sheath around nerves or the insulin-producing cells in the pancreas. Malaria in parts of Africa seems also to have discouraged rheumatoid arthritis, which affects joints, and lupus, which can affect organs, joints or nerves, as well as sickle-cell anemia. Apparently, type-1 diabetics, lupus patients and those with celiac disease all fare quite well with malaria. A small group of MS patients in Italy who took the BCG (bacillus Calmette-Guerin) vaccine for tuberculosis found their



It is a delicate balance for the immune system in which force to control invaders must not become so much force as to destroy the self.

# All Thumbs Book Reviews

Many of us have heard that children growing up on farms with animals have fewer allergies than city kids.

symptoms diminished. A mycobacterium (*M. vaccae*) has given relief from asthma, eczema, psoriasis (an autoimmune disease of the skin), and Reynaud's (an autoimmune problem affecting fingers and toes). Finnish children with the genes disposing them to type-1 diabetes had the benefit of increased resistance to the polio virus. Ankylosing spondylitis, in which the immune system attacks a person's spine, might save its victim from retroviruses like HIV and hepatitis-C.

What does this bewildering litany mean? One explanation is that those with autoimmune or allergic diseases have inadequate regulatory-T cells, part of the immune battery. Why would evolution put up with these genetic deficiencies? Perhaps because "... the tendencies underlying auto-immune disease have a purpose. . . [that] relates to defense. . . . In the context [of] these infections, [which such] variants evolved to handle, scientists repeatedly observe that autoimmunity materializes much less often." In other words, minus those infections, we see the rise in autoimmune diseases (page 56).

The hygiene hypothesis has been kicking around for a few decades, and many of us have heard that children growing up on farms with animals have fewer allergies than city kids. An allergy is a response to an allergen; an allergen is a protein that is less than 63 percent identical to a human protein. This rules out single-cell bacteria and leaves us with proteins from multi-cell beings: plants, fungi, animals. Most of those that bother us come from parasites like fleas, lice and worms. But when mistakes are made, dust mites, for example, are targeted instead in a "reaction meant to expel worms" (page 96).

Airborne infections, like measles or chicken pox, do not protect against allergies. For this you need orofecal exposure, surely provided on farms! One of the veteran researchers in this area coined another expression for the phenomenon, the "old friend's hypothesis." He claims that we evolved with worms, microbes, lactobacilli and

our fecal bacteria—not the more recent viruses like measles and the common cold (Graham Rook, page 110). Absence of stimulus? Muscles atrophy, dendrites wither. And "the immune system that finds itself without microbial pressure grows jumpy (allergies) and turns against the self (autoimmunity)" (page 127).

Just as the farm protects, so does day care. All those babies sharing their microbes helps educate the infant immune system. So do unpasteurized dairy products. What happens at birth? The baby picks up a lot of maternal microbes. This may explain why mothers in China traditionally don't bathe for several months after giving birth. They are educating their babies' immune systems via introductions to microbes. Some researchers have wondered why the babies of non-allergic mothers develop peanut allergies. An interesting theory points to the inclusion of peanut and related soy oils in many baby skin balms. The skin does not provide the usual introduction to proteins, especially not through inflamed diaper rash: "eating proteins. . . usually leads to tolerance. . . . An approach via the skin, however, is much less ambiguous. It signifies invasion" (page 287).

When it comes to weaning, we have Gerber; but our ancestors did not. What they did was pre-masticate hard food for babies, as a mother bird would for her offspring. This is another opportunity for immune education. What shall we give baby today? One virus often passed on is Epstein-Barre (EBV). If you don't get it as a toddler, you will probably get it after puberty in the form of mononucleosis, because it travels through saliva. This might not matter so much if a correlation between mono as a teenager hadn't been linked to a threefold increase in MS. So put aside your squeamishness and start chewing up food for that baby you love! You will also help significantly to protect against allergies developing by age five. What does this EBV virus do? Apparently it insinuates itself in the B cells of the immune system and, if acquired before age

# All Thumbs Book Reviews

two, will strengthen the immune system; but if it arrives late, it appears “to strengthen aggressive tendencies,” aggression that may turn against the self (page 204). Some optimistically envision an EBV vaccine to eradicate MS. Or, should we take the other tack and try to work with nature rather than against her? After all, manmade antibiotics before age one result in 50 percent more asthma, according to a survey of twenty studies.

Velasquez-Manoff definitely has a way with words. Consider this: we have “a genome dramatically sculpted by worms” (page 94). All those prehistoric wormy sculptors predisposed mankind to our current immune responses, one of which is immunoglobulin E, an antibody formerly kept occupied by the hookworm. However, the better equipped you are to cope with hookworm, the worse your allergies will be when you don’t have it. As with allergies, so with asthma. Researchers have found a consistent inverse relationship between asthma and hookworm infection. “By subverting the host’s immune response, worms prompted tolerance to third party proteins. Hookworms incidentally taught people to tolerate dust mites” (page 87). Blood flukes might help, too, but there’s a catch. Too heavy a worm load and your defenses may not be able to handle bacterial or other health challenges and you will suffer as a result.

Once again, Nature shows us the value of moderation and balance. Too much hookworm or too little? Similarly, you can have too much *Helicobacter pylori*, leading perhaps to ulcers and stomach cancer, but, if you don’t have enough you will be prone to asthma. This particular bacterium—which resides in all of our stomachs—comes in varying degrees of virulence. There is one strain that, more than others, predisposes us to stomach cancer. What else does *H. pylori* do? It helps regulate stomach acidity to protect itself from competitor bacteria and, coincidentally, reduces our chances of GERD, gastro-esophageal reflux disease. In a very big epidemiological study called NHANES, *H. py-*

*lori* correlated inversely with allergic disease. It may also protect against autoimmune diseases “. . . insofar as the bug elicits damaging inflammation, it will worsen health. But to the degree that it strengthens immune regulation, it will prevent diseases of immune dysregulation. It can do both” (page 161). Here is more argument against using antibiotics recklessly—and away with hand sanitizers!

Back to autoimmunity. If you have one of these diseases, you might be willing to try a dose of hookworm. The author did. He was additionally motivated by the prospect of having a child and wondered about the genes he might be handing on. I will leave it to you to read his story and those of others who have thus infected themselves to varying degrees of satisfaction. The microbes and parasites in question kept the immune system busy, so it didn’t cause trouble or engage in “friendly fire” against the self. You will find in the hookworm underground chapter a website to investigate online. Barring that, what else should you do? Avoid alkalizing the skin with soap and keep proteins away from inflamed skin: remember the peanut oil in the diaper rash cream. Avoid the antibacterial, antifungal chemical triclosan. Visit a cowshed or a pigpen with your baby. Drink unpasteurized milk. Avoid central air conditioning.

Here you will find an intelligent, detailed, eye-opening, and indeed fascinating account of recent research into the links between parasites and immune problems. However, I’m disappointed that Lyme disease is not even mentioned. Could it be that this East Coast scourge will have its silver lining? If we carry some of those spirochetes around will we be less prone to allergy and auto-immune diseases? Apart from that, I recommend this book to anyone motivated enough to dig in. I haven’t even mentioned the chapters on autism or inflammatory illnesses like cancer and heart disease. There is a lot of meat here for any reader to chew on.

Review by Rosalind Michahelles

Once again,  
Nature shows  
us the value  
of moderation  
and balance.

# All Thumbs Book Reviews



## ***Stop Autism Now!***

### ***A Parent's Guide to Preventing and Reversing Autism Spectrum Disorders***

**By Dr. Bruce Fife**

**Piccadilly Books, Ltd.**

We have heard from a number of sources that there is an important connection between the gut and the brain, and this book supports the validity of that relationship. This book is also in general agreement with diet protocols that can help solve the problems of gut and brain disorders.

Dr. Fife covers the importance of medium-chain triglycerides in great detail. The best source of these fatty acids is coconut oil, which is a major theme of his book.

His coverage of disease extends a bit beyond autism and includes several case histories of seizures that were successfully treated with a ketogenic diet. While the original ketogenic diet has been successful, that diet was restrictive and hard to follow over the long run. Adding coconut oil makes it less restrictive and easier to follow.

The analysis and recommendations for dealing with autism and other disorders in the spectrum are good, but what makes this book stand out is the coverage of what is really going on in the scientific and medical world. Fife goes into detail in the case of Andrew Wakefield who, in 1998, published a peer-reviewed study suggesting a link between the MMR vaccine and autism. While not implicating problems with all vaccines, Wakefield's evidence was nevertheless damaging enough to the pharmaceutical industry to trigger a ferocious backlash. The industry then funded studies designed to refute Wakefield's findings. Industry-funded studies are not science, nor is it science when the final conclusion is already predetermined, but apparently the pharmaceutical industry has enough money to convince medical journals like *The Lancet* otherwise.

A tremendous smear campaign resulted in the revocation of Wakefield's license, and he was

dismissed from the hospital where he worked. He ultimately had to leave the UK, move to the United States and start over. This is what happens when you cross the Big Pharma mafia—if you're lucky.

It looks like the pharmaceutical industry has good reason to be concerned about too much negative vaccine publicity. I keep seeing stories like the one about a study in the *New England Journal of Medicine*, which finds that 80 percent of whooping cough patients received multiple (at least five) Tdap vaccinations. Italian courts have ruled more than once that there is a link between MMR vaccines and autism.

The Wakefield fiasco is not an isolated incident of misconduct in the industry. Pharmaceutical giant Merck was taken to court for concealing evidence that Vioxx caused heart attacks. They were condemned by their own emails. Company emails identified doctors who questioned the safety of Vioxx, and the emails described plans to neutralize those doctors. One quote is, "We may need to seek them out and destroy them where they live."

I first learned about the Vioxx scandal when a company-wide email was sent out at the defense contractor where I worked at the time. It explained that when you delete something from a Microsoft Word document, for example, it may not be displayed in normal viewing mode anymore, but that information is still stored in the file in case you change your mind and undelete the information. That hidden information is called metadata. Metadata from a document that Merck sent to the *New England Journal of Medicine* revealed that Merck knew Vioxx caused heart attacks and chose to put it on the market anyway. I found it interesting that we heard about that in a company-wide email in an unrelated industry. I think that is a clue to the mindset of all big industry.

Another pharmaceutical giant, Pfizer, tested a new drug on children in Nigeria. They did so

Continued on Page 62

Pharmaceutical giant Merck was taken to court for concealing evidence that Vioxx caused heart attacks.

# All Thumbs Book Reviews

***Long Way on a Little: An Earth Lover's Companion for Enjoying Meat, Pinching Pennies, and Living Deliciously***  
By Shannon Hayes  
Left to Write Press, 2012

Author of *Grass-fed Gourmet*, *The Farmer and the Grill*, and *Radical Homemakers*, Shannon Hayes makes her most innovative and probing foray into the world of grass farming and the growing-in-popularity locavore movement with her newest book. After attaining a PhD in sustainable agriculture and community development, Hayes returned home to work with her family raising grass-fed meats in upstate New York. *Grass-fed Gourmet* introduced readers new to grass-fed meats to the finer points of their proper handling and preparation, and encouraged those who refused to eat feedlot and factory farm meat in grocery stores to support and shop from their local grass farmers instead. Hayes has now further expanded her topic by developing recipes and culinary advice for those like the customers of her family's enterprise who were unaccustomed to preparing the less familiar parts of the animal and in fact were often throwing away shameful amounts of useful, nutritious, and delicious bits.

Hayes initially assumed her current book would be a snap to write, but instead it took her four long years to produce when she tripped over her own first approach to the topic of frugality in meat consumption. Surely, she reasoned, the pairing of meat leftovers with grains or legumes would be the logical and economical way to prove that regular meat consumption need not be a luxury enjoyed only by a gustatory elite. Along this line of reasoning she developed and tested many recipes featuring grains or legumes that had been soaked to neutralize their anti-nutrient content, cooked carefully in meat broths, and augmented with smaller amounts of meat to boost their nutrient profile.

Unfortunately, and this is where the story

becomes very interesting, she and her family began to develop health problems much more typical of mainstream America than of organic self-sustaining farmers: weight gain, fungal infections, digestive disorders, and dental caries. By process of elimination Hayes discovered that she and all members of her family suffer from varying degrees of grain and legume intolerance, and by strictly avoiding these foods their health has been happily restored. Hayes decided that if she couldn't test these recipes because she and her family couldn't eat them, then they would not appear in her book. Hayes also acknowledges that a significant portion of her readers likely shares these same food sensitivities. A small handful of the very best of recipes that include grains or legumes do appear, but the great majority of the recipes completely exclude these potentially problematic foods.

Preparing excellent bone broths and rendering animal fats at home are the foundations of many of the mouth-watering recipes that grace the pages of *Long Way on a Little*. These skills are requisites for enjoying a bounty of nutrition and flavor, and Hayes reminds us that broth and animal fats are "some of the most nutrient-dense foods imaginable." It is absolutely essential that the frugal gourmet learn to prepare these staples of the diet. Americans have nearly lost the art of making and eating soup on a regular basis—after all, soup and supper are closely related words—and the delectation of a daily dish of soup confers pleasure, health, and wealth in terms of superior nutrition.

Utilizing bones and skin from grass-fed animals goes a very long way to avoid the massive waste that can occur when these parts of the animal are disregarded. As Hayes points out, there is no way that small, grass-based farmers can "feed the world" or even feed their neighbors if the only thing people choose to eat are choice cuts that are in very limited supply such as rib-eye steaks and chicken breasts. However, by utilizing all the parts of the animal wisely, many



Americans have nearly lost the art of making and eating soup on a regular basis.

# All Thumbs Book Reviews

more meals can be created from nutritious, delicious, and generally much less expensive cuts. Further, one must learn to look at each cut of meat in terms of more than one meal that may be made from it. This way of cooking allows even a couple or a single person to contemplate a joint of beef or neck roast or a whole turkey or duck in terms of many meals. In the 1960s Michael Field, one of America's foremost culinary authorities, wrote a wonderfully useful book called *Culinary Classics and Improvisations* whose theme was exactly this. He presented a classic recipe such as shoulder of lamb or braised veal followed by six or eight recipes to make artful use of the leftovers and provide meals for days to come. Truly such thrift is generosity in disguise.

The chapter "Heads, Tails, and Other Under-appreciated Treasures" carried Hayes herself into uncharted waters, and she honestly reveals her initial trepidation in tackling such adventures as "cooking a pig's head or skewering a chicken's heart." Nevertheless, she proudly reports that now many of these once-daunting recipes represent some of her family's favorite foods, and yes, her young daughters dig in with gusto!

"*Long Way on a Little* represents the single greatest learning curve I've climbed in my understanding of grassfed meats and how to most thoroughly use them," Hayes tells us. Her frankness is winning, and will go a long way toward reassuring readers to follow her lead. As a persuasive writer with first-hand experience in matters of sustainable agriculture, her lively discussions on livestock farming in the United States today also inform and educate with clarity and wit. Perhaps the best part of Hayes' book is the fact that by utilizing her approach to making one's diet meat-based and at the same time affordable for all, one gains true freedom. As Samuel Johnson once observed, "Frugality may be termed the daughter of Prudence, the sister of Temperance, and the parent of Liberty."

Review by Katherine Czapp

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*Stop Autism Now!*, continued from Page 60

without permission or authorization by the Nigerian government. They also neglected to mention to the test subjects that they were test subjects and that this was an unproven drug. Even though eleven children died and dozens were disabled, Pfizer went on to seek FDA approval of the drug for use in the United States in 1998 for adults only. Approval was granted, and reports of liver failure quickly surfaced in adults, which led to more restrictions but not complete removal of the drug from the market. When Pfizer was sued in Nigeria, their response was to assassinate the character of the attorney general on the case.

Dr. Poul Thorsen headed research in Denmark which produced studies that claimed to show mercury in vaccines was not harmful. Those studies were later discredited and found to be deliberately fraudulent, but pharmaceutical companies continued to use them to defend the presence of mercury in vaccines. By the way, mercury is still used in some vaccines, including the flu vaccine. Dr. Paul Offit, a very outspoken proponent of vaccines, claims vaccines have been conclusively proven safe based on these fraudulent studies. He has even made the statement that it is perfectly safe to take close to one hundred thousand vaccines in one day. He was not joking or exaggerating. Perhaps he should put that to a personal test and see how it turns out. Anyone who believes the pharmaceutical industry about health has failed to escape their cocoon of ignorance.

The CDC likes to scare people into getting flu shots by telling us that

around fifty thousand people per year die from the flu. The *British Medical Journal* blew the cover on that when they analyzed the numbers and revealed that flu cases are combined with pneumonia cases. In 2007 there were 52,717 deaths from pneumonia and flu combined. Of that total number only 411 were from the flu. The rest were from pneumonia. So the CDC is just adding to the confusion.

The importance of fat and fat-soluble vitamins is mentioned in the book. The value of coconut oil in particular is covered extensively. Cod liver oil is also recommended but there is no explanation or mention of the importance of balance and interaction between the fat-soluble vitamins, so I don't recommend the book as a source of information on that topic specifically. This book gets a thumbs UP.

Review by Tim Boyd

*Dr. Andrew Wakefield will be the keynote speaker at Wise Traditions 2013. See page 16 for details.*

# All Thumbs Book Reviews



***Vaccination, Social Violence, and Criminality:  
The Medical Assault on the American Brain***  
**Harris Coulter**  
**North Atlantic Books**

In *Vaccination Social Violence and Criminality*, medical historian Harris Coulter attempts to show the troubling correlation between our increasingly violent modern society and modern medicine's excessive vaccination program. Coulter argues that the rise in violence and neurological problems are not mere coincidence with the onset of extensive infant vaccination: they are chillingly correlated.

Coulter begins with a thorough look at the symptoms of autism and minimal brain damage, two notable rising neurological problems. With gripping accounts from sufferers and their parents, he describes the disturbingly similar list of problems associated with the conditions: isolation, intellectual oddity, and notably prevalent "ego weakness" that can lead to outright sociopathic behavior. He also notes the continued, unabashed tendency of physicians to dismiss the problems as psychological in nature, as a side-effect of bad upbringing or hidden trauma. This provides a stark glimpse into just how clueless the diagnostician is, and hints at an insidious underlying cause.

The lynchpin of the narrative is the discussion of infant encephalitis. Through extensive examples and research citations, Coulter shows that encephalitis is an extremely common reaction to vaccination, and extremely nocuous. It can and does often lead to many neurological conditions eerily similar to symptoms of autism and minimal brain damage such as retardation, alienation, "irresistible urges," trouble connecting to other people, and the ever-complicit "ego weakness." Encephalitis is the link between vaccination and brain-damage. The violent, psychotic nature of many of these symptoms leads to another easy jump: the modern escalation of violence.

Coulter wraps up his exposé with startling analyses of violent criminals, peppered with insightful interviews, especially from the utterly disturbed Ted Bundy. While acknowledging the existence of other factors leading to increasing crime, Coulter points out all the previously discussed symptomology that rears its ugly head again. Many, many criminals show secondary neurological problems like epilepsy, retardation, nerve palsies and exceedingly low impulse control. These are all prominent negative consequences of post-encephalitic syndrome. Additionally, alienation and "ego-weakness" cause coping methods easily in synch with criminal

**MEALS THAT HEAL**  
By Karen Maidment

Published in the U.K. (available at [www.endibsnaturally.com](http://www.endibsnaturally.com)), this colorful cookbook chronicles the author's journey from irritable bowel syndrome to radiant health by foregoing grains and commercial dairy products. Maidment comes squarely down on the side of animal proteins and good fats, preferring butter, ghee, poultry fat and coconut oil. She uses coconut products creatively as substitutes for grains and works with rich chicken broth, natural sweeteners and fresh ingredients. The book contains a handy meal planner and shopping guide.

But the main appeal of *Meals that Heal* is the creative recipes, which include pan-fried liver with red onion and pear (for breakfast!), chestnut flour pancakes, breakfast fish cakes, creamy celeriac soup, Sicilian potato salad, fish curry and minty burgers. A great collection of slow-cooked meals includes lamb and sweet potato curry, Moroccan bison tagine and slow cooked jerk chicken.

Just a suggestion for future printings: Put all text on a white background so aging editors have no trouble reading it. The layout is creative but a little overdone. With graphics scaled back, the fine recipes can better shine through.

Review by Sally Fallon Morell

# All Thumbs Book Reviews

Through extensive examples and research citations, Coulter shows that encephalitis is an extremely common reaction to vaccination, and extremely nocuous.

lives, with utter, inescapable selfishness leading to a complete disregard for others. Substance abuse, violence and sociopathic tendencies logically arise.

Coulter has crafted a cautionary tale against the modern physician's medical hubris, showing a strongly correlated chain of symptoms that form a clear link between infant vaccination and neurological damage strongly inclined to criminality. Should things continue as they are, he warns, we are destined to a larger and larger sector of violent criminals, guided not by their conscious decision to do evil, but by an inherent biological predisposition inflicted upon them through faulty medicine. His warning, made in the distant 1990, finds prophetic traction with waves of school violence pointing to a terrible underlying truth.

While Coulter provides strong and thorough evidence of the linked nature of encephalitis, vaccination, and violent criminality, his narrative is not without its weakness. He himself acknowledges the heavy reliance on symptomology, and choice interview data point more to a disturbing trend rather to outright, unabashed causation. What is more disturbing is the refusal of the medical establishment to give this trend any real acknowledgment, preventing the level of research needed to prove it as indisputable scientific fact.

Though understandable, it does make a lot of his leaps in logic less firm and feel a lot more like the grouping together of nebulously similar symptoms. His reliance at times on interviews to prove assertions also hammers a few loose points, with many seeming to exist more for personal pathos rather than outright evidence. He also fails to mention alternatives to the current vaccination program, only hinting at the healthy state of much less extensive European vaccination regime. Though perhaps obvious, it would have provided a much firmer beachhead were he to have discussed this at slightly more length and shown much more readily how superfluous is the American program, especially in regard to its role as criminal progenitor.

Still, despite not providing perfect proof of the direct link between vaccination and violence, Coulter weaves an excellent exposé that should make anyone question a system of infant vaccinations that so very many take for granted. Rather than making our children stronger by making them resistant to disease, we are crippling them mentally and creating generations of people much less neurologically whole. *Vaccination, Social Violence, and Criminality* provides a warning that we should not disregard.

Review by Sylvia Onusic

## CORRECTION

In the Winter 2012 issue, page 26, Lynn Wright is incorrectly listed as owner of Windy Acres Dairy in Prineville, Oregon. Billie Johnson is the owner and farmer of this farm. Says Lynn: "Billie deserves all the credit for her marvelous herd share raw cow dairy."

## CORRECTIONS AND ADDITIONS TO THE 2013 SHOPPING GUIDE

1. Green Acres Farm, listed under fresh cheese, aged cheese, yogurt & kefir, butter & ghee, fresh meat and soups & stocks has a new phone number: (717) 768-3504.
2. Your Family Cow, has a new order phone number for order and payment inquiries: (717) 491-4004 or [www.yourfamilycow.com/contact-us](http://www.yourfamilycow.com/contact-us).
3. Olea Estates organic extra virgin olive oil and olives, new phone number: (636) 405-1960.

# All Thumbs Book Reviews

## ***GAPS Stories***

**Compiled by Medinform Publishing**

Most expectant parents look forward to raising a healthy child, never imagining any serious problems; they picture a happy family life and a child who eats well, grows normally, meets his milestones, and brings surprise and delight to his parents. Sadly, more and more frequently these days this happy dream is blighted by the kinds of problems our children suffer coming from several generations of poor diets, sterile food and a vaccination policy gone mad. Severe pickiness, crying from colic (sometimes eighteen hours per day), vomiting on eating, cessation of growth, severe constipation, lack of verbal development, hyperactivity, obsessive-compulsive behavior, tics, severe anxiety, anger, screaming, seizures, self-destructive behaviors, difficulty sleeping and night terrors—all these and more wreak havoc on family life, creating a living hell for parents and siblings, one that cannot be imagined unless you have lived it yourself.

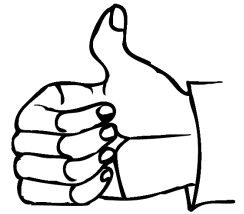
These are the kinds of stories told in *GAPS Stories*, and all of these stories have a happy ending, thanks to the GAPS diet developed by Dr. Natasha Campbell-McBride. The diet eliminates hard-to-digest disaccharide sugars found in grains, potatoes and unfermented dairy products, and helps restore health to the gut with bone broths, meat and organ meats, cod liver oil, probiotic supplements and lacto-fermented foods.

The hardest part of the transition to a new diet comes in the beginning phase, as parents withhold the high-carbohydrate foods their child is addicted to, and try to introduce nourishing soups, meats and fats, foods to which their picky eaters have an aversion. Consider, for example, the story of the incredibly picky Alex, addicted to only a few high-carb foods. Getting food into Alex was a daily nightmare. He would insist on cutting an avocado into seventy-two bites, for example, gagging frequently and often complaining

that he was full when he had in fact eaten very little. When his favorite foods were removed, he first became angry, then listless, refusing his nourishing soup. . . this went on for ten days. “I just wanted so badly to feed him waffles, and pancakes and fruit, and everything his body was craving, the way heroin addicts long for their fix,” said his mother. On the tenth night of the ordeal, Alex came round. When offered the bowl of soup he said, “I’ll try it.” “My husband and I sat there, spoon-feeding him, and crying. He ate two full bowls before falling asleep.”

Getting a child to eat fermented foods is often a turning point. Matthew’s behavior followed a pattern, degenerating every six weeks. “His aggressive tactics destroyed plates and bowls of food, which he swept to the floor. Worse, he was skilled in using projectile vomiting against family members and their dinners. . . One evening. . . he suddenly leaped up, stood on his chair, and delivered a full-scale scream into my left ear. Matthew inhaled readying himself to deliver another sonic blast. Instinctively, I grabbed a large pickled cucumber from a serving plate, and inserted it into his cavernous mouth. Silence! . . . Through tears, I watched as Matthew’s contorted, rage-bloated face relaxed. He grabbed the pickle, inspected it, and took a huge bite. His face softened, his smile angelic—this was the face of a stranger, a sweet child previously unknown to us. I sat down at the table with my exhausted family, our dinners forgotten, as we watched Matthew cherishing each and every bite of the traditional half-sour cucumber. He turned to me, and asked for more, even using the word, ‘Please!’”

The switch to the GAPS diet often turns out to be a blessing for the whole family. One mother surmises that she might have ended up in jail, given her tendency to “snap and lose it.” She foresaw a future in which her children were institutionalized, and her husband debilitated by surgery for his diseased bowel. All resolved by replacing high-carb junk food with homemade soups, fresh meats, good fats and other nourish-



All of these stories have a happy ending, thanks to the GAPS diet developed by Dr. Natasha Campbell-McBride.

# Tim's DVD Reviews

***The Diet for Human Beings:  
An Ancestral Paleo Approach to Health*  
Beverly Meyer, MBA Holistic Nutritionist  
Producer/Director Laura Varela**

We must caution viewers that this video contains subversive information. Beverly Meyer discusses the optimal diet for the human species and summarizes it in eleven big ideas. From the start she recommends a species-specific diet. What does that look like for humans? Can you get it at the nearest and cheapest all-you-can-keep-down buffet? Probably not.

For one thing, the optimal diet for the human species doesn't look like the optimal diet for a rabbit or cow. Before grain-based agriculture, humans on average were taller and had bigger brains. Bearing that in mind, the first big idea is that the hydrochloric acid in our stomachs is ideal for breaking down animal proteins. We don't really need grains. Moderate amounts are all right if properly prepared but one can easily over-indulge grain consumption. A lot of sugar and starch can knock your metabolism out of balance.

Big idea number two is where things really get subversive. This idea suggests that fat, as in

saturated animal fat, is good for you. In addition, cholesterol is also good for you. We're not good at keeping secrets around here, so if that was supposed to be a secret, well, that's too bad. If you have been a member of the Weston A. Price Foundation for any length of time, you may have already heard much of this information.

Other big ideas cover issues like sugar, insulin, potatoes, beans and *trans* fat. Idea number eight suggests that there are good carbs in the form of various vegetables. Meyer also says that we don't need a truckload of fiber every day. Running barbed wire through a drain pipe may clear out the pipe but it can be rather hard on the pipe itself.

Idea number nine once again says that fat is not a problem and lists specific good fats like butter, ghee, lard, tallow and coconut oil. Meyer also throws in the factoid that there is no clear relationship between cholesterol and heart disease. Maybe that was supposed to be a secret too.

We know that dairy foods can be difficult for some, but aside from those exceptions, for many it is very good especially if it is raw. Salt is also important. As far as I know, there are no exceptions to that unless you like to deal with all the serious health problems caused by lack of salt. The thumb points UP for this one.

*GAPS Stories*

ing whole foods, in the specific order called for in the GAPS protocol.

These are inspiring stories, stories that bring to life the suffering and subsequent relief of anguished parents. "I cried. . . such tears of sadness for my boy, because darkness was overshadowing his future" says one mother. "Now, barely a day goes by when I don't still cry, but these tears are of such intense gratitude."

This book should be read for inspiration by any parent embarking on the GAPS diet, and also by those who remain scornful of this scientific and holistic method. No one can read *GAPS Stories* and remain unmoved.

Review by Sally Fallon Morell 

***Resonance: Beings of Frequency***

**Directed by James Russell and**

**John K. Webster**

**Patient Zero Productions**

Available for free viewing at

<https://vimeo.com/54189727>

When you have a sphere within a sphere and an electromagnetic field, that arrangement creates a frequency. For at least a few centuries most of us have known that Earth is a sphere and it is surrounded by a larger sphere we call the ionosphere. Using that information, Winfried Otto Schumann calculated the resonant frequency of the earth as 7.83 Hz. I know what you're

In our current era we are adding an unprecedented amount of electronic frequencies and noise to the environment.

# Tim's DVD Reviews

thinking. Why would anyone care? It turns out that alpha waves generated by the human brain resonate at about that same frequency. It also turns out that when researchers constructed an underground bunker completely shielded from those waves and put test subjects in that bunker, they discovered that was bad for human health.

Other experiments with DNA in water showed that DNA strands communicate with each other at about the same frequency. Life in general seems to be tuned to 7.83 Hz. In our current era we are now adding an unprecedented amount of other electronic frequencies and noise to the environment. Between radio transmissions, cell phones and other wireless transmissions, it is becoming almost impossible to detect the Schumann resonance around big cities.

There is reason to believe this is having adverse effects on human and animal life. When cordless phones are put in a beehive, the bees don't return. When natural electromagnetic fields are disrupted by things like cell phones or cell towers, birds and bees are no longer able to navigate. There may be other factors involved but this appears to be a significant factor in the decline of many species of birds and insects. In human populations, cancer clusters have been noted around cell phone towers.

Melatonin is a powerful antioxidant that regulates the immune system. It is produced by the pineal gland when it is dark. That is why you need to sleep in complete darkness to get the benefits of any melatonin. There is now evidence that melatonin production is disrupted by other forms of radiation besides visible light, particularly from wireless devices.

There have been a number of studies showing problems with cell phone radiation. There have also been many studies claiming that there is no problem. When you look at who carried out (or paid for) the studies showing no problem, it is obvious that the sponsor of the study had a vested interest in finding nothing. This video also points out that there is no effective govern-

ment oversight or regulation of all the new phone technology. It is almost amusing when people are shocked by this fact. Large corporations control the governments of the western world. How much genuine regulation do you expect? All of this is more bad news for cell phone lovers. This one gets a thumbs UP.

## ***Back Pain – The Primal Posture Solution***

**Esther Gokhale**

**Produced by Zamacona Productions**

Back pain is not only more common in industrialized countries but has become pandemic, affecting about 85 percent of the population. There are many reasons for this but one big one is posture. We have not only forgotten how to eat, we've forgotten how to move. Esther Gokhale has gone back to traditional cultures to relearn how to sit, stand and move. She has observed, for example, women in Burkina Faso bending over while working for seven to nine hours a day with no back pain. This is not some kind of genetic issue. Our ancestors had much less back pain than we do today.

Part of the solution is to correct misunderstandings about what proper posture looks like. The human back is not supposed to be as straight as a yard stick. It is also not supposed to be slouched or swayed. Using diagrams and live models, she shows us what correct posture looks like and how to train yourself. There are several techniques such as stretch-sitting, stretch-lying, hip-hinging, and stack-sitting that are used to relieve back problems. These techniques help stretch out the back and hydrate and avoid pinching disks.

Back problems can be more than just a pain in the back. One of the patients Gokhale worked with suffered regular migraines and after correcting back posture and movement, the migraines have been greatly reduced. Of course, chronic pain can also make it hard to sleep, which in turn leads to all kinds of health

There is now evidence that melatonin is disrupted by other forms of radiation besides visible light, particularly from wireless devices.

# Tim's DVD Reviews

risks. Others with ruptured disks who were told they would need surgery wisely tried the Gokhale method first and are doing just fine now without the surgery. An older man who had walked with a cane has retired the cane and gone back to his weightlifting routine. Back surgeons everywhere are crying, and my thumb is UP.

## ***Statin Nation: The Great Cholesterol Cover-Up*** **RETHINK Productions** **Produced and directed by Justin Smith**

Statin drugs make a lot of money for their manufacturers. In order for that to happen, everyone needs to believe cholesterol is a big killer. Denmark has done its part by implementing a fat tax on things like butter. Even children are very familiar with the subject of cholesterol, as Dr. Natasha Campbell-McBride points out at the start of this film.

In addition to Dr. Campbell-McBride, there are several other doctors with considerable expertise on the subject, including Dr. Peter Langsjoen, Dr. Malcolm Kendrick, Barry Groves, PhD, Dr. Uffe Ravnskov and Dr. John Abramson. This group represents many years of experience, expertise and credentials. They explain why everyone is afraid of having high serum cholesterol. Is it because high cholesterol is a painful or uncomfortable condition? No. Does it result in embarrassing conditions like your hair falling out or your skin turning purple? No. Do you grow a second head? Well, maybe if you live near a nuclear power plant but not because of cholesterol.

Do people take statins because the pills taste good or make them feel good? I don't know how they taste but statin drugs have numerous well-known unpleasant side effects like muscle pain, fatigue, memory loss and depression.

Does cholesterol adversely affect your health in any way? That is where the controversy heats up, and you have to carefully do your homework to answer that question correctly. According to

the studies Dr. Kendrick is aware of, people with lower cholesterol die sooner. Among those who have never had a heart attack, statin drugs make no difference in life expectancy. Among those who have had a heart attack, life expectancy is possibly increased by a whopping fifteen days.

Barry Groves points out the lack of correlation between cholesterol and heart attacks in various population groups. All of the experts in this film agree that the risks associated with high cholesterol are greatly exaggerated at best and statin drugs do nothing good. But despite their impressive expertise, they are in the minority in the medical profession.

Dr. John Abramson of Harvard Medical School spills a lot of beans about what is really going on. Along with the others in the video, he points out that statin drugs do not reduce mortality, and in the few cases where they do reduce deaths from heart attacks, other causes of death more than obliterate that purported benefit.

There are studies purporting to show benefits from statins. Statin drugs do lower cholesterol. If you have bought into the scam that lower cholesterol is better, then that sounds like a benefit. We are carefully steered away from looking at more important results like whether you live longer.

Most doctors drink the Kool-Aid along with the rest of us. Why is that? Because they are educated by the drug companies. They will point to studies like the JUPITER study done by pharmaceutical giant Astra-Zeneca on its own drug. Obviously, pharmaceutical companies don't teach anything about conflict of interest in medical schools. Comedian Stephen Colbert showed better understanding than the average doctor when he said the JUPITER study was a great breakthrough in figuring out how to get people to take drugs who don't really need them.

The pharmaceutical industry spends billions bribing Congress to pass favorable legislation and bribing doctors to prescribe their drugs. Why? Because statin drugs make a lot of money. (Did I say that already?) Those billions add up to about one percent of their profits. They have more than enough money to do whatever they want. Dr. Abramson referred to it more than once as organized crime.

This video lays out clearly what is going on, not just with statin drugs, but in the medical industry in general. No organized crime syndicate bribed me to put my thumb UP for this one. ☺☺

# Technology as Servant

## LET THERE BE DARK: TURNING OFF THE DANGERS OF CFLs

By John Moody

The modern world is a marvel. Walk into a room, turn a handle and water gushes forth, cold or hot. Turn a dial and the temperature rises or falls. Flip a switch and darkness is turned to light. All of this is only possible because of electricity. For lighting, electricity led to the marvel that is the incandescent light bulb.

But the bulb's days are numbered, or so says the government; for our own good and that of the planet no less. The phase-out of the higher wattage incandescents (100- and 75-watt bulbs) has already taken effect, destroying many American businesses in the process.<sup>6</sup> Now, homes and businesses are flooded with a new bulb, a foreign bulb produced in China, foreign both in terms of its provenance of production and the light it produces.

### LET THERE BE DARK:

#### TURNING OFF THE DANGERS OF CFLS

With the demise of the incandescent light bulb, the new dominant source of light is the CFL (compact fluorescent lamp). Hailed as a way to save the planet and serious pocket change at the same time, the bulbs were known to have significant issues even before rollout.

First, CFLs were and still are far more expensive than incandescent bulbs, currently costing four times more per bulb. For specialty bulbs, like those that work with dimmer switches, the cost differential is far greater still.

Breakage and disposal presented an issue as well and continue to do so, because the bulbs contain mercury vapor. If someone breaks a CFL, while a HAZMAT team may be an overboard reaction, cleanup is not as simple as sweep and dispose. It is more like run, ventilate, tape and seal broken contents.<sup>10</sup>

Disposal is also problematic. While recycling programs are in place for CFL disposal, it is estimated that barely two percent of CFLs are actually recycled, which means that millions of these bulbs end up in landfills where they leach

mercury and other chemicals into soil and ground water.

The mercury released by a broken bulb (and who hasn't broken a light bulb, especially if they have kids...) is a cause for real concern, especially for parents of small children and for those in modern, well-sealed homes and buildings with little air exchange. Breaking one of these in a small closet is a real catastrophe! "In the hour immediately after each breakage, the team recorded mercury gas concentrations near the bulb shards between 200–800 µg/m<sup>3</sup>. For comparison, the average eight-hour occupational exposure limit allowed by the Occupational Safety and Health Administration is 100 µg/m<sup>3</sup>."<sup>11</sup>

Thankfully, it does appear the amount of mercury in some CFLs is declining. Even so, more problems with CFLs continue to be discovered and more lies told to consumers to justify the laws foisting them upon us continue to be revealed.

### NOT SUCH A BRIGHT IDEA AFTER ALL

The claims surrounding CFL performance in comparison to incandescent bulbs are startling. According to Wikipedia, "Compared to general-service incandescent lamps giving the same amount of visible light, CFLs use one-fifth to one-third the electric power, and last eight to fifteen times longer." Unfortunately, researchers and reporters have shown that these claims are at times wildly false and inflated.

Let's examine the two key parts of the above statement, light output and bulb longevity. First, do CFLs produce the same amount of visible light as traditional bulbs? The answer is no. One study found that an 11-watt CFL produced only 58 percent of the light of an equivalent 60W incandescent, even after ten minutes of warm up.<sup>9</sup> The European Commission, responsible for the EU's version of the light bulb ban, has conceded as much. Thus, a person would need two CFLs for each incandescent, diminishing their sup-

The very act of turning a CFL on and off greatly reduces its lifespan.

posed environmental and economic savings.

Second, do they last eight to fifteen times longer than incandescent bulbs? Definitely not. Here as well, the bulbs' real life performance falls far short of manufacturer and government claims. Our family's personal experience supports this—we had to change two just last week, and neither was more than two years old—as do numerous studies. Part of the problem—and the irony here is as thick as the butter on my morning bread—is that the very act of turning a CFL on and off can greatly reduce its lifespan.

A major study regarding the lifespan and light output of CFLs concluded, "Applications in which lighting is used only briefly (such as closets, bathrooms, motion detectors and so forth) will cause CFL bulbs to burn out as quickly as regular incandescent bulbs . . . When initially switched on, CFLs may provide as little as 50 percent to 80 percent of their rated light output and can take up to three minutes to reach full brightness."<sup>5</sup>

Also notice that the above study and others point to the fact that CFLs take many minutes to reach full light potential, a significant problem for many home lighting applications, where people are briefly in a bathroom, closet, or some other space and need light for far less than ten minutes. Before a CFL has reached optimal brightness or efficiency, it will already have been turned off.

Thus, we have been forced to adopt a light bulb that must remain either on or off at all times

if we don't want it to burn out as rapidly as the fifty-cent bulbs it replaces, that takes a number of minutes or more to achieve optimal brightness and efficiency, that works efficiently for less than half of its rated lifespan (which is a fraction of what many manufacturers claim), and that requires extreme care to dispose of at the end of its life or after accidental breakage, and most often just ends up in a landfill, serving as yet another toxic source of pollution.

Oh, and you also need two of them to get the same light output as a single incandescent, but each now costs about four times more than one of those. This is progress and will save the earth? Really, this stuff is too ironic to make up.

#### WHEN DARKNESS IS BETTER THAN LIGHT

Yet, we have reason for even greater concern. Many people report that they dislike or react negatively to the quality and type of light CFLs produce. Headaches, eye strain, and a host of other issues have been associated with CFLs.

Even more alarming, a recent study showed that the protective CFL coating was prone to wear and cracking.<sup>2</sup> When this coating was compromised, the bulbs emitted a very harmful form of light, damaging to both eyes and skin. Even worse, every bulb tested in the study showed cracks in the coating. "Cells exposed to CFLs exhibited a decrease in the proliferation rate, a significant increase in the production of reactive oxygen species, and a decrease in their ability to contract collagen."<sup>3</sup> Ironically, the now banned incandescent bulbs had no such issues.

Thus, CFLs are not just a bad choice for indoor lighting or for environmental stewardship but should be avoided and replaced as soon as possible because of danger to health. So much for all the promised savings for people and planet. If only we could get our money back. Don't turn out the lights just yet

Fortunately, we can still find the old style incandescent, and many people have been stocking up on them while they have opportunity. Amazon sells a case of twenty four 100-watt bulbs for around fifteen

Continued on page 80

#### MERCURY MYTHS AND MISSTATEMENTS

CFL supporters argue that incandescent lights create more mercury pollution than CFLs; their tortured logic claims that since mercury is released into the atmosphere from the use of coal in power plants and the incandescent lights use more electricity, then the incandescents create more mercury pollution than CFLs. But the CFLs are not much more efficient than incandescents and, more importantly, use of coal is on the decline as a power source, especially in the U.S. The claim that incandescents create more mercury pollution is largely based on emissions data from older coal power plants. Many coal plants are being converted to natural gas and new natural gas plants are coming on line to replace retiring coal plants.<sup>8</sup> Such myopic thinking plagues many "environmental" regulations, which have no predictive power for changes in culture and technology, changes that will have far greater impacts on the environment than intrusive, industry-driven mandates. And, of course, when a bulb breaks in your house, you have mercury pollution at close range, not diffused into the atmosphere, which poses real health dangers.

Probably the happiest people about the incandescent ban and CFL boon are those in the Chinese mercury and manufacturing industries along with their U.S. lobbyists. China is the world leader in mercury production *and* the only place in the world CFLs are manufactured.<sup>6,7</sup> Since the use of mercury in amalgam fillings is declining, the new CFLs provide a new market for the toxic metal.

# Soy Alert!

## SOY AND SEIZURES: BAD NEWS FOR THE SOY INDUSTRY

By Kaayla T. Daniel, PhD

“Soy Exacerbates Seizures in Mouse Models of Neurological Disease” is the title of an important study that came out last fall in the *Journal of Alzheimer’s Disease*.<sup>1</sup> Soy has long been associated with ADD/ADHD, depression, anxiety, dementia and other mental health issues.<sup>2</sup> Now it appears that soy can aggravate seizures as well. Cara J. Westmark, PhD, and her team at the Waisman Center for Developmental Disabilities at the University of Wisconsin, Madison, pull no punches when they warn, “These results have important implications for individuals on soy-based diets.”<sup>3</sup>

### SOY-BASED AMERICAN DIET

The average American, of course, would not describe his or her diet as “soy-based,” yet soy ingredients are found in more than 60 percent of packaged and processed foods and nearly 100 percent of fast foods. The plant-based diet fad has furthermore encouraged many health-conscious Americans to substitute soy products for both meat and dairy. And although animal products would appear to be “soy free,” most commercial and health-food store eggs, milk, and flesh foods contain residual isoflavones from soy-based feeds.<sup>4</sup>

Infants on soy formula—currently about 25 percent of bottle-fed babies, according to the American Academy of Pediatrics—are on soy-based diets because they rarely receive anything else to eat, which has led the Israeli Health Ministry, the French Food Agency, the German Institute of Risk Assessment, and the British Dietetic Association to warn parents and pediatricians that soy formula could jeopardize brain and body development and should be used only as a last resort.<sup>5,6</sup>

Another captive population is prisoners. The Weston A. Price Foundation is currently suing the state of Illinois on behalf of prisoners who

have suffered grave damage to their digestive tracts and thyroid glands due to a high soy diet containing up to a whopping 100 grams of soy product and 100 mg of isoflavones every day.<sup>7</sup>

The level of seizures occurring among today’s Illinois prison population is unknown. However, a 1978 study in *JAMA* reported seizure disorders at 1.9 percent among prisoners in Illinois, three times the level found in the general population.<sup>8</sup> Although prisoners in the 1970s may have been spared the extremely high 100 grams of soy protein served up today, they most likely endured economy fare such as hamburger and other rations extended with soy grits, textured soy protein and soy flour. Whether soy on the menu might have caused such a high percentage of seizures is unknown. Prisoners, after all, may well have suffered for years from neurological damage that led to violent tendencies, crime and incarceration. Whether they were already seizure-prone individuals or not, the research of Westmark and others suggests their high soy diet could only have made matters worse.

### SEIZURE DISORDERS NOT RARE

Those who think seizures are rare and only happen to other people need to think again. According to Dr. Westmark, one in every ten Americans will experience a seizure during their lifetime.<sup>9</sup> According to the Mayo Clinic, seizures may result from many disorders affecting the brain. Best known is epilepsy, a disease characterized by seizures, but seizures can signify metabolic disturbances such as hypoglycemia or dangerously high or low levels of sodium, calcium, magnesium or water. Seizures can also be triggered by brain injury, infections such as meningitis, tumors, lupus, stroke and high fevers.<sup>10</sup> In many cases, the cause of seizures is unknown, and the underlying molecular mechanisms that initiate and propagate seizures are not



The average American would not describe his or her diet as “soy-based,” yet soy ingredients are found in more than 60 percent of packaged and processed foods and nearly 100 percent of fast foods.

Soy-restricted diets reduced seizures in multiple lines of mice bred for diseases in which they would be prone to seizures.

well understood.<sup>11</sup>

Patients with Alzheimer's disease, Fragile X syndrome, Down syndrome, and autism are particularly susceptible to seizures,<sup>12</sup> and the focus of much research at the Waisman Center of Developmental Disabilities has been on the myriad ways drugs, diet and genetic manipulation can affect amyloid beta levels, seizure threshold and behavioral phenotypes.<sup>13</sup> In an editorial entitled "Concocting the Right Diet for Brain Health" published December 2011 in *Translational Medicine*, Dr. Westmark expressed concern about the risks of soy: "The prevailing view is soy is healthy, but much remains to be learned regarding its effects on brain development and function." She furthermore warned:

There is a paucity of studies on the effects of phytoestrogens on fetal and early childhood development; yet, twenty-five percent of infant formulas are based on soy protein. Considering body weight, these infants are getting 6-11 times the dose of phytoestrogens necessary to exert hormone-like effects in adults. There are epigenetic changes associated with a soy-based diet in monkeys suggesting the potential to greatly alter gene expression. We have observed significantly elevated seizure rates in mouse models of Alzheimer's disease, Fragile X syndrome, and Down syndrome when juvenile mice are fed a soy-based diet. Our data suggest that soy-based infant formulas may lower seizure threshold particularly in babies genetically predisposed to developmental disorders. Thus, understanding the negative effects of soy phytoestrogens and modulating intake during pregnancy and infancy could prevent neurological damage during critical periods of sensory development.<sup>14</sup>

What's most surprising about this research is that the mice fed a casein-based refined diet showed "decreased amyloid beta and attenuated seizure rates." Casein is a fractionated milk protein that is high in the amino acid methionine and seriously deficient in cysteine. It has such a poor nutritional profile that the soy industry

has found it a reliable "control" to use in studies where the intent is to make soy look good. Indeed research at the Faculty of Agriculture, Shizuoka University in Japan, has shown that casein will significantly raise total cholesterol levels and lower HDL levels compared to other proteins.<sup>15,16</sup> Consequently most studies used to support the FDA's 1999 soy/heart disease health claim are deeply flawed because of the routine use of casein as the control.<sup>17</sup> In the case of the research done at the Waisman Center, the rats fed a chow comprised of casein, sugar and cornstarch came out on top, and the data clearly indicated "soy isoflavones are associated with decreased seizure threshold." Indeed soy-restricted diets reduced seizures in multiple lines of mice bred for diseases in which they would be prone to seizures.

To test the hypothesis that soy isoflavones promoted the seizures, the researchers determined to feed some of the mice chows that were supplemented with genistein and/or daidzein, the two isoflavones found in the highest quantity in soy.

After just three days of treatment with the standard soy protein chow, the group of specially bred "Alzheimer's disease" mice responded with "wild running" and audiogenic seizures.<sup>18</sup>

In plain English, audiogenic seizures are seizures brought on by the sound of an alarm. "Wild running" refers to an out-of-control style of running that progresses to loss of the righting reflex, tonic hind limb extension, and other signs of seizure, often followed by death. "Righting reflexes" bring the body into a normal position in space and resist forces acting to displace it. They allow the animal to orient itself and regain its balance. Mice that do not die from the seizures regain the righting reflex and appear normal within a few minutes.

#### DAIDZEIN AND GENISTEIN

The researchers identified daidzein as a component of soy protein that elicited a strong wild running phenotype in wild type mice—that is, normal mice as found in nature. Three days of eating chow spiked with daidzein induced plenty of wild running, but no statistically significant increase in seizures. As yet, the researchers have not identified other components found in

## THE TOFURKY DIALOGUES: ANSWERING EVERY QUESTION YOU EVER HAD ABOUT TOFURKY.

### **What's Tofurky? Is it truly an incredible and revolutionary product?**

*It's a vegan "roast" made primarily from tofu and wheat gluten. It smells strange, is oblong shaped, and said to taste like turkey, at least by vegans who've either never eaten real turkey or have very distant and feeble memories of having eaten turkey.*

### **According to Turtle Island Foods, Tofurky is a gourmet vegan "roast and gravy" product made from "a revolutionary tofu-wheat protein blend, known for its incredible, turkey-like texture and flavor." Is it really "incredible" and "revolutionary"?**

*It might seem so if you've been dining on Approximateat, Roast Almost, Veat, Soyloin, Sham Ham or Wham.*

### **Tell me about that ingredient "vital wheat gluten?"**

*It gives the Tofurky creature its signature wet and wild look. Having seen the creature naked and out of its box, I'd describe its body as doughy, gluey, pasty and corpse-like. Not very appealing and certainly not vital. Only a gluten for punishment would recommend it, given how many people today suffer from gluten sensitivity and celiac disease.*

### **If you aren't gluten sensitive, would Tofurky be a good way to "practice safe soy" this Thanksgiving?**

*No, with a name like that you could die laughing. . .*

### **Do you think it has health benefits?**

*Absolutely. The taste and smell would keep you from overeating!*

### **Seriously, isn't it loaded with soy and flavored by MSG?**

*Hard to believe, but Tofurky actually has few flavorings compared to most meat analogue products and the Turtle Island company prides itself on rejecting spices with MSG. The company also uses no soy protein isolate, soy protein concentrate, hydrolyzed plant protein, textured vegetable protein or other modern, industrialized soy proteins manufactured using high temperatures, high pressure, acid and alkaline baths and hexane solvents. And Turtle Island takes care to use only non-GMO ingredients. The biggest problem by far is the wheat gluten! That's the second ingredient, after water, which is the first. I'm also no fan of canola oil though I'm glad the canola oil in Tofurky is non-GMO.*

### **Canola oil in Tofurky? Why not soy oil?**

*Soy oil's in there too as it comes naturally in the tofu. I guess they decided there was no reason to soy-I it more! The added lube comes from canola oil, and the idea that it's healthy is a great con-ola. If you don't want the Tofurky bird to dry out, you are instructed to baste it with olive oil during the roasting process.*

### **Sounds like a lot of oil. I thought the Tofurky was a lowfat bird?**

*Hardly. The creature is a shapeless blob with no bones or muscles whatsoever. It's so fat it can't even move unless you bind it tightly with shrink wrap, put it on top of a hill and give it a push.*

### **How good is the fat in a real turkey?**

*No good at all if you are talking about supermarket brands "battered up" with injections of soy oil, water and MSG. The problem is there's no real butter in there!*

### **How's the fat found naturally in turkey?**

*Dr. Mary Enig says the fatty acid profile of turkey meat depends on the source, and it varies depending upon the diet fed the turkey. Typical fatty acid composition of turkey fat in the U.S. is less than 1 percent myristic acid, 22 percent palmitic acid, 6 percent palmitoleic acid, 6 percent stearic acid, 38 percent oleic acid, 22 percent omega 6 linoleic acid and 1 percent omega 3 linolenic acid.*

*People are always surprised that poultry contains so much monounsaturated fat. The oleic and palmitoleic acids together come to 44 percent monounsaturates. These figures would probably not change much with the organic turkeys sold in the chain health food stores because they are still fed corn and soy, just not GMO corn and soy. Few of those turkeys spend enough time in the great outdoors to be considered free range. Best to get heritage-breed turkeys that hunt and peck and eat bugs, worms and grass in the wild. The omega-3 and EPA, DHA fatty acid levels in those turkeys are much improved.*

Isoflavone content varies greatly from one batch of soybeans to another, much to the dismay of the soy industry, which finds it cannot reliably either minimize risks or maximize alleged benefits.

soy protein that work in tandem with the daidzein to trigger the progression into seizures and death. As for the Alzheimer's mice, soy protein increased seizures but daidzein did not, though there was a strong trend for increased wild running in the females.<sup>19</sup>

Interestingly enough, daidzein but not genistein led to increased "wild running." The non-soy chows enhanced with genistein or the combination of genistein and daidzein, failed to provoke seizures in the wild type or Alzheimer's disease mice. Indeed the genistein may have counteracted that,<sup>20</sup> a finding that will surely lead the soy industry to put a positive spin on the study with a headline such as "soy genistein stops seizures."

To understand the mechanism underlying the activity of the soy isoflavone daidzein, the researchers performed *in vitro* experiments in which they "assessed dendritic AβPP expression in primary, cultured, wild type neurons treated with daidzein or genistein" and "found altered AβPP expression." They concluded both the *in vivo* and *in vitro* findings "have important im-

plications for individuals on soy-based diets as well as for the rodent model."<sup>21</sup>

It is also extremely interesting that daidzein alone appears to have caused the seizures and increased Aβ processing. According to neurosurgeon and excitotoxin expert Russell Blaylock, MD, "this is a mechanism unrelated to excito-toxicity" though it is possible "daidzein may trigger excitotoxicity indirectly—say by activating microglia."<sup>22</sup> Much research shows seizures are generated by MSG and other excitotoxins, which are widely found in modern soy products. Glutamate, for example, is created as a byproduct of the industrial processing methods used to manufacture soy protein isolate and other fractionated protein products. In addition, food manufacturers often add MSG—often hiding under the alias "natural flavoring"—to improve taste and smell.<sup>23</sup> However, this would also be true of manufacturing methods used to produce acceptable tasting casein products.

In terms of seizure control, it would seem useful to optimize the daidzein-to-genistein ratio in soy feeds and soy foods, but that's easier said

#### **If you were going to serve Tofurky, how would you improve the taste?**

*Wrap it well with bacon and roast. Use real bacon, not fakin' bakin, of course. Eat the bacon, hide the Tofurky in your napkin and toss.*

#### **Do the PETA folks like Tofurky?**

*You betcha! Last year PETA campaigned to rename Turkey, Texas, Tofurky, Texas. The town demurred even though PETA offered a full-course vegan Thanksgiving meal for the entire town if they changed their name. I think the gun-totin' Texans must have fired at the PETA people because this year they didn't go back.*

#### **What did Dr. Seuss think of Tofurky?**

*Dunno, though I think he kept a flock of Australorps x Ameraucana hens for the green eggs he liked with his ham. If he'd actually met a Tofurky, I think we'd have deathless prose such as, "Why did Tofurky cross the road? Did he cross it with a toad? Yes, Tofurky crossed the road, but how it crossed I've not been told."*

#### **Tofurky doesn't have a leg to stand on so how could Tofurky possibly cross the road?**

*Tofurky could roll if given a good push. If it crossed on its own, we'd have to ask, did Tofurky really cross the road or did the road move under Tofurky?*

#### **Why did Tofurky cross the road?**

*To see Gregory Peck?*

#### **Gregory can no longer peck. Why did Tofurky cross the road?**

*To meet up with Mr. Tofu?*

#### **Mr. Tofu "met his match" at the LA Tofu Festival. Why did Tofurky cross the road?**

*To go to the dork side!*

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than done. Isoflavone content varies greatly from one batch of soybeans to another, much to the dismay of the soy industry, which finds it cannot reliably minimize risks or maximize alleged benefits. Predicting isoflavone content remains elusive because the levels are influenced by many factors, including crop year, geographical location, number of daylight hours, temperature, humidity, rain, fertilizers, types of pathogens and the plant's response to attack or disease.<sup>24</sup>

The significance of research on diet and seizures cannot be overstated. The Westmark study provides sobering figures: Seizures occur along with Alzheimer's disease in 10 to 22 percent of patients; Fragile X Syndrome, 18 to 23 percent; Down syndrome, 8 percent; autism, 21 to 38 percent; and traumatic brain injury, 53 percent.<sup>25</sup>

Expanding on Dr. Westmark's warning in *Translational Medicine* about the risks of high-soy diets during pregnancy, infancy and early childhood, the current study includes this warning:

"High exposure to estrogenic compounds during fetal and early childhood development through soy-based food products could disrupt the function of the natural steroid hormones and contribute to the high incidence of seizures associated with many childhood, neurological disorders including autism and FXS (Fragile X Syndrome). Understanding the role of soy constituents, such as daidzein, on A $\beta$ PP (amyloid- $\beta$  protein precursor) synthesis and metabolism and modulation of intake during pregnancy and infancy could reduce seizure incidence and prevent neurological damage."<sup>26</sup>

Westmark and co-authors furthermore report work in progress in which the data—as yet unpublished—point to higher incidence of febrile seizures in autistic children fed soy-based formula.<sup>27</sup>

The current study states that more research is needed and concludes, "Thus, a clearer understanding of the environmental factors, such as soy, that modulate synaptic A $\beta$ PP levels may provide a dietary intervention to reduce A $\beta$  levels and seizures."<sup>27</sup>

What to do in the meantime? Those smart enough to value their brain health will say "better safe than sorry" and cut way back on soy! ☺☺

*The author's gratitude goes to Sylvia Onusic, PhD, for research assistance.*

*Kaayla T. Daniel, PhD, CCN, is The Naughty Nutritionist because of her ability to outrageously and humorously debunk nutritional myths. A popular guest on radio and television, she has appeared on The Dr. Oz Show, ABC's View from the Bay, NPR's People's Pharmacy, PBS Healing Quest, and numerous other shows. Dr. Daniel is the author of The Whole Soy Story: The Dark Side of America's Favorite Health Food, a popular speaker at Wise Traditions and other conferences, vice president of the Weston A. Price Foundation, and recipient of its 2005 Integrity in Science Award. Subscribe to her educating "naughty nutrition" blogs at www.drkaayladaniel.com. Her other website is www.wholesoystory.com, and her blog posts can be read at www.westonaprice.org as well.*

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# Legislative Updates

YOUR WORK HELPED CHANGE USDA'S POSITION ON ANIMAL ID!  
NOW WE NEED TO DO THE SAME ON FDA'S FOOD SAFETY RULES

By Judith McGeary, Esq.

In March of this year, the U.S. Department of Agriculture's (USDA's) final rule on "Animal Disease Traceability" went into effect. In brief, the final rule requires official identification and some form of documentation when adult beef cattle, dairy cattle, or show cattle cross state lines. Metal ear tags, brands, and other forms of low-tech identification are included, and there are several exemptions and provisions for flexibility. There are also requirements for poultry that cross state lines, but hatchery chicks do not have to be identified. Sheep, goat, swine and horse owners will face few, if any, new requirements. The rule is explained in more detail in the second half of this article.

Even though the final rule is relatively limited, it is still objectionable. Fundamentally, the USDA never provided a solid basis for why any new rule was needed. While traceability is relevant to animal health and disease issues, it comprises only one small part of an overall approach to animal health. And identification of animals by producers is only one part of traceability. We repeatedly asked USDA for data on such things as the number of failed traces and the reasons for those failures, but the agency provided only anecdotal incidences in response. The lack of firm justification for the new regulation is troubling.

Nonetheless, in practical terms, it is remarkable to consider how far the agency came from its initial proposal. In 2005, the USDA released plans for the National Animal Identification System (NAIS). The plan had been developed by a group of big agribusinesses and high-tech companies in order to promote international trade by creating comprehensive international standards for tracking animals. The NAIS plan called for every single person who owned even one livestock animal, even just a pet donkey or single chicken, to: (1) register their property; (2)

tag each animal individually, in most cases using electronic forms of identification such as microchips or RFD tags; and (3) report a long list of events from birth to death to databases that would be run by private corporations and accessible by the government. The agribusinesses had already been working on the plan for several years, and it had significant momentum behind it. Many people thought the program was unstoppable and that it would be fully implemented by 2009.

The incredible burdens and intrusion of the NAIS plan helped bring together people from diverse backgrounds and beliefs: organic farmers and conventional ranchers, full-time producers and homesteaders, property rights activists and sustainability advocates. A coalition of organizations, including the Weston A. Price Foundation, worked together, initially delaying and then ultimately killing NAIS. In February 2010, Secretary Vilsack announced that USDA was abandoning the plans for NAIS.

Secretary Vilsack's announcement, however, warned us that the fight was not over. While withdrawing NAIS, he also announced that the agency would work on a replacement plan. The secretary promised that the new plan would focus on low-tech forms of identification and only affect those crossing state lines, but we did not rest easy.

Our concerns were justified by the proposed Animal Disease Traceability Rule that USDA published in 2011. In practical terms, it would have established requirements that could only be met over the long term by using electronic tracking and databases. It also would have required the tagging of the hundreds of thousands of day-old chicks that are purchased by farmers and backyard poultry owners every year. The proposed rule included burdensome requirements for animals going directly to slaughter, as well as creating ambiguity (and therefore the risk

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of unfair enforcement actions) for dairy cattle owners and horse owners.

WAPF and others called on the grassroots to mobilize again, and thousands of people across the country responded with comments to the USDA opposing the new proposed rule. In support of the grassroots efforts, a coalition of organizations worked at the agency level, both at USDA and the Office of Management and Budget.

While the program was not stopped, the final rule issued by USDA addressed the majority of the concerns raised by livestock owners. Before discussing the details, it is important to recognize the scope of this rule. There are no requirements imposed by this rule for any type of movement within a state; it only applies when animals cross state lines. Even when an animal crosses state lines, there are no requirements for premises registration or electronic identification.

Under the final rule, unless otherwise exempted, livestock moved across state lines would have to be officially identified and accompanied by an interstate certificate of veterinary inspection or other documentation, such as owner-shipper statements or brand certificates.

In practical terms, sheep, goat, and pig owners will not be subject to new requirements; the rule refers to the identification requirements under existing disease control programs for these animals. Similarly, horse owners have already been identifying horses that cross state lines due to equine infectious anemia programs and will face few new burdens in practice. Horses that are used for transportation interstate, such as by horse and buggy, are exempt from the requirements, one of the changes from the proposed rule. The final rule also clarifies that a physical description qualifies as an official form of identification for horses without needing approval from state officials.

#### MAIN IMPACT

The main impact of the rule will be on cattle and poultry owners. For cattle, the rule requires identification and documentation for beef cattle eighteen months or older, dairy cattle, and show cattle that cross state lines. In response to public comments, the agency made several changes to reduce the burdens imposed by the rule:

1. Cattle going to custom slaughter are exempt regardless of whether the meat will be consumed by the person moving the cattle or by someone else;
2. Cattle going direct to slaughter at inspected slaughterhouses can be identified with just a backtag, rather than a permanent form of identification;
3. Brands, tattoos, and breed registry certificates are official forms of identification as long as the shipping and receiving states agree;
4. The definition of “dairy cattle” has been clarified by listing specific dairy breeds (Ayrshire, Brown Swiss, Holstein, Jersey, Guernsey, Milking Shorthorn, and Red and Whites), rather than including dual purpose and mixed use breeds;
5. State and tribal abbreviations on ear tags can be used in place of the “US” symbol on ear tags;
6. Instead of requiring a certificate of veterinary inspection for all cattle, states can agree to accept alternative documentation so as to address the scarcity of large animal vets.

The final rule also dropped any requirements for “feeder cattle,” that is, beef cattle younger than eighteen months of age. The fight over this issue has only been postponed, however, because the USDA plans to have another rulemaking specifically on feeder cattle. But no new requirements will be implemented at this time, and we will be able to focus on the specific problems posed by identifying younger animals in a separate discussion.

We must also work at the state level, convincing state authorities to reach agreements with each other to allow for alternative forms of identification and documentation to make it as inexpensive and easy as possible for producers.

For poultry, the proposed rule would have required most backyard poultry owners and farmers to individually identify any bird they purchased from out of state, including day-old-chicks from hatcheries. WAPF and others had urged that poultry be completely exempted from the rule. While USDA did not do so, it did make two significant changes in the final rule:

While the program was not stopped, the final rule issued by USDA addressed the majority of the concerns raised by livestock owners.

In multiple places in the produce safety rule the agency evidences unwarranted fear of animal-based soil amendments, which include compost and compost teas.

1. Birds of any age shipped from a hatchery to a grower do not need to be individually identified. The grower does have to keep a record of the hatchery for two years.
2. Poultry going to a custom slaughter facility are exempt whether or not the meat will be consumed by the person moving the birds or someone else.

Poultry being moved to an inspected slaughterhouse across state lines will need to be identified under the rule, but most producers should be able to use group identification for their broilers, since broilers are typically managed in single-age groups. The greatest impact will be on live bird markets, where birds crossing state lines will most likely need to be individually identified. Notably, a senior USDA staffer publicly stated that individual identification requirements were not cost-effective for live bird markets and urged the agency not to require it. Yet the agency chose to ignore its own expert on this issue.

The final rule is far from ideal—particularly since it continues to focus government efforts on after-the-fact measures like tracking sick animals, instead of focusing on disease prevention, including supporting pasture-based systems that produce healthy animals. But the fact that USDA made so many changes, compared to both its original plan for NAIS and its more recent proposal, shows the growing power of our movement and the impact we can have when we create effective coalitions. We need to continue our work on all fronts, from more growers on the ground to more political activism.

#### FDA PROPOSES FOOD SAFETY RULES

And speaking of the need for more political activism, we need many people to speak up against the FDA's new proposed rules on food safety! In January, FDA issued proposed rules under the 2010 Food Safety Modernization Act to address on-farm produce safety standards and HACCP-type regulations for processed foods. The proposed rules fulfill many of our worst expectations of what the agency would do with its new powers.

As a brief review, in December 2010, Congress passed a food safety bill, the Food Safety

Modernization Act, that significantly expanded FDA's authority. During the debates in Congress, WAPF joined with over one hundred other organizations across the country to try to protect local food producers from unnecessary and burdensome regulations. We succeeded in passing the Tester-Hagan Amendment, which exempts small-scale local producers from the new burdens of hazard analysis plans (HACCP-type plans) and produce safety standards.

Specifically, the Tester-Hagan Amendment protects producers who gross under five hundred thousand dollars annually from the sale of food products (adjusted for inflation), and sell more than half (50.1 percent or more) of their products to some combination of: (1) Individual consumers, regardless of where they are located; (2) restaurants that are in the same state or within two hundred seventy-five miles of the producer; and/or (3) retailers (such as co-ops, health food stores, and grocery stores) that are in the same state or within two hundred seventy-five miles of the producer. Both the restaurants and the retailers must in turn sell directly to consumers; in other words, the producer is no more than one step removed from the consumer. The remaining 49.9 percent of the producers' products can be sold to anyone or any business. This amendment covers the vast majority of local food producers, although not all.

Even with the Tester-Hagan Amendment, however, the bill poses problems for the local foods movement because of the new regulations that will be imposed on medium-scale producers. In addition, although the FDA's proposed regulations won't legally apply to small-scale, direct-marketing producers, we are concerned that retailers will ultimately require compliance as a condition for doing business with them—forcing producers either to comply or be limited to a 100 percent direct-marketing model in practice, thus limiting the consumers who can access these foods.

On January 16, 2013, the FDA issued proposed regulations to implement the major provisions of the act. The FDA's publication included over twelve hundred pages of material, encompassing both the proposed rules and the explanatory introduction. The proposed rules cross-reference other documents, resulting in an

immense and complicated morass.

Currently, public comments are due by May 16, 2013. WAPF has joined with over two hundred fifty other organizations, farms, and food businesses to urge FDA to extend the comment period for one hundred twenty days, until mid-September.

An initial review of the proposed rules has already highlighted many troubling provisions. Both rules include extensive documentation requirements that threaten to swamp farms and food producers in paperwork.

In multiple places in the produce safety rule the agency evidences unwarranted fear of animal-based soil amendments, which include compost and compost teas. For example, if the compost is not “treated” consistent with FDA’s standards, there is a nine-month waiting period required between applying the compost and harvesting the crop. In practice, this could cripple mid-scale growers’ ability to use any manure-based composts or compost teas.

The proposed regulations impose extensive testing requirements for water used in agricultural operations, and personnel requirements that turn the current voluntary Good Agricultural Practices (GAP) standards into regulatory requirements. All of these impose unwarranted costs and burdens on producers.

It is vital that local producers and supporters of local foods speak up during the comment period. Agribusiness’ control of Congress and the agencies developed over the course of several decades, as more and more family farmers were lost to consolidation and consumers became more disconnected from the source of their food. It will take a lot of time and work for the local foods movement to reverse this trend.

To submit comments on the produce safety standards, go to <http://www.regulations.gov/#!documentDetail;D=FDA-2011-N-0921-0013>

To submit comments on the HARPC standards, go to <http://www.regulations.gov/#!docketDetail;D=FDA-2011-N-0920>

We will provide a more detailed analysis and sample comments on the website as soon as possible. ☺☺

## NOURISHING TREATS HOLIDAY CHALLENGE

The Park Rapids Area, MN local chapter put on a “Nourishing Treats Holiday Challenge” with a grand prize for the winner. Says chapter leader Tanja Larson, “We had a great turn-out including a new couple that was so excited to be hearing all this amazing information. With twelve different entries, there was almost too much and it was definitely very hard to choose a winner.”

Pictured here are mint patties, almond flour buttons and the first prize winner: homemade grain-free tortillas with pizza sauce, raw cheese and fixins. Beef liver paté on celery sticks took fourth place.

People commented that it was so fun to have a holiday gathering where they would not feel guilty about consuming some of the treats! The WAPF chapter meeting for December was covered on the front page of the local newspaper. Similar parties are planned for Valentine's Day, Easter, Halloween and Thanksgiving.



CFLs, continued from page 70

dollars. Many stores are also clearancing their incandescent bulbs. A few months ago, I walked into Lowes where I saw a whole rack with over a thousand four-bulb boxes marked down to a dollar a box. Time is now limited, so stock up if the incandescent is still your bulb of choice.

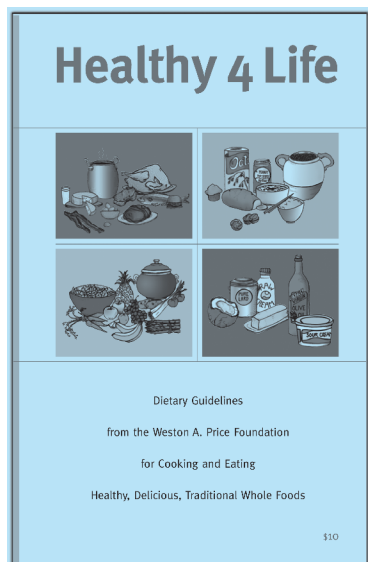
Especially for people in cold climates, incandescent bulbs are very environmentally and energy friendly, as they produce large amounts of heat and do so usually in the very place people are and thus need it. For people in warmer climates, sky lights, bay windows and other house design choices can help substantially minimize the need for artificial light to begin with.

But what do we do when the incandescent lights run out? LEDs and other technologies also are meeting the need for efficient and safer lightning, and we will discuss these in our next column. ☺☺

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

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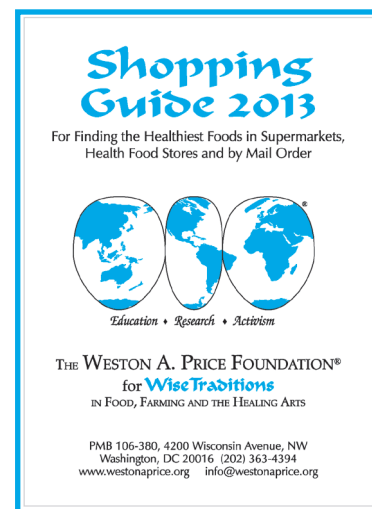
## HEALTHY 4 LIFE

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

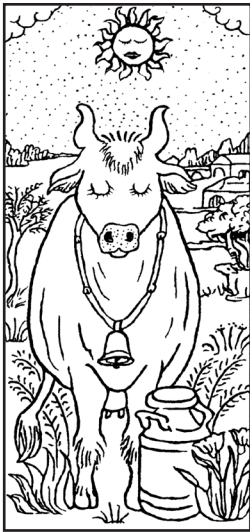
- Animal foods, including meat, dairy, seafood, & bone broths;
- Grains, legumes & nuts— properly prepared;
- Vegetables & fruits, including lacto-fermented products;
- Healthy fats & oils, including butter, lard, coconut oil & cod liver oil.

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# A Campaign for *Real Milk*

MEET THE TINIEST DAIRY COW IN THE WORLD!

VECHUR CATTLE

By Patrice Lopatin

Vechur cattle originated in the area around the village of Vechur in the southwest state of Kerala, India. The tiny gentle cows were so greatly valued that at one time wellwishers presented them as wedding gifts.

These native cattle have been rescued from the brink of extinction by geneticist Dr. Sosamma Iype. Dr. Iype received help from her students who volunteered to search for the last remaining cattle in remote areas and temples, where they had been protected from government policies that forbade people to own them.

First eight and then later twenty-five individual cattle were found to help preserve the precious germplasm for future generations. Over twenty-five years of dedicated hard work has been done to save these cows. Many formidable impediments and obstacles stood in the way; however, the outcome was ultimately a success story: the Vechur Conservation Trust was created in 1998.

Now there is a wide appreciation for the great value of these little cows and their numbers are gradually being built up so that marginal farmers and others may benefit from the nourishing milk and other dairy products they provide.

## A SPECIAL BREED

Their exceptionally small, manageable size (about the size of a large goat breed), and pleasant disposition (they are often considered a family pet) plus a very long, productive life span make

these cattle of particular value and winsomeness. They are intelligent, hearty, clean, disease resistant and adapted to high heat conditions, being native to tropical Kerala, India.

Vechur cows are not prone to mastitis, parasites, or hoof and mouth disease, and they calve easily. The milk of Vechur cattle is outstanding, with a butterfat content of up to five percent, and with a smaller fat globule size from that of other dairy breeds, making the milk easily digestible. This milk is considered to have extraordinary medicinal properties and there has been some research claiming that the milk from such

cattle helps lower the risk of many chronic conditions such as diabetes, asthma, autism, allergies, schizophrenia, SIDS, and cardiac disease.

The Vechur breed carries the A2 beta casein gene variant which has been linked to a lower incidence of the conditions



The author feeding a Vechur cow.

mentioned above. See web references 1 and 2 below for more information.

## VERSATILE

The daily milk yield is between three to four quarts (three to four liters). The Vechur does not require much grazing space (only a quarter acre per cow), and no grain supplementation is necessary. These cows will be happy to eat a wide variety of vegetation (some of which is extremely fibrous and tough), along with grass, banana peels and other kitchen vegetative leftovers!

The Vechur cattle can also be used as draft

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Price Foundation.

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contact the

Foundation at

(202)

363-4394.

Check out our

website,

www.

RealMilk.com

for additional

information

and sources

of *Real Milk*

products.

animals and due to their small size, do not have a damaging impact on the land. Their manure does not smother the plant life in fields due to its shape and dry consistency. It is easier to handle than manure from large cows and it breaks down easily into compost. Even their urine has special properties that make it ideal for growing culinary mushrooms!

In this period of escalating climate change it is crucial to preserve such animals for current and future generations. Vechur cattle are a crucial element in maintaining the planet's bio-diversity.

#### OWNING A VECHUR

Owning a Vechur is a step towards sustainability and independence from the denatured food being turned out by factory farming with genetically altered, inhumanely treated, sickly animals that require antibiotics to be kept alive for their short and miserable lives.


Corn and soy-laden grain exact a high cost financially, environmentally and are a detriment to health.

Here is the perfect cow for individuals and families, one that does not represent a huge car-

bon footprint and can provide you with healthy, rich raw milk.

Donations are needed to purchase more land for breeding stock in this very crowded part of India, where open land is scarce and expensive. Animal caregivers need to be paid and a high-tech facility for the freezing of semen and embryos needs to be established so that one day this amazing cow will be available for all who want one!



For further information and to make donations go to: [www.vechur.org](http://www.vechur.org) and/or write to [patricelopatin@gmail.com](mailto:patricelopatin@gmail.com). 

*Patrice Lopatin is a conservationist/environmentalist, trained chef, organic gardener, artist, writer of commentaries. She studies nutrition, sustainability, and animal behavior/intelligence. Patrice has run a whole foods nature retreat in Goshen, Vermont called High Meadow and visited India for several months as a volunteer assisting Dr.*

*type and the Trust in any way possible. The author will be interviewed on local television in the next few months and a Youtube video will be made available with photos and film footage. To learn more about the history of the rescue of Vechur cattle, visit <http://ibnlive.in.com/videos/26833/vechur-back-from-brink-of-extinction.html>.*

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#### TRADITIONAL POST-CONFERENCE FARM TOUR

Last year's post-conference Monday farm tour was a particularly beautiful one along the Pacific Coast. Along with our delicious lunch by caterer Amy Glaze, the group visited and learned much from the farmers at TomKat Ranch ([leftcoastgrassfed.com](http://leftcoastgrassfed.com)), Early Bird Ranch ([earlybirdranch.com](http://earlybirdranch.com)) and Markegard Family Grass-Fed ([markegardfamily.com](http://markegardfamily.com)) where the group learned about pigs from a young and capable teacher, Lea Lee Markegard. Pictured left is a mini mobile milking parlor made from a converted horse trailer, a brilliant idea, with modern pipelines and milking machines inside.



## RAW MILK UPDATES by Pete Kennedy, Esq.

### STATE RAW MILK BILLS

It's been a busy session for raw milk in the state legislatures. So far, bills have been introduced in fifteen states with all but one either expanding or legalizing raw milk sales. In addition to the states listed below, raw milk proponents will be introducing a bill in the Wisconsin legislature as well. Here is a state-by-state rundown on the raw milk legislation so far.

#### ARKANSAS

House Bill 1536 would allow farmers to sell an "average monthly number" of up to five hundred gallons of raw milk directly to consumers at the farm where the milk is produced. Current law allows sales of an "average monthly number" of no more than one hundred gallons per month of raw goat milk only. HB 1536 gives the State Board of Health the power to make rules on random inspection of farms where raw milk is produced, label warnings that the milk has not been pasteurized, and signs at the producer's farm warning the same. HB 1536 provides that "the board shall not adopt a rule regarding whole milk that has not been pasteurized that is more stringent than rules adopted for other milk products sold in Arkansas."

#### HAWAII

Under Senate Bill 364 and the companion House Bill 99, "retailers, distributors, producers and producer-distributors may sell raw milk, including cheese, kefir and yogurt produced from raw milk and raw-milk products for purchase or consumption by consumers, subject to rules adopted by the board of agriculture for the department of agriculture." Farmers may sell raw milk and raw milk products on a farm directly to consumers, subject to rules. Board has to adopt rules by July 1, 2014. Rules shall include standards for production and sale of raw milk, regulation of cow- and animal-sharing and labeling requirements. The bills were referred to their respective committees on January 22.

#### INDIANA

Senate Bill 610 would have codified the right of individuals to obtain raw milk from dairy animals owned by them and to distribute that milk to members of individuals' families or to non-paying guests. The bill died in the Committee on Health Provider Services. Senate Bill 513 would have allowed on-farm sales of raw cow's milk and products made from raw cow's milk by licensed dairies direct to consumers; the dairy would need to comply with sanitation, sampling and testing standards, and labeling requirements set out in rule by the Indiana Board of Animal Health. The state chemist was to adopt similar rules for testing and sampling requirements when raw milk is used for commercial feed or pet milk. The bill died in the Committee on Agriculture and Natural Resources.

#### IOWA

House Study Bill 131 (HSB 131) would allow unlicensed sales of raw milk and other raw dairy products to an individual either on the farm or through delivery. The bill has been referred to the Local Government Subcommittee which voted on February 27 to send it on to the full committee. In addition to HSB 131, a bill has been introduced in the Iowa Senate that would provide for a moratorium on regulations affecting the sale of unprocessed food, including raw milk. Senate File 77 calls for the moratorium to go into effect July 1, 2014. On or before January 1, 2014, several state agencies including the Iowa Department of Agriculture and Land Stewardship are to prepare a report for the Iowa General Assembly that "shall provide a list of all statutes and rules affected by this Act along with proposals to most effectively amend or repeal those statutes and rules without affecting the administration and enforcement of other provisions." SF77 has been referred to the Senate Agriculture Committee.

#### KANSAS

Senate Bill 146 would allow delivery of raw milk and raw milk products to the final consumer and would eliminate restrictions on advertising. Currently, sales are limited to on-farm and advertising is restricted to a sign on the farm. The bill is sponsored by the Committee on Agriculture and has been referred to the same.

#### MARYLAND

House Bill 502 would amend the state livestock lien law to clarify that an agreement can be made between someone with a complete or partial ownership interest in a dairy animal and the owner of an establishment for the latter to milk that animal and provide the milk to the party with the ownership interest in the dairy animal. The bill has been referred to the Committee on Economic Matters. There is currently a regulation purporting to ban herdshares in Maryland.

## MASSACHUSETTS

House Bill 717 allows for the delivery of raw milk by a licensed farmer or the farmer's agent directly to the consumer. Delivery can also be made through a CSA (community supported agriculture) delivery system. Delivery may be made directly to the consumer's residence or to a pre-established receiving site; said sites shall not be in a retail setting with the exception of a CSA delivery as long as the milk delivered is not accessible to the general public. Under the bill, raw milk can also be sold at farm stands that aren't contiguous to the raw milk dairy which current law prohibits.

## MONTANA

House Bill 574 would expressly legalize herdshare arrangements as well as the on-farm sale and delivery of raw milk to the consumer. Producers selling raw milk must register with the state department of agriculture and must meet testing standards mandated by the bill. The dairy herd must be fewer than fifteen lactating cows, thirty lactating goats or thirty lactating sheep. The department will issue a small herd exemption permit to dairies selling raw milk and raw milk products.

## NEW JERSEY

Assembly Bill 518 would allow the licensed on-farm sale of raw milk. The bill was introduced in 2012; the New Jersey legislature is in the midst of a two-year session. The bill also allows the sale of raw milk products and exempts farmers operating herdshare programs from the permit requirement. There are testing and labeling requirements for licensees; permit applicants must submit an affidavit agreeing that no growth hormones will be given to cows producing raw milk. There is a Senate companion bill, S.279.

## NEW MEXICO

The one state where an attempt has been made to roll back the clock is New Mexico. Senate Bill 286 would make the sale of raw milk unlawful in New Mexico. State law currently allows the licensed sale of raw milk on the farm and in retail stores. SB 286 died in the Senate Conservation Committee.

## OKLAHOMA

House Bill 1541 would allow the incidental sale of raw milk delivered by the raw milk producer directly to the consumer's residence so long as the farm is a Grade A facility and the milk is labeled as "unpasteurized milk." Current law only allows incidental sales of raw milk on the farm.

## RHODE ISLAND

Senate Bill 15 would legalize the licensed sale of raw milk. The state milk commission would issue regulations detailing expiration dates, warning labels, and signage requirements where raw milk is sold. Those farmers selling less than twenty quarts a day would not have to obtain a permit. The bill was referred to the Senate Environment and Agriculture Committee.

## TEXAS

Current law only allows the sale by a licensed dairy at the farm where the raw milk is produced. House Bill 46 would expand the places where raw milk could be sold to the consumer's residence and other venues such as a farmers market, farm stand, flea market or fair. The bill would only prohibit the sale or delivery of raw milk to a grocery store, supermarket, or "similar retail market." There is a labeling provision requiring a warning statement.

## VERMONT

Senate Bill 70 would allow the sale of raw milk at farmers markets. Current law only allows the sale on the farm or by delivery from the producer.

## WYOMING

Senate File 112 would allow the sale of raw milk by a producer possessing a small herd permit. A small herd is defined as no more than three lactating cows, seven lactating goats or seven lactating sheep. Those with the permit could sell on the farm and at retail stores. SF 112 did not make it out of committee.

#### FEDERAL – MARK MCAFEE PETITION TO FDA

On February 26 FDA finally issued its response denying the citizens petition filed by Mark McAfee, president and founder of Organic Pastures Dairy Company (OPDC), seeking to amend the regulation banning raw milk for human consumption in interstate commerce. McAfee filed the petition in December 2008; federal law requires a response by the petitioned agency within six months from the time of filing. The petition would have modified the ban by adding to the regulation the statement, “raw milk that is tested, state inspected, state regulated, carries a ‘government warning statement’ and labeled for retail sale in one state may be transported to another state if that other state allows the sale of raw unpasteurized milk and/or dairy products.”

In rejecting the petition, FDA relied on the record that led to the establishment of the ban twenty-five years ago, maintaining that the “petition fails to establish that current testing, state inspection, and state regulation programs can adequately mitigate the dangers posed by raw milk. This conclusion is in keeping with the 1987 rulemaking, in which FDA declined to permit the interstate distribution of certified raw milk, noting the association between the consumption of raw milk and the outbreak of disease.”

In its letter denying the petition, FDA stated that no technological advances had been made to adequately substitute for pasteurization, remarking that raw milk producers would not use technology to reduce pathogens anyway because “many raw milk producers and advocates, including yourselves [McAfee and raw milk consumer and co-petitioner Christine Ches- sen] consider the bacteria present in raw milk, including pathogens which might be present, to be ‘beneficial bacteria.’”

FDA rejected the assertion that warning labels would suffice instead of a ban. As it did in the initial rule-making establishing the ban, FDA continued its mantra that consumers need to be protected from themselves stating, “Consumers are not generally expected to take any additional steps to reduce the potential risk and are poorly equipped to assess the likelihood of infection. The infirm, the elderly, and the young are particularly susceptible to serious risks of infection presented by consuming raw milk and raw milk products and, in many cases, may not have the ability or opportunity to understand the risks identified in labeling.” While FDA was rejecting McAfee’s petition they were continuing their efforts to “protect” children by entertaining a petition from the National Milk Producer Federation (NMPF) and the International Dairy Foods Association (IDFA) that would allow “non-nutritive” sweeteners such as aspartame to be an ingredient in milk and seventeen other dairy products. The petition also requested that the presence of the non-nutritive sweeteners not be required to be included in the product label. NMPF and IDFA claim that school lunch programs would particularly benefit from the petition’s approval because the dairy products with aspartame would promote healthful eating habits for children and would reduce the incidence of childhood diabetes.

Following the letter to McAfee were some twenty-three pages of documents detailing foodborne illnesses attributed to the consumption of raw milk products and recalls of raw dairy products. One document, “Table 5 – Outbreaks associated with raw milk and raw milk products in California 1971 to September 2012”, claimed the Jalisco cheese foodborne illness outbreak was associated with raw milk; in the Jalisco outbreak, forty-eight people died from listeriosis by consuming pasteurized cheese. FDA’s false claims are becoming more common among public health agencies these days with the stepped up campaign to discredit raw milk. The government knows greater numbers of consumers are ignoring its attacks against raw milk and are seeking access to the product.

#### WISCONSIN – VERNON HERSHBERGER

The criminal trial for Amish dairy farmer Vernon Hershberger of Loganville, Wisconsin has been rescheduled for May 20 at the Sauk County Courthouse in Baraboo. The trial is slated to run five days; it had been scheduled to start on January 7. A pre-trial hearing in the case has been set for May 7. The reason for the postponement was a freedom of religion claim made at a pre-trial hearing by Hershberger’s attorney, Farm-to-Consumer Legal Defense Fund (FTCLDF) Vice President Elizabeth Rich.

Hershberger has been charged with four misdemeanor counts for alleged violations of the Wisconsin food and dairy code. The charges are (1) operating a retail food establishment without a license, (2) operating a dairy farm as a milk producer without a license, (3) operating a dairy plant without a license and (4) violating a holding order issued by the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP). The holding order prohibited anyone from removing food products from refrigerators that had been taped in Hershberger’s farm store.

Hershberger's trial was postponed during a December 21, 2012 pre-trial hearing before Sauk County Circuit Court Judge Guy Reynolds. The developments leading to the postponement are complex. Judge Reynolds ruled at the pre-trial hearing that an expert witness for the defense, Dr. Ted Beals, would not be allowed to testify at Hershberger's trial after lawyers for the state Department of Justice argued that Beals' testimony would not be relevant to any of the charges against Hershberger; Rich had asked that Beals be allowed to testify on the grounds that the safety of raw milk in general would be an issue at the trial. In June 2010, in conjunction with the hold order, DATCP issued a Summary Special Order prohibiting Hershberger from any further sales or distribution of raw milk and raw milk products; in the order, DATCP cites the inherent risks of consuming raw milk as one of the grounds for issuing the Summary Special Order.

When Rich brought up the Summary Special Order in support of having Dr. Beals testify, Judge Reynolds responded that Hershberger could have raised the issue by requesting an administrative hearing on the Summary Special Order back in 2010 but failed to do so. Rich countered that Hershberger's religious beliefs forbid him from taking others to court and claimed that prohibiting Beals' testimony because Hershberger failed to request an administrative hearing on the Summary Special Order violated the farmer's First Amendment rights under the U.S. Constitution. She asked the judge to allow for briefs to be submitted to the court on the First Amendment freedom of religion issue. When the judge granted the request, Wisconsin Department of Justice lawyer Eric Defort told the court he would not be able to submit the brief before January 7 due to his work schedule. Judge Reynolds scheduled a hearing on the freedom of religion claim for March 18.

#### MINNESOTA – ALVIN SCHLANGEN

The state of Minnesota's persecution of Freeport farmer Alvin Schlangen continues. Despite being acquitted on all charges against him by a Hennepin County jury in September 2012, Schlangen is still facing a criminal trial sometime this spring in Stearns County on six misdemeanor counts for alleged violations of the state food and dairy code; three of the charges are the same ones of which he was acquitted in Hennepin County (see *Wise Traditions* Winter 2012 issue for background). On February 6, Stearns County Circuit Court Judge Thomas P. Knapp rejected a motion filed by Schlangen's attorney, Nathan Hansen, to have the three charges dropped; Hansen argued that the charges should be thrown out because they amount to "serial prosecution." In a brief opposing Hansen's motion, Stearns County prosecutor William MacPhail characterized the unregulated food the farmer delivers to the members of Freedom Farm Co-op (FFC) as a "controlled substance." Schlangen serves as the volunteer manager for the co-op.

The Stearns County charges against Schlangen are for illegally (1) selling raw milk, (2) selling food without a food handler's license, (3) distributing adulterated and/or misbranded products, (4) selling custom processed meat by the cut, (5) not storing eggs at the proper temperature, and (6) violating a hold order placed on food stored at his farm during a June 2010 raid conducted by the Minnesota Department of Agriculture (MDA).

Aside from the criminal trial, Schlangen has an ongoing administrative case with MDA as well. The department is seeking an order suspending the farmer's deliveries to the buyers club. The administrative proceedings have been contentious. In order to make their case, MDA has to show that the farmer is not just delivering to members of a private club, but is selling to the general public. MDA inspector Jennifer Ericksen submitted an affidavit stating she placed a food order on FFC's website, failing to mention that she never paid for nor received the order—the website was simply a convenience for actual members of the club. Hansen, who is also representing Schlangen in the administrative case along with FTCLDF general counsel Gary Cox, has asked the judge to reject Ericksen's affidavit because she lied by omission.

#### MINNESOTA – MICHAEL HARTMANN

In addition to continuing its harassment of Alvin Schlangen, the Minnesota Department of Agriculture (MDA) has stepped up its campaign against the department's long-time target, Gibbon dairy farmer, Mike Hartmann. On January 15 the Sibley County District Attorney filed charges against Hartmann for illegally selling raw milk and selling improperly labeled cheese; in a stop for a motor vehicle violation in early December 2012, the police officer stopping Hartmann's vehicle reported that the farmer was transporting raw milk and raw cheese. The Sibley County DA further piled on against Hartmann on February 11 when he brought three additional charges against the farmer for illegally selling raw milk, operating without a food handlers license, and distributing misbranded food. The charges stem from a search warrant executed by department inspectors at the Hartmann farm in January; MDA is sparing nothing in attempting to imprison or, at the least, permanently put out of business a farmer who has benefited the health of hundreds of Minnesota families for many years.

#### MISSOURI – MORNINGLAND DAIRY

On January 25 a two-and-a-half year battle between Morningland Dairy and the Missouri State Milk Board ended when the Milk Board carted off 36,420 pounds of raw cheese from Morningland's facility to a local landfill for disposal. Morningland owners, Joe and Denise Dixon, and dozens of supporters of the dairy were present to witness the destruction of cheese never proven to be harmful.

The Milk Board shut down Morningland's manufacturing operation and ordered all cheese at the facility embargoed on August 26, 2010, after receiving a report from the California Department of Food and Agriculture (CDFA) that Morningland cheese seized in a raid of the Rawesome food club in Venice, California in June 2010 had tested positive for *Listeria monocytogenes* and *Staphylococcus aureus*. Not a single block of cheese in the warehouse had the same batch number as the cheese seized in the Rawesome raid. A Milk Board inspector initially told Joe Dixon that he would only be shut down for a few days—but that changed when FDA stepped up their involvement in the case a short time later and pressured the Milk Board not to let Morningland resume their operations. The Milk Board sent the Dixons a letter requesting that they destroy the entire inventory of cheese at the facility on October 1, 2010; when the Dixons refused, the Milk Board filed a petition in the Circuit Court of Howell County to obtain an order for the destruction of the Morningland cheese. After a two-day trial before Judge David Dunlop, the judge issued a decision on February 23, 2011, ordering the destruction of the cheese. Morningland appealed the decision but the Court of Appeals sided with the Milk Board on September 27, 2012. A petition to the Missouri Supreme Court to hear the case was rejected on December 18, paving the way for the destruction of the cheese to take place.

Neither the Milk Board nor FDA ever tested any of the cheese stored at Morningland. FDA did take one hundred environmental swabs at the facility, all of which tested negative for listeria. Some cheese samples taken by a Morningland employee tested positive for *Listeria monocytogenes* and *Staph. aureus* but the employee didn't follow proper protocols in taking the samples; if the test results had been negative, they never would have been accepted by either the Milk Board or a court as valid. There was no accusation that any cheese Morningland produced had made anyone sick; there had never been any reported illness from the consumption of Morningland products in the thirty years the farmstead cheese operation had been in business.

The Morningland case was about FDA's agenda to restrict access to raw dairy products with the eventual goal of banning them. The agency doesn't hesitate in sacrificing a business like the Dixons' in order to move its agenda along. Media coverage about the destruction of the cheese was heavy, hopefully keeping in the public memory FDA's role in causing the end of a once prosperous operation.

#### WASHINGTON – ESTRELLA FAMILY CREAMERY

On February 28 attorneys for Kelli and Anthony Estrella—owners of Estrella Family Creamery (Estrella) and the United States Department of Justice filed a motion in the Ninth Circuit Court of Appeals to voluntarily dismiss the Estrella's appeal of a lower court ruling permanently enjoining Estrella from selling cheese and giving FDA authority to inspect the facility as well as empowering the agency to set the conditions on which Estrella could resume cheese sales. FDA had shut down Estrella in 2010 for positive pathogen tests at a time when the creamery was on its way to resolving whatever issues it had by working with the Washington State Department of Agriculture (WSDA). Estrella had been in negotiations with FDA since the court ruling over the terms enabling it to resume its cheese operation; Estrella was trying to limit FDA jurisdiction over it by doing business only in intrastate commerce. Financially strapped and frustrated over the FDA's refusal to give specific answers on what the limits of the agency's jurisdiction would be, Kelli and Anthony decided to move on, putting their farm up for sale and ending a long battle with FDA.

Tami Parr, a past president of the Oregon Cheese Guild, commented in an Oregon Live interview on November 5, 2012, that Kelli Estrella "made some of the best cheeses that the Pacific Northwest has seen in modern times." Estrella won numerous domestic and international awards for the quality of its cheeses. Raw cheese consumers have suffered a major loss.

For the latest developments on raw milk issues, go to [www.thecompletepatient.com](http://www.thecompletepatient.com).

*Those who have not joined the Farm-to-Consumer Legal Defense Fund are encouraged to do so. Membership applications are available online at [www.farmtoconsumer.org](http://www.farmtoconsumer.org) or by calling (703) 208-FARM (3276); the mailing address is 8116 Arlington Blvd, Suite 263, Falls Church, VA 22042.*

## Healthy Baby Gallery

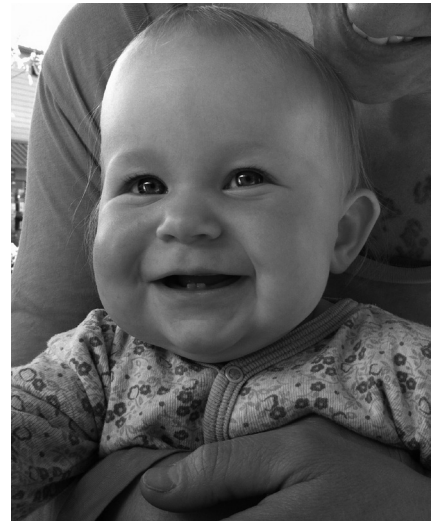


Well spaced Luke Martin Aronsen, five years old, and Jyles Joseph Aronsen, eighteen months old, are happy, healthy and very social.

They are both great eaters! Mom loves spending her days brewing up nutrient-dense food and Dad loves eating it. The boys are sharp, athletic and are a pride and joy to their parents. Their parents Kim and Martin Aronsen write, "We are eternally grateful to the WAPF for all we have learned about health and traditional food. Our boys will be forever blessed because of this information.

Thank you!"

Grace Zwilling, pictured at eight months old, is still mostly breastfed but enjoys snacks of fermented veggies, kefir made from raw grass-fed cows milk, bone broth, raw goat cheese, and fermented cod liver oil. Grace was built on a WAP diet. Her mom's diet during pregnancy focused on many local and traditional foods, including, raw grass-fed milk, bone broths, butter made from grass-fed cream, lots of pastured eggs, fermented veggies, sprouted and freshly ground grains, and, of course, fermented cod liver oil. Grace has been a healthy, robust, talkative, bright baby since birth.



We have a beautiful vibrant Price baby to share with the journal. Elizabeth Pearl Hernes is the first child of chapter leaders Brandon LaGreca and Joy Hernes of East Troy, Wisconsin. She was born on September 7th, 2012 weighing almost eight pounds. Both mom and dad had been eating a traditional diet for several years and are thrilled with how healthy and good-natured their sweet little daughter is. Elizabeth is bright, precocious and smiles all the time. She took to breastfeeding naturally and was sleeping through the night within the first two months. Proud papa keeps pictures of her at his acupuncture clinic to show patients how proper diet allows for the full genetic expression, both physically and mentally, of all humankind.

Please send photos of healthy babies to Liz Pitfield at [liz@westonaprice.org](mailto:liz@westonaprice.org). Photos must be labeled with the baby's first and last name and accompanied by an email with text.

## Healthy Baby Gallery

Arabella Sage Palermo, born April 8, 2012, is the daughter of chapter leader Lydia Palermo (Santa Ynez Valley, California) and Scott Palermo. Mom and dad followed mostly WAPF for years before conception; during her morning sickness-free pregnancy, mom chugged pints of raw milk and ate raw egg yolks daily. Due to a devastating lack of breastmilk, Bella started WAPF raw milk formula at two weeks and has thrived, rising from the 7th percentile to the 95th in just six months! She has never been sick or vaccinated. The doctor says "Keep doing what you are doing!" Which we are—with the addition of desiccated liver to the formula at seven months, her daily sippy cup of "chicken juice" (chicken stock), salmon eggs, homemade raw yogurt and some meats and veggies cooked in stock. Thank you WAPF for our daughter's beautiful health!



Nathanael Randolph was born to WAPF parents John and Kristie Randolph in May of 2012 after a healthy pregnancy and delivery. Just like his big brother Cole, Nate has excellent health and is a joy to be around. We are so thankful to God for these gifts and to the WAP Foundation for helping us learn how to nourish our babies!

Arrow Walker Johansen, born March 22, 2012, is the brightest star in his family's universe. Mom, Naomi Marks, MD, consumed cod liver oil and x-factor butter oil, raw milk, bone broth soup, grass-fed meat, chicken liver paté and salmon roe during her pregnancy. Now, these are his favorite foods. He will eat as many fish eggs as you give him. That and sauerkraut juice are his most favorite foods. He loves virtually everybody and reaches out to the world in total joy.



# Local Chapters

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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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## CHAPTER RESOURCES

Resources for chapter leaders can be accessed at <http://www.westonaprice.org/local-chapters/chapter-resources>, including our trifold brochures in Word format, chapter handbook, and PowerPoint presentations.

## LOCAL CHAPTER LIST SERVE

Thank you to Suze Fisher, a chapter leader in Maine, for setting up a local chapter chat group. New chapter leaders can sign up at <http://groups.yahoo.com/group/wapfchapterleaders/>

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The Weston A. Price Foundation currently has 586 local chapters;  
 of that number 476 serve every state in the United States except Alaska,  
 the District of Columbia and Puerto Rico, and 110 serve 22 other countries.

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## PRIMAL PASTURES POT LUCK AND TOUR



Kathy Lynch, chapter leader for Temecula, California speaks about WAPF principles to a crowd of one hundred fifty people, who showed up for a potluck luncheon to introduce their free-range chicken farm to people seeking nourishing traditional food.

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Carlton Farms is certified organic and biodynamic. We offer pastured chicken, eggs and lamb, and wheat, rye, gourmet herb and flower salts. **Shipping available.** Contact (570) 396-0886, info@CarltonFarms.net. Visit us on Facebook or at CarltonFarms.net.

Fresh grass-fed raw milk, cream, butter, yogurt & cheese - veal, soy-free poultry, free range eggs, grass-fed beef and lamb. Frozen meats also available. We **will ship.** You are welcome to stop in or give us a call. Mark & MaryAnn Nolt (717) 776-3417.

Grass-fed organic raw milk and dairy food: 100% grass-finished beef and lamb, pastured pork, chicken and turkey, wild Alaskan salmon, fermented vegetables, raw honey, maple syrup and more. Long Island drop. Paradise Pastures, Paradise, PA (717) 687-8576.

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

Organically managed 100% grass-fed dairy from Jersey cows. Eggs from pastured chickens (soy free available) Grass-fed beef, pork, chicken & rabbit. Soap made with lard from pastured pork, fermented veggies, crispy nuts & raw honey. **We ship.** Pleasant Pastures (717) 768-3437.

Grass-fed lamb, pastured Tamworth pork & piglets, pastured chicken, honey, Sheep Camp, farm tours, Adopt-A-Sheep & more. Visit Owens Farm Sunbury, PA, www.owensfarm.com (570) 286-5309, info@owensfarm.com.

Raw dairy products from our no-grain, grass-fed Jersey cows. Milk, cream and cheeses: Cheddar, Colby, Swiss, Havarti, Gouda, Gruyère. Free-range, pasture-raised and organically-fed broilers. No added hormones or antibiotics. **We ship.** Shady Acres, Elizabethtown, PA (717) 361-1640.

Raw milk cheese from our grass-fed Jerseys, made on our family farm with Celtic sea salt. No-grain feed. Also grass-fed beef and pastured chickens, turkeys and eggs. All soy-free, no hormones or synthetics. On-farm sales. Wil-Ar Farm, Newville, PA (717) 776-6552.

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

## SD

Grass-fed free-range Black Angus, pigs, hair sheep, raw milk from Jersey cows, small grains. Internship & mentoring programs & Holistic Healing. Rosin Organics, Bill & Julie Rosin, Selby, SD (605) 649-7224 sdsavvygal@yahoo.com

## VA

Cow/Herd shares available, with Member in Local Kine (M.I.L.K.) Project in Fauquier County at Western View Farm, 2028 Laws Ford Rd., Catlett, VA 20119. For information call Martha Bender (540) 788-9663.

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 100% grass-fed beef & lamb, pastured pork & soy-free eggs. We have an on-farm store & buyers clubs throughout northern & central Virginia. Contact (540) 987-9559 or mtvfarm@gmail.com. www.mountvernonfarm.net & Facebook & Twitter.

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

Virginia Buyers Club. Certified organic grass-fed dairy products from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork & chicken. Fermented foods, Green Pasture Products, soaked & dried nuts & raw honey. **Will ship.** (717) 768-3437. Pleasant Pastures.

## CANADA, QC

Attracted to becoming part of an organic agri-diversified farm? We raise large animals & birds, vegetables, plus have a bakery & our own flour mills. Intentional community projects are in development, & are diversified. Interested? Contact www.fermemorgan.com.

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## CRAFTS

Beautiful crafts by local artists. Keep your gift-giving dollars in the USA. Alpaca blankets, socks and yarn; hand painted decorations, paintings by award-winning artist Megan Pisciotto Greene; handmade quilts. Exclusive source of Nourishing Traditions posters. Saturday farm tours. Store open Thurs-Sat 10-6 or by appointment. P.A. Bowen Farmstead, 15701 Doctor Bowen Road, Brandywine, MD. (301) 579-2727, [pabowenfarmstead.com](http://pabowenfarmstead.com).

## DVDS

DVD "Nourishing Our Children" recently launched a DVD that may be used for one's self-education or to present to an audience. You will learn how to nourish rather than merely feed your family. [nourishingourchildren.org/DVD-Wise.html](http://nourishingourchildren.org/DVD-Wise.html) **Free shipping!**

Share your passion for food with friends and family! The Diet for Human Beings affirms our human requirement for fats, with less emphasis on starchy carbs. "An Hour To Watch – 30 Days To Try – Your Life Will Never Be The Same" [www.ondietandhealth.com](http://www.ondietandhealth.com).

## EMPLOYMENT OPPORTUNITIES

Middle TN small farm is seeking an individual(s) to assist with spring/summer farming. Duties include helping with livestock operations, electric fence maintenance, gardening and other farm chores. Offering bedroom with bath and kitchen privileges. References required. Please call (931) 762-2847.

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

## HEALTHY FOOD PRODUCTS

**BEEF.** All natural grass-fed Texas Longhorn. Heat & serve beef shipped in 28oz cans, cases of 12. Buy direct save with 50lb. box grind. Halves cut & wrapped. Hot dogs. **Will ship.** Certified Texas Longhorn Beef, 35000 Muskrat, Barnesville, Ohio 43713 (740) 758-5050, [www.head2tail.com](http://www.head2tail.com).

**GRAIN-FREE GRANOLA** Crafted with a base of soaked & dehydrated organic sunflower seeds & baked with organic coconut, VT honey, Redmond Real salt, organic spices, & gluten free vanilla. Several flavors to choose from. **Will ship.** Online shop. [honestbody.com](http://honestbody.com) or email [orders@honestbody.com](mailto:orders@honestbody.com) or (802) 388-2448.

**KATALYST KOMBUCHA TEA**, using certified organic ingredients with Fair Trade teas in our raw kombucha. Available in 5 flavors Refreshing, energizing, delicious. Sold from Northeastern and Mid Atlantic States to Chicago Midwest area. Also **will ship** throughout the U.S. (413) 773-9700 or [info@katalystkombucha.com](mailto:info@katalystkombucha.com).

**LACTO-FERMENTED VEGETABLES**, cultured, 100% organic, by Immunitrition. Three delicious, raw blends – Garden, Sea & Sunshine. **Will ship** throughout USA via UPS. Available in 32 oz. jars or try our Cultured Veggie Taste Tester with bonus pumpkin oil & sea salt. (877) 773-9229, [www.culturednutrition.com](http://www.culturednutrition.com).

**LAMB** 100% grass-fed lamb. No hormones, antibiotics or chemical wormers used. Available by the whole or cut. **Will ship.** Call Ernest for a brochure or to place an order. (717) 776-3417.

**OLIVE OIL** - is not regulated. Chances are your oil is adulterated with soybean, canola or even hazelnut oil. Laconiko Olive oil is 100% pure, not rancid, no colors added. Bottled fresh when you order. Contact: (571) 208.8203 or [www.thepureolive.com](http://www.thepureolive.com).

If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny.

Thomas Jefferson

## HEALTHY FOOD PRODUCTS

**REAL PICKLES.** Lacto-fermented vegetables. Raw, certified organic & regionally grown. Pickles, sauerkraut, kimchi, ginger carrots, hot sauce, beets. **Will ship** within Northeast only. See website for store list & mail order info. Real Pickles, Greenfield, MA. (413) 774-2600. [www.realpickles.com](http://www.realpickles.com), [info@realpickles.com](mailto:info@realpickles.com).

**SALT** [www.earth-salt.com](http://www.earth-salt.com) Impeccably sourced, gourmet salts for the discerning. Salts for people, the farm, animals & gardens. Himalayan, Hawaiian, South Pacific, & our Spiritual blend. You & yours are worth the salt of the earth! [info@earth-salt.com](mailto:info@earth-salt.com). **Will ship** (888) 725-8386.

**SAUERKRAUT, RAW ORGANIC.** Fresh, Raw, & Alive! Gold Mine's Fresh Organic Sauerkraut is abundant in friendly, living micro-organisms, powerful aids to digestion & assimilation. Independent lab tests show 7.8 M CFU's of live lactobacillus & bifidobacterium species per gm! Aged in special ceramic crocks that allow the growth of friendly flora in a safe environment, Gold Mine's sauerkraut is, according to the most discriminating "kraut connoisseurs," absolutely delicious! Featured at the annual conference of the Weston A. Price Foundation 2004-2009. (800) 475-3663 or go to [www.goldminenaturalfoods.com](http://www.goldminenaturalfoods.com).

## HEALTHY PRODUCTS

Complete Pipeline Milking System for sale. Perfect for small raw milk dairy. In great condition and very clean. Call (402) 780-5287 for more details and pictures.

Grounding resources: products and info. Research shows grounding (a.k.a. "earthing") can help: reduce inflammation, normalize stress hormone levels, speed tissue repair, improve sleep patterns, and more. Simple, with powerful benefits. Check out the Project! Feel better! [www.thegroundingproject.com](http://www.thegroundingproject.com).

VitaClay® Smart Organic Multi-cooker. No lead, no aluminum, no chemicals. Makes perfect germinated rice, quinoa, savory stews, soups and nutritious bone broths or steamed fish or veggies. Plus Bonus low temperature yogurt maker! [www.VitaClayChef.com](http://www.VitaClayChef.com) Visit us online or call (888) 808-2015.

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## HEALING ARTS

Remote intuitive counseling and healings including needleless allergy elimination, reiki, pranic healing, and meridian balance/auric cleanse. Linda's unique talent includes past life trauma resolution and removal of interfering spirits. BenderHealing.com (800) 706-1354 Dr. Linda Bender MScD; Phd in Holistic Life Coaching.

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Historic Property: "St. Mary's Rectory", est. 1849, 5 acre farm w/ 2 story outbuilding, 6 stall barn, chicken coop + elegant 5 bedroom, 2 bath home w/nearly \$200k in upgrades. Close proximity to P.A. Bowen Farmstead & At Last Farm. Less than 30 miles from DC. MATT WHITE, COLDWELL BANKER, (202) 491-7777/547-3525. www.PRIMEpropertiesMD.com EHO.

## HOMES & LAND

FOR RENT Farm land & barn, approx 40 acres clear plus woodland with sugar bush. Must be organic, biodynamic preferred. Rent negotiable. NW Massachusetts. melodyhillfarm@gmail.com.

HOMES and LAND—Looking for a farm or homestead in Virginia? Work with a 30-year veteran and WAPF member, Keith Hartke. Call National Realty, (703) 860-4600, ext. 444 or email keith@nationalrealty.biz.

RENT all or part of a 190 acre farm in NW Massachusetts. Open land, woodland, sugar bush, sugar house, barn, pond. Rent negotiable. Must be organic, biodynamic preferred. melodyhillfarm@gmail.com

## INTENTIONAL COMMUNITY

Attracted to becoming part of an organic agri-diversified farm? We raise large animals, birds and vegetables, plus have a bakery and our own flour mills. Our intentional community projects are in development, and are diversified. Interested? Contact John through www.fermemorgan.com.

## INTERN/APPRENTICESHIPS

Vermont Farm seeks helpers for 2013. We integrate American Milking Devon cattle, pigs and chickens with growing and fermenting six tons of vegetables. Our grain-free cows support raw milk sales plus butter and cheese making. We focus on selling nutrient-dense foods while eating well ourselves! Learning opportunities include milking, biodynamics, natural livestock care. Positions available April to November, short and long-term. Cabins, food, laundry, Internet access and lots of education. Call Doug Flack, (802) 933-7752, Flack Family Farm, www.flackfamilyfarm.com.

## INVESTORS NEEDED

Launching the creation of WAPF-friendly food outlet for travelers (airports, rest stops, etc.) Seeking individuals with food or restaurant industry experience to assist in preparation of business plan. Looking for support in all domains, especially finance and operations. Retail experience helpful. All contributions of expertise are welcome. Please contact Katharine Spehar at kjspehar@gmail.com.

## TRAVEL/LODGING

California Wine Country retreat in Mendocino County. GAPS consults by certified practitioner, delicious GAPS/WAPF meals, time to relax in serene beauty. Private accommodations in straw bale home, sauna, hiking among the oaks and rolling hills, driving distance to the coast, wineries and state parks. Email carolhume@comcast.net or call (612) 849 7551 for details.

Crescent City, CA Vacation Rental located in the red wood forest on the Smith River. Enjoy 3 bedroom 3 bath lodge style home (sleeps 8) wood and gas fireplaces, peaceful decks. Can be supplied with WAPF food. www.VRBO.com/303216 (707) 218-5180.

EDUCATION/LODGING - McNutt FARM II SCHOOL, 6120 Cutler Lake Road, Blue Rock, Ohio, 43720. (740) 674-4555 We welcome you by reservation and deposit, on-farm lodging, over night, weekend or week. Private quarters/equipped kitchen. Livestock & pet lodging.

## TRAVEL/LODGING

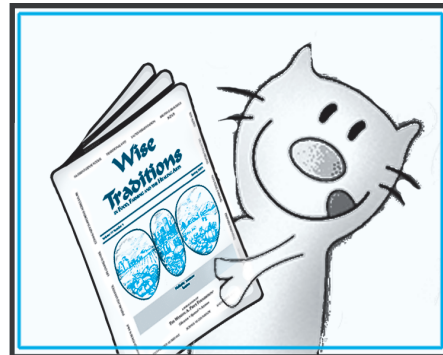
Experience natural farming and taste real food at its source! Our idyllic pasture-based farm raises beef, pork, lamb, poultry, eggs, small fruits and vegetables using sustainable methods. Elegant guest rooms with three course candlelight breakfasts or family friendly cottages with kitchens so you can collect fresh eggs and cook our meat and vegetables to create your own meals. Many clean food producers in our food-conscious community. Bucolic, peaceful retreat in a place that understands your family values! Walpole, NH. www.innatvalleyfarms.com.

Sunset Ridge VACATION HOME – Stocked with WAPF approved local foods! Enjoy the solitude in this 4+ BR, 3-bath, furnished luxury vacation home on Lewis & Clark Lake, Yankton SD. Sleeps 14. Spectacular lake view. Screened porch. DSS. Fireplace. Great for family, friends, business retreats or holiday parties. As you wish, can be stocked with WAPF approved locally produced organic foods: eggs, raw milk, beef, chicken, & vegetables. www.yanktonsunsetridge.com (605) 661-6726 retreat@yanktonsunsetridge.com.

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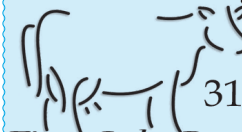
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Private Membership Association

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Green Pasture Blue Ice Products,

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Fermented vegetables and beef jerky,

Camel milk, yogurt, kefir and soap, Raw butter:

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Soy-free chicken, turkey, and duck. Soy free eggs

& bone broth Raw cow, goat and sheep cheese.

Whey/milk fed pork & veal, Grass-fed beef, lamb

& mutton, Vegetable/chicken pies & liver soup.

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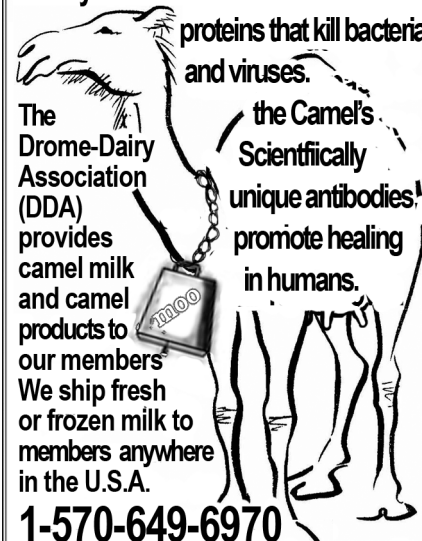
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Fermented: Beet Kvass, Sauerkraut, Dill Pickles, Red Beets, Cabbage Juice, Kombucha Tea & Mushrooms.

Soy-Free Chicken: Eggs, Whole Fryers or Parts, Chickens for Soup and Broth

Soy-Free Goat Meat: Steaks, Chops, Roasts, Ground Meat, Sausage, Organ Meats and Broth

Soy-Free Rabbit: Whole Rabbit

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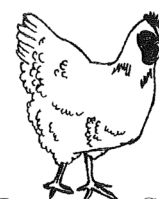
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Raw Milk  
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Grass-fed  
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Pasture  
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[www.PABowenFarmstead.com](http://www.PABowenFarmstead.com)

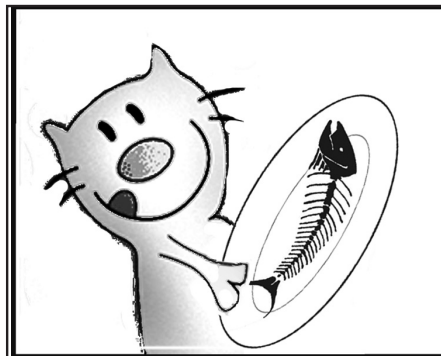
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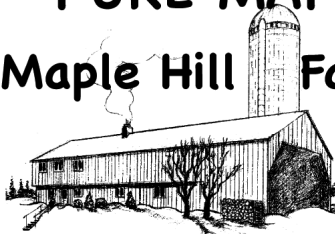
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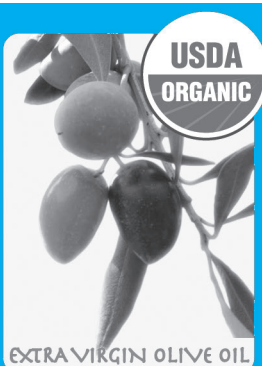
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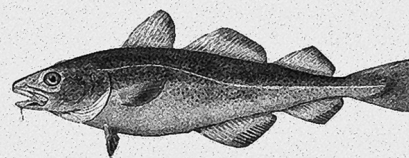
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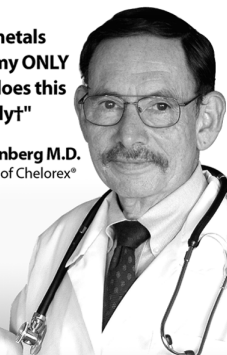
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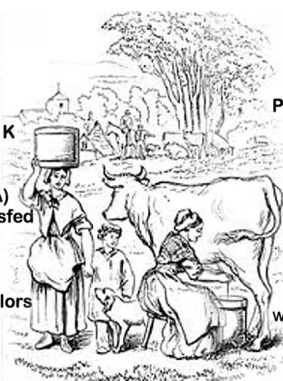
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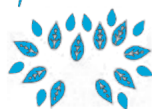
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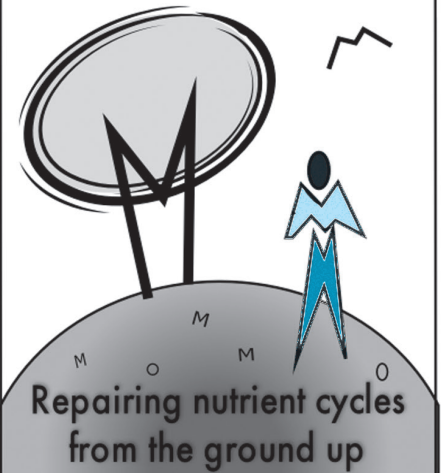
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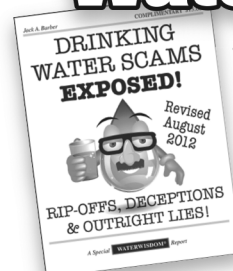


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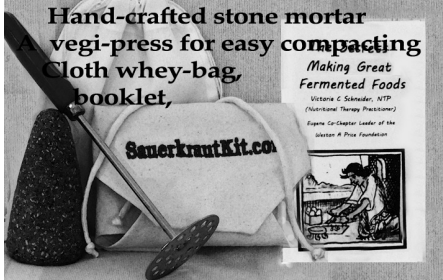
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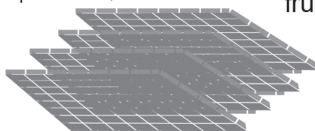
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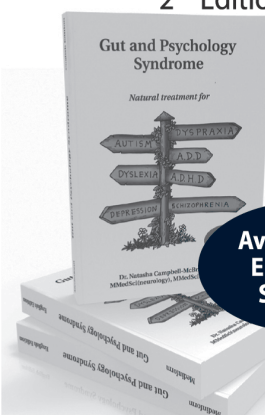
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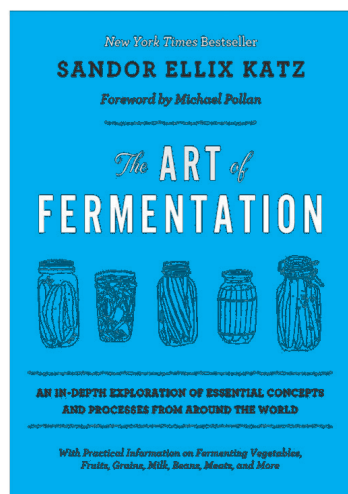


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### Fish That We Eat *Iqaluich Niginaqtuat*

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

The second manual, *Iqaluich Niginaqtuat, Fish That We Eat*, provides information regarding the traditional use of fish, their processing, recipes and eating enjoyment. It was compiled from the local traditional fish knowledge of northwest Alaska and was partially funded and placed on the web by the U.S. Fish and Wildlife Service.

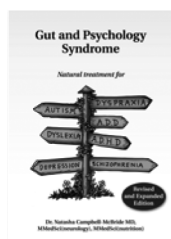
The third manual in this series will similarly detail the traditional Inupiat processing techniques and recipes for sea mammals.

Presently there is no funding to support this work. Any suggestions would be welcome. The web link to *Iqaluich Niginaqtuat, Fish That We Eat*, is below. The report is located under the U.S.F.W. Northwest AK section. From here you can read it and/or download and print it. It should be printed double-sided due to the length (341 pages), including 100+color photos, sketches.

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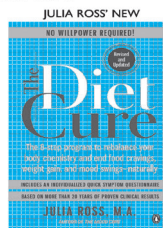
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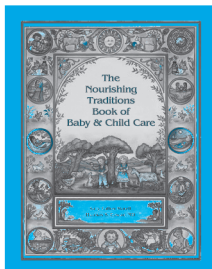
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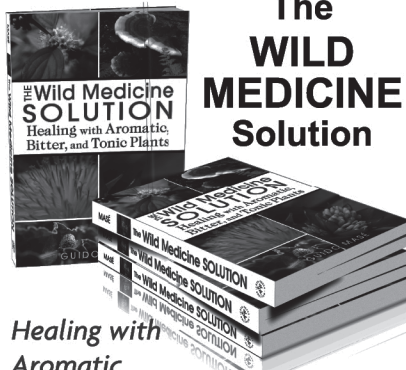
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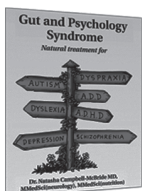
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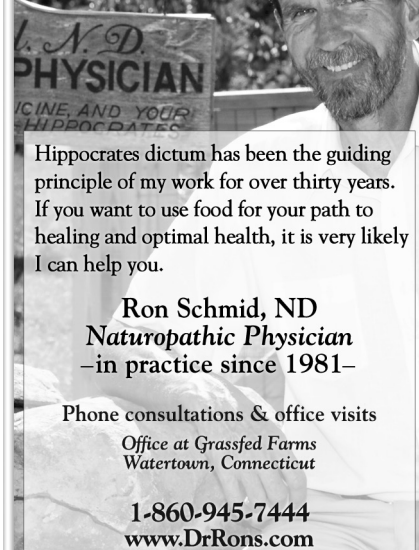
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