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# Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

A PUBLICATION OF THE WESTON A. PRICE FOUNDATION®



Education ♦ Research ♦ Activism  
westonaprice.org



Volume 24 Number 1

Spring 2023

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Spring 2023

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# THE WESTON A. PRICE FOUNDATION®


*Education ♦ Research ♦ Activism*

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

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

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

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

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



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# President's Message

Have any of you flown on an airplane lately and enjoyed not wearing a mask? And have any of you noticed how the Covid restrictions gradually faded away once the travel mask mandate was lifted?

The person responsible for this key ruling against the Centers for Disease Control (CDC) travel mask mandate was our own Leslie Manookian and her organization, the Health Freedom Defense Fund (HFDF).


The vaccination update in this journal provides more information on the lawsuit and what has followed—a torrent of lawsuits by HFDF and other groups, which are gradually dismantling the public health dictatorship that CDC and the World Health Organization (WHO) had planned to impose permanently on the Land of the Free.

Lawsuits are not cheap, and there is a lot of competition between various groups, some of whom claim credit for the historic travel mask win against the CDC. So, in this issue we are enclosing a contribution envelope for the HFDF (see page 80). We ask that everyone pitch in to support the HFDF in the important lawsuits it is currently pursuing; they welcome any size donation, small or large.

Leslie will give a presentation on the progress of her organization at Wise Traditions 2023. We have put together a fascinating group of speakers—plenty of new faces along with perennial favorites. See pages 11 for further information. Please note that we have kept conference prices the same this year. . . until the early bird deadline, which is July 21, 2023. We like to keep things affordable but also are providing an incentive to register early.

This issue features two of the most popular presentations of Wise Traditions 2022—Tom Cowan's talk on what really makes us sick and Andrew Kaufman's presentation on transcending the "plandemic" narrative. The silver lining of the past three years is that many people have done just that—had their eyes opened to the true agenda of the pharmaceutical industry and its "public health" partners.

One more accomplishment: WAPF has now posted the contents of our new booklet on the 11 Principles of the Wise Traditions diet. Please visit westonaprice.org and have a look. Much gratitude to Kathy Kramer for organizing this effort and to Sandrine Perez for her stellar graphics.

The WAPF staff is working hard to provide you with another great conference, and we look forward to seeing many of you there! Those of you who will be flying into Kansas City can look forward to enjoying a mask-free flight, with much gratitude to HFDF. 





# Letters



## OAT RECIPE

It is so good to see my oat article in the journal. I have since devised a recipe for sourdough oatcakes. They are delicious and I thought you might like to try them. You can find the recipe at [ancestralkitchen.com/2023/01/24/sourdough-oatcakes/](https://ancestralkitchen.com/2023/01/24/sourdough-oatcakes/).

Many thanks for all you do.

Alison Kay  
Pontassieve, Italy

## DISPROVING VIRUSES

In medical school, we were taught that viruses have some qualities of living things and some qualities of non-living things. This is absurd. Living things have a life force that makes them alive. That's the definition of "living."

In humans, it is the soul, which is rational and doesn't perish. With other creatures, they're either living (with a life force) or non-living, like a rock. A living thing can be a single-celled creature like an amoeba or a complex creature like a plant or a chicken or an elephant. They all have a life force that returns to the earth when they perish.

Non-living things have no self-activity in themselves. Yet, according to the medical establishment, viruses do things. They attach to a cell. They inject their genetic material and take over the machinery of the cell and then break forth to repeat the process on other cells. If they do things, they're "living." However, they have no physical structures that are the signs of a living thing. They are supposedly just a snippet of genetic material in a protein capsule. Even a simple amoeba or a bacterium has parts that serve functions, allowing it to do things, even simple things like

respire and take in nutrients and grow. They have things like a nucleus and mitochondria.

A virus has no real "parts" that give it any sign of being a living thing. There is no other such example in nature. Based on all this, they are both living and non-living, an absurdity. Therefore, they don't exist. Any such particles observed are something else, not what the "doctors" tell us.

Kenneth Gardner  
Colorado Springs, Colorado

## HEE HAW FOR HEALTH

We have one of the first and only donkey dairies in the United States, located near Luther, Oklahoma. We started milking donkeys for our daughter when she got an autoimmune disease after a case of strep throat, which attacked her brain. We were one of the few who got a correct diagnosis early. It's called PANDAS (pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections). The top doctors in the nation said their "best guess was antibiotics every day for the next thirteen years."

We stubbornly refused to accept this as the answer. We cried a lot, prayed a lot and cried some more. God ended up answering our prayers in an unlikely way, through an unlikely source. . . donkey milk. In other countries and throughout history, donkey milk is well known for its health benefits. Hippocrates was the first to prescribe it, and nuns even used donkeys as wet nurses for orphan babies, but in America it was practically unheard of, made even more difficult to find since the donkey gives only a few ounces of

milk a day, and only when there is a healthy baby donkey to share the milk with.

So we did what any desperate parents would do for their child: we bought donkeys. Our little herd began with three American mammoth donkeys. These critically endangered donkeys are the descendants of President George Washington's first imported French donkeys, royal gifts from the King of France. It was our first president's dream to create a breed of mule that would be strong enough to work this new land, and for this, he needed a large, strong breed of donkey to sire these mules. When the mule fell out of favor with the advent of the tractor, the need for mammoth donkeys declined, and so did their numbers.

We now provide our raw donkey milk for children and adults who need it for their health, and we were the first to import organic, cruelty-free donkey milk to the USA.

We fought an environmental battle in Oklahoma (regarding toxic biosolids and humanure on farmland) and took a bill to the Capitol in 2022, angering some powerful state representatives in the process. Coincidentally, not long after we had state and federal agents show up at our farm to investigate us based on an "anonymous" phone call and a call from the FDA. Shortly after that, the FDA seized our imported milk and held it for over seven months. We are still battling to bring it back to the USA for families that need it.

Our imported donkey milk is used in a world-renowned program at Southern California Allergy Institute, which helps children who are anaphylactic to



# Letters



foods and heals them from allergies.

We also have a nonprofit, Hee Haw for Health, at our Oklahoma Donkey Dairy, which hosts health events for families dealing with childhood chronic illness and neuro-inflammation. The next event is April 1, 2023. We'd love to have you!

We've had multiple news stories about our farm, and we've been featured in *Southern Living* and *Garden and Gun*. We'd be honored to be a small part of what you're doing to bring awareness to healthy foods and alternative wellness!

Sandra Traywick  
donkeymilkforheath.com  
heehawforhealth.com  
Luther, Oklahoma

## LINEN BED SHEETS

Last year someone wrote in *Wise Traditions* that flax linen bed sheets blocked radio frequency (RF). So, when my cotton sheets wore out recently, I bought an organic flax linen set from the same source that was recommended. Using a Gigahertz Solutions HF35C microwave analyzer and flip phone that was two and one-half feet away, I tested the sheets seven times, just like the person who recommended the sheets did. The sheets do not block RF. They did not even attenuate RF.

I can only assume that the person who promoted the sheets as blocking RF used a low-quality measuring device. Gigahertz Solutions makes professional quality meters—which aren't cheap. As an instructive example, search YouTube for my name plus Video Exposé. There you will see a video I did comparing Gigahertz Solu-

tions meters with a cheaper brand. The difference is extraordinary.

The cheap meter in my video is the same brand and model as the one used in the Arizona Department of Health Services' "smart" meter study. One of my colleagues in the "smart" meter battle met with the bureaucrat in charge beforehand and told her ADHS needed to get Gigahertz Solutions to ensure accuracy. She didn't listen, and measuring was instead subbed out to the Arizona Radiation Regulatory Agency, another bureaucracy which, among other things, measures industrial microwave exposures for safety (an example would be to ensure safety at a factory that uses microwaves to fuse rubber soles to shoes). The cheap, basically useless meter in the video is the meter ARRA uses day to day. So, instead of keeping Arizonans safe, they are putting lives at risk by using a cheap meter.

Unfortunately, my video exposé had no effect on any of the bureaucrats or any of the Arizona Corporation Commission commissioners who regulate "smart" meters. But the point here is, if accuracy in measuring microwaves is desired, don't cheap out.

Warren Woodward  
Sedona, Arizona

## GERIATRIC MOMS?

My friends and I have been discussing why American women are considered "geriatric" when they are expecting a baby at over thirty-five years of age. A WAPF-minded friend of mine was pregnant with her second at age thirty-nine, and it bothered her as she felt treated as though she were old, and they scared her with all kinds

of possible outcomes if she didn't do certain tests. Her baby is a beautiful, healthy Wise Traditions baby.

In Europe you are considered older and they test you more when you are over forty. Yet, we have friends who are in their forties and having babies that are born just fine. We have also joined a co-op where I see many women in their late thirties and early forties (maybe even older) having babies, too.

Is it our modern society that delays women becoming moms because of college and careers? Then she quickly has one baby, maybe two, because the woman is getting old and "needs" to go back to work? Or is it natural to have a baby as long as the mom is healthy, nourished, eating well—no matter the age? My friend told me that she saw or read about these Mexican women having babies still in their fifties. Did we lose the tradition of having babies even at an older age?

We are curious as some women are waking up now from their unnecessary careers and want to have babies but are scared of what the mainstream doctors might tell them.

Abigail Wagner  
Ashland, Ohio

*When a mother is not well-nourished or has had multiple babies too close together, it is true that older pregnancies are riskier—for example, more Down's syndrome children are born to older mothers—even Weston Price talked about this. But for moms following a Wise Traditions diet and spacing out their children, there should be no risk of having a baby at an older age.*





# Letters



## MACRONUTRIENTS

There are three macronutrients: fats, carbs and proteins. When assessing any diet, a red flag is where one of the three is demonized. Just because the establishment demonizes fats doesn't mean that blanket demonization of carbs is OK.

I would argue that the lowfat as well as no-carb diets are better described as eating disorders. We have now popular dieticians putting people on low- to no-carb diets after finding that it helps those on processed foods to treat diabetes and obesity, and then claiming that carb cravings that result are "food addiction." You may as well claim that you have oxygen addiction.

Phil Ridley  
London Chapter Leader  
London, U.K.

## SEKOMYX IS EVERYWHERE

PepsiCo, which owns Naked, settled a nine-million-dollar lawsuit over their claim that Naked drinks were all natural. They actually were found to have a bunch of nasty chemicals in them including formaldehyde (a neurotoxin, used to embalm dead bodies), fibersol-2 (a soluble GMO corn fiber that acts as a low-calorie bulking agent) and artificial ingredients like calcium pantothenate, which is synthetically produced from . . . yep, formaldehyde!

Get this: they never recalled the drinks off the shelves. They never reformulated. Wanna know what they did in compliance with the lawsuit? They removed the word "natural" from the label. It's still the same toxic concoction as before.

So many food brands today contain

Senomyx. This product was developed as a flavor enhancer. Like MSG, it is designed to get us addicted to certain "foods," which will siphon off lots of our money for their companies and otherwise further their agendas. It comes from cells of aborted babies. I found that Perrier flavored water contains it and even some of the foods in the WAPF 2023 Shopping Guide. "Natural Flavors" is where strange stuff gets hidden. Baby tissue is "natural." So is snake venom.

All the major food companies are owned by mega-corporations. It seems that they scout for small companies that have become trusted consumer favorites. Then they buy out the smaller companies and make unpublicized changes. A promising start-up like Bragg apple cider vinegar was recently sold to a mega-corporation, and it may be one or more of their products is now adulterated.

What to do? Build your meals from single ingredients rather than anything processed. And always evaluate the products, even those endorsed in the Shopping Guide.

Janice McLain  
Colorado Springs, Colorado

## SURVIVING A HOSPITAL VISIT

I want to thank everyone involved with your organization for putting out the most valuable, timely information during this time of weaponized medicine. I'm sending a special message of gratitude to Dr. Kaufman and Dr. Cowan. In particular it was Dr. Kaufman's instructions on how to handle ourselves if we needed to go to the hospital, which he shared during his recent conference

presentation, that helped me navigate the situation I found myself in.

I landed in my local hospital ER this past Saturday night with an excruciatingly painful abdominal hernia that needed repair. Though I have been managing this hernia for over ten years by being careful, recently things have been very fast-paced in my family life, and I neglected it.

Also, a hospital or medical setting was the last place I wanted to end up in. In recent weeks, I had been doing a lot of heavy lifting and just generally overexerted and stressed myself and my body.

I am home recovering. However, I want to let you and Dr. Kaufman know that I followed his instructions to a tee. I declined the PCR test and questioned everything they wanted to put in my body and every procedure. They told me in the ER that I would not be admitted because I was refusing the PCR test. I held my ground. They told me when admitted that I would not be able to go into the operating room if I didn't have the test. The surgeon said that I was the first in three years to refuse the PCR and that they did not know what to do with me. I kept telling them that I do not give informed consent to the PCR test and nothing more. I let them figure it out and did not acquiesce.

So by the end of Sunday, the doctor said their management had figured it out and they would rush me into the operating room without any special protocols (whatever that meant). They took me into surgery and when I opened my eyes the doctor said I could leave. They did not let me recover overnight but kicked me out like some sort of nuisance.



# Letters



As my friend from the New Jersey medical freedom community said, I hit the “Matrix of Ignorance” when I arrived in the hospital. I was questioning everything they were doing, every drug, every blood test. I refused all narcotic pain medications. I questioned the need for the IV and what was going into the IV. I allowed IV Tylenol and then a nausea medication after finding out what category of medications they were. I refused repeat blood work the next day. The doctor said my white blood cell count was high. I said after stress and intense pain from the injury, of course it would be high. And he agreed. They said I was being “difficult,” so they needed me out ASAP.

I am glad to be in my home, out of the matrix and recovering. Thank you for all you do and the amazing WAPF community of informed individuals.

Irina Hizgilov  
Tenafly, New Jersey

## CANNABIS-LACED BEVERAGES

Recently I was traveling home from the beach and stopped in my favorite health food store. I grabbed what I thought was a lemon-flavored sparkling water from a refrigerator case, only to discover after I got on the road that it was laced with CBD. Because I had a three-hour drive home and had to cross over the Bay Bridge, I was very alarmed. After unwittingly drinking half the can, I was concerned about impaired driving due to drug effects that the CBD could have. Only because I was bored at a stoplight and read the can more carefully, did the contents jump out at me.

I stopped at a gas station and forced myself to throw up all the contents of

my stomach. CBD can convert to THC in the stomach, and CBD is also known to have psychoactive effects. Industry players have complained at an FDA hearing that often CBD-laced products also have THC in them.

Most consumers do not know about the dangers of ingesting cannabis. Common driving impairments of cannabis are tunnel vision, confused time-and-distance judgment, panic and blackouts. Please do your research. Please be careful what you buy nowadays. It could cost you your life.

I did some digging and found that the product launched in November 2020. There are several flavors of these “Beckett’s non-alcoholic ready-to-drink cocktails.” I saw a special display of these beverages at the Reston, Virginia Total Wine store. The label mentions nothing about this being a cannabis-infused drink. The word “terpenes” and “botanically infused” are the only clues. I worked for Parents Opposed to Pot for nearly ten years, and this is the second time I have run into deceptively marketed cannabis at a retail store. This product is being sold at Costco, Walmart and Harris Teeter as well.

A press release on the product leads me to believe the company knows this is a drug and would produce some kind of intoxicating effect, yet I almost purchased it thinking it was a soda of some sort.

This product should not be on the market. What about the unsuspecting mom who serves this to her child, or the former pot addict who relapses after mistaking this for a soda? Or, the person on parole who fails a drug test?

The press release doesn’t even

mention cannabis, CBD or THC. The sparkling water can has the lemon artwork and no marijuana leaf pictured at all. Plus, the yellow type on white blends in and almost recedes into the background. I literally had to study the can to find it. It was a quick grab-and-go, and what a shock to drink this drug without knowing it!

Please protect consumers from this predatory industry. It seems they are out to addict people without their knowledge.

Kimberly Hartke  
Reston, Virginia

## FAKE AND REAL

We vote in fake elections. We consume fake news from fake media. We send our kids to fake schools where they get a fake education. We eat fake food and follow fake diets. We have fake pandemics based on fake science, follow fake protection measures from fake health experts who tell us to wear a fake protection device, take a fake test to see whether we are sick, and inject ourselves with fake vaccines to protect ourselves from a fake virus.

And to top this all off, we have doctors who will gladly make us into a fake man or a fake woman.

I think that sums up our current situation. We need the Weston A. Price Foundation more than ever. Nothing but what is real comes from your organization. I appreciate all you do, and it keeps my feet firmly placed on the earth and in reality. Thank you very much!

David Harris  
Kaysville, Utah

## REVISED PRICING

My article “Stepping out of the



# Letters

Box: Switching to Nutrient-dense Foods Saves Money” was published in *Wise Traditions* (Winter 2022). I want to update readers on the current costs of nutrient-dense foods. I recently looked back over the meal plan and compared costs since the totals were calculated seven months ago, in July 2022.

I expected all of the prices to increase over the last seven months, but I was shocked to find out that several real food grocery items had held their price or decreased in price. The food items that went down in price over the last seven months were olive oil, onions, cheddar cheese, organic potatoes, celery, raw apple cider vinegar, coconut oil and oatmeal. Brown rice and garlic were the only food items that remained the same price after seven months.

The food category with the biggest increase in price was the organic food category, but the processed food category was a close second. While those of us who cook from scratch have seen price increases in our whole foods, those foods are the same quantity and are not affected by shrinkflation. The processed foods have not only gone up in price but have shrunk in size, which forces families to buy more product, raising the total cost of meals. Below is a chart comparing the prices in July 2022 to the prices in February 2023.

The results were still the same

seven months later with the total for 100% processed food meals being higher than purchasing 50% organic ingredients and cooking those same meals from scratch. I hope this letter encourages everyone to keep cooking from scratch and realize not everything is rising with inflation. Whole foods still win!

Crystal La Brake  
Abundantly Blessed Homestead  
Tyndall, South Dakota

## MYSTERY VIRUS

In recent weeks there have been many hundreds of cases of dogs around Michigan reported to have a mystery “virus” that is claimed to have killed hundreds of dogs, with thousands more affected. This first prompted several county animal control departments to issue warnings. The spokespersons along with a couple of area vets were claiming they were “unvaccinated dogs” but many owners stated theirs were actually vaccinated. While they state most were younger, many claim their dogs up to age five are being hit. We have long heard that smaller and younger people (and those with weaker immune systems) can be more susceptible to wireless. Why would this not be true for animals as well? Having followed all related news and investigating what I could first-hand, I

will share what I found.

After much research and taking measurements of the RF radiation in the areas in question (both are saturated with sky-high levels in downtown residential areas). I found that the two main counties, where the cities Clare and Gaylord are located, now have C-band 5G, which was added in recent months. C Band was what made the news in early 2022 as many airlines were concerned about it affecting their systems. I have strongly suspected that there may soon be a new proclaimed “virus” in the north part of Michigan, especially areas near I-75 and 127, the main state highways. My prediction was that it would likely affect the animals first—we have already heard of many birds having new types of flu and such. Now there are young dogs being affected with a similar version of the “dog flu.”

Also, my dog was sick with those symptoms months ago, after I had stayed one night in a hotel while traveling down south in a metro area much larger than the one we live near. The morning that we departed my dog vomited and had bloody stools, which continued for three days. I took her to two different vets on emergency visits but neither could say what was wrong with my otherwise healthy, four-year-old Sheltie. Once back home I sought

### REVISED FOOD COSTS PER MONTH

	100% processed	Unprocessed non organic	Unprocessed 50% organic	Unprocessed 100% organic
July 2022	\$480.54	\$345.68	\$455.73	\$623.45
February 2023	\$520.39	\$347.54	\$469.77	\$673.48
Monthly difference	\$39.85	\$1.86	\$14.04	\$50.03



# Letters



out a more holistic vet for further testing but there was no definitive finding. She stated that my dog is likely sensitive to the new frequency band. I'm told that Shelties are supposed to be one of the more sensitive breeds.

Many TV networks and newspapers have now covered the dog problem, first locally in Michigan and in recent days nationally. The reports give us a conflicting narrative, which has switched back to blaming some strain of parvovirus—and all dogs must be vaxxed for safety. I have also followed comments from hundreds of people who posted on various Facebook pages for state departments and news media how in recent months their dogs were sick with the same symptoms. Many noted that their dogs were “fully vaxxed” and still had all the symptoms, which the media are not reporting accurately. Also, many stated their dogs recovered (as did mine), but this was not noted in the media. I suspect there are many thousands more who had the same scenarios. While the masses parrot the narrative from the media saying, “get your dogs vaxxed,” a handful on each forum seem to question whether the problem is environmental. Admittedly, most jump to food or water or even chemtrails before they mention invisible RF waves.

The various advocates and researchers with whom I have discussed this in recent days do agree there may be a link. Author of *The Invisible Rainbow*, Arthur Firstenberg, is one who is looking into it and will likely offer his thoughts in an upcoming newsletter. I believe it to be too much of a coincidence and even more suspect with the media releasing such conflicting

statements. It truly does seem like a rehash of the Covid fiasco, and I suspect the push for pets to be fully vaxxed is just getting started. It is hard for me not to speak out knowing what I know firsthand. My background is detailed on my site below. I was also previously the Michigan Outreach Director for We Are The Evidence, started by RFK Jr's lead counsel for the Children's Health Defense “5G Harms” division. I now offer services to investigate health effects for those affected by ER.

Rachel Cara (RC) Ross  
EMFInvestigator.com

## TONGUE TIE REVISITED

Just wanted to share our experience with tongue-tie after reading Merinda Teller's article on the subject (Fall 2022). The advice of our holistic pediatrician after the birth of our daughter was to wait on a frenotomy for her tongue-tie and observe whether initially there were any issues breastfeeding, and later, speaking. Neither was a problem, so we opted to avoid a tongue release.

However, as our daughter grew, her beautiful, wide palette narrowed. After consulting with a myofunctional therapist, it became clear that the frenulum was not allowing her tongue to raise naturally and apply any pressure to maintain palatal structure. We decided it was best to seek a tongue release, but because she was older, the procedure had to be done under general anesthesia.

In hindsight, a tongue release shortly after birth would have been the path of least resistance to maintain the epigenetic benefit of following a WAPF diet. We have had to resort to

orthodontic palatal expansion to undo the years when her tongue did not exert its influence on the architecture of the oral cavity. If parents wish to avoid a tongue release, I would advise them first to document the extent of the tongue-tie (our daughter's was the most pronounced type) and consult with a myofunctional therapist to ensure that palatal development is unimpeded.

Brandon LaGreca, LAc  
East Troy, Wisconsin

## ADOPTION

This may seem like a strange request but I have to ask. I am recently pregnant and for personal reasons will likely put my child up for adoption. I am very healthy and am taking great care of myself and this pregnancy. I want to identify a family whose values align with my own (WAPF way of eating, no vaccination, etc.)

If you have suggestions about agencies or otherwise, please send them to WAPF and they will forward them to me. [info@westonaprice.org](mailto:info@westonaprice.org).

Anonymous  


## FOR SCIENTISTS AND LAY READERS

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



# Caustic Commentary

Sally Fallon Morell takes on the Diet Dictocrats

## THE WARNER BROTHERS STUDIO CAFÉ

An alert member has found a 1941 menu from the Warner-Brothers Studio Café—a huge list of offerings crammed onto a single page. In addition to salads, sandwiches, french fries (that would be in tallow) and hot dogs (but, oddly, no hamburgers), the menu offers caviar, liver in several forms (paté de foie gras, goose liver, smoked liver sausage, chicken liver sandwich, chicken liver omelet), oysters raw and cooked in various ways, many varieties of omelet and lots of dishes featuring beef and lamb. Best of all, the menu offers “Certified Milk,” for twenty-five cents a glass. You could also order a glass of half and half! People really knew how to eat in those days!

## PLANT-BASED MEAT DECLINE

Demand for fake plant-based meat products produced by Beyond Meat and other companies has declined, leading to layoffs in the industry and the closing of production facilities. An article in the *Washington Post* (November 12, 2022) notes that rejection of the additive-laced products has occurred “despite mounting evidence that people should, for health and environmental reasons, reduce their consumption of beef, lamb, pork and poultry produced via traditional animal agriculture.” Seems like folks are not buying this story, and not buying the yucky products either. It also seems like these factories have real sanitation problems. A report published at [wnd.com](http://wnd.com) (November 22, 2022) notes flagrant disregard of sanitation procedures at fake meat plants, with mold found on containers and other items stacked or stored inside the factory, and listeria discovered in food products on several occasions. To top off the bad news for investors in fake meats, a recent Beyond Meat-sponsored Cambridge University study found that those eating two or more servings of plant-based meats per day for eight weeks had higher biomarkers of inflammation compared to those eating real meat (*Journal of Nutritional Science*, 23 September 2022). Said the researchers: “The results were contrary to our hypothesis, since we expected relative improvements in biomarkers of inflammation from the plant-based meats.”

## BEYOND DISGUSTING

A Nestle subsidiary called Garden Gourmet has developed a plant-based alternative to one of mankind’s most delectable

and nutritious foods: foie gras (*Food Navigator Europe*, December 6, 2022). The product—called Voie Gras—will join other recent product launches such as vegan shrimp (Vrimp) and vegan eggs (vEGGie). “With a nutritional profile [that] is better than traditional foie gras” and a more “attractive” price, the company is looking forward to “feedback on consumer perception of its new product.” Our prediction: the kind of people who consume foie gras would never touch a substitute, and the kind of people who never eat foie gras would still find the price too high. The name is clever but we can’t think of any population group that would pay good money for a paste made out of soybeans even when combined with miso paste, truffle oil and sea salt.

## MORE BEEF

Despite the relentless propaganda promoting plant-based diets as healthier and more eco-friendly, Americans are eating more beef these days, not less. Although U.S. consumption of beef fell from about eighty pounds per person per year in the 1970s to a low of fifty-four pounds in 2017, since then it has rebounded to almost sixty pounds in 2021. According to commentator Steve Cuzzo (*NY Post*, April 23, 2022), “The media-propelled notion that Americans have turned from red meat to fake meat is a case of Park Slope talking to Park Slope—elites hilariously out of touch with the masses.” In New York, steak houses are thriving while vegan restaurants. . . not so much. Turns out that meat consumption was much, much higher in medieval Europe. Tax records from Barcelona, a city of twenty-five thousand inhabitants, reveal that the citizens consumed almost seven million pounds of meat per year, or almost twelve ounces per day (medievalists.net)—mostly sheep, but also pork and beef. By comparison, in 2018, Spaniards consumed on average one-third of that.

## MOST TOXIC FOOD?

A recent newsletter from Dr. Joseph Mercola reveals that farmed salmon—a food we are supposed to eat instead of meat—is one of the most toxic foods in the world. A recent study found thirteen persistent organic pollutants in the fish. Polychlorinated biphenyl (BCP) concentrations were eight times higher in farmed salmon compared to wild. A 2011 study found that regular consumption of farmed salmon caused insulin resistance, glucose intolerance and obesity

# Caustic Commentary

in mice. Farmed salmon may also contain fire retardants called polybrominated diphenyl ethers (PBDEs), linked to infertility, birth defects, neurodevelopmental delays, reduced IQ, hormone disruption and cancer. Use of PBDEs was restricted in 2004, but they still persist in the food fed to salmon. It takes up to eight pounds of fish feed to produce a pound of farmed fish, and much of this comes from the polluted Baltic Sea, into which nine industrial countries dump their toxic waste. Pesticides and microplastics also find their way into the fish. And while wild salmon is a good source of omega-3 fatty acids, farmed fish is super high in omega-6 (childrenshealthdefense.org, February 2, 2022). Genetically engineered salmon became available to consumers in 2021 and promises to pose additional health risks.

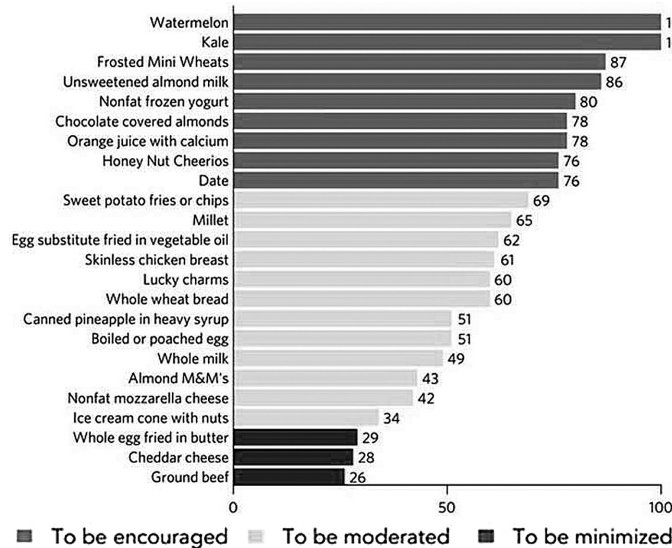
## THE GRAPHENE AGE

Graphene oxide (GO) is a compound of carbon, oxygen and hydrogen in variable ratios, which can be formed into ultra-thin layers about one nanometer thick. Graphene's high conductivity and flexibility make it the linchpin of 5G wireless technology, as it is a super absorber of microwaves. Graphene oxide transistors are in every 5G transmission device. The optimal signal multiplication frequency for graphene transistors is 26 GHz—the very frequency that the Federal Communications Commission (FCC) is currently auctioning off. (Wi-Fi microwave frequency bands range from 2.4 to 5 GHz.) Frequencies in the 5G range operate at more potent power densities than those in the 4G range. A recent paper in *Annals of Case Reports* by EMF researcher Dr. Lennart Hardell indicates that exposure to the high frequencies and power density of 5G results in a host of neurological symptoms such as tinnitus, fatigue, insomnia, emotional distress, skin disorders and blood pressure variability (<https://doi.org/10.29011/2574-7754.101112>). Moreover, the high energy consumed by 5G cells is discharged into the

air, exposing plants, animals and humans to unprecedented levels of electricity. But there's more. Researchers in both Spain and the U.K. have found graphene oxide in the Covid vaccines and have observed strange transistor-like structures in the blood of Covid-vaccinated individuals—raising the possibility that 5G frequencies can communicate with the graphene-oxide structures in the blood. Moreover, a 2020 study in *Talanta* found that graphene oxide nanoparticles showed “excellent selective sensing ability towards adrenaline and tyrosine” ([pubmed.ncbi.nlm.nih.gov/31514900/](https://pubmed.ncbi.nlm.nih.gov/31514900/)). Now, let's put this all together. Vaccinated athletes pumped up in an adrenaline rush, performing in stadium environments of intense Wi-Fi and other 5G frequencies, fall over with cardiac arrest. The last two years have seen over one thousand such deaths. Coincidence? We think not.

## MORE OF THE SAME

The U.S. Dietary Guidelines Committee is gearing up for new guidelines in 2025. Of course, they will be more of the same, advising Americans to limit saturated fat and salt by avoiding healthy foods like butter, whole milk, meat, cheese, charcuterie, soups and coconut oil. The guidelines do recommend whole grains but provide no information on how to prepare them to make them digestible; and suggest limiting “added sugars” to fifty grams per day—that's over three tablespoons!—with no advice on how to avoid irresistible sugar cravings on a lowfat diet. Recently, several papers have pointed out conflicts of interest among committee members.



In an April 2022 paper published in *Public Health Nutrition* (2022 Mar 21;1-28), the authors noted a total of more than seven hundred conflicts of interest in the 2020 Dietary Guidelines Advisory Committee, with more than 50 percent of committee members connected to thirty industry entities alone, the most notable being Kellogg, Abbott, Kraft, Mead Johnson, General Mills and Dannon. A December 2022

# Caustic Commentary

article in the same journal (25(12):3568-3582) notes that the Academy of Nutrition and Dietetics has strong ties to Nestlé, PepsiCo and pharmaceutical companies. Coca-Cola maintains close collaboration with the American Academy of Pediatrics (AAP), the Academy of Nutrition and Dietetics (AND), the Obesity Society (TOS) and the American Academy of Family Physicians (AAFP) (Cambridge University Press: December 1, 2022). Meanwhile, White House nutrition advisor and Tufts University professor Dariush Mozaffarian has published a “Food Compass” that ranks Honey Nut Cheerios as a healthy alternative to a boiled egg and Almond M&Ms as healthier than cheddar cheese or ground beef (see figure on page 10). This is the kind of nonsense you get when you put the government and corporate patsies in charge of telling us how to eat! Your life depends on not believing them.

## NOT A SHRED OF OMEGA-3

Fish oil capsules, said to provide omega-3 fatty acids, have been a hot commodity in recent years, but a class action lawsuit has revealed that many of these products contain no omega-3 fatty acids at all ([tinyurl.com/yckjhx7](http://tinyurl.com/yckjhx7)). The intense industrial process that extracts oil from fish by-products involves a process called trans-esterification, which transforms bioavailable omega-3 EPA and DHA in the form of triglycerides into the ethyl ester form. Ethyl esters must be processed in the liver, rather than separated into free fatty acids and absorbed through the gut lining. In the triglyceride form, the fragile omega-3 fatty acids are protected from breakdown into free radicals; not so in the ethyl ester form. Best to get your omega-3 fatty acids in the form nature intended—from fatty fish and naturally produced cod liver oil.

## NOT SO COOL

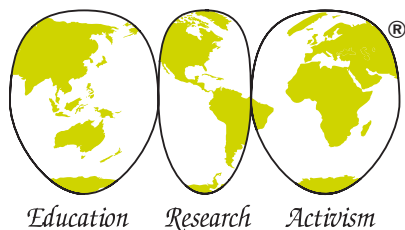
Three new studies indicate that smoking marijuana may not be so cool. Results of a 2021 study published in *JAMA Psychiatry* (2021 Jun 16;78(9):1-11) suggest that cannabis use during adolescence is associated with altered neurodevelopment, “particularly in cortices rich in cannabinoid 1 receptors and undergoing the greatest age-related thickness change in middle to late adolescence.” Analysis revealed that “thinning in right prefrontal cortices. . . was associated with attentional impulsiveness at follow-up.” Another study looked at the effects of maternal cannabis use on the fetus. Hair hormone analysis revealed increased cortisol levels in

children after birth, with greater anxiety, aggression and hyperactivity (*Proc Natl Acad Sci USA*.2021 Nov 23;118(47)). Finally, a study published in the journal *Addiction* (July 2022, 117(7):1857-1870) indicates that “acute effects of cannabis use on neurocognitive function have shown that cannabis intoxication leads to small to moderate deficits in several cognitive domains. These acute impairments accord with documented residual effects, suggesting that the detrimental effects of cannabis persist beyond acute intake.” In other words, the effects of smoking marijuana—including reduction of processing speed and attention—last long after that joint is finished, making driving by habitual marijuana users highly problematic. . . and dangerous for others on the road.

## BUGGED BY BUGS

According to the *Official Journal of the European Union* (January 3, 2023), the EU has given permission to add insects to baked goods, pasta and other semi-finished products “for the general population.” Although there is a lack of published knowledge about allergies and possible anaphylactic reactions, the EU Commission is of the opinion that there should be no specific labeling requirements about possible allergic reactions. However, those with allergies to crustaceans, molluscs and house dust mites are most likely to suffer from allergic reactions when also consuming products with added grasshoppers. It can also lead to new allergic reactions to the substrate used to feed the insects. You can detect the insect addition only if you read that the product contains “*Acheta domestica*.” This means that people have to find out for themselves that “*Acheta domestica*” is powdered grasshoppers, and have to check for themselves whether they might be allergic to it. The permit comes into force on 24 January 2023. The following products will soon be for sale with added grasshoppers: multigrain bread, multigrain rolls, biscuits, breadsticks, cereal bars, dry premixes for baked goods, cookies, dry filled and unfilled pasta products, sauces, processed potato products, dishes based on legumes and vegetables, pizza, whey powder products, meat analogues (vegetarian meat alternatives), soups and soup concentrates, soup powder, cornmeal-based snacks, beer-like beverages, chocolate products, nuts and oilseeds, snacks (except chips) and meat preparations. Looks like it soon might be difficult to avoid eating grasshopper products if you live in the European Union. ☺☺





# Wise Traditions 2023

TWENTY-THIRD ANNUAL INTERNATIONAL CONFERENCE OF THE

## WESTON A. PRICE FOUNDATION

### THE CONFERENCE THAT NOURISHES YOU IN EVERY WAY



**Friday, October 20 – Sunday, October 22**

Real Milk Celebration Dinner on October 19 & Farm Visit October 23

#### AMERICA'S PREMIER NUTRITION CONFERENCE

Life-Changing Lectures • Practical Classes

Cutting-Edge Nutrition • Traditional Nutrient-Dense Meals

Wise Kids Program • WAPF-Friendly Vendors • Networking

*For those interested in improving their health through food, farming & the healing arts.*

### CONFERENCE SPEAKERS

Hilary Boynton, founder of School of Lunch  
 Steve Campbell, of Tailor Made Cattle  
 Natasha Campbell-McBride, MD, PhD, Gut & Psychology Syndrome  
 Martha Carlin, founder of The BioCollective  
 Tom Cowan, MD, author of *The Contagion Myth*  
 Maureen Diaz, of God's Good Table  
 Corey Dunn, of ForNutrientsSake.com  
 Dawn Ewing, Internat'l Academy of Biological Dentistry & Medicine  
 Sally Fallon Morell, MA, author of *Nourishing Traditions*  
 Blanche Grube, DMD, founder of Huggins-Grube Dental Center  
 Anthony Jay, PhD, author of *Estrogenation*  
 Patrick Jones, founder of Homegrown Herbalist School of Botanical Medicine  
 Celeste Longacre, author of *Celeste's Garden Delights*  
 Leslie Manookian, MBA, MLC Hom, founder of Health Freedom Defense Fund  
 Alex Miller, of Lickskillet Farm

Christine Muldoon, of Nourish the Littles  
 Courtney Queen, chef and author of *Butter For All*  
 Ken Rohla, natural solutions to radiation, chemtrails, GMO, EMFs  
 Beverly Rubik, PhD, biophysicist, Institute for Frontier Science  
 Mary Ruddick, researcher and medical nutritionist  
 Bill & Christina Schindler, of Eat Like a Human  
 Pam Schoenfeld, RD, of Women and Family Nutrition  
 Leo Sharashkin, PhD, founder of Horizontal Hive  
 Raymond Silkman, DDS, holistic dentist  
 Jim Stephenson, "Vitamin D Deficiency" Deconstructing the Deception  
 William Trebing, author of *Goody-Bye Germ Theory*  
 Laura Villanti, of At Home with Wellness  
 Will Winter, DVM, expert on pastured livestock  
 Alec Zeck, of thewayfwr.com

### LOCATION AND ACCOMMODATION

The conference will be held in the Kansas City Convention Center.

The conference hotel is the Kansas City Marriott Downtown 200 West 12th Street, Kansas City, Missouri 64105.

Special conference room rate is \$199 per night (plus taxes and fees).

You may book online (details at [wisetraditions.org](http://wisetraditions.org)) or call (888) 236-2427 and mention the Wise Traditions conference.

#### One- and three-day passes. Exhibit hall and film open to the public.

Early Bird Discount • Monday Guided Farm Visit • Continuing Education Units • Volunteer Discounts • Children's Program

For more information, call (703) 820-3333 or visit [wisetraditions.org](http://wisetraditions.org)

### PRE-CONFERENCE AND POST-CONFERENCE ACTIVITIES

**THURSDAY, OCTOBER 19**  
 6:00 – 9:00 pm

**REAL MILK  
 CELEBRATION DINNER**

**MONDAY, OCTOBER 23**

**Will Winter DVM & Steve Campbell**  
 Professionally Guided Farm Visit

# WISE TRADITIONS 2023 REGISTRATION FORM

First Name

Last Name

Name for Badge

Organization/Affiliation

Check here if you are interested in donating food.

Address

This is my first Wise Traditions conference.

City

State

Zip Code

Country

Phone

Email

**NOTE:** Please fill out one form per adult. The registration packet with meal tickets will not be mailed but will be available at the registration desk at the conference.

**THREE DAY REGISTRATION** includes sessions and lunch each day, Friday dinner and Saturday banquet. **Please circle the price you are paying:**

	By July 21	After July 21	Age 20 & under
<input type="checkbox"/> Full registration with 5 meals (not breakfast)	\$440	\$490	\$250
<input type="checkbox"/> Full Registration No-Meal Option	\$340	\$390	\$150

**SINGLE DAY REGISTRATION** includes sessions and lunch (no dinner).

Pick day(s) attending:  Fri  Sat  Sun \$120/per day \$140/per day \$85/per day

Monday Guided Farm Visit 7 AM-6 PM (includes lunch) \$110

**EXTRA MEALS** – Thursday and Breakfast are NOT included in registration above.

- Thursday Real Milk Celebration Dinner \$60
- Farm-to-Consumer Fundraiser Breakfast: 1 day \$20:  Fri  Sat  Sun  \$55 three days
- Friday Dinner and Evening Sessions \$60
- Saturday Evening Awards Banquet \$75
- Lunch \$35/each Pick day(s):  Friday  Saturday  Sunday \$35

## DISCOUNTED ITEMS

Annual Membership: Renew or new with registration:  \$30 (regularly \$40/\$50)

Recordings with registration by Oct 18: \$126  Streaming OR

\$156 (regularly \$279) Select format:  USB  DVD-ROM

## CHAPTER LEADER DISCOUNT

\$50 discount for chapter leaders for three-day rate (not for the volunteer rate) -\$50

## CEUs FOR RNS & LACs

RN  LAC –  All 3 days \$65  or Friday \$25  Saturday \$25  Sunday \$25

Certificate of Attendance \$5 (for RD or nutritionist and anyone else)

## CHILDREN'S PROGRAM (For children 3-12 years old and potty trained.)

\_\_\_\_\_ @ \$250 per child for Friday - Sunday with conference meals except Saturday dinner is not the banquet.

\_\_\_\_\_ @ \$150 per child, includes no meals.

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

## PAYMENT

Registration amount: \_\_\_\_\_ Additions \_\_\_\_\_ **Total Due:** \$ \_\_\_\_\_

Credit Card  Check/Money Order (payable to WAPF)

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV Code \_\_\_\_\_

## CHAPTER LEADERS

I'm a chapter leader. (\$50 discount on 3-day)

I plan to attend the Chapter Leader Meeting

**Thursday, Oct. 19, 12:30-4:30 PM**

## How did you hear about the conference?

- WAPF journal  WAPF email
- Friend/colleague  WAPF flier
- WT podcast  Twitter or FB
- Web advertisement  WAPF website
- Print advertisement  Radio
- Another conference  Chapter
- Other, please specify \_\_\_\_\_

## HOTEL

MARRIOTT KNOXVILLE DOWNTOWN  
525 Henley Street, Knoxville, TN 37902  
(865) 522-2800 \* mention 'Wise Traditions'

HILTON KNOXVILLE HOTEL  
501 West Church Street, Knoxville, TN 37902  
(865) 523-2300 \* mention 'Wise Traditions'

## VOLUNTEER SPOTS &

**ROOM & RIDE SHARE:** see wisetraditions.org

## REGISTRATION & INFORMATION

1. **ONLINE** wisetraditions.org

2. **PHONE** (703) 820-3333

3. **EMAIL** info@westonaprize.org

4. **FAX** (571) 777-8932

5. **MAIL** WAPF Conference  
4200 Wisconsin Ave, NW; PMB 106-380  
Washington, DC 20016

## CANCELLATIONS

Requests for refunds must be submitted by October 2, 2022. No refunds after October 3. A \$50 processing fee will be charged.

## EXHIBITING

wisetraditions.org/exhibit  
Contact Paul Frank (240) 481-3755  
paul@ptfassociates.com

By submitting this form, I authorize Wise Traditions to charge the applicable registration fees. If you cannot attend, substitutions will be permitted at any time.

# Wise Traditions 2023

## Kansas City Schedule

### THURSDAY, OCTOBER 19

~SCHEDULE IS SUBJECT TO CHANGE~

**12:30-4:30** Chapter Leader Meeting with Lunch (For current chapter leaders)  
**6:00-9:00 PM** Real Milk Celebration Dinner (not included with conference registration)

### FRIDAY, OCTOBER 20

**7:15-8:45** Farm-to-Consumer Fundraiser Breakfast (add'l cost) **8:00-5:30** Exhibit Hall Open  
**7:30-8:30** Movement

**9:00-10:15** Corey Dunn: Fast Food the Wise Traditions Way  
 To be determined.  
 Natasha Campbell-McBride: GAPS Concept: What Causes All Disease, Part 1

10:15-11:00 *Break and Visit Exhibits*

**11:00-12:15** Bill Schindler: Nose-to-Tail Eating  
 Laura Villanti: Treating Parasites  
 Natasha Campbell-McBride: GAPS Concept: What Causes All Disease, Part 2

12:15-1:45 *Lunch and Visit Exhibits*

**1:45-3:00** Ken Rohla: EMF/Chemtrail Mitigation, Part 1  
 Sally Fallon Morell: A Campaign for Real Milk  
 Pam Schoenfeld: Vitamin A for Fertility

3:00-4:00 *Break and Visit Exhibits*

**4:00-5:15** Ken Rohla: EMF/Chemtrail Mitigation, Part 2  
 Blance Grube: Amalgams  
 Leo Sharashkin: Keeping Bees Naturally in Horizontal Hives

**6:00-7:30** *Dinner*

**7:30-9:00** Film: To be determined.  
 Talk William Trebing: Good Bye Germ Theory  
 Panel Ask The Practitioner Panel with Natasha Campbell-McBride, Tom Cowan and others  
 with moderator Sally Fallon Morell

### SATURDAY, OCTOBER 21

**7:15-8:45** Farm-to-Consumer Fundraiser Breakfast (add'l cost) **8:00-5:45** Exhibit Hall Open  
**7:30-8:30** Movement **7:30-8:15** Sponsor Presentation

**9:00-10:15** Sally Fallon Morell: Nourishing Traditional Diets Part 1  
 To be determined.  
 Martha Carlin: Probiotics  
 Anthony Jay: Living in the "Plasticene"

10:15-11:00 *Break and Visit Exhibits*

**11:00-12:15** Sally Fallon Morell: Nourishing Traditional Diets Part 2  
 Anthony Jay: Fluoride and Other Toxins  
 Patrick Jones: Herbs and Health  
 Alex Miller: Saving the Family Farm



# Wise Traditions 2023

## Kansas City Schedule

### SATURDAY, OCTOBER 21 (continued)

- 12:15-1:45      *Lunch and Visit Exhibits*
- 1:45-3:00**      Tom Cowan: Part 1  
Dawn Ewing: Meridians and Root Canals  
Mary Ruddick: In Dr. Price's Footsteps  
Jim Stephenson: Vitamin D
- 3:00-4:00      *Break and Visit Exhibits*
- 4:00-5:15**      Tom Cowan: Part 2  
Sally Fallon Morell: The Contagion Myth  
Raymond Silkman: Dental or Mental?  
Bill & Christina Schindler: Modern Stone Age Household
- 5:15-5:45      *Break and Visit Exhibits*
- 6:30-9:30**      **Awards Banquet Keynote:** To be determined.

### SUNDAY, OCTOBER 22

- |                  |   |                  |                      |
|------------------|---|------------------|----------------------|
| <b>7:15-8:45</b> | Farm-to-Consumer Fundraiser Breakfast (addt'l cost) | <b>8:00-1:30</b> | Exhibit Hall Open    |
| <b>7:30-8:30</b> | Movement  | <b>7:30-8:15</b> | Sponsor Presentation |
- 8:45-10:00**      Courtney Queen: Mastering Sourdough  
To be determined.  
Alex Zeck: Covid  
Isaac Chilton: Natural Movement Training
- 10:00-10:45      *Break and Visit Exhibits*
- 10:45-12:00**      Panel: A Wise Traditions Home with Sally Fallon Morell, Maureen Diaz, Christine Muldoon,  
Hilary Boynton  
Beverly Rubik: EMFs and How They Affect You  
To be determined.  
Ellen Brown: Banking
- 12:00-1:30      *Lunch and Visit Exhibits*
- 1:30-2:45**      Natasha Campbell-McBride: Vegetarianism Explained  
Leslie Manookian: Health Freedom  
James Kirkpatrick: Climate Change  
Celeste Longacre: Fermentation
- 3:00-4:00**      **Closing Ceremony:** Sally Fallon Morell with TBD

### MONDAY, OCTOBER 23

- 7:00 am-6:00 pm**      Will Winter and Steve Campbell: Professionally Guided Farm Visit

# What Does—and Doesn't— Make Us Sick

By Tom Cowan, MD

**W**hat makes us sick and what doesn't make us sick? To answer that question, our first step is to understand how we as human beings come to know something. There are two basic ways. First, we can have a sensory experience of something that tells us that this thing is real. We might study a particular tree in its habitat and see whether it produces fruit or observe what type of birds it attracts. Or we could study frogs and learn about where they live, what they eat and their interaction with the wider ecosystem.

But there are also things for which no sensory experience is possible, perhaps because they're too small to see. That doesn't mean they don't exist, but in this situation, we have to do something called "science"—meaning looking for and establishing the existence of things that we don't experience directly through our senses.

When we do science—and this is important—we have to make sure, during every single step of the process, that we haven’t altered the nature of the thing we’re studying, or even brought that thing into existence through our intervention. Analytical chemists understand this; they tell me that in their line of work (which amounts to finding things they cannot experience through their senses), they have to validate that their procedures—taking something out of its habitat and shining a light on it or adding chemicals—didn’t in fact actually create what they ended up with. Otherwise, they can’t know whether or not the thing actually exists. Stated another way, when researchers test cause and effect by changing an independent variable to see whether it has an effect on a dependent variable, they have to make sure, every step of the way, that they are measuring just the relationship between those two variables. This is the essence of the “scientific method.” When we don’t follow the true scientific method, we can end up in a world of illusions, delusions and make-believe.

What if there is no possible way to do an experiment? In that case, you are relying on something that is more like faith, and you should acknowledge that. You should state, “This is what I *believe* to be true and I’m going to dedicate myself to figuring out whether I can validate that it actually *is* true.” In other words, the goal is to go from “I believe” to “I know.”

#### AWOL VIRUSES

What is the agreed-on definition of a virus? A virus is described as a disease-causing microbe with a piece of either DNA or RNA in the middle surrounded by a protein coat, and is said to be self-replicating in a host. It gets into the host’s cells, makes more of itself and then causes disease by bursting open the cells.

According to the definition, the expected natural habitat of this organism is the lungs, the blood, the lymph nodes, the urine, the cerebrospinal fluid and so on. However—and there is no scientific disagreement on this important point whatsoever—there is not a single study in the published medical literature for the past one hundred years that reports finding such a particle in any biological fluid of any plant, animal or human being. This is true whether you’re

talking about the fluid from someone’s “herpes” lesion, or the lungs of someone with “Covid-19,” or the snot from a person with “measles,” or the blood of someone with “Ebola” or the lymph nodes of a person with “AIDS.” There is not one published study in the scientific/medical literature showing that someone found such a particle in any one of those bodily fluids—and nobody disagrees with that! This should make you suspicious. As Mark Twain once stated, “It ain’t what you don’t know that gets you into trouble. It’s what you know for sure that just ain’t so.”

WC Fields said, “If you can’t dazzle them with brilliance, baffle them with bullshit,” and I think he was talking about virology. Consider this: we now have over two hundred ten responses from various health departments around the world to the question, “Do you have any published study that shows that you directly isolated SARS-CoV-2 from any human being on the planet?”<sup>1</sup> (SARS-CoV-2 is the alleged virus, and Covid-19 is the disease alleged to be caused by the virus.) They all say the same thing: “We have no record of SARS-CoV-2 having been purified.” They’ve never found it, nor have they found any of the other pathogenic viruses. (We also have around forty or fifty similar responses pertaining to Ebola, Zika, HIV, measles and the like.)

Colleagues of mine have asked the authors of four of the most important papers written about SARS-CoV-2, some of which bafflingly have the word “isolation” in the title, “Did you isolate this virus in your study?” Their answer was not only “No” but also, “We didn’t even try to find it in any biological fluid of any person who was sick.” In the early days of virology, scientists did look, but they were never able to find such a particle using the very tool—the electron microscope—that should have allowed them to find it. After twenty years, they abandoned ship and said, “There’s nothing to this theory.” But then later, it got resurrected.

#### A BELIEF SYSTEM

Note that virology has methods and techniques to truly isolate a virus.<sup>2</sup> Using ultracentrifugation and something called a “sucrose density gradient,” virologists can separate a fluid

The goal is to go from “I believe” to “I know.”



sample into bands by molecular weight. Ultracentrifugation will spin viruses out into their own band, which virologists can then extract with a pipette and check for purity.

But they don't use these techniques! Instead, I'll give an example of what a virologist says if you ask, "Why do you think this virus exists? If you can't find it, why do you think it's in the lungs?" A virologist told me that someone would have to be "incredibly ill and shedding extremely large amounts of virus, and the fluid from their lungs would have to have a large amount of virus—and even then, it wouldn't be possible." In other words, "There's not enough virus to find."

Think about this. Your lungs are said to be the perfect culture medium—at the ideal temperature (thirty-seven degrees Celsius) for viruses to reproduce—and the lung environment is, therefore, supposedly teeming with viruses. After they reproduce, viruses reportedly kill millions and billions of cells, and that, we are told, is how they cause disease. Supposedly, there are twenty million copies of a virus in a single sneeze. But the virologist's answer is, "There's not enough to see."

Remember, a virus is described as incredibly tiny—something like one-thousandth of a pinhead or less—which means that when viruses explode, they are exploding perhaps

one hundredth of a pinhead of your lungs. Yet you could take out even a baseball-sized piece of your lungs, and while that might be called "having a bad day," you won't die. The body also isn't crazy enough to make an abnormal and excessive immune response to losing less than a pinhead size of the lungs. So, it is logical to ask, "If the virus is exploding the cells in a portion of your lungs that is the equivalent of less than a pinhead, how is it causing disease?"

There is a second reason virologists give for not using the tools at their disposal to isolate a virus. They say that the virus is an intracellular parasite organism, meaning it is only inside the cell and doesn't go outside the cell. But if that is the case, how does it get to the next person? This starts to strain credulity. Here's how that nutty conversation might go:

Q: "Why can't you catch the virus when it goes from one person to another person?"

A: "Well, it's not there for more than about six hours. We don't have enough money to pay someone to look every six hours to find the organism in the snot."

We asked one eminent virologist, "If you put ten thousand people together and collected all their sputum, would that be enough to find the virus?" His answer: "No, that's not enough."

#### POISONING, NOT PURIFICATION

There are something like ten thousand published papers that refer to the "isolation" of such-and-such a virus. Virologists will show you the title of these papers and say, "See, how can you say this isn't true?" But since they aren't using the proper steps, you have to know what they did instead. And you have to ask, did they rigorously validate every step of their process?

#### NO DEATHBED CONFESSION

How have virology's luminaries been able to claim they found a virus when we know they have never found one in any biological fluid? Let's consider Luc Montagnier, the prestigious virologist who won a Nobel Prize for discovering HIV. He died in 2022. Montagnier acknowledged that purification was a necessary step to prove the existence of a virus (or, in the case of HIV, a retrovirus) but admitted, "We did not purify."<sup>17</sup> The technician who performed his electron microscopy for twenty years even said, "It turns out we never saw a virus. All we saw was junk." But to his dying day, Montagnier never "fessed up" or acknowledged, "We don't have a real virus."

On what did Montagnier base his claim that he had found HIV? It's very simple:

- He took lymphocytes from the lymph nodes of a person said to have AIDS.
- He stimulated them to grow with a chemical called PHA (phytohaemagglutinin).
- When the lymphocytes grew, he assayed them for an enzyme called reverse transcriptase.
- When he found reverse transcriptase, he said that it proved the existence of a new retrovirus eventually called HIV.
- To "prove" that HIV was transmissible to other people, Montagnier took his PHA-stimulated lymphocyte culture and put it in a lymphocyte culture from a healthy person. When he found reverse transcriptase in that culture as well, that was the "proof" that HIV is a transmissible disease.

There was only one problem. Ten years previously, Robert Gallo had written a paper reporting reverse transcriptase in every single culture from anybody with lymphocytes stimulated with PHA. Both Gallo and Montagnier knew that his experiment had nothing to do with proving that there was a retrovirus or any kind of virus at all. Later, the scientist credited with discovering the reverse transcriptase enzyme, David Baltimore, also admitted as much.<sup>18</sup>

In 1954, a researcher named John Franklin Enders established the procedures that rejuvenated the then-languishing field of virology.<sup>3</sup> Here are Enders' basic steps:

1. Virologists take snot from somebody alleged to have a certain disease (such as measles or Covid-19).
2. Sometimes they centrifuge (not ultracentrifuge) or filter the mixture to get rid of cells, fungi and debris. That has become a sticking point because some people call this "purification." However, purifying the snot a little is not equivalent to purifying out a virus.
3. Next, they put the snot in a cell culture of green monkey kidney cells—cells that happen to be highly inbred and tend to break down easily.
4. Then they mix in antibiotics—and specifically antibiotics that are kidney-toxic (gentamicin and amphotericin)—and they take away the cell culture medium's nutrients. (This is the equivalent of being forced onto a standard American diet after thriving on a Wise Traditions diet.)
5. Next, they mix in fetal bovine serum, a product sucked out of the heart of a newborn calf.
6. Maintaining the cell culture at a steady temperature, they then watch what happens. In about five days, the cells break down—which is called a cytopathic effect (CPE)—and they call the CPE the "proof" that the virus exists and causes damage.

Understand that virologists consider this process—which inevitably generates cell breakdown—not "a" proof but "the" proof for the existence of all pathogenic viruses. You might reasonably ask, "How do you know the CPE is not due to starving the cells, or poisoning them with gentamicin and amphotericin, or using fetal bovine serum, or because of some other toxin in the sick person's snot?" Virologists' answer is that they do a "mock infection" as a control. However, if you go to the hundreds of papers I and my colleagues have read over the past two years, you will not find even one actual mock infection. In fact, it can't be done because the independent variable would necessarily need to be the very virus that they have not isolated. Often, the study authors don't even provide details, and if you try to obtain more information, you invariably learn that they did not conduct a properly controlled experiment.

Interestingly, Enders' procedures are also how pharmaceutical companies make viral vaccines.<sup>4</sup> For example, they take someone with measles and put their unpurified snot into a monkey kidney cell culture, add fetal bovine serum, gentamicin, and amphotericin, and then when the cells break down, they call that "isolation" of the measles virus. They put that goop into a vial—and that is called a "live" virus vaccine. They can also cycle the goop over and over in huge vats, removing some of the proteins, and that is an "attenuated" viral vaccine. But at no point did they ever demonstrate there is a virus in there. With mRNA and newer technologies, they are just putting different stuff—known and

unknown—in their vaccines. In short, vaccines are biotoxins, and they make people sick. How could biotoxins possibly *prevent* people from getting sick?

## THE LANKA EXPERIMENTS

There is one scientist, Stefan Lanka, who contracted with an independent professional lab to try to answer the question of whether the culturing process itself, rather than a pathogenic virus, might be causing the CPE.

The lab conducted four experiments. In the first, they cultured normal cells with a normal nutrient medium, adding only a small amount of antibiotics—and no snot from a sick person. Five days later, the cell growth was perfectly normal. The second experiment was the same as the first, but with the addition of 10 percent fetal bovine serum. Again, five days later there was no cell breakdown.

The third experiment replicated Enders' procedures, lowering the percentage of fetal bovine serum from 10 percent to 1 percent (that is, starving the cells) and tripling the amount of antibiotics. On day five, the characteristic CPE that "proves" the existence and pathogenicity of a virus was evident—except that Lanka had not added any fluid from a sick person or anything else that could have had a virus in it.

The fourth experiment repeated the third but with the addition of RNA from yeast. It so happens that monkey kidney cells don't like yeast any more than they like kidney-toxic antibiotics. Unsurprisingly, the fourth experiment produced the same CPE result—clearly showing that the CPE is the result of the culturing technique rather than any virus.

After they "prove" the existence of a virus using their cell culturing process, virologists "find" the genome of the virus using fragments of the RNA in the broken-down cell culture to create the assembled genome of the alleged virus. This is called "sequencing." What is important to understand is that this process generates a genome that is purely *theoretical* ("in silico"). As I explain in my booklet *Breaking the Spell*:

"This genome never exists in any person, and it never exists intact even in the culture

It turns out  
that the  
delusion is  
even bigger  
than  
viruses—  
we didn't  
just make  
up viruses,  
we made up  
diseases.

results; it exists only inside the computer, based on an alignment process that arranges these short pieces [of RNA] into an entire 'genome.'”<sup>5</sup>

In the case of SARS-CoV-2, sequencing software generated anywhere from three hundred forty-two thousand to one million different possibilities of how to arrange the fragments. A small group of scientists then decided which arrangement they liked—by “consensus”—and then, for every subsequent analysis, they put that first consensus-derived genome in and told the computer to make another one along the same lines. When they turn out a sequence that is a bit different from the original consensus-derived “genome,” that’s called a “variant.”

Note that all of this applies both to so-called “natural” viruses and to so-called lab-engineered “gain-of-function” viruses—which no more exist than any “natural” virus exists. So, here you have biologists in their hazmat suits, protecting themselves against a genome from a virus that exists only in a computer.

As for the PCR test, the whole premise of the test is also nonsense. You cannot say that a PCR sequence came from a thing you have not isolated. It makes no sense to even talk about “false-positives,” because the results are just plain false.

#### IDENTICAL PICTURES, DELUSIONAL THOUGHTS

At some point, people say to me, “But Tom, we’ve seen electron microscope pictures of SARS-CoV-2,” complete with “spikes” and something that looks like a “corona”! However, I have a picture from a kidney biopsy produced before the year 2000 (when there was no possibility that it was SARS-CoV-2) that looks just the same. In fact, I have eleven electron microscope pictures—labeled as kidney biopsies, lung biopsies or SARS-CoV-2—and there is no way to tell the difference between them. They are morphologically indistinguishable—they all look the same. In fact, the CDC has known since the 1970s that electron microscopy cannot tell the difference between a kidney biopsy, lung cancer, cellular debris, SARS-CoV-2 or any so-called pathogenic virus; it simply is not possible.

The cellular debris, by the way, comes from poisoning—whether from putting yeast, antibiotics or fetal bovine serum on a culture, or from EMFs, or from not eating a Wise Traditions diet. It can even be from “wonky” or delusional thinking. For example, I knew an anthroposophical doctor who spent his career giving AIDS drugs to so-called “HIV-positive” people because he believed in the delusional germ theory, and then, because of this belief, he took four Covid shots. Five days after the fourth one, he was dead. You could say he died from the shots, but I say he died because he spent his entire life believing in something that is completely make-believe.

#### AN EVEN BIGGER DELUSION

It turns out that the delusion is even bigger than viruses—we didn’t just make up viruses, we made up diseases. Consider what happens if you get a splinter in your finger. In medical school, I was taught that pus is a sign of infection, but actually, the pus is the body’s therapeutic response to the splinter; if you suppress the pus, you will never get the splinter out. We need to stop thinking of the body’s responses as “diseases”; they are the wisdom of the body coming through.

We can look at many other conditions—and the body’s wise therapies—in the same way. For example, if you put toxic junk in your lungs, the body will cough it up because it wants to get rid of dead, dying and poisoned tissue. In Wuhan, which has some of the worst air pollution in the world, bronchitis is the therapy for breathing air. It’s not a disease.

Or consider chickenpox, which might have something to do with malnutrition or a collagen deficiency or a toxic environment—but is also a normal maturation and cleansing process. If you come along and poison a child with a chickenpox vaccine so they cannot go through that cleansing process, they will instead have a life of asthma, allergies, eczema and all these other made-up terms that really mean you stopped the process of healing. It may look like you lessened the incidence of “chickenpox,” but by interfering with the cleansing process you have increased lots of chronic things, which never go away.

There are no vaccines that are exceptions to



that rule—they all poison you, and you end up worse. When you cannot go through the normal maturation and healing steps, you eventually may end up with cancer. You're depositing one poison after another throughout your life, and now you've got a garbage can of poisons otherwise known as a "tumor." What would you do if you kept being poisoned over and over, and someone prevented you from getting the poisons out? It's very simple: you would buy a garbage can and put the poison in there. But what happens if you keep putting in garbage, and it starts piling up in your basement, garage, kitchen and bedroom until you can't live? That's called "metastasis," and then you die.

#### WHAT ARE WE MADE OF?

To examine more deeply the question of what makes us sick, let's consider what we're made of. To start on safe ground, let's accept that we're made of a head, ears, eyes, mouth, chest, arms, fingers, legs, toes and a bunch of other things. Inside, we also have things like a heart, bones, blood vessels, nerves, a liver, kidneys and other things. As far as I can tell, older healing traditions like Chinese and Ayurvedic medicine also believe there is a heart and liver and spleen and all the rest of it. In fact, not only do they believe it, they put huge stock in the energy flow through those organs.

Now remember, there are two ways of knowing. In the first instance, you can observe, but if you can't observe, you have to do science—and you have to be sure that any science you do isn't affecting what you're seeing. And if it is, you have to control for that.

We're told that hepatocytes are the main functional cells of the liver, but we might ask, "How do we know that?" How many of us have actually seen hepatocytes in the liver of an intact living organism? Nobody. That may not mean they're not there, but it means we've got a question that requires further experimentation. We can take someone and anesthetize them (or at least some part of them), and stick a needle in, and suck out a piece of the liver, and stain it with toxic chemicals, and shine a high-powered light on it, and then say that what we see are the hepatocytes.

But how do we know that the process of anesthetizing (that is, poisoning) the person, removing the sample from a living organism and putting chemical stains on it didn't create the structures we're seeing?

For example, we know that bacteria, when stressed, will create a storage form called bacteriophages, and the same is true for other organisms like fungus spores. How do we know that stressing the liver by removing it from the living organism that nourishes it didn't create the appearance of the liver cells? I'm not necessarily saying that this proves there are no liver cells, but I'm saying you need to ask the question if you want to do real science.

My thinking on these matters owes a lot to thinkers like the British biologist Harold Hillman, who spent fifty years and thousands of pages asking these kinds of questions.<sup>6</sup> If you really want to understand biology, read Hillman. Another influence is Gilbert Ling, a brilliant Chinese-born American scientist who challenged the accepted view of the cell.<sup>7</sup>

Let's remember that in addition to sensory observations and science,

you may get to a point where you simply can't know something. Going back to virology, if you can't take the virus out of the sample that you inoculate, the best you might be able to say is, "We have no actual evidence that the virus exists. It doesn't mean it doesn't, but we have no evidence." How different would the world be if, in March 2020, they had announced: "We did some experiments, and we have some idea there might be a virus, but we can't really prove it, and all the experiments have shown it's not really there—but we think we should lock you down and make you wear a mask and starve you anyway." Of course, they don't say it like that. My point is that it may not be possible to prove the existence of those liver cells—or any cells.

What is also interesting is that of the approximately one hundred eighty-four different tissue types, we know that forty-four don't have any cells. Examples are the crystalline lens of the eye, and the bursae—sacs of fluid (colorfully described as "miniature water balloons") that facilitate the frictionless movement of the joints.<sup>8</sup> The absence of cells makes sense because this organized water tissue is much stronger and more coherent than if it were broken up into little cells.

Historically, what did Chinese and Ayurvedic medicine have to say about cells? Nothing. There is no mention of cells in either of those traditions. By the way, they never mentioned contagion or germ theory either. It was the German physician Rudolf Virchow who popularized the idea that we are made of cells. In the 1850s, Virchow wrote a book about cellular physiology essentially based on his dissection of an onion; he saw that it had compartments and from there he asserted that all living things were made of cells and that "all cells come from cells." Although many people initially thought he was nuts, somehow that became the cellular theory of biology and medicine, despite the theory never having been "proven" in any meaningful sense of the word.

#### RIBOSOME FAIRY TALES?

For the time being, let's assume that cells do exist in those one hundred forty or so human tissues. Then we can ask, what is a cell made of? In

addition to a cell membrane, standard textbooks show pictures with structures called organelles that include a nucleus, an endoplasmic reticulum, ribosomes, mitochondria, lysosomes, the Golgi apparatus and others (see Figure 1). This definition of a cell is the basis of all medicine and biology.

Now, let's consider the ribosomes. Cell biology tells us that ribosomes are the place where mRNA is translated into proteins, describing ribosomes as the cells' protein-making "factories" or "machinery." Ribosomes also happen to be an important part of the Covid story—remember, the official rationale for putting mRNA in the injections was so it could instruct the ribosomes to produce the SARS-CoV-2 spike protein.<sup>9</sup>

As an aside, if you say, "I'm going to make tires out of rubber," it would not be unusual to be asked, "How do you know that works?" Then you could describe the process, including the quantity of rubber needed to produce a set number of tires, and they could repeat the process to see whether they end up with the same number of tires from the same amount of rubber. Along these lines, you would expect there to be hundreds of studies showing that if you put "X" amount of mRNA into a human being, you get "Y" amount of spike protein. But do you know how many studies there are like that? Zero. Instead, we just heard, "We had to move at the speed of science,"<sup>10</sup> which really means "We made it up."

There is an interesting thing going on with the ribosomes, because we're talking about the place in a cell where the essence of you, biologically, is made. We are made of proteins. The creation of you, we're told, is in the ribosomes.

The question is, is there such a thing as a ribosome, or did they make it up?

One clue that there is something fishy going on is that no one can tell you how many ribosomes a cell contains, other than a vague "millions." However, we can do some basic arithmetic (which will be an approximation because we're mixing volume and linear measurement). We're told that a ribosome measures about twenty-five nanometers (0.025 micrometers)—and if we conservatively estimate that a mammalian cell has about four million ribosomes, then that would equal one hundred thousand micrometers. However, a typical mammalian cell is something like one hundred micrometers, and the cytoplasm (which contains the ribosomes)

is only 70 percent of the cell, meaning that its volume is seventy micrometers. Not only that, but the mitochondria—which are hundreds or thousands of times bigger than the putative ribosomes—are also in there. So, how does something that is one hundred thousand micrometers fit into a space that is seventy micrometers and also houses millions of mitochondria? Doesn't anybody study arithmetic?

A second clue that ribosomes are imaginary comes from electron micro-

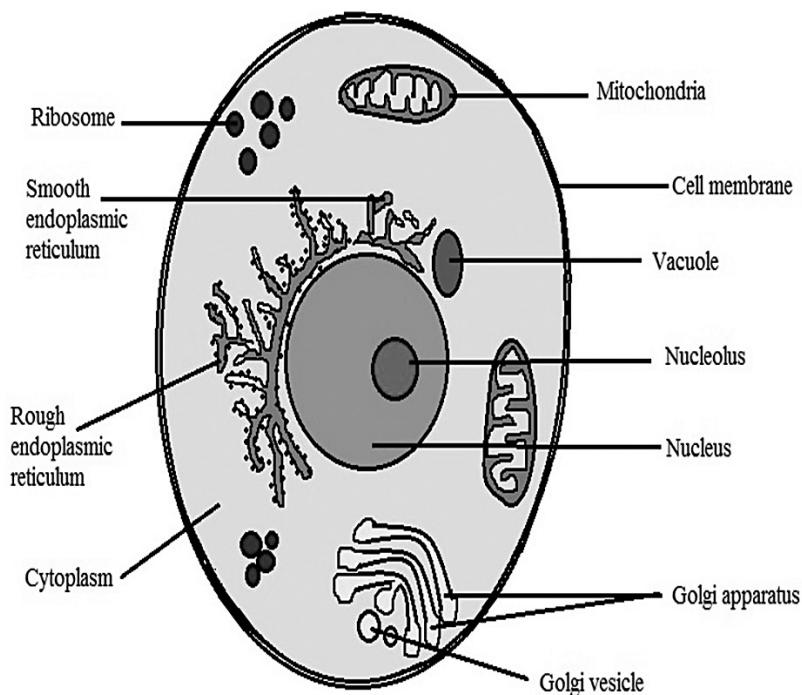


FIGURE 1. A standard (make-believe) cell diagram.

scope pictures, which always show the ribosome as a perfect circle. If it is a perfect circle on a two-dimensional picture, that means it had to have been a sphere in real life. Now think about how biologists obtain these pictures: they take some tissue, put it in a blender, grind and macerate it, freeze it to minus one hundred twenty degrees centigrade, stain it with heavy metals and shoot a high-energy electron beam at it to evaporate all the water from the tissue. How does a sphere that has been ground up in a blender, frozen, poisoned and had all its water evaporated end up—every single time—as a perfect circle? It is not possible for those circles to be real cellular structures. (This is a good time to remember WC Fields' quote about "baffling them with bullshit.")

Fortunately, Harold Hillman had the genius to take something that could not possibly have ribosomes in it and put it through the same process (staining and so forth), and he got the exact same pictures. It turns out that those are just typical images of dead and dying tissue (remember that pictures of "viruses" also come from stained tissue that

is dead and dying), and those perfect circles are gas bubbles—in which case, there are no ribosomes. And if there are no ribosomes, there is no place for the translation of RNA into protein to occur. And if that is the case, what the heck is going on, and how do we actually make the stuff that we're made of?

#### MORE CELL MAKE-BELIEVE

For another example, let's look at the cell component called the endoplasmic reticulum (ER). Textbooks describe the ER as “a netlike labyrinth of branching tubules and flattened sacs”<sup>11</sup> that serve as the cell's “transportation system.” The millions of ribosomes in a cell are said to line the surface of the “rough” part of the ER.

Why does the ER even have to be there? Before I answer that question, let's consider that the cytoplasm of a cell (which is the gel-like liquid inside a cell membrane but external to the nucleus) has a different pH level than the pH inside the cell nucleus—and that is a verifiable, measurable phenomenon. You can measure the two pH values one hundred times and they will never be the same. Why is the pH different? The reason can only be due to the cytoplasm and nucleus having different concentrations of hydrogen ions—because that is where pH comes from. And for the pH values to be different, there has to be an impenetrable barrier between the cytoplasm and nucleus, or some other mechanism that keeps the hydrogen ions from equilibrating across the two. If there were no mechanism, they would equilibrate and their pH would be the same—but it never is.

Now, we run into the conceptual problem of the mRNA. They say DNA makes mRNA in the nucleus; then, the mRNA exits the nucleus through pores in the nuclear membrane and heads to the imaginary ribosomes, where it is translated into protein. So, how does the mRNA get out without letting any hydrogen ions in to equilibrate? An mRNA molecule is at least thousands and maybe millions of times bigger than a hydrogen ion. Picture the problem this way: Something the size of an elephant can go out, but something the size of a mosquito can't get in.

Believe it or not, we're expected to believe that there is something like a whirligig that attaches to the mRNA (the “elephant”) and spins around like a conveyor belt and takes the mRNA to the other side of the cell. Meanwhile, no one has ever seen the whirligig. (“But it must be a whirligig, because how else did the elephant get out?”) But then you have to ask, how does it go round and round and not tangle up the “branching” components of the ER? If you picture them like ropes, wouldn't you have to untangle the ropes? (Didn't any scientist ever go on a merry-go-round?) Once again, Hillman provided a common-sense answer. He showed that when you take tissue and quickly freeze it, it makes fracture lines—and that's what we call the endoplasmic reticulum. The ER doesn't exist.

In short, using basic principles of geometry, mathematics and logic, you can go through the same process with every component of the cell. Nothing on a standard cell diagram—with the exception of the nucleus, the mitochondria and a thin cell wall—has ever been proven to exist. It's all make-believe.

#### OTHER THINGS THAT JUST AIN'T SO

In addition to the imaginary cell components, there are a lot of other things in science that, as Mark Twain put it, “we believe in but just ain't so.” Consider “Neurology 101.” A neurologist's explanation of how nerves work goes like this: We have nerves made up of nerve cells called “neurons”; they transmit electrical and chemical signals via “axons” that end in “synapses.” Something called the “presynaptic junction” releases chemical messengers called “neurotransmitters” (such as serotonin and dopamine), which swim across the junction and attach to “postsynaptic receptors,” where they “depolarize” the next neuron and start the next impulse—and so on, until the nerve ends at its destination and “fires.” But the process can't work like that; it's nonsense. This becomes immediately obvious if you ask someone to wiggle the tip of their right or left index finger as soon as they hear the word “right” or “left”; they do it virtually instantaneously, with no lag time for this hypothesized neurotransmitter journey.<sup>12</sup>

In addition, if you dissect a nerve, you never see a synapse. Now, you could have the problem of “maybe it's just too small to see,” but most things aren't too small to see with an electron microscope. If you hunt down a picture of what an anatomical synapse is supposed to look like, what you'll find are pictures of stained nerves. That's not a synapse—because there are no synapses. The nerve is continuous.

Think about how much in medicine is based on neurotransmitters and receptors (such as the famed “ACE2 receptors,” “opiate receptors,” “dopamine receptors,” or “serotonin receptors”). They even tell us that it is oxytocin, a hormone that “acts as a neurotransmitter,” that makes us love someone. It couldn't be because they're a nice person or they give you a backrub—no, it's the “love hormone” oxytocin.

Here is another example. How many of you have heard of the “blood-brain barrier” or believe there is such a barrier? We often hear about it from people opposed to vaccination, who say that vaccines make your blood-brain barrier “leaky.” The implication is that we're talking about an actual anatomical structure—a physical barrier that stretches out like a piece of cellophane along the border between the blood



vessels and your brain tissue so that nothing gets in or out—except vaccines. . . and except anesthetics because drug-makers “know how to get anesthetics through the blood-brain barrier.” Nonetheless, no one has ever proven the existence of such a barrier.

Just to be clear, I am not saying that there aren't substances that get into the brain in a different way than they get into the liver. The liver and the brain each have a different composition of water and lipids, so logically, some things will dissolve and get into the liver differently from how they get into the brain. But just because things get in the brain differently does not mean there is an anatomical barrier.

Finally, we can scrutinize the notion that DNA is the mechanism of heredity. The premise of genetics is that you have a stable fixed code that is the same in every cell of your body. That fixed, stable DNA makes proteins, and the proteins make you. But there are probably two hundred thousand different types of protein, and only twenty thousand genes or units that code for these proteins. We're told that one gene makes one protein, so how does that work? Where did the other one hundred eighty thousand proteins come from? The central dogma that one gene makes one protein cannot be true. So, how we are made can't have anything to do with DNA and, therefore, DNA cannot be the code for biological systems. In fact, DNA changes from minute to minute—Barbara McClintock proved this decades ago<sup>13</sup>—so there is no stable DNA. We do not have the same DNA in all the tissues and cells of our body. These things have been 100 percent disproven.

#### IT'S THE STRUCTURED WATER

The ribosomes, endoplasmic reticulum, synapses, neurotransmitters and blood-brain barrier represent just a partial list—and I do mean partial—of things of which I either doubt

the existence or suspect their function is different from what we have been told. If you are still wondering what we are made up of, the reality is more beautiful, simpler, easier to understand and more logical and rational. The real answer to what we're made of is structured water. Structured water, which creates free electrons, is the only possible explanation for how we're able to instantaneously wiggle our index finger when we hear the word “right” or left.”

Figure 2 is an image of a cell produced with dark-field microscopy, which is the most reliable technique for viewing live, unstained biological samples. In the image, you see a thin membrane (the outer coating); you see organized water (also called structured water, coherent water,

EZ water, the fourth phase of water or liquid crystalline water); you see little black dots in the structured water (the mitochondria) and you see a nucleus that is always circular or dome-shaped—and that's it.

Note that the mitochondria help structure our water by making ATP—which is not “energy” as we've been told. Think of structured water like jello. If you add water to gelatin proteins, nothing happens, but if you heat the mixture, the heat unfolds the proteins and you get water that gels. As for us, we have all these proteins, and the mitochondria make the ATP that unfolds them so that the proteins can interact with water and form gels. All gels create a negative charge and an electromagnetic field

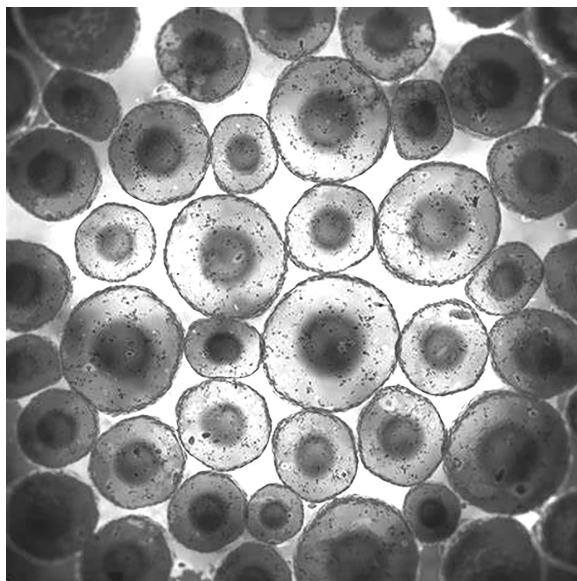


FIGURE 2. Dark-field microscope image of cells showing cell membrane, nucleus, mitochondria and structured water.

around them, which is the voltage—the energy—of life. To put it simply, we are living liquid crystals.

The dome in the middle (the nucleus) also has something sticking out that collects energy from the world. It may be DNA, but it is not a double helix—it's a spiral sticking out of the nucleus. The way it works is similar to a radio antenna. It “downloads” information coming in through “radio waves” that get picked up by the “antenna,” and out of that emerge proteins and life (or sound and song in the case of a radio). And this dynamic, tunable, responsive, liquid crystalline medium pervades the whole body—from the organs and tissues to the interior of every cell.

Note that in Genesis, before God created the Earth, plants or people, he created water and light energy. No one can enter the kingdom of God unless they are born of the water and the Spirit. The Spirit is the information field that comes in through our antenna. Every scriptural tradition says that all living things and the universe itself are made of water.

#### WHAT MAKES US SICK?

If we now circle back to “what doesn't make us sick,” we could sum-



marize the answer in one word: “viruses.” And if we ask, “What does make us sick?”, the answer is also straightforward. We get sick when we mess up our structured water. If we disturb the gels by putting “schmutz” in them—which could be aluminum, mercury, glyphosate, bad food, EMFs, or even negative emotions like anger, fear, shame or guilt—that will distort or dissolve the gels. If we do that in our eye, we get a distorted gel that has a film on it, and we call that a “cataract.” If we distort the bursa in our knee, so that the gels that are supposed to protect both sides of the knee start sticking together, then we have bone on bone and we call that “arthritis.” Public health officials create epidemics by pulling different manifestations of distorted water into a single diagnosis—such as AIDS or Covid-19—and when they are ready to make the epidemic go away, they separate them back out into twenty different diagnoses. It’s very clever—and it’s nothing new.

Without describing it as such, medicine does sometimes assess the coherence of your water to see if you are sick. For example, doctors use MRIs to diagnose cancer. What is the MRI measuring? It’s measuring the coherence of your water. When your water goes from a gel-like jello to a puddle-like liquid, it sends a different signal to the MRI.

Imagine you have a poison grape in your “jello.” Your body heats up the gel and you get a fever—that’s hyperthermia. The heat dissolves the gel and makes it runny, creating mucus that you can spit out or cough up, or creating something you can push out through your skin. That’s what we call “being sick.” It makes perfect sense. If you want to flush out the poison grape, all you have to do is clean your gels—which is what detoxification approaches like the Gerson diet and water fasting are all about—and clean up the field and you will heal. If you want to know why you are sick, think about how you are structuring your water, what you’re putting into your water, the quality of the water and the quality or composition of the field that you’re exposed to.

I’m not the first person to say that water creates life. Mae Wan-Ho, a past speaker at Weston A. Price Foundation conferences, wrote books about “the role of biological water in organising living processes.”<sup>14</sup> Marcel Vogel,<sup>15</sup> who knew more about crystals than any human being ever alive and who invented liquid crystal screens, discovered that he could use the energetic fields of quartz crystals to structure water.<sup>16</sup>

We are made of a living, evolving, changing crystal, which is why we are not made of quartz. One way of viewing Covid-related events is that people like Bill Gates are trying to make us be made of quartz,

not water. In some ways, that is what this is all about. As a fixed, perfect quartz crystal, they tell us, nothing will ever change and we can live forever. But that is not what I want. I want to change, grow, evolve and be a human being who has to be watered.

We’re swimming along with misconceptions in a make-believe world—and we have to get rid of this garbage. We can find a much better way once we explore and learn what we’re really made of and how it all works. Every reason we get sick has to do with a distortion of the field coming in.

Continuing with the radio analogy, you need to find the good signal instead of the distorted signal. The good signal is the sun, moon and the earth; good friends; your dog; community; clean, nutrient-dense food, clean water and clean air; good music; and love, safety and freedom. That is the field that you “download” into the gel to give it information to organize progressively into the more and more perfect crystal that is you. ☯☯

*Dr. Tom Cowan has been a leading voice speaking out against the mainstream medical narrative and coordinated agenda of masking, social distancing and coerced vaccination. His messages of health freedom and personal autonomy have resonated with millions of people around the world. Dr. Cowan challenges conventional medicine to explore health and wellness in holistic terms, seeking to provide a collaborative forum for the exchange of knowledge, products and practices that enable us to forge a new world together, governed by truth. He is the author of books that include Human Heart, Cosmic Heart; Cancer and the New Biology of Water; and The Contagion Myth.*

#### WATER PICTURES

Veda Austin, a “water researcher,” has dedicated many years to observing the life of water, which she describes as “fluid intelligence.”<sup>19</sup>

Veda has developed techniques for photographing water in its “state of creation.” This work explores whether, if she asks water a question, the water can take in and download the information and, given the right circumstances, make structures that essentially answer that question. And what she has found is that if she puts the water in a dish and freezes it, the water organizes its crystals and makes pictures.

For example, when she showed the dish of water a wedding invitation and said, “Water, show me the wedding invitation,” the frozen water created an amazing artistic depiction of a wedding ring. But my favorite example is when she said, “Water, what is falling down?” The water did not create anything as straightforward as an image of rain; instead, the water produced an image of “London Bridge is falling down.”

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“SAFE AND FREE” BY JUDE ROBERTS<sup>20</sup>

In the last two years, I’ve learned important things from my cat Pumpkin. One stormy evening, with coyotes howling in the distance, I walked with Pumpkin toward the greenhouse where he sleeps, but Pumpkin started heading for the woods instead. When I called him, he gave me a look that seemed to say, “There’s no point in being safe if I can’t be free.” My friend Jude Roberts understands this, too. His song “Safe and Free” reminds us what this is all about.

<p>I got up to go to work today, there was no work for me. Governor closed my shop, he say to keep me safe and free</p> <p>I’ve had my shop for twenty years, It feeds my family, And now we have to stay inside, To keep us safe and free To keep us safe and free</p> <p>Called my dear old mother, My mother said to me “Son, I miss you dearly, But you cannot come to tea”</p> <p>“The children miss you, Mamma, They’re healthy as can be.” “A hug could kill their Grandma, Keep them away from me. Keep me safe and free.”</p> <p>Giant tech and billionaires And pharmacology Spinning like a top to move The wheels of industry</p>	<p>Amazon and Walmart, The consumer pedigree, They can do their business, Because anyone can see They keep us safe and free</p> <p>Technocrats and robot gods And blind authority, Sell your soul and pray to them, They’ll keep you safe and free</p> <p>Biotech behemoths say They have a shot for me. I trust them with my body, And forgive them for their greed If it keeps me safe and free</p> <p>Keep us safe from terrorists, Keep us free from germs, Keep us from the danger Of the wisdom we have learned Until the books are burned</p> <p>Governor says to wear a mask I cannot disagree I cannot breathe or speak my mind, But at least I’m safe and free</p>	<p>I’ll wear my mask for you my friend, You wear your mask for me. Worried eyes and faceless fear Is all that we can see. Sure feel safe and free</p> <p>Keep us free from choices, Keep us stuck in blame, Keep us in a toxic state, Of poverty and shame While they run their game</p> <p>I’ll open up my shop today Even if they come for me. If I can’t feed my family, We’re neither safe nor free.</p> <p>I may not be a scientist, And I’m damn sure not a priest Ain’t a fool on God’s green Earth Can keep life safe for me. So better I live free.</p>
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# Transcending the Pandemic Narrative

By Andrew Kaufman, MD

**H**ow do we transcend the pandemic narrative and move into a new paradigm? To address that question, first I want to discuss the fallacies, manipulation and lies that this narrative has exposed us to, with a special focus on science and health. Then, I'd like to talk about how we figure out what is actually true and the steps we can take to become our own health authority.

Our society faces many false narratives, but I'm focusing on the realm of public health. False theories—germ theory and virus theory—have been manipulated to cause fear. In fact, fear is one of the primary drivers of this latest round of coercion and tyranny. You can see how the idea that an invisible particle can invade your body at any time and not only make you sick, but actually threaten your very existence, is a very scary proposition. Of course, this is not really what's going on, but the narrative leaves many of us dependent on the so-called *white-coated priests* of the allopathic system to come rescue us and bring us back to life, with no ability to control our own health.

Circular reasoning, which applies to many aspects of science and medicine, describes the entire field of virology.

## CIRCULAR REASONING

Understanding logical fallacies dates back to Aristotle. The main logical fallacy behind the virus lie is circular reasoning. We've all encountered circular reasoning in cocktail party discussions and family debates, but in this instance, it's being used for manipulation of the world population.

In his 2006 essay titled "What Is Circular Reasoning?" Dr. Robert Coleman wrote, "The fallacy of circular reasoning occurs when the conclusion of an argument is essentially the same as one of the premises in the argument."<sup>1</sup> In other words, your starting assumptions are the same as your conclusions, and there's no rigor in the process of bringing about novel conclusions.

A related form of circular reasoning is the logical fallacy "begging the question," the Latin term for which is *petitio principii*. For this, we can look back to James Welton, who in 1905 wrote in *A Manual of Logic, Volume Two*, "to beg the question is to attempt to support a claim with a premise that itself restates or presupposes the claim."<sup>2</sup> So, you start off with a claim and then restate it at the end: there's your circular argument.

Pseudoscience occurs when you give the appearance that you're using science but you're not. Circular reasoning, which applies to many aspects of science and medicine, describes the entire field of virology. Let's look at virus isolation. The starting premise is that a sick individual has a virus in their body. This is a presupposition without any proof or evidence to support it, but it is the starting point. The second premise is that viruses cause so-called cytopathic effects (CPEs) in a cell culture. Once again, there is no clear evidence that this is the case, but that is the starting point.

Let's say you take a sample from a patient and run it through the cell culture process, a process that includes putting additives in the culture. You do not perform any control experiments. When you then observe CPEs and interpret those results based on your original premise—which is that the CPEs are caused by a virus—that brings you back to your starting point. You haven't made any progress here; all you've done is restate your initial claim.

Now let's look at metagenomics—the use of computer sequencing to study genetic material. With metagenomic sequencing, also sometimes referred to as "*in silico* genome sequencing," you are starting with the same premise, namely, that viruses are present in the patient. A second premise (and this is very arbitrary) is that viruses have a genome of a certain length. When it comes to alleged "coronaviruses," they say it is thirty thousand base pairs. So, they are going to find something of that length, even though it is completely made up.

Once again, they take a sample from a patient where they assume there is a virus present. They further assume that it's an RNA virus. They don't look for DNA viruses at all; it's as if that is not even a possibility from their point of view. Then they take the RNA out, but there is no strand of RNA that represents the complete genome of an organism in their sample; all they have are little fragments of RNA, and the provenance or the origin of those fragments is unknown. But that doesn't stop them. They amplify those fragments using PCR,<sup>3</sup> which also compounds the problem; because of the way they're using PCR with overamplification, it creates new sequences that didn't exist in the original sample. Next, they sequence all those little, tiny strands and fragments of RNA that are one hundred fifty bases long or fewer. We're talking about pieces of one hundred fifty in length, when they say the whole genome is thirty thousand—so you can see it's a very tiny percentage.

When they did the sequence in the SARS-CoV-2 experiment, they found that they had over fifty-six million unique fragments. They do not know where any single one of those fifty-six million comes from. They use a computer and put those sequences into the computer as data. The computer puts these things together like a puzzle and makes over a million solutions. Although there is no way to know whether any of those solutions represents anything in reality—and I would say that they absolutely do not—they arbitrarily pick one of the million sequences that happens to match their premise that the genome is thirty thousand base pairs long. They take the longest one that the computer spits out and say, "This is the genome."



Once again, they've simply restated their starting premise that there is a virus in the sample and that there is a genome of thirty thousand base pairs. It doesn't matter that it was created out of thin air in a computer.

## CULTIVATING DISCERNMENT

Discernment is a very important skill that you must develop, particularly when it comes to assessing science. You have to understand how a given experiment is done and what it can—and can't—determine in order to see whether the conclusions drawn represent circular reasoning or true knowledge. One key aspect of the scientific method is that you have to have an independent variable—the thing you think is causing the phenomenon of interest (the dependent variable). If you hypothesize that rain is caused by kids playing on a swing set, you have to do a control experiment where you exclude that variable to make sure there's not something else in the experiment that is causing the rain.

Not every type of knowledge is amenable to the scientific method because it's not always about a cause-and-effect relationship. There are many things that are purely descriptive, such as the phenomenon of pleomorphism, where you can see microbial cells changing form. You can observe that carefully and describe it, and that is valuable knowledge. However, you have to be very careful that you're not influencing the behavior of the organisms you are observing; you want to be a passive observer, which can be challenging. [*Editor's note: See Dr. Tom Cowan's article in this issue for more discussion of this topic.*]

Any analytical methods that researchers use have to be validated, meaning the method does what researchers say it does. You have to do your due diligence. Someone was telling me about an external device that could tell the pH inside the cells and interstitium (the space between cells and tissues)—a type of electronic scan. I asked, "Has it been validated?" meaning "Has it been compared to a gold standard?" (In this case, the gold standard for measurement of pH involves putting a micropipette or microelectrode right into a cell.) If they didn't compare the technique against the gold standard to see whether the results match, you can just take that analytical

method and throw it right out the window and ignore it, because it's not valid. Note that none of the tests for infectious disease have been validated.

When you read a study, here are some questions you should ask: What was the experimental design? Did they have an independent variable? Did they have a control group? Did they have a large enough sample to determine the outcome? What was the outcome? Was the outcome a lab marker or an outcome like mortality? The details of the experiment are the only thing you can look at to determine whether the conclusions are valid. Be suspicious of studies based on animal models—and especially when the animals are genetically modified because that is not what's in nature.

You also have to be very careful with statistical analysis. For example, statistical analysis is how antidepressants came to be. We've all seen Bill Gates' favorite book, *How to Lie with Statistics*.<sup>4</sup> Realize that statistics give you probabilities, not certainties. If scientists stick with simple tests such as tests of proportion, t-tests and regressions, statistics can be very useful. However, you need to keep in mind that correlation does not prove causation.

Exercise discernment when you encounter logical fallacies. We need to learn to recognize these types of errors in logic. Once we can see through the false arguments, we don't have to get caught up in the details. In addition to circular reasoning, some of the other logical fallacies that come into play in false science include:

- The ad hominem fallacy, where someone avoids discussion of a topic by attacking the character or motives of the person making the argument instead. Examples: "He just wants to make money off you"; "He's associated with the Freemasons"; "He's controlled opposition."
- Appeals to authority, where claims are considered true merely because experts say so. Examples: "He's not even a virologist"; "The CDC director said it was true so it must be"; "One hundred years of medical experts can't be wrong."
- The burden-of-proof fallacy. If someone says, "Tell me the proof for your theory that viruses don't exist," I say "No, it's the other way around. You're the one who made a theory claiming that viruses do exist. I am disproving you, and you have to prove your claim."
- The straw man fallacy, where someone focuses on a different question instead of the argument in question. Examples: "If viruses aren't real, then how do you explain herpes?" "How do you explain chickenpox moving from one kid to another?"

The straw-man argument comes up a lot in discussions about viruses, but straw-man questions about specific *diseases* have nothing to do with whether *viruses* are real or not. You have to understand that asking about viruses is a separate argument from asking what makes us sick. If someone tells you a virus made them sick, ask, "How do you know that a virus caused it? Do you know how you would go about determining that? How do you think you would find the virus?" If you look at the last hundred years of medical research, almost all of the experiments about

the causes of disease were related to germs; the establishment accepted germs as the cause *a priori*, so they didn't feel the need to look for any other possible causes.

With viruses, you have to establish that viruses exist before you can even explore whether they cause anything. How do you test whether something (the independent variable) is the cause of something (the dependent variable), if you don't actually have the independent variable in hand? One of the reasons the virus narrative persists is because many people are not willing to rest in the place of not knowing all the answers.

## MANIPULATION VIA COMPUTER MODELS

Of course, there are many methods used to trick people into believing false ideas and premises, and one of those is computer models. As the discussion of sequencing indicated, computer models are a way to simulate any reality that you can imagine. I have experience doing this in the biotech industry with so-called "molecular modeling"—which uses computer simulation to represent and visualize a target protein's structure and behavior.<sup>5</sup> In my case, I was working on inhibitors of thrombin (a clotting factor in the blood); the goal was to develop new blood thinners.

Molecular modeling is very fancy; with stereoscopic glasses, you can see the molecule you are modeling in 3D, and you can do energy calculations and simulations. However, every time you do one of these procedures, you have to make a lot of assumptions. You have to put energy parameters, bond angle parameters and so on. How do you know that any of this represents reality? In drug design, there is some accountability because they have to design a molecule that in fact thins the blood. They can test it and ask, "Does it actually do that?" If it's just based on the model, they may find that it doesn't.

Over the last few years, we saw computer models deployed to generate fear. We all remember how Western leaders used UK epidemiologist Neil Ferguson's computer model predictions of tens or hundreds of millions of deaths to drum up fear and manipulate people. Computer models are also the basis of other fear narratives, such as the global warming narrative, where there are very limited data and no real evidence from nature. Scientists can put anything they want into these computer models and essentially create any outcome they desire by tweaking the models.

## WEAPONIZED COLLECTIVISM

Collectivism (the philosophy behind communism) should be a household word. Collectivism states that the safety and welfare of the collective—whether defined as your neighborhood block, your city or some abstract concept—supersedes the rights and interests of individuals. Essentially, the philosophy of collectivism stands in contrast to individualism, which is the foundation of the spirit of our nation.

Ordinarily, people tend to be oriented toward individualism. Under individualism, if I feel it's too risky to go out and I'm worried about getting sick, I will stay home. I won't take that risk unless I feel comfortable taking that risk. If I want to wear personal protective equipment to protect myself, I'll do that, but I'm not going to worry about anyone else. However, collectivism and the myth of contagion have become the basis for many

of the tyrannical policies we are seeing, giving rise to the idea that *you* need to wear a mask to protect *me* or to protect grandma. You can see that once we adopt the collectivist approach, our individual liberties quickly erode into nothing, forcing us to comply with whatever the leaders determine is best for the collective. This is how countries fall into totalitarianism.

Consider how this played out with "social distancing." Strategically, this policy tells people they have to remain at a minimum of six feet apart, which is almost precisely the length that our human biofields<sup>6</sup>—our electromagnetic and acoustic fields—extend out from our bodies.<sup>7</sup> That means that we can't get close enough to other people to have those fields interact and exchange information, which is what we need as humans. We are social creatures. We need to be in proximity with one another; we need physical touch, and we need to have bonds and communities. These policies are taking that away, rendering us something other than human.

Masks have been a horrible intervention, and it makes me slightly nauseated whenever I see someone wearing one. Obviously, it has the problem of blocking your ability to breathe, which is problematic in and of itself. In addition, it represents the initiation into this new slavery surveillance system, which is something into which I do not want to be initiated.

The so-called "vaccines" also fit into the collectivist paradigm, promoting the idea that you have to get this injection to protect *others*, not yourself. If it was just about protecting yourself, there would be no requirement—it would be your personal choice. Now, we have Pfizer executives admitting that the injections couldn't stop any "spread" or "transmission."<sup>8</sup> Of course, "transmission" doesn't exist anyway.

Note that becoming aware of the dangers of collectivism does not mean we should not be part of communities. As I said, it's our human nature to be social creatures and to cooperate and collaborate with each other—but we don't have to be ruled by a collectivist philosophy to do that.

## FALSE SCIENCE AND FALSE PREMISES

Now, I'd like to set aside philosophies and policies and delve further into false science.

I'm going to go through some hypotheses, ideas or proposals—they're often incorrectly called "theories"—and let you know which of these are false premises. Then I'm going to address what we actually know to be true.

First, the very idea that science is consensus-based—where everyone agrees—is anti-scientific. It's the complete opposite of what science is supposed to be. In science, you're always *supposed* to challenge the mainstream. If you can't prove something wrong, then it stands, but if you can prove it wrong, then you will not be held subject to false information and a false understanding. Scientific truth does not come from government agencies, and it doesn't come from academic scientists who are put on a pedestal. It comes from nature.

False premise number two is that disease

comes from a foreign invader and spreads from person to person. No experiment done to provide evidence for this claim has ever come up with any positive results whatsoever.

A third false premise is that health comes from a pill. There is no health condition that one could characterize as a deficiency of a man-made pharmaceutical. The medical establishment's own data published a couple of decades ago in the *Journal of the American Medical Association* (JAMA) show that at least one hundred fifty thousand people die every year from taking prescription drugs as prescribed.<sup>9</sup> That number does not even include vaccines or chemotherapy, or people who accidentally take too much or intentionally overdose; if you included those, you would probably triple the numbers. This is an accepted fact in mainstream

In science,  
you're  
always  
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challenge the  
mainstream.

#### COLLECTIVISM'S END GAME

In my opinion, health passports and digital IDs are the ultimate end goal of what we have been facing over the last few years. For example, the state of New York launched the Excelsior Pass as a digital record of Covid-19 vaccination status. So far, we've been fortunate that there hasn't been mass participation in these systems, and many of them are essentially defunct at this point. But globalists are waiting to reinitiate this technology.

The idea behind the health passport is that it wouldn't just have your information about this particular situation (such as your Covid vaccine status); it would have personal information about every infectious disease. You'd get tested for gonorrhea, hepatitis, syphilis and all these things and then that information would be on there. They would also do genetic testing, and maybe it would show that you have a mutation considered to be a risk for development of cancer or a neurologic disease. Based on that information, you would either have access to or be restricted from various goods and services. For example, if you had a gene deemed to predispose you toward cancer, then you might be prevented from buying processed food, alcohol or tobacco. You might say that could be a good thing—but doesn't it have to be an individual's choice whether he wants to improve his health or continue to poison himself?

This technology facilitates and provides a mechanism for collectivist policies—especially if it expands to contain a central bank digital currency (CBDC). Catherine Austin Fitts has been speaking about this topic.<sup>22</sup> A CBDC is the ultimate way to hold you accountable for any health decisions that you make. It can turn on and off your access to your funds and your ability to purchase goods and services—instantaneously. It could be used to restrict your access to virtually everything in society. It could be very difficult to work around, although we are likely to see black markets develop if this system comes to be. They are going to include social credit scores as well. According to a whistleblower from Silicon Valley, they already have all of this software running. Each of you has a social credit score already; they just have not revealed it to us.

Meanwhile, the Codex Alimentarius Commission established in the 1960s by the World Health Organization and the Food and Agriculture Organization has a horrible globalist agenda that directly works against the goals of organizations like the Weston A. Price Foundation.<sup>23</sup> If you look on the Codex website, superficially it sounds like they have good intentions, wanting to make sure that everyone has access to food and establishing standards to make sure food is healthy and safe. But that's not what it's really about at all. The agenda is about restricting your access to any food other than what the government wants you to have. For example, the policy behind testing backyard chickens for bird flu is to prevent people from raising their own livestock for food. When they use that false test to show a "positive" result, they have an excuse to kill all those chickens.

This agenda is also going after regular agriculture and even your ability to grow medicinal herbs. The intent is to make you completely dependent on the commerce system and the government to meet all of your basic needs, and to eliminate your ability to do that independently. Essentially, the goal is to put homesteads completely out of business. It has never been more important to do what the Weston A. Price Foundation has urged for over two decades, namely, support high-integrity farmers and local food systems.

medicine, but the knowledge has not permeated throughout society.

What is the fourth false premise? “It’s your bad genes or bad luck that made you sick.” That’s not true. Instead, it’s probably your own actions, though you may not be aware of it. I’m not saying you’re bad because you made yourself sick; what I’m saying is that if you made yourself sick, you also can make yourself well. But if you go with the “bad genes” or “bad luck” premise, that amounts to “We have no idea what causes this or that.” That leaves you helpless—there’s nothing you can do about it, other than go to the system and beg them for help.

The fifth false premise is that the body makes bad mistakes. We’re told that the body makes too little hormone or makes too much hormone, or that an organ like your appendix no longer works. “As scientists or doctors, we know better why your body doesn’t make enough, so we’re going to make a synthetic version and give it to you to fix your body because your body is broken.” But that’s simply not the way nature works. When your body makes less of a hormone, there’s a good reason for that. If you interfere with it, you’re going to perpetuate rather than ameliorate the problem.

False premise number six is that the body fails with age. We’re told that dementia is inevitable; that arthritis is just “wear and tear” from living; that wrinkles, cellulite, skin atrophy and loss of vitality are inevitable; and that you are destined to deteriorate over your lifespan. However, it’s not aging that causes those things.

It is the accumulation of toxicity over a lifetime—and you can take steps to prevent the body’s “failure.” Ideally, if you’re young and already in this condition, you can achieve major reversals. I think you’ve all seen images of seventy-five-year-old body builders and athletes and others who have taken on that task. We’re all capable of doing that.

A seventh false premise is, “If it’s not working properly, simply cut it out of the body.” This premise pushes people into unnecessary or harmful surgical procedures; after all, “insurance will cover it”! One of the most common operations is the removal of the gallbladder, called a cholecystectomy.<sup>10</sup> Does the notion that the gallbladder just stopped working and is “dead weight” and you need to get rid of it make any sense? Do you think nature works that way? I have worked with many individuals who had gallbladder surgery, and it didn’t stop the problem. In fact, it made things worse because now they’re missing part of the system that’s the solution to the problem that they were having.

Note that there is no regulatory agency that approves surgical procedures. We may criticize the Food and Drug Administration (FDA) as a captured agency, but at least in theory, they are supposed to determine that pharmaceuticals are safe and effective. For surgical procedures, there is no regulatory oversight at all. As a result, many surgical procedures either have no proof that they are beneficial, or there is actually proof that they’re *not* beneficial. Consider knee arthroscopies, one of the most common procedures done by orthopedists. They are very lucrative because the surgery is quick and easy to do right in the office; the patient doesn’t have to go to the hospital or lose a lot of time, and orthopedists can churn them out. Although placebo-controlled trials have shown that there is zero benefit, the procedure is still done. I guarantee that if any of you went to the local orthopedist right now and said that your knee was really hurting, they would offer you an arthroscopy.

The establishment’s false premise number eight is that natural remedies don’t work and are either silly or dangerous. This is fascinating because even in their own literature, there is a wealth of evidence that natural remedies *are* effective. I’ll give you an incredible example that I include in my detox course,<sup>11</sup> which is cilantro. Cilantro has amazing

#### TEN FALSE PREMISES OF SCIENCE AND MEDICINE

The events of the past several years highlighted at least ten false premises of science—and the terrible collectivist policies that flow from them. The ten false premises are as follows:

1. Science is consensus-based and everyone agrees.
2. Disease comes from a foreign invader and spreads from person to person.
3. Health comes from a pill.
4. It is “bad genes” or “bad luck” that make you sick.
5. The body makes bad mistakes.
6. The body fails with age.
7. If it’s not working properly, cut it out of the body or have surgery.
8. Natural remedies don’t work and are either silly or dangerous.
9. Detoxification is a joke.
10. Someone who is perfectly healthy can be a dangerous “asymptomatic carrier.”



properties and has been studied extensively in animals and in humans. For example, researchers poison lab animals with lead and other heavy metals to cause damage and then give cilantro; not only does it remove the metals, it reverses the damage. This is amazing. Why isn't every doctor using cilantro? It has also been shown to reduce seizures in epileptics, improve memory in dementia patients and improve cardiovascular outcomes—all from a little plant that anyone could grow on their windowsill.

False premise number nine is that detoxification is a joke. Admittedly, even in the natural health space there are many people who will exploit detoxification as a business model, giving you tons of supplements for detox. However, in my studies of natural healing outcomes over the last five years, whenever I see amazing results from some kind of protocol, it is almost always the result of some form of detoxification. This is an extremely powerful method to regain your health and allow the body to heal.

The last false premise, which originally entered into the collective consciousness during the AIDS era, is really a doozy. It is the notion of the “asymptomatic carrier.” The idea is that you can feel well and be perfectly healthy, yet if some invalid arbitrary test says you have something in your body that's bad, you are suddenly dangerous to society—even though you're perfectly healthy.

## WHAT WE KNOW

What are the truths that we actually know? How does this relate to science? And how do you navigate all of this information? It helps to keep in mind what Isaac Asimov said: “Science does not promise absolute truth, nor does it consider that such a thing necessarily exists. Science does not even promise that everything in the Universe is amenable to the scientific process.” In fact, it can be extremely difficult or even impossible to design scientific experiments to learn more about many things that we observe in nature.

We have to understand the limitations of our collective ability to understand the natural world. As Nicolaus Copernicus put it, “To know that we know what we know, and to know that we do not know what we do not know, that is true knowledge.” A chemistry professor I had in college stated the point like this: “You don't know what you know until you know what you don't know.” This is very important, because when you don't know things, but you assume them to be true, you can be led down many wrong paths—as many of us have experienced in our lives.

The first thing we know is that science is based on nature. “Belief,” “opinion,” “agreement” and “consensus” have nothing to do with science. The proof is in nature. If we hypothesize that rain is caused by children playing on their swing set, we can do an experiment to determine whether that is true or false using the scientific method.

The second and third things we know are that the body is a self-healing machine, and that everything needed for optimal health is available in nature. This is something that we all have observed in our lifetime, but we may not have generalized it to a property of our amazing bodies. If we have a laceration on our skin, we can watch how the body just repairs it, all on its own; we don't have to do one thing to make that happen. We haven't created any devices that can do that. What we think

of as “disease” (because we're uncomfortable) is really healing. That's really what our body is doing. This is a miracle of nature. We have to harness that miracle to achieve our optimal health and vitality. That's how our bodies were designed. We don't need man-made technologies or chemicals to achieve health. Sometimes those things may be beneficial, but they're not necessary because they are not part of nature. Nature has provided everything for us to achieve our optimal functioning and embodiment in this realm.

Fourth, we know that the law of cause and effect is very important. It's one of the seven hermetic principles (the foundation of the spiritual philosophy of Hermeticism) and is helpful for discernment in the areas of science and medicine. Simply stated, “Every cause has an effect, and every effect has a cause.” Importantly, a cause must precede the effect; it can't occur after the effect. Just knowing this law of temporality can help you debunk a lot of things.

A fifth thing we know—and this may surprise some of you—is that humans actually are capable of living one hundred twenty years or longer. I don't know whether that is the normal human lifespan, but there have been small clusters of populations all over the earth—you can even find information about this in old *New York Times* articles—where people lived to those ages. At present, we don't know what distinguishes those communities; what is the “fountain of youth,” if such a thing exists? But certainly, this is a goal that we can have as we learn to take better care of ourselves and realize that our true potential is not limited to eighty years.

Sixth, we know that man-made toxins and poisons cause many, if not all, chronic health conditions. For example, we know that asbestos exposure can cause mesothelioma, exposure to benzene can cause leukemia and sugar can cause dementia.

For number seven, we know that as individual men and women, we are capable of learning about and managing our own health. We do not need to be dependent on experts or others.

The eighth thing we know is that DNA is not the blueprint for all life functions. We don't really know what DNA is, but I believe we can

do scientific experiments to get closer and closer to understanding it. This is an area that could be fascinating to learn about. On one level, however, we can rely on simple mathematics. As Dr. Tom Cowan has pointed out, there aren't nearly enough genes to provide all the information to code the proteins in our body, so that information has to come from somewhere else. *[Editor's note: See article in this issue.]*

A ninth thing we know, even intuitively, is that humans have extrasensory abilities. We know that when someone is sneaking up on us from behind—even if the breeze is going the wrong way and we can't smell them and noise is interfering with our ability to hear them—we can still perceive their presence. This has been validated in experiments, including some done by Rupert Sheldrake, who is definitely worth looking into.<sup>12</sup>

Remote viewing gives us additional hints. Remote viewing is when you can be here and you can, in your mind, visualize what is going on somewhere else on Earth, no matter how far away it is.<sup>13,14</sup> The government actually had a secret remote viewing research program at Stanford University. After the program terminated and enough years had passed, some information about the program became publicly available through Freedom of Information Act (FOIA) requests. There are even courses where you can learn how to do remote viewing. As an example, the government used remote viewing to locate a fallen plane in Africa that was carrying top-secret information. They had an approximate hundred-mile radius of where the plane went down. In California, where the remote viewers were working, they put up maps. After the remote viewers sat around and used this technique, they pointed to a spot on the map. When soldiers went to that spot, there was the fallen plane.

We probably have other abilities not yet characterized—at least to my knowledge or to your knowledge—but we have much more potential than we realize. I think that the forces that have been leading the world stage have purposely blinded us to these abilities so that we are easier to control and manipulate.

## TAKING ACTION

One of my most important spiritual mentors, Neil Kramer,<sup>15</sup> says, “The pursuit of truth is your spiritual journey.” This is how we can start to look at health, biology and other broader issues in order to avoid being controlled and manipulated, and instead exert our own authority, autonomy and sovereignty in our lives and the lives of our families. My

overarching goals and ideals are truth, justice and, most importantly, action. Sitting around and talking about these ideas is good, but it's not good enough. We have to embody these principles and act; that's the way change will move in the right direction.

The most important action is to stop participating in the system. Stop consuming media from television and mainstream public health agencies. We also need to stop financing them. One way is to cancel your health insurance. That might be scary for some people because you can always envision a situation where you might need the hospital. For me, that situation would be if my finger detached from my body and I needed someone to reattach it, or if I break a bone and it's sticking out of my skin; those are the situations when I would consider going to the hospital.

Remember that if you end up in the hospital, you are still in control. Don't sign anything—especially anything financial—because when you guarantee to pay whatever they ask, that's how you end up in medical bankruptcy with ruined credit. If you say, “I'd be happy to sign as financial guarantor, but how much is it going to cost?” they'll say, “We have no idea.” It could be two hundred, five thousand or one hundred thousand dollars. How can you sign a document when you don't know what you're agreeing to? If you don't sign, they're still going to take care of you because if you have a bone sticking out of your body or your finger is in a jar, they are going to realize that it's not good public relations to turn you away. Stick with it; be brave and don't let them intimidate you.

This also goes for what they do while you're there. You might go in there and say, “I want a

## NINE THINGS WE KNOW

1. Science is based on nature.
2. The body is a self-healing machine.
3. Everything needed for optimal health is available in nature.
4. The law of cause and effect is important.
5. Humans are capable of living much longer.
6. Man-made toxins and poisons cause many, if not all, chronic health conditions.
7. We are capable of learning about and managing our own health.
8. DNA is not the blueprint for all life functions.
9. Humans have extrasensory abilities.

hand surgeon to reattach my finger, please.” And they’ll say, “How about a Covid test? How about a flu shot?” You say no and they say, “How about antibiotics?” You can say no to that, too. “How about food?” Are you going to eat their poison hospital food? You can say no. You do have to be vigilant. You might need an advocate there with you, because nurses might pop something in your IV without your knowledge. You have the right and you can put them on notice that if they do anything against your consent, they will be sued and reported to the relevant licensing authorities and government agencies. Don’t let them intimidate you.

We need to stop taking pharmaceuticals and vaccines. You might think that’s difficult, but it can be done. Once you get rid of those poisons, you can allow your body to heal properly and reverse the condition that you were suppressing with those drugs. While you’re at it, stop going for checkups, screenings and lab tests. These have never been proven to be of benefit; it’s the medical system’s way of getting you in to do more and spend more.

If we are going to exit the system, we have the responsibility to learn for ourselves what to do. This is really where I am gearing most of my current efforts. To take this on, you have to believe in yourself and your ability to understand your body and become healthy. This might seem like a monumental task to someone who is not a trained health professional—I know I have a little bit of an advantage here—but that is part of the treatment. If you can envision yourself returning to health and increasing your vitality, that will actually come to fruition, whereas if you envision yourself as destined to be miserable and sickly all your life, that will also come true.

Bolstered by belief and confidence in yourself, you need to learn about nutrition, detoxification, psychospiritual issues (such as trauma, addictions and toxic relationships) as well as existential issues such as being comfortable with death. Death is part of life—we cannot escape. On a practical level, you need to learn which medical supplies to keep in your home to handle issues that arise. You want to be able to say, “I can take of this here, and I have the supplies ready to go,” rather than “I need to go to the hospital or urgent care.”

Of course, you also need to start eating real food. For those already eating a Wise Traditions diet, I’m preaching to the choir. For others, it’s time to make that change and eat real food.

Another step is to engage in contemplation. This is time that you spend with yourself in silence and stillness. It could be time spent in prayer, in meditation or just in being. This gives you space for insights to develop and for connection with nature. It is a paramount step to be able to move forward and gain perspective and confidence.

Gratitude is also important. We need to think about what we are grateful for and express gratitude extensively. This can flip us out of pessimism and hopelessness.

Root cause analysis is key because understanding the root cause of your health problem tells you how to address it. Without understanding root causes, you will get it wrong every time. You also have to understand how the body heals itself and how to support those healing mechanisms.

If you’re overwhelmed with these steps, there are professionals who

can help you get started. Don’t be afraid to reach out to them, but make sure that you’re reaching out to someone who is committed to these ideals.

## SOME RESOURCES

I am engaged in several efforts to bring about a paradigm shift. First, I am trying to reach the public and provide some inspiration for looking into these issues. I do a lot of interviews and put out general information to the public. That is also why I collaborated with Marcy Cravat to make the documentary film *Terrain*,<sup>16</sup> which is very accessible, even to a mainstream audience. It’s not hardcore rabbit hole diving.

For people who are curious and want to learn more, I go deeper. I am curating information in a library form that people can access. This includes anything that I think is important for the historical record or for your understanding of health and disease. We’re adding things all the time.

I also have a platform where I bring in scientists and health professionals with valuable knowledge—people doing new science to uncover truths about nature and health—for educational webinars that will be archived in perpetuity. Figures who have given webinars include Gerald Pollack (an amazing pioneer when it comes to the role of water in biology),<sup>17</sup> John Stuart Reid (inventor of the Cymascope and innovator in transformational sound therapy),<sup>18</sup> holistic health practitioner and herbalist Amanda Vollmer,<sup>19</sup> and biofield tuning expert Eileen Day McKusick.<sup>20</sup>

I love to teach, so my biggest venture is a comprehensive curriculum I developed. I spent over a year working on the curriculum, which encompasses most of the natural healing topics that are important to learn about, including detoxification. This is a way that people can acquire knowledge and take charge of their own health issues. I am also breaking this down into a series of workshops on topics like water and heavy metal detoxification.

In addition, I’m mentoring the next generation of physicians who are leaving allopathic medicine and going into true medicine. For example, Dr. Grayson Dart came to me fresh out of his family medicine residency and enthusiastically mastered this material.<sup>21</sup> In addition,

I am taking on and supervising health coaches, who do an apprenticeship with me for a year, participating in all of our protocols and meetings, and then go out on their own.


Finally, I am trying to conduct some original research. For example, I'm working on a clinical trial of structured water versus unstructured water and water fasting. Looking at those outcomes, I am planning to do chemical analysis of bodily secretions during illness to see if we find certain toxins associated with certain diseases. I am trying to collaborate with Dr. Pollack on testing various substances to look at their effect on exclusion zone (EZ) water. Poisonous substances and pharmaceuticals have been found to shrink the exclusion zone—in other words, they denature our water. For example, the local anesthetic lidocaine does this, which is probably why the nerves can't function to detect pain.

#### AS ABOVE, SO BELOW

I believe that the hermetic law of correspondence—"as above, so below"—is the principle that is going to lead to this grand paradigm shift from a tyrannical surveillance health system that poisons people to one based on nature, autonomy, true health and vitality. What this principle means is that when we each take individual action in our own domains, affecting ourselves and our family, it doesn't stop there. The summation of all those individual efforts is reflected through the holographic mirror into the larger society. Once this change is ignited, it will sweep the rest of the way forward.

Some of us wish we could convince loved ones that they can get better by stepping away from the mainstream medical system, but it's not our decision—it's their decision. I mentioned Neil Kramer earlier; as he puts it, "Gotta let them live; gotta let them die." You can let them know that you're a resource and share your own out-of-the-box successes; if they want to know more, they will come to you.

What we need to understand is that we don't need to go out and convince everybody. We need to take action in our own life. When others observe what is happening, it will spread and have the amazing effect that we all desire. Taking all this information into account, I give

you one task above all others, and that is to become your own health authority. 

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*Would you like more from Dr. Andrew Kaufman, MD? Visit [andrewkaufmanmd.com](http://andrewkaufmanmd.com) to join his weekly newsletter sharing the latest discoveries toward truth, health and freedom.*

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# The Kazakh Eagle Hunters of Western Mongolia

By Mary Ruddick

The sun was setting as we drove through the snow-capped Altay Mountain valley between southern Mongolia and northern China. Not even an imprint of tire tracks existed for us to follow. We had not been on a road (or the idea of a road) for hours. Though our Russian UAZ van was steadfast, we, on the other hand, were bouncing around the inside like popcorn. We were tired from several days of travel, and we were hungry and thirsty.

Our adventures were taking us to visit the nomadic Kazakhs in western Mongolia. The Kazakhs are the largest ethnic minority in Mongolia, representing, as of a decade ago, 4 percent of Mongolia's total population.<sup>1</sup>

Our Kazakh hosts greeted us with long hugs, deep eye contact, bright smiles and large bowls of steamy mare's milk tea.

As the sun fell from the sky and we came around a pass to a snow-filled valley, all our feelings of hunger and fatigue melted away. Off in the distance, Wise Traditions podcast host Hilda Labrada Gore and I could see five *gers* (yurts) with smoke billowing out from the top. Surrounding the *gers* were dozens of long-hair yaks, horses and what we had traveled so far to see: eagles! It mattered little that there were no cars in sight, no bathrooms (there hadn't been any restaurants or bathrooms since we left the capital city of Ulaanbaatar), no trash cans and no signs of modernity—our euphoria upon finding our eagle hunters cannot be overstated.

#### DAIRY DELIGHTS

The snow fell quickly as we hurried into the main *ger* for warmth. (The UAZ van, though sturdy, was not warm.) Our Kazakh hosts greeted us with long hugs, deep eye contact, bright smiles and large bowls of steamy mare's milk tea that felt warm and familial in our hands. They placed large bowls in front of us with cultured cream and yak ghee to add to our tea, motioning with their hands for us to add more and more to our bowls as they prepared dinner.

They also presented us with a large plate of what looked like cookies; through our translator, I learned that these were actually cheese curds—100 percent cheese. As I bit into one of these dairy delights, called *aaruul* (or *qurt* in Kazakhstan),<sup>2</sup> my bliss hormones went through the roof. I urged Hilda to try one, saying “These can't be just cheese,” and when she did, she, too, was certain they must also contain flour

and sugar. (The Kazakhs also make a form of cheese curd “donuts,” called *eezgii*.<sup>3</sup>) Only days later when our hosts demonstrated the making of their cheese curd “cookies” did I realize that nothing had been lost in translation. They had truly mastered the art of dairy fermentation. I am continually confounded that these Mongolian cheese curd “cookies” have not become a worldwide gastronomic phenomenon.

We learned that the women are expert seamstresses, renowned for their brightly colored embroidered wall hangings, bedding and rugs. My heart sang as I watched the mother alternate between stirring a big pot of meaty broth and working on her embroidery.

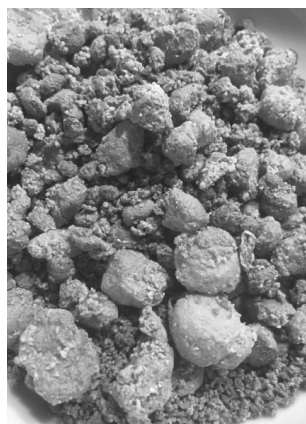
#### A SIGHT TO BEHOLD

It was toasty warm in the *ger*, and Hilda and I quickly began removing layer after layer of clothing as we snacked and chatted with our new friends. We learned that the family had two teenage daughters who were training to be eagle hunters, and they had already won several eagle hunting competitions. They proudly displayed dozens of medals sewn onto the cloth wall alongside their weekly post-hunt, fox-fur handicrafts.

The eagle hunters have many championship competitions throughout the year. In these competitions, the eagles are placed on a faraway mountain range, while the hunters are down in the mountain's valley. When the competition begins, the eagle hunters call out to their eagles, and the first eagle to mount its owner's arm wins the competition. This can occur in as little as



Cheese curd “cookies”



Cheese curd “donuts”



A Mongolian ger (yurt)

twenty seconds. It is a sight to behold. Later in my travels, I witnessed two eagles fly down from a mountain peak and kill a large animal in a matter of minutes.

#### A NOSE-TO-TAIL, HIGH-FAT DINNER

The daughters came in for dinner and were greeted with long warm hugs and bright smiles by all. The love between the family members was radiant.

We all sat down for dinner, which was one large family-style metal plate full of steamed/boiled goat—from nose to tail. I adored the fact that the men’s responsibility at dinner is not only to cut the meat but serve the food. It was difficult to discern the specific cut of meat handed to us, as the meat had fallen off most of the bones and what was left was a pile of tender meaty goodness. The exception was when they spooned the brain out of the head and shared it equally among us. We were also served horse sausage and plenty of rich, flavorful broth. Every bite was delectable, with no seasonings needed.

The Kazakhs use generous servings of yak ghee as a dipping sauce for the meat. Despite having personally been in a mostly ketogenic (high-fat) state for the better part of fifteen years, the high percentage of animal fat within the Kazakh diet was indeed humbling. The experience opened my eyes once again to the monumental contrast between what many call the “ketogenic diet” in developed nations and ancestral ketogenic diets.<sup>4</sup>

After dinner, our hosts walked us over to the beautiful, bright, warm and welcoming *ger*

where Hilda and I were to lay our heads for our stay. That first night, it was unclear where one might find the “ladies’ room” (from my prior travels, I assumed anywhere outside would be acceptable, but not knowing the culture yet, I didn’t want to offend). Being cognizant that snow leopards, wolves, bears and poisonous snakes abound in that region solidified my decision to stay in the *ger*, don every layer of clothing and fur I possessed, curl into bed and watch the gentle dance of fire from our hearth. These adventures are always a welcome test of character, and I never mind an opportunity to harness discipline over bodily functions. With heavy eyelids and a blazingly grateful heart, I quickly drifted asleep.

#### IN THE SADDLE

In the morning, we woke rested and wildly energized. We had anticipated a freezing *ger*, as the stove requires fresh coals or stool patties every two hours, but the fire was still roaring. Clearly, our loving hosts had come in and out of our *ger* throughout the night to keep the fire going. If I were to wager, I would bet that the Kazakh love language would be acts of service.

Outside, the girls were milking the yaks as the sun rose with a pastel splendor. The air was crisp as we made our way into the breakfast *ger*. Neither of us was hungry, but the sheer generosity and splendor of our hosts led to a feast of mare’s milk tea, yak ghee, cheese curds and leftovers from dinner.

Our hosts invited us to spend the day horseback riding through the mountains to train their

The high percentage of animal fat within the Kazakh diet was indeed humbling.



A group of eagle hunters



Hilda chats with Balgiikhuu



A parting hug for Mary



newest eagle and go hunting. As equestrians will know, horse saddles vary by region and continent—a learning curve that continuously humbles me. Imagine, if you will, Hilda and I mounting these wild-for-nine-months-of-the-year horses with new-to-us saddles and attempting to command such mavericks. Naturally, we fumbled! Juxtapose this scene with the majesty of our hosts, resplendent in head-to-toe fur, with their regal posture, steadfast strength (they carry their eagles while riding), a twinkle of joy in their eyes and generous song and laughter throughout the excursion.

### EATING WITH THE SEASONS

The Kazakhs are nomadic and often have two to three set locations they move between through the seasons. That first day, we rode to their winter encampment. They are herders by trade and send the eagles hunting for fur rather than meat; polyester clothing is entirely unsuitable in harsh winters.

The more time we spent with them, the more it became clear that the seasons deeply influenced all aspects of daily life. Unlike other carnivore and near-carnivore cultures I have stayed with, the Kazakhs eat radically different foods from one season to the next. In the summer, their diet consists nearly if not entirely of dairy foods. The sheer variety of crafted dairy products—exceeding over two thousand differ-

ent products—is impressive. In the spring and fall, their diet consists of yak, sheep and goat meat along with mare’s milk and cheese curds. And in the winter, horse meat (often made into sausage) is the staple.

About 3 to 5 percent of the Kazakhs’ diet comes from non-animal-based foods. For example, sea buckthorn berries have long been a traditional food, medicine and herbal tea, with the latter acting as a lovely vehicle for mare’s milk and ghee. Over the last hundred years, a small percentage of the diet changed when the Chinese began importing white flour. The Kazakhs use this flour to make paper-thin and wide noodles to soak up the broth of their meaty dishes, as well as paper-thin dumplings bursting with mutton meat. For our host family, the journey into town by horseback is an all-day affair, and as such, they make it infrequently and only to retrieve strict necessities. Therefore, although flour does now make an appearance in their diet, it is not a mainstay.

### KAZAKH BEVERAGES

Water is sparse across the Kazakh territory, but interestingly, it is not sought after. In fact, throughout Mongolia we heard several myths about avoiding water, not camping by water, not getting wet and so forth. Rapid flooding also can occur throughout the country, which helps explain the lack of roads. Ice baths are not a tradition here (much like my experience in Greenland). For much of the year, it is simply too dangerous to get wet. However, if one rides to the villages, bathhouses are available where yogurt and dairy are used to cleanse the skin and the hair. As one might imagine from all the lactic acid and probiotics, the skin and hair of the Kazakhs really do glow.

One might wonder what the Kazakhs drink, if not water. Their beverages are primarily dairy-based, and they consume them in abundance. In addition to the raw mare’s milk, there is a frothy fermented beverage called *kymyz*.<sup>5</sup> It can be either long fermented (slightly alcoholic) or short fermented and used for therapeutic and prophylactic purposes. In the



Eagle hunter Askar



On horseback with eagle



Two teenage eagle hunters



autumn, *kymyz* is yellow in color, indicating a high vitamin K<sub>2</sub> content.

*Shubat* (also referred to as *kymyran* and *yuye*) is another mildly alcoholic fermented drink (7 percent alcohol) made from sour camel's milk.<sup>6</sup> It is made in a special leather container and is typically fermented for two to three days. Both the Kazakhs and the Mongolians hold dairy in such reverence that they will build a separate *ger* solely for the purpose of impeccable dairy fermentation.

### THE CARNIVORE EDGE

Many wonder how so many traditional regions exist with such robust physical and mental health on a diet without fruits and vegetables. Yet time and time again—whether I am in subtropical Kilimanjaro (with plenty of vegetation), in the Arctic or the Amazon—it is the carnivore tribes that exude the most strength and power compared to the more plant-heavy tribes in any given region. Not strength through violence, mind you, but regality. What scientists have been rediscovering over the last several decades is that animal-based proteins, fat-soluble vitamins, sufficient cholesterol and stable blood sugar are all significant factors to mental fortitude.<sup>7</sup> I have found that stunning benevolence comes with mastering the self and having a steady state of mental fortitude.

As with many of my travels, I observed both the Kazakhs and the Mongolians to have impressive and abundant character traits of grit, stoicism and resilience—traits sorely missing in much of the world. Kazakh children are raised to face challenges from early on. In the northern regions of Mongolia, some nomadic tribes have been known to put babies out in the cold without clothing. If they survive the frigid temperatures, they are warmly welcomed into the clans. Only the strong are respected. In many regions, a boy is considered a man when he can mount his horse. Childhood is short.

Despite these aspects of the culture, the Kazakhs are warm and nurturing. Both the men and women spend most of the day singing. The women sing as they collect milk in the morning, and they sing as they cook and sew (the Kazakh tents are fully covered by brightly stitched wall hangings, carpeting and bedding, all made by

the female family members). The Kazakhs are quick to embrace both each other and strangers in long solid hugs, and they are quick to smile. When the Kazakhs migrate away from their *ger*, they stock the kitchen for any passers-by, as they believe that we are all one. To further their bond with nature, they also possess many deep relationships with animals, developing strong bonds with their eagles as well as their dogs, horses and livestock.

### MENTAL FORTITUDE

Aristotle posited that human behavior is a kind of *akrasia*, a moral weakness and lack of will resulting in taking actions against one's better judgment. He felt that self-mastery and power over oneself (*enkrateia*) was imperative; however, Aristotle's disciple Xeno put forth that *enkrateia* is not a virtue in and of itself, but rather the basis upon which all virtues are built. In other words, those who master others (for example, through fear and violence) may inherit the throne, but those who master themselves will inherit an empire. I think it is no coincidence that the Mongol Empire once stretched from Europe to Korea. The Mongolian diet and cultivation of mental fortitude has them uniquely poised to do so again if they so desire.

When I left Mongolia, I left part of my heart with the eagle huntresses. It is such a gift to be so warmly received. Long hugs, deep eye contact, giggles and a desire to be close are traits that most would not associate with teenagers. Perhaps, dear reader, you have not had the chance to see such things, but I have, and I can tell you that healthy teens are warm and joyful. ☺☺

*Mary Ruddick is a seasoned medical nutritionist who specializes in immune, nervous system and metabolic disorders, as well as a self-described "researcher, keynote speaker and tribal scout." She travels the globe researching traditional diets. She will be a speaker at Wise Traditions 2023.*

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## “FACES COVERED IN SMILES”: MONGOLIA’S ENDURING TRADITIONS

By Hilda Labrada Gore

In October 2022, in the middle of nowhere in the Gobi Desert, I picked up a handful of stones. I wanted to bring them home as a souvenir, but my Mongolian guide and companion, Deegli, demurred. “Legend has it,” she explained to me, “that if we take stones from the ground, they miss their home for three years.”

Mary Ruddick, an ancestral nutritionist (and a guest on the *Wise Traditions* podcast) is the individual who invited me on this trip. We were on a week-long journey in the desert and, in every direction as far as the eye could see, there was nothing but earth—mountains covered in grey, chocolate brown and sepia tones, and extensive plains in the same shades. There were no signs, roads or structures for kilometers, and few signs of humanity. . . with the exception of the van that we were traveling in.

We had stopped, on this occasion, by the side of the road for lunch. “Fast food,” in most of Mongolia, consists of whatever provisions one has brought for the journey. Deegli had a small propane stove and, when hunger struck, we would simply stop wherever we liked and have an open-air picnic. Deegli would cook up some lamb and fat with a few noodles tossed in, and serve it up with Mongolia’s favorite beverage: milk tea.

After lunch, and after our conversation about the legend of the stones, I decided to leave the handful of pebbles behind. What I kept instead, I now share here—memories of ancient beauty in the Gobi Mountains and of the warm hospitality of the Mongolians, despite an inhospitable environment, as well as a brief account of their diet, which has been the bedrock of empires.

### ANCIENT PETROGLYPHS

Today, anyone can grab a can of spray paint and tag a brick wall without a second thought (other than perhaps hoping they will not be apprehended by the police). People can design digital graphics and share them with the world in a matter of minutes. This instantaneousness is in stark contrast to the artistic communication experiences of those who walked this earth thousands of years ago, who certainly had to give serious consideration to what they wanted to communicate to their community and to future generations. To make a lasting mark in the rock required effort and intentionality. Naturally, whatever was depicted would need to be of the utmost significance.

The Gobi Desert houses Mongolia’s largest national park, Gobi Gurvan Saikhan. On the Western Beauty mountain range there, Deegli had us stop and embark on a “treasure hunt” of sorts looking for petroglyph carvings on the mountainside. Most of us are familiar with hieroglyphs (carvings or paintings on temple walls, such as those seen in Egypt). Petroglyphs are similar: symbols and images etched in stone. Experts suggest that petroglyphs, like hieroglyphs, have religious and cultural significance—serving linguistic or communication purposes—though to this day they are not fully understood.

Archaeologists estimate that the petroglyphs found in this area of the Gobi Desert were carved during the Bronze Age, some thirty to forty thousand years ago. The mountainside we were exploring is commonly referred to as a “Museum of Petroglyphs” since the carvings can be spotted at every turn. Indeed, we came across carvings of deer with antlers reaching to the sky, mountain Argali sheep, wolves and Siberian ibex. Carvings likely etched at a later date were more complex, depicting men on horseback, hunting with bows and arrows, tools and childbirth. It was fascinating to see “wise traditions” carved into stone: babies being birthed and animals prized for their spiritual connection to the heavens as well as for their provision of fur and food.

### ANIMAL-BASED DIET

In her companion article, Mary explores the traditional diet of the Kazakhs. I remember turning to her at one point and commenting that it seemed to me that vegans and vegetarians would starve to death in Mongolia. The land is simply not arable. There is enough for the animals (yak, cattle, goats, sheep, camels and horses) to graze on, but not enough to grow produce of any kind. Consequently, Mary and I were not only not surprised that we were served primarily animal products at every meal—mostly meat, fat and dairy products like butter and curds—we were delighted! Here is an overview of the sorts of meals we had:

- Breakfast: Delicate, freshly made airy biscuits fried in animal fat; a variety of cheese curds (some hard and dried, about an inch in size; others, biscuit-sized); clotted cream made from yak milk; tea with yak butter.
- Lunch: Noodles prepared from scratch and cooked in a delicious broth, along with meat and fat.
- Dinner: Everything from beef to horse to lamb.

At dinner, meat was central. The men removed the meat from the bone and put it on a communal plate in the middle of the table. They carved it up as everyone helped themselves, even extracting the brain from the head of the animal and bone marrow from the bones.

Our faces were covered in smiles—and often slick with the grease from the fat—at the end of each meal. We marveled in joy at how we were dining on the food that had built empires. No wonder the Mongols were able to expand their territory time and time again, over the centuries—their diet was made of the most nutrient-dense foods on the planet.

With our hosts in the gers (yurts) in the western province, nothing was wasted. We dined nose-to-tail on every bit of the animal—from the organ meats to whatever gristle and cartilage was available. Even when we returned to the capital city, we found the restaurants replete with nutrient-rich food like broths with animal intestines, liver, pork skins and more. Some of the families we visited wanted to offer us little candies purchased in remote towns. As guests, they presumed that we would enjoy what they considered a rare treat, but we emphasized our desire to eat the food that was native to them.

#### UNPARALLELED HOSPITALITY

In the capital and everywhere we went, we made friends quickly. Initially, I thought we were being treated well because we were foreigners. Later I found out that it is the custom in Mongolian homes always to have some food at the ready, in case someone journeying from one place to the next needs food and shelter. This seemed to me to be a kind of “Hospitality 10.0.” The family needn’t even be at home for the guests to make themselves at home as they pass through.

This level of hospitality could be a function, in part, of the fact that Mongolia is the most sparsely populated country in the world. There are only four people per square mile. Horses outnumber people thirteen to one, and sheep outnumber them thirty-five to one. Perhaps Mongolians so often found themselves in need of hospitality on their travels that it led to the inclination to offer hospitality whenever possible.

At any rate, at whatever ger we stayed in, our hosts made the effort to get up in the middle of the night and stoke our wood-burning stove to provide heat all night. Yak manure and unrefined coal were added in the wee hours of the morning, with the smoke escaping through the pipe and hole in the center of the ger. We slept in toasty comfort, despite the frigid temperatures outside. (We were technically in Mongolia during fall, but the distant mountains were snowcapped and, in some regions, snow covered the ground as well.) To stay warm throughout the day, there was the milk tea to warm us from the inside out. Our hosts wore long-belted robes lined with sheepskin, with loose sleeves and bottoms to allow for freedom of movement when performing tasks like milking yaks or training eagles.

During one of my last visits in the Gobi, I was granted the opportunity to stay in the ger of an eighty-eight-year-old Kazakh grandmother, Balgiikhuu. She had six children and forty (!) grandchildren, and I couldn’t resist asking her a few questions. Through a translator, she told me about her children and how they help her with herding now that she and her husband are older. She also discussed their diet, recounting how their day begins with milk tea and includes mostly meat and dairy products from their animals (goats, yaks and camels).

What struck me the most from our conversation was her reply when I asked how her parents cared for her when she got sick as a child. I thought she might mention some ancient, traditional remedy to cure a stomachache or headache. Instead, she said that she simply had no concept of “sickness” at all when she was a child. The wise traditions of her people had served her well, indeed. And I got a glimpse (and a taste) of how they might serve the rest of the world as well. ☺☺

*Hilda Labrada Gore is the host of the Wise Traditions podcast and co-chapter leader of the Washington, DC chapter.*



LEFT: Petroglyphs



RIGHT: Askar and his wife

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# Reading Between the Lines

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By Merinda Teller

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## Medical Tests: Whose Interests Do They Really Serve?

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Even the parties ordering tests admit that medical testing has an unsavory underbelly.

During the height of the past several years' virus panic, a mixture of arm-twisting and fear compelled or persuaded billions around the world to submit to invasive Covid-19 tests, often repeatedly—whether to catch a flight,<sup>1</sup> attend school<sup>2</sup> or hold onto a job.<sup>3</sup> According to the Gates-funded Our World in Data website, the U.S. led the world in the number of tests performed, with over nine hundred million tests completed between late February 2020 and June 2022, for a population roughly one third that size.<sup>4</sup> India ran a close second, carrying out over eight hundred fifty-eight million tests on its 1.4 billion residents over the two-plus year period. In third place was test-happy Italy, whose population barely exceeding sixty million acquiesced to almost four times that many tests. All of this added up to a “previously unimaginable number of . . . diagnostic procedures. . . performed.”<sup>5</sup>

Even without Covid-19, medical tests clearly play a major role in the “cultural landscape” of Western medicine,<sup>6</sup> which offers all kinds of tests for all kinds of reasons—including for screening, diagnosis, evaluation of disease severity, treatment monitoring and risk prediction.<sup>7</sup> Like kids in a candy store, doctors have a staggering array of medical tests at their disposal. There are tests that sample body fluids (such as blood, urine, saliva, cerebrospinal fluid); tests that measure body functions (such as lung function, heart or brain electrical activity); imaging tests (see sidebar); biopsies that remove and examine tissues; and endoscopies that insert a tube through various orifices or a custom incision to observe an internal organ.

Medical imaging, in particular, is one of the mainstays of the U.S. health care system and is on the rise. An analysis of trends in up to twenty-one million patients enrolled in U.S. and Ontario health care systems found “significantly higher” imaging rates in 2016 versus 2000 for most imaging modalities for both adults and

children, with the increase in children being a concern given that the procedures involve ionizing or non-ionizing radiation.<sup>8</sup> In the U.S., this amounts to hundreds of millions of diagnostic imaging procedures performed annually—generating upwards of one hundred billion dollars in annual revenue.<sup>9</sup> In a “major ongoing trend,” diagnostic imaging is now shifting out of hospital settings (where roughly three out of five procedures had been performed) to independent diagnostic testing facilities.<sup>9</sup> The transition toward more telemedicine catalyzed by Covid-19 has also given rise to “physicians relying more heavily on diagnostic imaging tests instead of traditional in-person examinations,” with one imaging company predicting “increased utilization of routine imaging. . . earlier in the patient diagnostic staging.”<sup>9</sup>

Somewhat surprisingly, even the parties ordering tests admit that medical testing has an unsavory underbelly. Doctors and health facilities openly describe many tests as “fishing expeditions” that not only don't help people but can cause harm.<sup>10-12</sup> Harvard Medical School noted in 2021, for example, that “medical sources” today account for 50 percent of total radiation exposure in the U.S., versus 15 percent in the early 1980s.<sup>13</sup> Pointing out that a chest CT scan delivers seventy times as much radiation as a chest X-ray, Harvard cited a 2009 study in *Radiology* indicating that overall, CT scans slightly increase the risk of cancer (0.7 percent), but for individuals who have undergone repeat CT scans (study participants had received anywhere from five to thirty-eight!), the increased risk can be anywhere from 2.7 to 12 percent.<sup>14</sup>

### NEGATIVE CONSEQUENCES

In a 2018 study published in *JAMA Internal Medicine*, researchers from some of the country's top medical schools and cancer centers suggested that overuse of medical tests (and



treatments) can give rise to six different types of negative consequences, including physical, psychological, social and financial consequences as well as “treatment burden” and “dissatisfaction with health care.”<sup>15</sup> The researchers emphasized that negative consequences might flow “directly from overused services” or “indirectly from downstream services” as well as themselves leading to even more downstream services.

In a 2019 survey that explored this unfortunate “cascade of care”—meaning “a seemingly unstoppable series of medical tests or procedures”—nine out of ten doctors reported witnessing psychological, physical or financial harm to patients from such a cascade.<sup>16,17</sup>

Another report described how a doctor who ordered a chest X-ray for a “completely healthy” woman with no symptoms set an alarming and inexorable process into motion: after the X-ray, the woman underwent a PET scan, a bronchoscopy that resulted in severe hoarseness requiring her “to stop talking for weeks and. . . go to speech therapy,” a biopsy involving a chest incision, weeks of isolation for suspected (but unfounded) tuberculosis—“and none of it benefited her in any way.”<sup>16</sup>

Delving into the physician mindset, a 2014 telephone survey of six hundred primary care and specialist physicians found that nearly three out of four doctors (73 percent) characterized “the frequency of unnecessary tests and procedures” as either a “somewhat” or “very” serious problem, and about half (47 percent) admitted personally to ordering unnecessary tests or procedures “at least once a week.”<sup>18</sup> Their top reasons for doing so were physician-driven concerns about malpractice and a desire to “be safe” or have “more information for reassurance.” As these

### THE MANY FACES OF MEDICAL IMAGING

Several of medical imaging’s most popular tools expose patients to ionizing radiation, including X-rays, computed tomography (CT) scans and nuclear medicine modalities such as positron emission tomography (PET) and single photon emission computed tomography (SPECT) scans. Ionizing radiation involves “high-energy wavelengths or particles that penetrate tissue” and damage DNA.<sup>13</sup> Non-ionizing imaging techniques include ultrasound and magnetic resonance imaging (MRI). Although regulatory agencies have tried to dismiss concerns about the harms of non-ionizing radiation (the form of man-made radiation also emitted by cell phones and Wi-Fi), non-ionizing radiation is “quite capable of producing biological effects—including altering and damaging cells.”<sup>73</sup>

**X-RAYS:** As “the fastest and most accessible form of imaging,” X-rays are often “the first-line imaging,” taking just minutes to perform. The U.S. and the WHO class X-rays as a carcinogen. According to Johns Hopkins Medicine, X-rays are well suited to identify fractures, dislocations, misalignments and narrowed joint spaces but cannot find soft tissue injuries or more “subtle” bone injuries.<sup>74</sup> A type of X-ray called fluoroscopy uses pulsed X-ray beams “to show internal organs and tissues moving in real time.”<sup>75</sup> Technicians compare standard X-rays to photos and fluoroscopy to videos.

**COMPUTED TOMOGRAPHY:** CT scans combine a series of X-ray images into a 3D picture and are used to assess conditions like tumors, blood clots and internal bleeding. According to Harvard Medical School, CT scans, which involve “significant doses of radiation” with cumulative effects, account for 24 percent of total radiation exposure in the U.S.<sup>13,76</sup>

**NUCLEAR MEDICINE:** Scans like PET and SPECT use “radioactive tracers”—carrier molecules “bonded tightly to a radioactive atom”—and track their path inside the body using special cameras.<sup>77</sup> Medical personnel may administer the tracers by intravenous injection or “by inhalation, by oral ingestion, or by direct injection into an organ.” SPECT scans feature in the diagnosis of heart disease, bone disorders, gallbladder disease, intestinal bleeding and, more recently, Parkinson’s disease; the primary use of PET scans is in cancer diagnosis and monitoring. A combination PET/CT scanner has become “the primary imaging tool for the staging of most cancers worldwide.”<sup>77</sup>

**ULTRASOUND:** Medicine promotes ultrasound as a benign tool involving “sound waves,” but many critics characterize prenatal ultrasound as a “malignant technology” harmful to the fetus.<sup>78</sup> Author Jeanice Barcelo has painstakingly documented the insidious and harmful effects of prenatal ultrasound in her book, *The Dark Side of Prenatal Ultrasound and the Dangers of Non-Ionizing Radiation*.<sup>79</sup> In addition to ultrasound’s overuse during pregnancy, doctors order ultrasounds to investigate problems with internal organs.

**MAGNETIC RESONANCE IMAGING:** The MRI procedure involves placing a patient inside a full-body scanner, essentially a “large magnet,” and uses radio waves and a computer “to create a detailed, cross-sectional image of internal organs and structures.”<sup>80</sup> The list of MRI uses—“by no means exhaustive”—includes investigation of brain and spinal cord anomalies, tumors, back and knee injuries, liver diseases, some heart problems and issues involving female reproductive organs.<sup>80</sup> Although MRI fact sheets repeatedly describe the procedure as “non-invasive,” this is not quite true, as the injection of gadolinium-based contrast agents has “become an indispensable part of contemporary [MRI].”<sup>81</sup> Gadolinium, a rare earth metal, “reacts with atoms and molecules in the body to make them easier to see”; in 2017, however, the FDA warned that the body and brain can retain gadolinium “for months to years.”<sup>82</sup> Allergic and other adverse reactions are also possible. MRIs are contraindicated for some individuals with metallic implants, pacemakers or other implanted electronic devices.<sup>83</sup>

In the Covid-19 era, there are indications that over-testing, and over-involvement with the health care system generally, may pose an entirely new set of risks.

survey results suggest, many tests may be more of a CYA maneuver than something actually intended to improve patient outcomes. Unnecessary services also benefit the bottom line, of course, generating an estimated seventy-five to one hundred billion dollars annually in the U.S.<sup>17</sup>

In the Covid-19 era, there are indications that over-testing, and over-involvement with the health care system generally, may pose an entirely new set of risks. As *Forbes* gleefully reports, “the pandemic has accelerated the digitization” of the health care industry, with at least 80 percent of health care providers reportedly planning to “leverag[e] artificial intelligence (AI), cloud computing, extended reality (XR), and the internet of things (IoT) to develop and deliver new treatments and services.”<sup>19</sup>

Some Americans are already trustingly availing themselves of cutting-edge genetic testing and wearable biosensors<sup>20,21</sup>—seduced by the “convenience” of round-the-clock medical monitoring into surrendering precious genomic and health data. Others, however, have become more sensitized to both iatrogenic and totalitarian risks.<sup>22</sup> In fact, for those with eyes to see, Covid-19 furnished a frightening illustration of how perversely skewed incentives and protocols can quickly turn hospitals and medical staff into “bounty hunters” and patients into “virtual prisoners”<sup>23</sup>—and how ready officials are to manipulate test results and, in collaboration with Big Tech, compile health data for purposes of control.<sup>24</sup> Testing shenanigans have become one of the mainstays that allow authoritarian regimes to get away with statements like China’s recent assertion that the Covid-19 epidemic “has ‘basically’ ended, but. . . is not completely over.”<sup>25</sup>

In short, recent events suggest that medical testing may be riskier than ever. The remainder of this article provides selected examples of specific types of tests and their dangers.

#### PCR TESTING: THE ONGOING CON

In the U.S., few members of the public likely realized that the approximately four hundred different Covid-19 tests and “sample collection devices” in use by October 2021—both polymerase chain reaction (PCR) tests and “antigen” (also called “rapid” or “home”) tests—entered

the market via the rushed mechanism of emergency use authorizations (EUAs).<sup>26</sup> In fact, the Food and Drug Administration (FDA) bragged about the “flexible approach” it adopted to increase consumer “access” to testing, despite a “limited understanding in the test developer community on how to appropriately validate a diagnostic test.”<sup>26</sup>

PCR, also referred to as “molecular photocopying,” creates copies of or “amplifies” a segment of DNA or, in the case of the variation called “RT-PCR,” an RNA sequence.<sup>27</sup> Of course, regular readers of *Wise Traditions*—and other members of the public familiar with Nobel Prize-winner Kary Mullis’s insistence that the PCR technology he invented was suited to manufacturing but not diagnosis<sup>28</sup>—knew from the start that the notion of “validating” diagnostic PCR tests was bogus. PCR diagnostic tests claim to be an “accurate” and “reliable” way to assess “viral load,” but to do so, they require a “primer sequence” that is supposed to be specific to a given virus. As Dr. Tom Cowan describes in his booklet *Breaking the Spell: The Scientific Evidence for Ending the Covid Delusion*, the scientists who “set the global standard for SARS-CoV-2 testing. . . admit[ted] they never had the virus itself to work with.”<sup>29</sup> The acknowledgement that no virus had been isolated, Cowan observes, “invalidates the entire test.”

Critics have recognized the worthlessness and flimsy logic of diagnostic PCR testing since the HIV/AIDS era. The authors of the book *Virus Mania* quote a molecular biologist as stating, “HIV has never been isolated, for which reason its nucleic acids cannot be used in PCR virus load tests as the standard for giving evidence of HIV.”<sup>30</sup> More generally, they note that there is no way to know whether the “[v]ery fine traces of genes” detected via PCR testing “come from a (certain) virus, or from some other contamination.”

Another dubious feature of PCR testing, as many critics pointed out during the height of the Covid p(l)andemonium,<sup>31</sup> has to do with testers’ ability to manipulate the number of amplification cycles. This, as Cowan explains, “will determine the percentage of positives and negatives. Any PCR ‘test’ done with 25 or fewer

cycles is likely to be negative in almost every case. . . . On the other hand, if the amplification cycles are above 40, almost everyone will test positive. . . .”<sup>29</sup> Children’s Health Defense and others spelled out the implications:

“[W]ith varying numbers of cycles or amplifications being used in different states or even in different health systems in one state, it would be quite easy and simple to manipulate the number of positive results. . . by simply changing the number of cycles to a higher number to produce the appearance of worsening or to a lower one to produce lower infection numbers.”<sup>32</sup>

Unfortunately, the fraudulent misuse of PCR is far from over, with PCR testing now in use as the basis for orders to destroy poultry flocks due to alleged “bird flu.”<sup>33</sup>

#### GOING DEEPER

Early on during the Covid-19 testing mania, one of the relatively novel aspects of testing was the use of deep nasopharyngeal swabs that authorities claimed “provided the best rate of detection.”<sup>34</sup> The swabs reached so far up into the nasal cavity that people began nicknaming them “brain scraping,” “brain stabbing” or “brain tickling” and complained of being “poked in the brain.”<sup>35</sup>

Referring to the cribriform plate at the base of the skull (“the significant part that separates the brain from the nasal cavity”), the Alliance for Natural Health International commented that because it is “a delicate, soft, honey-comb or sieve-like structure that is thin and narrow with tiny perforations,” it was quite plausible that “someone inept at wielding a nasal swab” could push a swab into the brain.<sup>36</sup> Although relatively few researchers investigated the warnings, one study described two cases of the swab tips breaking off—and, in one individual, becoming “no longer detectable. . . suggesting that the tip had been swallowed”; in a third case, a young adult “developed a spontaneous anterior dislocation of the left temporomandibular joint,” resulting in so much pain that she was transferred by ambulance to a hospital “for external jaw repositioning.”<sup>35</sup>

Another published study offered a gruesome case study of a broken swab tip:

“A patient in their 30s presented to the otolaryngology clinic with a retained nasal foreign body. Seven days prior, the patient underwent screening nasopharyngeal testing for SARS-CoV-2. The procedure was intensely uncomfortable and attempted swab withdrawal was noted to require added force by test operator due to increased resistance. On withdrawal, the tip was noted to have separated from the shaft, and remained in situ.”<sup>37</sup>

After health providers failed to remove the wayward swab tip in the emergency room, the patient—suffering “a significant inflammatory response”—ended up undergoing nasal endoscopy under general anesthesia a week later.

The same authors also reviewed case reports of nasal abscesses, severe nosebleeds (in some cases leading to intervention under local anesthesia) and cerebrospinal fluid leaks requiring surgical repair,<sup>38</sup> prompting them to warn that “nasopharyngeal swabs are at increased

#### NASOPHARYNGEAL BIOWEAPONS?

The early and aggressive use of deep nasopharyngeal swabs prompted many to speculate about a hidden agenda to get toxic ingredients up the nose. Concerns about the swabs intensified when independent tests began detecting metallic and other contaminants on the swabs—with the unintentional or intentional nature of their presence remaining an open question.<sup>84</sup>

One investigation of PCR test swabs found that the swabs were made of “hard and brittle,” porcupine-like “glassy fibers” and silver, aluminum and titanium nanoparticles traumatic to the nasal mucosa.<sup>85</sup> The nanotechnology expert who performed the testing, Italian researcher Antonietta Gatti, warned that the tough fibers could cause bleeding that, in and of itself, “is an indication of the invasiveness of the test,” as well as leave foreign remnants behind capable of causing further complications.

Another independent test, conducted outside the U.S., reportedly detected lithium on the swabs as well as a nanoparticle hydrogel patented by the Pentagon’s Defense Advanced Research Projects Agency (DARPA), prompting physicians like Dr. Carrie Madej to characterize the swabs as bioweapons.<sup>86</sup> On other fronts, DARPA has made no secret of the fact that it wants to “flood your head with millions of nanoparticles that can read your neural signals from inside and relay them to a nearby computer.”<sup>87</sup> It is perhaps relevant to note research by Sasha Latypova and Katherine Watt, which shows that the Covid injections constitute biological weapons, not medicines, with the Department of Defense running them “as a military program” and controlling the contracts with pharmaceutical companies.<sup>88</sup> Watt relates that legally, “there is no stopping condition” for any of the EUA products, including the PCR tests and injections, “no matter how untested, unmonitored, unsafe, or ineffective they are, no matter whether their harmfulness to human health and uselessness for infection-control are known before use, or discovered afterward.”<sup>89</sup>

risk of complications compared with other types of transnasal swabs.” They also recommended alternatives such as saliva testing “in patients unlikely to either tolerate or cooperate with [nasopharyngeal] testing.”

Testing facilities subsequently transitioned, without fanfare, to “superficial” nostril swabs or the combined use of throat and nostril swabs.<sup>35</sup>

#### TUBERCULOSIS TESTING: LOOKING IN THE WRONG PLACES

Medical historians tell us that it took a long time, until the late 1800s, for tuberculosis (TB) to be conceptualized as a “unitary disease” rather than as separate wasting conditions such as “scrofula” or “consumption.”<sup>39</sup> Contagion theory offered a convenient “unitary” explanation. However, in her fascinating 2022 *Wise Traditions* article on “solving the mystery of TB,” Sally Fallon Morell argues that scientists, both historically and now, have “looked in all the wrong places” for TB’s causes.<sup>40</sup> The multiple strands of evidence she assembles suggest that the causes are environmental, rather than bacterial—with iron fumes and possibly arsenic poisoning as credible culprits.

Morell also notes that the mycobacteria associated with TB are “iron-loving organisms” that could well be functioning as a “clean-up crew” rather than as pathogens.

Medicine looks for TB in two ways—through blood tests or tuberculin skin testing (TST)—but, without conceding that their entire TB paradigm may be flawed, authorities admit that both tests are problematic. The World Health Organization (WHO) frankly warns against the use of blood tests, stating that for many reasons, the test results often lead to someone being told they have active TB “even when they do not.”<sup>41</sup> This is called a “false-positive” result.

The TST (also called the Mantoux test) has its own set of “false-positive” challenges, which the Centers for Disease Control and Prevention (CDC) understatedly admits can “have serious implications for patient isolation, patient therapy, contact investigations, and unnecessary laboratory testing.”<sup>42</sup> Dating back to 1912,<sup>43</sup> the TST involves the intradermal injection of a solution of tuberculin “purified protein derivative” (PPD), grown on a “protein-free synthetic medium.”<sup>44</sup> It comes with warnings of possible severe reactions, including fainting (syncope), blistering, ulcerations, necrosis (tissue death) and anaphylactic shock—and the related advice to have epinephrine on hand and put procedures in place “to avoid falling injury and to restore cerebral perfusion following syncope.” Other potential side effects (with “incidence not known”) include varied injection site reactions (such as bleeding, crusting, scabbing, scarring, dark purple bruising, itching, pain, redness or swelling); hives or hive-like swelling of the “face, eyelids, lips, tongue, throat, hands, legs, feet, or sex organs”; difficult, labored or noisy breathing; fast heartbeat; or “unusual tiredness or weakness.”<sup>45</sup> The TB skin test is contraindicated for individuals with “extensive burns or eczema” and for those with a history of TST reactions or TB treatment.

Among the other problems with the TB skin tests is the fact that the PPD solution is stabilized with the surfactant polysorbate 80. Although animal studies conducted in the 1990s identified polysorbate 80 as having

potential carcinogenic activity and an association with delayed ovarian toxicity,<sup>46,47</sup> the TST solution “has not been evaluated for its carcinogenic or mutagenic potentials or impairment of fertility.”<sup>44</sup> According to a report published in 2019, polysorbate 80 is linked to “immediate hypersensitivity” reactions that may be “more common than. . . recognized.”<sup>48</sup> Not coincidentally, polysorbate 80 is also present as an excipient in numerous licensed vaccines as well as the Johnson & Johnson Covid shot, and nearly all of the vaccine package inserts list anaphylaxis as a possible adverse event.<sup>49</sup>

PPD solutions also contain phenol (“a chemical composite agent that is comprised of carbolic acid, phenic acid, phenylic acid, phenyl hydroxide, hydroxybenzene, and oxybenzone”),<sup>50</sup> a chemical “used to sterilize medical equipment” and “mixed with other ingredients to clean toilets, floors, drains, and other items.”<sup>51</sup> Pharmaceutical applications include its use in some vaccines (as a preservative) and in throat sprays, oral analgesics, muscle spasticity injections and mouthwash products.<sup>52</sup> Toxicologists describe toxicity effects of pure phenol that include difficulty breathing, irregular heartbeat, blistering, necrosis and “blue-black discoloration,” all of which correspond to potential TST side effects.<sup>53</sup> They also note that phenol “distributes widely and with severe toxicity” and “easily break[s] through cellular membranes.”

#### MAMMOGRAPHY: ROUTINE SCREENING = ROUTINE OVERDIAGNOSIS

Public health officials began promoting routine screening mammography for women age fifty and up in the mid-1970s, ratcheting up their efforts in the 1990s. In subsequent decades, however, researchers started documenting breast cancer overdiagnosis as a significant and “insidious” adverse effect of mammography,<sup>54</sup> such that even breast cancer activists reluctantly suggested that “the harms of screening may outweigh the benefit.”<sup>55</sup> One study estimated that for at least one in four of the breast cancers detected via mammographic screening, the test identifies tumors “that would grow so slowly that the women concerned would die from other causes before developing noteworthy symptoms.”<sup>54</sup> For women who get annual screening



mammograms for ten years, over half will be called in for additional imaging or biopsy, causing “inconvenience and anxiety.”<sup>56</sup> Researchers have concluded, “Women must be informed of the risk of overdiagnosis and its consequences in terms of unnecessary treatment”—including unnecessary surgery, radiation, chemotherapy and their side effects—“along with other factors influencing the harm-benefit balance.”<sup>54</sup>

Recently, cancer center researchers—who know which side their bread is buttered on—have been rising to mammography’s defense, suggesting that overdiagnosis may not be as common as previously thought.<sup>57</sup> Are consumers convinced? As of 2021, levels of both breast and cervical cancer screening remained lower than pre-pandemic.<sup>58</sup> Colonoscopy rates also dropped by 80 percent;<sup>59</sup> in 2021, I wrote about the numerous risks of colonoscopy, including side effects and complications such as decimation of gut flora, perforation, infection, hemorrhage, sedation risks, anaphylactic reactions to bowel preps and death.<sup>60</sup>


The Weston A. Price Foundation was way out in front in 2000, republishing warnings by author William Campbell Douglass that “early treatment with surgery, radiation and chemotherapy does not prolong life and may actually shorten it.”<sup>61</sup> Douglass also colorfully described the dangers of the breast compression techniques employed by mammographers (“the equivalent of stacking 50 one-pound bags of sugar on the breast”), while GreenMedInfo’s Sayer Ji has pointed to unanswered questions about whether mammography “may be causing an epidemic of mostly unacknowledged radiation-induced breast cancers in exposed populations.”<sup>62</sup> Douglass gave readers the practical advice to eschew mammography and instead “be serious about [their] diet”—including emphasizing raw milk, bone broth and cod liver oil—as well as drinking clean water and getting plenty of sunshine. He also reminded women that iodine “is excellent for breast health,” a fact reiterated by Morell and occasional Wise Traditions conference speaker Dr. David Brownstein.<sup>63,64</sup>

Unfortunately, the Covid-19 shots have introduced a new variable into the cancer equation. Around the world, doctors are reporting an increase in aggressive cancers in individu-

als who took either the original jabs or boosters,<sup>65-68</sup> including a surge in breast, ovarian and pancreatic cancers.<sup>69</sup> In November 2022, a UK oncologist wrote to the *BMJ* of his observations of seeing cancers recur and “rapidly progress” in individuals with previously stable cancers after they received boosters.<sup>70</sup>

## TESTING AGENDAS

As should be apparent, indiscriminate testing has the potential to open the door to a wide range of adverse impacts, including creating health-damaging fear and anxiety, labeling healthy people as “sick,” subjecting them to unnecessary and often risky procedures, poisoning them with toxic ingredients or components and emptying bank accounts. Some tests may also build false hopes; aluminum expert Dr. Christopher Exley recently critiqued a proposed new test for autism as “simply a patent looking for a home.”<sup>71</sup>

There are more insidious consequences of rampant testing, too. One consequence includes the feeding of test results to the big database in the sky that globalists are hoping to use to herd everyone into a social credit system. Brian Shilhavy of *Health Impact News* also has described the weaponization and falsification of drug tests to medically kidnap children and take them away from their parents.<sup>72</sup> With Covid-19 having served to highlight a badly broken health system, it’s not a bad time to get back to basics—including heeding the “Wise Traditions in Food, Farming and the Healing Arts” that the Weston A. Price Foundation has sought to promote and study for over two decades. 

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# Homeopathy Journal

## HOMEOPATHY BASICS: POTENCIES AND DOSING

By Anke Zimmermann, BSc, FCAH

Almost any substance, and even non-material things such as different forms of radiation or energy, can be prepared into homeopathic remedies.

Homeopathic pharmacies and suppliers offer remedies in many different potencies or strengths, and I often get questions about which potencies to use and how frequently to give the remedies. This article will try to shed some light on this very important topic. Specifically, I will cover how homeopathic remedies are prepared and designated; posology (the study of dosage); and aggravations and provings.

### PREPARATION OF HOMEOPATHIC REMEDIES

Almost any substance, and even non-material things such as different forms of radiation or energy, can be prepared into homeopathic remedies. The process varies slightly depending on the source material.

If a remedy is made from a plant, the plant is first prepared into an herbal mother tincture by chopping the plant material and immersing it in alcohol for a couple of weeks. The solids are then strained out and the liquid is prepared into a homeopathic remedy by taking one part of the tincture and adding water in a certain ratio, followed by intense agitation, also known as “succussion” of the solution.

The process is then repeated as many times as desired, which is referred to as “serial dilution,” although it is not just dilution, as the important succussion or agitation aspect adds kinetic energy to the solution.

Three ratios are commonly used: a 1:10 ratio (designated as an X potency, based on the Roman numeral X for ten); a 1:100 ratio (designated as a C, CK or K potency, with C standing for “centesimal” meaning “hundred” and CK and K also standing for the same); and a 1:50,000 ratio. The 1:50,000 ratio is known as an LM potency, also sometimes called Q potency or “50 Millesimal” potency.

To make matters even more confusing, the

letters M or MK are also sometimes used for a 1:100 ratio repeated one thousand times or more, where M stands for “millesimal” (as in “thousand”); instead of writing “1000C,” the potency is designated as 1M.

For example, if you buy *Arnica* 30C, it means the remedy was prepared in a 1:100 ratio repeated thirty times. *Arnica* 200C was prepared in a 1:100 ratio, but repeated two hundred times. *Arnica* 1M was prepared in a 1:100 ratio repeated one thousand times. If you buy *Arnica* LM2, the remedy was prepared in a 1:50,000 ratio, repeated twice. And so on!

If the source material is another liquid, such as a vaccine, it will be prepared just like a plant tincture. If the source material is an energy, such as X-rays or ultrasound, water is first exposed to the energy and then the water is prepared in the same way as a plant tincture. If the source material is a solid—such as a mineral, medication or bird feather, for example—it is first ground up finely, then ground some more with milk sugar in a ratio of 1:10 or 1:100 for four rounds; then the process is continued in water as with the plant tincture.

### HAHNEMANN AND KORSAKOV

But why are there three different letters—C, CK and K—for the centesimal potency, you may ask? Samuel Hahnemann (1755–1843), the founder of homeopathy, thought it was important to use a clean glass vial for each step of the serial dilution and succussion process. In his lifetime, he only went up to 30C potencies, so thirty glass vials were needed to produce this potency.

In 1787, just about thirty years after Hahnemann’s birth, a man named Semyon Korsakov was born in what is now Kherson, Ukraine.<sup>1</sup> Though not formally trained as a doctor, Korsakov was very interested in medicine. According



to journals, he treated several thousand patients, initially with conventional medicine but then switched to homeopathy around 1829.<sup>1</sup>

Korsakov lived in a remote rural area and at one point probably just did not have that many glass vials to prepare his remedies. He decided to use just one vial, dumping out most of the solution and refilling it. In this way, the Korsakovian method of homeopathic serial dilution was born, ergo the use of the letter K. He also started using much higher potencies, which was easier now that he did not need to use several hundred or thousand different glass vials to do so. Therefore, if you see a remedy with the designation K or CK, it simply means that it was prepared using only one vial instead of many, but it is still a centesimal preparation.

Now you, too, know how to prepare almost anything as a homeopathic remedy yourself.

#### WHY THE DIFFERENT POTENCIES?

You may wonder why there are so many different potencies. The answer is that homeopathy can be useful for many different health problems—from acute to chronic, from mild to very intense, from physical to mental and emotional, and for babies as well as adults, animals and plants. The different potencies are used accordingly, although there are variations of opinion in homeopathy as well. Some schools of thought prefer low potencies, while others prefer high.

The best practice is to use all potencies and to use them according to the needs and situation of the patient. The main rules are as follows:

1. Use whatever potency you have; this is the most important rule. If you only have one potency, just use it.
2. If several potencies are available, the general rule is that the more intense the symptoms, the higher the potency that can be used. For example, if someone just had a bad fall and is in a lot of pain, *Arnica* 200C or 1M may work better than 30C.
3. If someone is very sensitive, a lower potency should be used. It is always better to start with a lower potency and go up, to avoid aggravations.
4. For deep healing, we often need to start with

lower potencies and gradually increase to much higher potencies.

5. For mental and emotional concerns, it is often necessary to go with higher potencies.
6. In general, the remedies are given “as needed” but, depending on the person, more or less often.
7. For most day-to-day family health concerns, the 30C potency is the most useful. 200C is a step up and is helpful to have on hand for the top acute-use remedies like *Arnica*, *Aconite* and *Belladonna*. 6C potencies will do in a pinch. Much higher potencies such as 10M and up are best left to professionals. LM potencies can be useful for very sensitive individuals but again are best left to professionals.

How often to give remedies is a complex topic that can be confusing to beginners and even experienced practitioners, mainly because there are no hard-and-fast rules. The remedies are always given for the individual, not the condition. Individuals vary in their sensitivity to remedies depending on many different factors, including their overall state of health and vitality, age, environmental factors and more.

Imagine the remedies to be like musical notes. There are many notes, and they can be played with different frequency as well as intensity or volume. In some ways, the potencies are like the “volume” or “loudness” of a remedy, and the frequency given is like the speed of the notes. A faster beat in a piece of music is more stimulating than a slow beat. If both fast and loud—you get the idea.

#### PUTTING IT ALL TOGETHER

How and when to give different potencies of remedies is known as “posology” from the Greek *posos* (“how much”) and *logos* (“study”).

A very acute and difficult situation ideally calls for a higher potency of a remedy, and it may have to be given more often, even every few minutes. This may be the case for a very bad migraine headache, for example, or after a wisdom tooth extraction or major surgery. Here, the remedies may need to be given every ten to fifteen minutes for the first few hours. The patient will know when to repeat it as the

For most day-to-day family health concerns, the 30C potency is the most useful.

An aggravation is a sign that the remedy is stimulating the innate self-healing mechanism of the body. When an aggravation is noted, however, it is important not to give any more of the remedy and wait until things settle down.

pain will be relieved and then recur. The next dose should be taken as soon as the symptoms recur or intensify again. This is called giving the remedy “as needed.”

In a case like this, the remedies are also best taken in water. Ah, another wrinkle! Taken in water means placing two pellets of each remedy into a small bottle of water, succussing the solution (by hitting it against a medium-firm object like a book) about fifty times and giving a teaspoon (or a squirt if it’s a dropper bottle) every ten to fifteen minutes or “as needed,” depending on the effect of the remedy. Succuss the bottle again a few times before each dose.

This method has several advantages. First, the remedies will last much longer. Technically, two pellets (or even one) are enough to medicate gallons and gallons of water—virtually infinite amounts, in fact. Using remedies this way will save you money. Big Pharma hates this, which is one main reason they malign homeopathy so much.

Second, it will be better for the teeth as the pellets are medicated milk or other sugar pellets and can promote tooth decay.

Third, agitating the remedy each time before taking it slightly changes the dose, which can help to make the remedy more effective as the body does not become used to it too quickly. The body will get used to a repeated stimulus.

#### MATTERS OF COMPLEXITY

When dealing with more complex health challenges, the posology also becomes more complex. Just like a beginner learning a musical instrument starts with basic notes and melodies, a virtuoso, after years of practice, may be able to play very complex and difficult pieces of music. A homeopathic practitioner with many years of experience will use different remedies, potencies and dosing frequencies in different and more complex ways from those of a beginner. This can give rise to complex, interesting and deep-acting homeopathic protocols. I will give two examples.

The Indian medical doctor and homeopath Dr. A.U. Ramakrishnan developed a novel way to help cancer patients with homeopathy by treating cancer as an acute condition. He started to have his patients take remedies in water as

described above, every fifteen minutes for eight to ten doses a day. The next day, he had them change the remedy slightly by adding more water, in effect changing the potency a bit, and repeated the process in this way for a week. He would then give another, complementary remedy during the second week and so on, gradually increasing potencies and changing remedies over time. With this method, his results improved dramatically.<sup>2</sup>

The Dutch medical doctor and homeopath Dr. Tinus Smits developed a novel way of helping children with autism by using complex protocols involving constitutional remedies alternating with remedies made from substances that might have negatively affected the children, such as different medications and vaccines.<sup>3</sup> He would use both in increasing potencies, layered with other remedies for the support of specific organ systems as well as continuously adjusted.

#### AGGRAVATIONS AND PROVINGS

This article would not be complete without touching on the topics of “aggravations” and “provings.” An aggravation is a temporary worsening or intensification of existing symptoms or sometimes even the development of new symptoms, often related to detoxification, such as loose stools or a skin rash. This is normal and will usually pass in a few days. It is a sign that the remedy is stimulating the innate self-healing mechanism of the body. When an aggravation is noted, however, *it is important not to give any more of the remedy* and wait until things settle down. Many times, in my practice, patients do not follow my advice in this matter and keep taking the remedy anyway. Every week I get messages about this, and the Internet is full of horror stories of aggravations. These reports are essentially due to poor case management, not the process of homeopathy.

A proving means that the patient is developing the symptoms that the remedy is supposed to help. It can look very similar to an aggravation. The word “proving” is a not completely accurate translation of the German word *Prüfung*, which means “test” or “examination.” A proving in homeopathy refers to an experiment in which volunteers take or prepare a homeopathic remedy expressly to experience and document its

effects. Brave provers have volunteered to take remedies made from arsenic, snake venoms and even the emissions of a black hole! The proving proceeds by carefully comparing and cataloguing the symptoms and adding them to homeopathy's knowledge base. Thanks to those brave souls, we now have over eight thousand different remedies in our *materia medica* (the reference volumes that list and describe homeopathic remedies).

Occasionally, a person using or being given a homeopathic remedy may experience a proving. I saw a memorable case of this in my practice many years ago. The client was a woman in her late thirties. I had known her for a number of years but had not seen her in about a year when she came to my office complaining of feeling unwell. She said, "Anke, I don't know what's wrong with me. I feel horrible, like I'm dying or something. I feel very cold and clammy and so bloated! I have zero energy. The strangest thing is that I want a fan on me all the time or else I

feel as if I can't breathe. This has been going on for about a month, and I'm really worried." In all honesty, she looked a bit bluish-green around the edges, and I started to feel worried, too.

I carefully inquired as to what had been happening in her life over the past few months. After about twenty minutes, she confessed that she had been taking a new homeopathic remedy, which had been recommended by a friend of a friend who was not a trained homeopath. She had been taking this remedy in a 30C potency four times a day for two months. The remedy was *Carbo vegetabilis*, which is made from vegetable charcoal.

In homeopathy, we have a special nickname for this remedy, which is "the Corpse Reviver"! In other words, this remedy may be used in cases of total collapse and in patients near death. The remedy my client had been taking four times a day for two months in a medium potency—a total overdose, to say the least—was one which I would never give more than once or twice a week in a chronic case! She was now experiencing what the remedy is normally used for—the feeling of collapse and being near death. I explained what had happened to her, and we both had a good laugh. She discontinued the remedy and was fine in a few days.

Fortunately, that is about as bad as it can get in homeopathy. If someone does develop a proving, simply discontinuing the remedy will generally stop the symptoms. It is not possible to die from taking a homeopathic remedy, as the remedies are non-toxic. In a bad case of a proving, a bit of essential oil of camphor, rubbed on the chest three times a day for a few days, will speed up the relief.

I hope you enjoyed this little romp through the intriguing and magical world of posology in homeopathy. Happy dosing! ☺☺

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**See our many other articles on using homeopathy: [westonaprice.org/homeopathy/](http://westonaprice.org/homeopathy/).**

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## SOOTHE AND HEAL FAST WITH HOMEOPATHY

By Lauri Grossman, DC, CCH, RSHom(NA), Board President, National Center for Homeopathy

Your friends use *Arnica* for bumps and bruises. Your sister swears by *Oscillocochinum* for flu. And your co-worker insists that *Nux vomica* saves the day each time he eats too much. Your allergies start acting up, and you want to try homeopathy, too. Use the basics outlined below to get started. As time goes on, you'll gain confidence in using homeopathy for acute ailments and first aid.

Understanding the founding principles of homeopathy can help you choose the best homeopathic medicine for your symptoms. Learn how frequently to take it and know when to stop. Two centuries ago, German physician Samuel Hahnemann developed the three principles of homeopathy—"like cures like," "totality of symptoms" and "minimum dose"—into a system of medicine that works with the body to relieve symptoms and restore overall health. Today, homeopathy is the fastest-growing holistic medicine worldwide for acute and chronic concerns.

1. **LIKE CURES LIKE:** This principle is based on the idea that a substance that can cause disease symptoms in a healthy person can help a sick person with similar symptoms to feel better. For example, cutting an onion often causes burning, watery eyes and a drippy nose in a healthy person. A homeopathic medicine made from an onion (*Allium cepa*) helps heal similar eye and nose symptoms in someone with a cold or hay fever.
2. **TOTALITY OF SYMPTOMS:** This principle means that although two people may have the same ailment, they may not need the same homeopathic medicine. This is because homeopathy supports all a person's symptoms, not just the primary complaint. All symptoms matter. For example, to choose the best homeopathic medicine for an upset stomach, one would ask: "When and how did it start? Where does it hurt? What makes it better or worse?" Someone who is chilly and not thirsty with an upset stomach would need a different remedy than someone who feels hot and craves water. Similarly, an allergy sufferer experiencing sneezing and a stuffy nose is likely to find relief from *Nux vomica*, whereas *Allium cepa*, as described earlier, would be a better match for allergies involving watery eyes and a drippy nose.
3. **MINIMUM DOSE:** With homeopathic dosing, less is truly more. Your body needs just enough homeopathic medicine to stimulate a healing response. When you start to feel better, it's time to stop taking the medicine. If your symptoms return, repeat the medicine or, if you are unsure, seek the help of a professional homeopath. (The [homeopathycenter.org](http://homeopathycenter.org) directory can connect you to homeopaths in all fifty U.S. states.)

Beginners often find homeopathic first aid a good place to start. Homeopathic first aid kits typically include remedies such as *Apis mellifica* (infections, allergic reactions and inflammation marked by burning, stinging pains, redness and swelling—think stings and bites or allergic reactions to bites); *Arnica montana* (soreness and bruising after an accident, trauma or muscle overuse—think aching after an intense workout at the gym or soreness and bruising after a car or bike accident); *Calendula officinalis* (open wounds with superficial bleeding; use to prevent infection and promote healing—think scraped knees or surgical incisions); *Hypericum perforatum* (shooting pains in nerve-rich areas such as the tongue, fingertips, toes and tailbone—think falling on the ice, biting the tongue, hitting your fingers with a hammer); and *Ledum palustre* (painful and swollen puncture wounds; stings and bites, especially when ice provides relief—think stepping on a nail, a dog or cat bite with minimal bleeding, inflamed mosquito bites).

For dosing, use these common guidelines. First, using a reference guide of symptoms and medicines (called a repertory), or a book or app, pick the remedy in a 30C potency that best matches your symptoms. The better the match, the better the health outcome. For injury and trauma, choosing a well-matched medicine is reasonably straightforward. Pay attention to how you (or a loved one) describes the illness, and focus on the most troublesome symptoms. Is the most prominent symptom pain, stiffness or swelling? Do you feel better if you apply pressure, or with heat or cold? Are you fearful, irritable or weepy? All this information is helpful when selecting a remedy. Once you are comfortable using homeopathy for first aid, you can use it to lessen symptoms and speed healing for simple acute conditions like uncomplicated headaches, allergies, stomach bugs or the flu.

After you have picked your remedy in a 30C potency, your next step will depend on whether you are experiencing:

- **Acute illness:** Dissolve three pellets under your tongue *four times daily until you start feeling better*. Then stop. If it matches the symptoms, you can expect to start feeling better after the first few doses.
- **Chronic symptoms:** Dissolve three pellets under your tongue *twice daily for up to two weeks*. Then stop. If it matches the symptoms, you can expect improved well-being and symptomatic relief within two weeks.

If you don't see any improvement in your symptoms, reassess and search for a better remedy match, and if you cannot find one, contact a professional homeopath. Check out the quarterly magazine published by the National Center for Homeopathy (NCH), chock-full of stories about choosing a homeopathic medicine for physical and emotional issues. NCH members receive helpful monthly infographics with remedies for many common complaints.



# Technology as Servant

## THE DANGERS OF SUNSCREEN—AND BETTER SUN PROTECTION OPTIONS

By Becky Plotner

Sunscreens contain more chemicals every year—and the more ingredients in the sunscreen bottle, the more potential problems for your health. According to the Environmental Working Group (EWG), which has studied sunscreens extensively, many of the dangerous chemicals in these products have been shown to stay in the body, where they can cause cancer and alter hormone regulation, among other harms.

It's common knowledge that when one chemical is mixed with another, the mixture creates yet another chemical. In addition, researchers are finding that when some sunscreen chemicals sit in the bottle, they react with the bottle itself. The longer they sit in the bottle, from one summer to the next, the more potential risk you could experience.

### ACTIVE AND INACTIVE

Sunscreens contain active and inactive ingredients, and both can be harmful. Damaging effects from sunscreens' active ingredients include skin allergies, disruption of hormones and negative impacts on reproduction, including low sperm count in men.<sup>1</sup> For example, three active sunscreen ingredients used as UV (ultraviolet) filters—homosalate, avobenzone and oxybenzone—disrupt the endocrine system, meaning they slow down or disrupt the function of the thyroid, the adrenals and the gonads. The endocrine system controls your weight and many other bodily functions, while the adrenals mainly control your energy levels and your gonads produce sperm (if you're male) or ova (if you're female). This means sunscreen use could cause you to gain weight, have no desire to achieve (because you're too tired) and stop you from having children.

The chemical structure of inactive ingredients—which make up anywhere from half

to 70 percent of the product—lend sunscreens properties such as color as well as making them smooth and shelf-stable. Discussing the inactive ingredient retinyl palmitate—a synthetic form of vitamin A found in many cosmetic products—the EWG notes that although government studies indicate that “[o]n sun-exposed skin, retinyl palmitate may speed development of skin tumors and lesions,” the Food and Drug Administration (FDA) “has yet to rule on the safety of retinyl palmitate in skin care products.”<sup>2</sup>

Studies have shown that sunscreen ingredients penetrate through the skin and can be found in breast milk and urine; they are absorbed into the bloodstream as well.<sup>1</sup> In a study published in 2019 in the *Journal of the American Medical Association* (JAMA), researchers assessed the “effect of sunscreen application under maximal use conditions,” with surprising results.<sup>3</sup> The researchers assigned study participants to use one of four sunscreens—including two sprays, one lotion and one cream—and had them apply the product to 75 percent of the body every two hours, totaling four times a day for four days. After just one day, participants in all four groups showed “plasma concentrations that exceeded the threshold established by the FDA for potentially waiving some nonclinical toxicology studies for sunscreens.” Measuring blood concentrations of four ingredients (avobenzone, oxybenzone, octocrylene and ecamsule), the investigators' understated conclusion was that the “systemic absorption of sunscreen ingredients supports the need for further studies to determine the clinical significance of these findings.”

Commenting on the *JAMA* study's publication, the FDA prevaricated, “[T]he fact that an ingredient is absorbed through the skin and into the body does not mean that the ingredient is unsafe. . . . Rather, this finding calls for further industry testing to determine the safety

Studies have shown that sunscreen ingredients penetrate through the skin and can be found in breast milk and urine as well as getting absorbed into the bloodstream.

Sunscreens  
aside, there  
are two  
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a nutrient-  
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and effect of systemic exposure of sunscreen ingredients, especially with chronic use.”<sup>4</sup>

As already noted, avobenzone and oxybenzone have the potential to make you fat, tired and sterile. As for octocrylene, researchers from France’s Sorbonne University published a study in 2021 in *Chemical Research in Toxicology* that reported how octocrylene degrades within the bottle into another compound called benzophenone, which is a known carcinogen, mutagen and endocrine disruptor.<sup>5</sup> The researchers also discovered that the concentration of benzophenone in such products increased rapidly as the product aged.

A Sorbonne University press release noted that the U.S. has banned benzophenone in food products and packaging, listing it as a carcinogen and developmental disruptor. Summing up benzophenone’s hazards, the researchers pointed out that:

- Exposure to benzophenone has induced liver cancer and lymphoma in mammalian model studies.
- Benzophenone may act as a “photomutagen,” meaning that “in the presence of light, the rate of DNA damage increases, thus increasing the risk of skin cancers.”
- As an endocrine disruptor, benzophenone affects thyroid function and induces “anti-androgenic activity, which can retard testicular development and cause anatomical deformities to the female reproductive organs.”<sup>6</sup>

#### PROTECTION WITHOUT SUNSCREEN

Traditional groups never did and still don’t use sunscreen, which raises the question of whether public health officials have exaggerated concerns about the sun. Sunscreens aside, there are two optimal ways to avoid sun damage: strategic sun exposure and a nutrient-dense diet.

In the first instance, exposing yourself to the sun in increasing amounts daily brings melanin to the skin’s surface. Melanin—found inside cells, in layers in the cell wall and outside cells—is the browning pigment in the skin that blocks sun damage. People with darker skin have more melanin than those who are pale. As the sun gets stronger and stronger in the spring

months, building up outside time during the day, a little at a time, will bring melanin to the surface of the skin naturally and offer protection from sunburn.

Melanins are not unique to human beings. As described by authors writing in *Cellular Microbiology*, “Melanins are enigmatic pigments that are produced by a wide variety of microorganisms including several species of pathogenic bacteria, fungi and helminthes.”<sup>7</sup> They note that it is difficult to study melanin because the pigments “defy complete biochemical and structural analysis.” Interestingly, melanin production is linked to “protection against environmental insults,” while “[i]nterference with melanization is a potential strategy for antimicrobial drug and pesticide development.”<sup>7</sup>

#### POWERFUL FOODS

Building up your exposure to the sun is best when combined with the second method of sunburn prevention: consuming a nutrient-dense diet loaded with beta-carotene-filled foods. In a double-blind, placebo-controlled study published in *Experimental Dermatology* in 1995, researchers reported that beta-carotene, “a quencher of excited species such as singlet oxygen and free radicals,” protects against “cutaneous photodamage, including sunburn acutely and photocarcinogenesis chronically.”<sup>8</sup> Moreover, they found, nothing is better than food, with data suggesting “that oral beta-carotene supplementation is unlikely to modify the severity of cutaneous photodamage.”

Foods highest in beta-carotene include orange vegetables such as carrots, butternut squash and pumpkin, as well as red peppers. Absorption of beta-carotene and its bioconversion into vitamin A improves substantially when co-consumed with animal-source, vitamin-A-rich foods like pastured butter and pastured egg yolks.<sup>9,10</sup>

In addition to exposing themselves to the sun in gradual increments (as tolerated without burning), some people who are prepping for sun exposure will go so far as to juice carrots and drink several pints a day, while eating eight to twelve raw pastured yolks a day (prepared “over-easy” or in the form of Russian custard<sup>11</sup>). According to Max Gerson, carrot juice is the

only juice that has a shelf life; after juicing, it can sit in the refrigerator for up to two days. (Other vegetable juices need to be consumed within twenty to thirty minutes of juicing.)

Tomato-based foods such as tomato paste can also be beneficial, with the tomato's red carotenoid pigment, lycopene, serving a similar sun-protective purpose. In one study, individuals who consumed tomato paste (equivalent to sixteen milligrams of lycopene per day) and olive oil for ten weeks experienced increased serum levels of lycopene and total carotenoids in the skin, displaying significantly less skin redness (erythema) compared to a control group that consumed olive oil only.<sup>12</sup> The researchers concluded, "protection against UV light-induced erythema can be achieved by ingestion of a commonly consumed dietary source of lycopene."<sup>13</sup>

#### TAKE IT EASY

Children with gut dysbiosis often are underweight and exhibit signs of "failure to thrive" (FTT).<sup>14</sup> Such children will need much more building up; the more dysbiosis, the longer this process will take. You cannot give a pale, underweight FTT child a quarter cup of carrot juice for four days and then take her to a sunny beach for eight hours of sun exposure—she will burn. Again, gradual sun exposure and building up with beta-carotene- and vitamin A-rich foods will be necessary.

Likewise, someone living in the north who has spent the winter indoors without being exposed gently to the sun day by day will not fare well if they go to southern Florida for a sunny vacation and spend the first day on a fishing boat for eight hours, with the bright sun reflecting off the water.

This can pose a predicament because no one wants to spend a five-day vacation mostly indoors, gradually building up melanin by getting five minutes of sun exposure the first day, ten minutes the second day, fifteen the next, and so on.

In cases like this, vacationers will want to supplement dietary preparation with protective items such as a wide-brimmed hat and sun shirt, good sunglasses, time in the shade and possibly some homemade sunscreen. Doing one's best to

avoid the peak hours between 10:00 a.m. and 2:00 p.m. is also recommended.

#### DIY SUNSCREENS

Making your own sunscreen is a healthier option, and some people may even have the ingredients for a homemade version on their shelf already. When making homemade sunscreen, different options will result in different sun protection factors (SPFs). A 2010 study by researchers in India tested the SPFs of various edible and essential oils. The researchers found, "Oily vehicles are more effective for producing a uniform and long-lasting film of sunscreen on the skin, and their emollient properties protect the skin against the drying effects of exposure to wind and sun."<sup>15</sup> Interestingly, this study has been censored from simple online searches and can be found only by searching archived websites—the kind of search done by a computer programmer. Even specifically looking for the exact search words finds nothing; linking to a previous written article that linked the Indian study also generates a 404 "page not found" error. This is disgraceful. Is homemade sunscreen such a threat that the information needs to be hidden from the general public?

In their 2010 study, the Indian researchers identified the sun protection factor (SPF) associated with various edible and essential oils as follows:

- SPF 8: Coconut oil, olive oil
- SPF 7: Peppermint essential oil, Tulsi essential oil
- SPF 6: Castor oil, lavender essential oil
- SPF 5: Almond oil
- SPF 4: Orange essential oil
- SPF 3: Mustard oil, chaulmoogra oil, eucalyptus essential oil
- SPF 2: Sesame oil, tea tree essential oil
- SPF 1: Rose essential oil

Coconut oil was at the top of the Indian researchers' list with an SPF of 8; the Mayo Clinic asserts that coconut oil can block "an estimated 20 percent of the sun's rays."<sup>16</sup>

In *Oil of Nature*, a now out-of-print book published in 2008 (used copies sell for over one hundred dollars), author Anthony O'Lenick

The Mayo Clinic asserts that coconut oil can block "an estimated 20 percent of the sun's rays."

Zinc oxide is not recommended for those who prefer a natural, chemical-free approach, as it is a strongly charged particle attracted to itself.

listed the SPFs of carrot seed oil and red raspberry oil as much higher: between 28 and 50 for raspberry seed essential oil and between 38 and 40 for carrot seed essential oil.<sup>17,18</sup> (O’Lenick served as the president of silicone company Siltech, holds over two hundred sixty patents and is a fellow in the Society of Cosmetic Chemists.) Some fair-skinned people report raspberry seed oil to have an effect after a day in the sun equivalent to using an SPF 15 sunscreen.

Nigella seed oil is another oil that offers protection, according to North African and Belgian researchers, “against UV radiations with relatively high shielding power (SPF) and protection factor (PFA) scores.”<sup>19</sup> These researchers note that the “optical transmission of Nigella seed oil, especially in the UV range. . . [is] comparable to those of date seed oil, raspberry seed oil and titanium dioxide preparations, which can be used as sun protection factors for UV-B (SPF) and protection factors for UV-A (PFA).” Note that while many commercial sunscreens use titanium dioxide, it is a heavy metal and is not recommended for use near or on the body.

Many individuals who make homemade sunscreens are comfortable using zinc oxide powder, which has a reported SPF of 11 to 12. (Zinc oxide is not the same as the zinc found in your food!) The FDA has approved zinc oxide, classified as a broad-spectrum UVA and UVB reflector, for use as a sunscreen because zinc oxide does not absorb into the skin when applied as a lotion. It sits on top of the skin, leaving the skin white in that area. The EWG describes zinc oxide as a top choice for sun protection, describing it as stable in sunlight and arguing that it “offers good broad-spectrum protection.”<sup>20</sup>

However, zinc oxide is not recommended for those who prefer a natural, chemical-free approach, as it is a strongly charged particle attracted to itself; it also doesn’t mix well or suspend into homemade recipes. Moreover, zinc oxide and aluminum oxide are both byproducts from the fumes that result when certain metals are heated. Zinc oxide is also used for making rubber, plastic, ceramics, glass, cement and lubricants, and it has semiconductor properties.<sup>21</sup> Other oils that rank higher in SPF are safer.

## DON’T DRUG YOUR SKIN

Manufactured sunscreens are harmful. Some, like the EWG, would say that only some of the ingredients are problematic, while others argue that all sunscreens and all sunscreen ingredients are to be avoided.<sup>22</sup>

Legally, sunscreen is classified as a drug, with the FDA requiring companies to conduct necessary testing to gain approval to use specific sunscreen chemicals. Even so, the regulatory process has not prevented many carcinogenic, endocrine-disrupting and fertility-threatening chemicals from making it into products used by people of all ages, often on a lifelong basis. Eating a Wise Traditions diet, building up your sun exposure gradually, wearing protective clothing and making your own sunscreen when needed are much better options. ☯

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## DO-IT-YOURSELF SUNSCREEN

Making your own sunscreen is simple and quick. Be sure to blend the mixture properly, however; uneven coverage can result in burn spots. Additionally, remember that oil put too heavily around the eyes will drip into the eyes when you go out into the sun and start sweating. If too much oil is applied, you will not be able to count on goggles and snorkels to create a proper seal. A very small amount makes a better seal (picture a rubber ring on a mason jar). It takes about thirty minutes for oils to be fully absorbed by the skin, so it's best to apply your homemade sunscreen thirty minutes before going outside. Applying oils to the skin when you are already out in the sun sweating, or are wet from the water, can prevent absorption.

Standard recipes usually include one-quarter cup of a carrier oil (such as olive oil) and fifteen to twenty drops of your desired essential oil. Note that homemade sunscreens kept in a beach bag in the hot sun may turn to liquid, depending on how much beeswax you've added to the recipe. If you prefer to omit beeswax or shea butter from the recipe, you can spray your sunscreen on the skin, but be sure to shake the mixture first and ensure complete coverage when applying. Spray versions can easily miss a spot.

- 1/4 cup olive oil
- 1/2 cup coconut oil
- 2 tablespoons shea butter (optional)
- 3 ounces beeswax (optional)
- 1 teaspoon carrot seed oil (SPF 38-40)
- 1 teaspoon red raspberry seed oil (SPF 28-50)
- 2 teaspoons peppermint essential oil (SPF 7)
- 1 teaspoon lavender essential oil (SPF 6)

Many different oils can be used; the ratio depends on how high an SPF you desire. Those needing a higher SPF can use the high-SPF oils in larger quantities. Note, however, that citrus oils like grapefruit, lemon, orange and lime are considered phototoxic. This means you will get sunburned when using them, as they amplify the sun. Some classify essential oils from lemongrass, cumin, fennel, anise and verbena absolute as "lightly photosensitizing," but the choice is yours.<sup>23</sup> Lemongrass, in any case, comes from a grass (not citrus fruit) and is not phototoxic.

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# Wise Traditions Podcast Interviews

INTERVIEW WITH DAVID DIAMOND

THE PROBLEM WITH STATINS



Hilda Labrada Gore is the producer and host of our Wise Traditions podcast and a Washington, DC, co-chapter leader. An enthusiastic communicator, Hilda is passionate about wellness on every level, which is why she is known as “Holistic Hilda.” She is a speaker, podcast consultant and the co-author of *Podcasting Made Simple*. Hilda lives in Washington, DC, with her husband, children, dog and cat. Subscribe to her blog through her website ([holistichilda.com](http://holistichilda.com)) and follow her on Instagram: [@holistichilda](https://www.instagram.com/holistichilda).

HILDA LABRADA GORE: More than two hundred million people around the world, including children, take statin drugs for heart health. Unfortunately, evidence indicates that these cholesterol-lowering drugs lead to a host of health issues and don't actually help the heart. Neuroscientist and professor at the University of South Florida, David Diamond, PhD, was prescribed statins and decided to do his own research on cholesterol and heart disease. He found flawed studies using deceptive statistics that convinced him to run away from pharmaceuticals. He discusses his findings, explains why he is convinced that we need to question the narrative around cholesterol, and offers concrete ideas for how to keep the heart healthy and strong without prescription medications.

David, I'll never forget when I was in my thirties and had a friend who was thirty-five. He worried that he was “losing his mind” and attributed it to a period of “drugs and rock n' roll” he had in his twenties. But he was also on statins because his family had a history of heart disease. I thought, “Why is he on statins in his thirties?” Later I found out that statins can play a role in poor cognitive function.

What's the issue with cholesterol? Here at the Weston A. Price Foundation, we're always saying cholesterol is actually good for you—but give us your perspective.

DAVID DIAMOND: First, I should say that your friend being on statins at age thirty-five doesn't surprise me. They're actually putting children on statins now, and the American Academy of Pediatrics (AAP) supports that. The idea put forth by the American Heart Association and most cardiologists is that cholesterol is a sticky substance that sticks to and blocks your arteries. They say you need to reduce cholesterol as much as possible—almost from birth—and that is how you will live a long, healthy life without heart attacks. And that's completely wrong!

HG: How did you get involved in this issue about cholesterol, diet and health in the first place?

DD: My specialty is biology, with specific expertise in neuroscience. I've been a neuroscientist for forty years. My area of focus was the study of the brain and memory. My career was going along just fine until I had a blood test about twenty-five years ago. The results were alarming. My blood test showed extremely high triglycerides—I was in the top 1 percent—and that is considered quite serious. I also had extremely low HDL, the so-called “good” cholesterol. I was told that the combination of the two was a killer, and basically, I was given a death sentence. They said, “If you don't get your numbers right, you're going to die soon.” I had about a fifteen times greater risk of dying of a heart attack, compared to a healthy person.

Although my area of expertise is brain function, I didn't know anything about cholesterol, aside from what we all learned in biology, which is that cholesterol, a steroid or lipid, is an essential molecule of life. We make hormones like estrogen, testosterone and vitamin D from cholesterol. It is absolutely essential—the “mother molecule” of steroids.

I knew all that, but I was also concerned about my HDL cholesterol being low and my triglycerides being high. My doctor told me I was in serious trouble and recommended that I go on a statin. I'll mention here that I've been very well funded by drug companies in my neuroscience research. I'm not against drugs personally or professionally, but I've published papers on how drugs affect the brain. After I talked to my doctor, I went back to my office and decided to read a few papers. I happen to have a genetic anomaly, and I realized that my problem was that I was eating too many carbohydrates. I learned that when I eat sugar or any form of carbohydrates, that genetic anomaly makes me extremely efficient—more efficient than most

people—at converting that sugar into fat. That is what was driving up my triglycerides and putting me at greater risk for having a heart attack.

At that point, I put my background in biology to good use and started studying cholesterol and heart disease. It has become my second career over the past twenty-five years. I have made a scientific study of how cholesterol is or is not involved in heart disease.

HG: If cholesterol is an essential molecule for life, why has it been maligned as the root cause of heart disease?

DD: That is a great question, and the answer is a bit complicated. On the one hand, we need cholesterol to repair damaged tissue all over the body; every cell needs cholesterol. One way to look at this is that as a result of high blood sugar or high oxidized lipids—which can occur as a result of eating industrial seed oils, especially in fried foods, for example—those arteries can get damaged. What comes to the rescue is cholesterol, which is used to repair the tissue. I often compare it to the spackle you put on a hole in the wall. It would be crazy to blame the spackle as the cause for the hole.

So, cholesterol is absolutely central for repairing damaged tissue but it too can get damaged by high blood sugar. What you find is a subset of cholesterol, which, in a sense, is not natural cholesterol—it's damaged cholesterol. What gets damaged is the so-called

“bad” LDL cholesterol, and you see it in higher concentrations when you have high blood sugar. The two—high blood sugar and LDL cholesterol—go together; you do not have this damaged cholesterol in the absence of high blood sugar. You can think of cholesterol a bit like a teenager—sometimes it gets connected to a bad crowd and cholesterol gets a bad name because it's hanging out with the wrong cohorts.

HG: Thank you for these illustrations. At times, I find the discussion of HDL and LDL and “good” and “bad” cholesterol confusing. And then some people tell me, “The problem isn't with HDL, but with the ratio of cholesterol” and my head spins. Can you clarify that?

DD: It is the triglyceride to HDL ratio that is important. HDL is called the “good” cholesterol because in general, higher HDL is associated with better health. But what is important to understand is that higher HDL is also associated with overall better *metabolic* health. People who exercise and don't smoke and have low blood sugar also have higher HDL. There's nothing magical about HDL; it's simply a marker of good health. Triglycerides—fats in your blood—are also important. That is how fat is stored. You don't want too many triglycerides in your blood because when triglycerides get high, your blood actually gets thicker. Ultimately, when you're measuring the two, you want the HDL number to be about the same as the triglyceride number.

Cholesterol is absolutely central for repairing damaged tissue, but it can get damaged by high blood sugar.



### NEW HOSTS FOR THE SPANISH PODCAST!

Drum roll, please! Anette Ruiz and Alberto Medina are the new hosts for the Spanish podcast *Tradiciones Sabias*. This spring, they will relaunch the podcast for the Spanish-speaking world, releasing episodes biweekly.

Originally, Hilda Labrada Gore hosted and produced *Tradiciones Sabias* and made it available in two seasons: one in 2017 and one in 2022. Anette and Alberto will be hosting and producing the show more frequently, which means it will offer much more content and be a more consistent source of

WAPF information *en ESPAÑOL*.

Anette and Alberto are uniquely equipped to host the show. Alberto is certified in permaculture and landscaping and for ten years was involved in the production of an alternative health-focused radio show in Puerto Rico. He is accustomed to being “on the air.” Anette is a certified holistic health coach with a specialty in mental health. She is also a journalist and researcher with ten years of experience working for the University of Puerto Rico and with ten organizations in Puerto Rico and the U.S. Anette is an effective communicator who knows how to ask excellent questions.

You can follow them on Instagram @amar.eterosostudiantes (which is a combination of their names, Alberto Medina and Anette Ruiz, followed by the tagline “forever students,” which conveys their love of learning). And subscribe to the show (or invite your Spanish-speaking friends to do so). It's going to be *excelente!*

If your HDL is 60 or 70 and your triglycerides are 60 or 70, that is an optimal ratio indicating that you have good health. In my case, my triglycerides were 700, and my HDL was 30. Think about that. The ideal triglyceride to HDL ratio is one to one, my ratio was over twenty to one. My doctor was justified in alerting me to a dangerous situation. That was a ticking cardiovascular time bomb.

Because of the genetic anomaly, I have not been able to get my ratio down to one to one, but after I lost a good bit of weight and went low-carb, I got my triglycerides down to 150, and my HDL to about 50 to 60. There aren't enough studies on people like me to know what kind of ratio is associated with really good health, but from what I've seen, my numbers may be about as low as they are going to go. There are no guarantees, but I have done well for twenty-five years and I'm now turning sixty-five. What is important to know is that someone with my genetic condition is extremely susceptible to becoming obese. I make fat very easily. If I eat a lot of carbs over the weekend, I gain five pounds just like that. I knew I could be obese if I didn't clean up my carbs. That is why this topic is important to me.

HG: If I'm understanding correctly, the implications for the general population are that if we don't smoke, if we exercise and if we eat a Wise Traditions diet without overdoing the carbs, our ratio should make for a healthy heart and healthy lifestyle. Is that correct?

DD: We have fifty years of good low-carb clinical trials. We also have observations of normal people on a low-carb diet. When they go low-carb, their triglycerides plummet, typically below 100, and the HDL rises, and you have a ratio that is pretty close to one to one—typically less than two or three to one. That is ideal. When you cut sugar and oxidized polyunsaturated oils—especially the deep-fried oils—you have people who have optimized their metabolic health.

HG: At the Weston A. Price Foundation, we warn people away from the seed oils found in fried foods at a roadside stand or in their chips. Those are “killer carbs” because they are made with rancid oils. We are big fans of saturated fat.

DD: I grew up with the idea that being vegetarian was healthy. Although I was not a vegetarian, I didn't eat much meat. When my doctor first told me that I was at high risk of having a heart attack, I cut back even further on meat. I thought it was great that I was eating bread without butter and cheese—to show you how ignorant a scientist can be. I grew up with this idea.

Now, I completely agree with the Weston A. Price Foundation that saturated fats have been demonized and that all forms of natural saturated fats are healthy, including the tropical oils. This is important. You have vegetarians who are demonizing saturated fat, and you also have financial interests demonizing tropical oils, which are primarily saturated fats. The U.S. doesn't produce much in the way of saturated tropical oils. It's a political and socioeconomic battle as well.

HG: Talking about financial gain leads us back to statins. If more patients knew that a change in diet and lifestyle could improve their heart health and their overall health, the profit margin for statins would go way down.

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## WISE TRADITIONS PODCAST FAN FAVORITES!

In celebration of the 10+ million download mark for the Wise Traditions podcast, we combed through our archives to find the most popular episodes of all time! Below are ten of the fan favorites (chosen by you).

If you haven't listened to them, do so. If you already have, please share them with others, since they apparently have resonated with so many.

Find the podcast episodes on our website [westonaprice.org](http://westonaprice.org) and on nearly every podcast-hosting platform and application.

- WT 374 – Is the Sun to Blame? Or Is It the Sunscreen? with Dr. Elizabeth Plourde
- WT 370 – Germ Theory v. Natural Law with Marcy Cravat
- WT 364 – Your Life Is Your Medicine with Dr. Cassie Huckaby
- WT 362 – Mental Health: Shadow Work with Dr. Kelly Brogan
- WT 361 – Mental Health: Connection to Diet with Sally Fallon Morell
- WT 343 – Cure Your Fatigue and Slow the Aging Process with Morley Robbins
- WT 341 – Emotional Detox with Dr. Sina McCullough
- WT 335 – Covid: There Is No Virus with Dr. Tom Cowan
- WT 292 – It's Gene Therapy: Not a Vaccine with Dr. David Martin
- WT 263 – The Hateful Eight with Dr. Cate Shanahan



DD: This is something I have researched heavily and published papers on. The idea behind a statin drug is that high cholesterol is bad for you. The way that statins reduce cholesterol levels is that they interfere with the enzyme that enables cholesterol to be formed. Bear in mind that there are published studies showing a reduced incidence of heart attacks and death in people given statins. The best ones focus on “secondary prevention,” which means they gave statins to people who had already had a heart attack and showed a reduced incidence of repeat heart attacks. On the surface, the reduction in heart attacks from taking statins—a 50 percent reduction—sounds impressive and appears to be enormous. However, what I show in my papers and presentations is how you can play with the numbers. For example, if you buy two lottery tickets instead of one, you can “double” your chances of winning the lottery, but you are just going from a one in one hundred million chance to a two in one hundred million chances of winning. That is how statin advocates manipulate their numbers. If I tell you there are two drugs, and one reduces heart attacks by 50 percent and the other reduces heart attacks by 1 percent, which drug would you rather take?

HG: The one that reduces it by 50 percent.

DD: It’s the same drug! This is what is remarkable. In the studies—these are real numbers—you will find that 2 percent of the people given a placebo or no drug had a heart attack, and 1 percent of the people given a statin had a heart attack. Going from two to one is 50 percent—one is half of two. This is why, in advertisements and at medical conventions, what people hear is, “You are 50 percent less likely to have a heart attack when you take a statin”—but the real number is 1 percent.

It gets even more ridiculous. There was a trial called JUPITER (“Justification for the Use of Statin in Prevention: an Intervention Trial Evaluating Rosuvastatin”). It was one of the first trials for rosuvastatin (brand name Crestor). The trial found that the rate of heart attacks in the placebo group was 0.75 percent, while the rate in people given a statin was about 0.40 percent—we’re talking about less than 1

percent of all people. But because 0.40 is about half of 0.75, the ads for Crestor said, “reduces heart attacks by 50 percent.” It’s mind-boggling. So, the public needs to understand that whatever effects statins may have are very small and only apply to people who already have had a heart attack. For primary prevention, meaning for people who have not had a heart attack, the benefit is negligible—almost zero.

HG: Most patients, if presented with alarming cholesterol numbers, are not going to do their own research and are probably going to take the recommended medication. This is disheartening because statins come with a host of side effects and complications.

DD: Indeed, the side effects have been absolutely minimized and ignored. I have presented and published on this. How do statin advocates discuss side effects or adverse effects? They will say that for some side effects, such as the development of diabetes, statins increase the risk from 1 percent to 2 percent, but this time, they will not explain that this means a doubling in the rate of diabetes. Or they might say that side effects increased from 5 percent of the control group to 10 percent of the people who received statins, but they will call that 5 percent increase “negligible.” We published a paper [in October 2022] in which we found around forty medical peer-reviewed papers documenting a host of adverse effects of statins, including brain fog and impaired cognition.<sup>1</sup> For example, there is one really important paper published over a decade ago showed that when seventy-five-year-old men and women diagnosed with dementia were taken off statins, their dementia disappeared.<sup>2</sup> They got better! And what is even more crucial to note is that when they put all of the elderly study participants back on the statins, the dementia returned. Think about the explosion—the epidemic—of Alzheimer’s disease we are seeing, and the fact that over half of all adults considered eligible for statins (nearly a third of adults aged forty and up) are now taking them.<sup>3</sup> How many of the people diagnosed with Alzheimer’s actually have impaired brain function because of the statins they are taking?

Understand that the brain is unique in that it

One really important paper published over a decade ago showed that when seventy-five-year-old men and women diagnosed with dementia were taken off statins, their dementia disappeared.

No one on a major network is going to interview me. How could they, when they are running commercials for Lipitor?

makes its own cholesterol. The brain has control over its cholesterol because it needs cholesterol to be able to make new brain cells and synapses, and for memory functions. Thanks to the blood-brain barrier, not all statins are able to get into the brain, but what is interesting is that the statins that *can* get into the brain interfere with the brain's ability to make cholesterol—and those are the statins that produce cognitive deficits. The study that showed the reversal of dementia indicates that the drugs can get into the brain. Think about this. The brain makes its own cholesterol and has its own machinery for doing so. A statin like Lipitor—the most widely prescribed statin—can get into the brain and stop the brain from making cholesterol; this interferes with the brain's ability to make new brain cells and new neural networks. [Editor's note: For another perspective on the blood-brain barrier, see the article by Dr. Tom Cowan in this issue.]

HG: My thirty-five-year-old friend was taking Lipitor, and not only could he not think straight but he had joint pain.

DD: Along with cognitive deficits, joint pain is extremely common. But the statin advocates have mounted a great effort to say these side effects are not real—that “it's all in your head.” They try to dismiss it as the “nocebo effect” [the influence of negative treatment expectations on treatment outcomes]. They say, “You have been told that statins will cause joint pain, therefore, you have joint pain, and it's all in your head.” It is *not* all in your head; it's in your joints! Statins truly do interfere with muscle function and cause muscle atrophy. Ultimately, this also impairs kidney function, and there are studies showing kidney injury associated with statin use. You also have impaired liver function and potentially even heart failure related to statin use—and we have an epidemic of heart failure.

Along with a Wise Traditions lifestyle, it is important to appreciate that the heart depends to a great extent on ketones. Ketones nourish the heart as well as the brain. Ketones are produced as a result of a very low-carb diet. But you will not hear this kind of information in the mainstream media, which are basically a financial

business. No one on a major network is going to interview me. How could they, when they are running commercials for Lipitor? Fortunately, we are getting our message out in social media, and in the medical literature through my publications and in the publications of other really good people.

HG: What concerns me the most in this conversation are the young people. You said that younger children are taking statins now. Is that because some health agency lowered the threshold number for cholesterol and said, “Okay, now everyone at this level can take statins?”

DD: That is an important concern. In fact, we published a response to a paper that was advocating statins for certain children.<sup>4</sup> Let me give you some background. There is an affliction called familial hypercholesterolemia. In people with this genetic anomaly, the liver cranks out lots of LDL-cholesterol (the so-called “bad” cholesterol)—perhaps two, three or four times as much LDL-cholesterol as in someone without the anomaly. These individuals have extremely high cholesterol from birth, and a subset does indeed have heart attacks very young. This has been described for over a century. Basically, researchers found high blood cholesterol and cholesterol in the arteries of someone who had a heart attack and died at age twenty, and their



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logical conclusion was, “It must be the cholesterol that clogged the arteries.” That is why they want these children to be on statins from a young age.

However, we published a paper in 2022 in which we evaluated the same medical literature and found that it is not the cholesterol after all.<sup>5</sup> It turns out that the subset of people who have young-onset heart attacks actually have a second genetic anomaly; they have high clotting factors (a blood clotting disorder), with one of those being an elevated protein called fibrinogen. Those are the people who die young from heart disease. If you think about cholesterol “clogging arteries,” what does not make sense is that the vast majority of people with familial hypercholesterolemia live long, healthy lives; you have eighty-year-old people with this anomaly and astronomically high cholesterol who are extremely healthy and are not having heart attacks. Our publication pointed out that this does not make sense—because it’s not the cholesterol, it’s the clotting factors.

HG: Sally Fallon Morell has told me that as we age, our body increases the amount of cholesterol it produces, and this is true even in older people who do not have that genetic anomaly. That should not be alarming. In conventional medical circles, they are always saying “Lower it,” but we actually need that cholesterol. Do you agree with that?

DD: I would not agree that our cholesterol always rises with age if we are healthy. We often hear about blood pressure rising with age, but it doesn’t. My blood pressure has not changed in twenty-five years. I think what is really important is to look at the person’s metabolism. In persons who are healthy, who exercise, who have low blood sugar and are not overweight, their basic metabolism is going to be stable. This is what we have to emphasize. So much of the research focuses on unhealthy people, but when you look at healthy people, you do not see the same age-related changes, as far as I can find in the literature. In studies looking at people who are healthy, their blood pressure does not rise as they age; it is in overweight people who do not exercise that blood pressure and cholesterol

rise. Remember, too, that the brain makes its own cholesterol, but when you take a blood test, you are not actually getting the brain levels of cholesterol.

HG: Let’s go back to your point that it is not fat or meat that we need to avoid to get that appropriate cholesterol ratio, as much as it is carbs and sugar consumption that we should lower. Of course, at WAPF we are all about avoiding refined sugars and flours and going back to more ancestral ways of eating. Is there anything else you would recommend to help protect our hearts and have that right ratio?

DD: I agree with everything you just said. What we want to think about is something closer to a paleo diet. What did humans evolve to consume? When we think about foods that came into existence in the past ten thousand years, we are looking at entirely novel foods. It is absurd to talk about meat being unhealthy or to say meat causes diabetes. How can meat, which is something humans are adapted to consume, somehow raise our blood sugar or damage our pancreas? It makes no sense.

Or consider the big emphasis on legumes. Think about how extensively legumes have to be processed before we can even partially digest them. You may have severe reactions if you eat raw kidney beans. People need to understand that our immune system still looks at “novel” foods (in evolutionary terms) such as grains as potential invaders. When our immune system attacks wheat as an invader, this damages our colon and we get all kinds of autoimmune diseases.

I advocate thinking about what human life was like twenty, thirty or fifty thousand years ago. People were active and, to a great extent, they consumed animal foods. Humans are the apex predators; it is probable that what drove our evolution was that we were so incredibly good at hunting animals—far superior to any other creatures around. Long periods of starvation, in which we might have been dependent on eating just fruits and vegetables, were probably rare. Even then, there was not much in the way of fruits and vegetables available to us—nothing like what you see in a modern supermarket.

In persons who are healthy, who exercise, who have low blood sugar and are not overweight, their basic metabolism is going to be stable.

As far as what I recommend to remain heart healthy, it is so simple. Don't smoke; eat meat, fat and other foods from pasture-raised animals; eliminate grains; and don't fall for the foolishness about legumes being healthy for you. I'll add that I do think a subset of people have problems with dairy. Dairy is a relatively new food for our species and something that resulted from the domestication of animals. Ultimately, each person needs to pay attention to how they respond to certain foods.

[Editor's note: Dr. Weston A. Price identified many traditional groups that thrived on diets that included properly prepared grains and high-quality dairy foods. WAPF does not advocate a "paleo" diet but instead emphasizes the importance of raw whole milk from animals grazing on pasture, and advises soaking, sprouting or fermenting grains and legumes, cooking them in bone broth when possible, and eating them with plentiful butter (or other animal fats), all of which will enhance digestibility—and enjoyment.<sup>6]</sup>

Someone who is sedentary, overweight and eating poor-quality foods may resort to anti-inflammatories when they end up with "inflammation," but what they really need is to change the core factors that are causing them to be unhealthy. Of course, changing one's diet and lifestyle is a heck of a lot harder than just taking a pill. I always say, "You won't find good health in a pill." In my case, I have never taken a statin, and I never will. I do not take any medication at all. I feel very fortunate that my background in biology enabled me to be here, twenty-five years later, to be able to talk with you and share what I have learned.

HG: I have one more question for you. If people could do just one thing to improve their health—take one step in the direction of maybe being less sedentary or changing their diet—what would be your first recommendation?

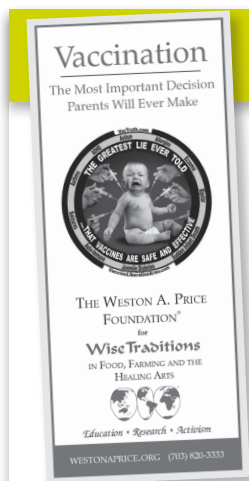
DD: Exercise is good, but it is not the antidote to a bad diet and it won't enable you to lose weight on its own. People sometimes think, "I will exercise and lose weight and I'll get healthy." Although I advocate exercise, it is secondary to minimizing your carb consumption. Understand, too, that we are not just talking about refined sugar, which of course is bad.

You want to target the foods that will raise your blood sugar. I recommend getting a continuous glucose monitor (a doctor can prescribe one) so that you can see the increase in your blood sugar. In my case, I was surprised at how high my blood sugar went if I had bread or cereal. Realize that eating bread or potatoes or even sweet potatoes is still going to raise your blood sugar. Watching your carb consumption is the primary thing, as well as enjoying life and being active. ☺☺

This was *Wise Traditions* Podcast episode 397 (December 12, 2022).

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# All Thumbs Book Reviews

***Eat Like a Human: Nourishing Foods and Ancient Ways of Cooking to Revolutionize Your Health***  
By Dr. Bill Schindler  
Little, Brown and Company

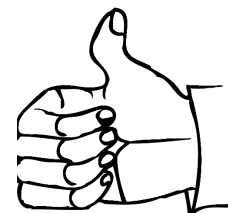
For the past sixteen years, Dr. Bill Schindler has been breaking the law. He has been transporting raw milk across state lines into his home state, where the law does not allow the sale of raw milk for human consumption. Schindler gives the “why” behind his lawbreaking ways in *Eat Like a Human*, and specifically in the chapter titled “Dairy: The Foundational Food.” There, he touts raw milk as safe, nutrient-dense and chock full of natural bacteria. But he doesn’t stop there. He also makes a strong case for its consumption by going over the history of the populations that have consumed and thrived on it for millennia.

With the description of the illegal milk run, he already had me, and I was hooked throughout. It’s not just because our household goes to similar lengths to put traditional nutrient-dense food on the table—it’s also thanks to the thorough and entertaining way in which Schindler goes over which foods nourish us and exactly how they do so, offering anecdotes, personal

experiences and historical context.

The book’s chapters are organized by food groups—animals, plants, grains, maize, dairy, bugs (!) and more—and he plumbs each of these topics in depth. In the chapter titled “Maize: the Corn Conundrum,” for example, Schindler describes the mysterious symptoms that affected over three million Americans between 1907 and 1940. People “developed terrible, disfiguring skin rashes when exposed to the sun. Their tongues grew swollen, their mouths bled, they suffered delusions and even dementia.” The same sickness had also appeared in Spain and Italy in the 1700s, where it got its name “pellagra,” which means “rough” or “sour” skin.

Schindler contrasts those scourges with Covid-19. “By 1912, the state of South Carolina alone reported 30,000 cases and a mortality rate of 40 percent. By way of comparison, by January 2021, the mortality rate in South Carolina from Covid-19 was under 2 percent.” In other words, pellagra was much worse than today’s “pandemic.” Although for a long time it was considered a contagious condition, pellagra was not caused by a virus either. In 1929, Dr. Joseph Goldberger set out to prove that the root of the sickness was dietary in nature, and indeed, about ten years after Dr. Goldberger’s death,



## BOOK REVIEWS IN *Wise Traditions*

The Weston A. Price Foundation receives two or three books *per week*, all of course seeking a Thumbs Up review. What are the criteria we use for choosing a book to review, and for giving a Thumbs Up?

- First and foremost, we are looking for books that add to the WAPF message. Dietary advice should incorporate the WAPF guidelines while adding new insights, new discoveries and/or new therapies.
- We are especially interested in books on the fat-soluble vitamins, traditional food preparation methods and healing protocols based on the WAPF dietary principles.
- We look for consistency. If you talk about toxins in vaccines in one part of your book but say you are not against vaccines in another part of your book, or praise fat in your text but include recipes featuring lean meat, we are unlikely to review it.
- We do not like to give Thumbs Down reviews. If we do not agree with the major tenets expounded in a book sent to us, we will just not review it. However, we feel that we have an obligation to point out the problems in influential or bestselling books that peddle misinformation, and for these we will give a negative review. We also will give a negative review to any book that misrepresents the findings of Weston A. Price.
- If you want us to review your book, please do not send it as an email attachment. Have the courtesy to send us a hard copy book or a printout of your ebook or manuscript in a notebook or coil binding.

# All Thumbs Book Reviews

The people in Mesoamerica knew how to nixtamalize corn, but when corn consumption went global, traditional preparation techniques did not go with it.

scientists pinpointed corn as the culprit.

Schindler points out that people in developing countries today still suffer from pellagra, which is essentially a niacin deficiency. This is ironic because corn is replete with niacin, but its availability to the body is locked away in the absence of traditional preparation techniques (called “nixtamalization”). Though maize is the most widely produced crop in the world, Schindler explains that it is actually one of the hardest foods to digest: “When you skip nixtamalization, no matter how you cook corn, much of its nutrition stays locked up in the grain, which simply navigates our digestive tracts and gets expelled, taking its nutrition with it.” The people in Mesoamerica, he points out, knew how to nixtamalize corn, but when corn consumption went global, traditional preparation techniques did not go with it. Schindler reacquaints us with the process of nixtamalization, which starts with a solution of water and wood ash. He offers tips on how to get going with the process ourselves, or at the very least how to obtain masa made from nixtamalized corn.

I particularly enjoyed the various tales Schindler tells throughout the book, such as setting a beaver trap made with rudimentary tools (while co-starring in National Geographic’s “The Great Human Race”), or witnessing the processing of a yak on a frigid steppe in Mongolia or sharing cheese-making adventures with David Asher in Reykjavik, Iceland. He weaves these stories into a narrative that is as riveting as it is educational. Schindler also peppers the book with practical illustrations (for example, showing how to butcher a chicken or make mozzarella), mouthwatering photographs (of roasted bone marrow and honey ice cream) and seventy-five recipes for beginners and experienced cooks alike.

The recipes show up in every chapter, even the one on “Earth, Ash, and Charcoal: Have Your Fire and Eat It Too,” which features charcoal crackers. Some of my favorite recipes

are in the “Animal” chapter—recipes for pork rinds, fatback cracklings, chicken liver paté and “trash bone broth.” He also includes recipes for how to render lard and tallow. Some recipes are upgrades to popular features in the standard American diet: fermented condiments, nose-to-tail burgers and “lacto-chips.” It’s almost as though he was determined to make sure that what he offered was not off-putting to the average Joe, who does indeed want to eat like a human.

That brings me to the only chapter that didn’t exactly jive with me—the one titled “Bugs: Protein, Not Pests.” Schindler doesn’t advise us to replace the meat in our diet with insects, but he does advocate including them in the diet. He even traveled to Thailand to learn more about how to prepare them—not hiding them in dishes but displaying and celebrating them as a source of protein and nourishment. “We’ve been eating them for at least 7 million years,” he states. Just the same, I don’t think I’m ready to substitute 20 percent cricket flour for other flours in my diet, as he recommends. Admittedly, I find the “yuck” factor difficult to overcome.

Overall, I was elated at the breadth and depth of this book. I shouldn’t have been surprised; Dr. Bill Schindler is an internationally known archaeologist, primitive technologist and chef. I’ve interviewed him for the Wise Traditions podcast. He is on a mission to preserve and revive ancestral dietary approaches to create a nourishing, ethical and sustainable food system, and this book brings home the earnestness and importance of his pursuit. His introduction states, “I believe the diet of our future should absorb the lessons of our past.” *Eat Like a Human*, much like WAPF, serves to uncover the timeless principles of healthy traditional diets. I give this book two thumbs up (is that allowed in our rating system?) without reservation.

Review by Hilda Labrada Gore

# All Thumbs Book Reviews

***Understanding the Heart: Surprising Insights into the Evolutionary Origins of Heart Disease—and Why It Matters***  
By Dr. Stephen Hussey, MS, DC  
Chelsea Green Publishing

I found the subtitle of this intriguing volume, “surprising insights into the evolutionary origins of heart disease—and why it matters,” to be quite accurate. Dr. Stephen Hussey, a former vegan, draws on perspectives that readers of *Wise Traditions* and members of the Weston A. Price Foundation have seen before. These include: the heart is not a pump but a mitigating, balancing agent; water has a fourth dimension whose distribution of charges affects its flow; natural saturated fats from grass-fed animals (and avoidance of vegetable oils) are fundamental to optimal metabolism and robust health; and cholesterol is a necessary substance that plays important roles for immune response and use of fat-soluble vitamins, as well as serving as the substrate for all our steroid hormones. These observations confirm the wisdom of avoiding interfering medications and more.

Hussey weaves all this into descriptions of other life forms and their physiological relevance across history, providing wonderfully accessible tours of biochemical pathways. We’ve heard the words but probably wouldn’t be able to explain the pathways until after reading his explanations.

Going deeper, Hussey examines widely touted shibboleths such as “an aspirin a day. . .” and explains that while the plant toxins on which this common over-the-counter medication is based shut off pain, the greater effect is to erode the person’s gut lining. Documenting everything he presents with pages of citations, he then points out that with aspirin, it’s probably the added magnesium that provides any benefit—another example of specious promotions that hype alleged benefits while distracting grandly from the far greater disasters looming

with the use of whatever new miracle drug is being promoted.

My favorite section of *Understanding the Heart* was the reminder that most of the time what we deem to be “sickness” is the body’s effort to restore itself and bring itself back to balance. I think every person would do well to memorize these words along with the prayers and pledges of daily living: “A bacterial infection does not cause the fever, headache, coughing, sneezing, runny nose, or fatigue. . . . It’s the body mounting a defense that causes these symptoms. If you suppress the symptoms, it takes longer for the body to [heal].”

Hussey does speak of evolution, which can be a loaded term. In this case, he is referring to evolution as a matter of unfolding and adaptation across the history of life on earth, which seems to me to be closer to what Darwin—all too often misinterpreted—wanted to convey about life forms in the first place.

This book is an inviting but not casual read because it actually expects understanding beyond superficial words and terms. That said, it is not a dry academic tome. The author intersperses his assumption-shaking insights with colorful accounts of personal experience to enhance his points. I particularly enjoyed his accounts of night trips through the rainforest or as a patient in an allopathic setting.

For those who want a thoughtful understanding of health and the workings of life, written by a friendly and knowledgeable guide, I happily give this book two thumbs up. I’ll probably have to buy another copy; the current one is becoming hard to read for all the “take notice!” stars and arrows I’ve penciled into it.

Review by Karen Lyke



Most of the time what we deem to be “sickness” is the body’s effort to restore itself and bring itself back to balance.

# All Thumbs Book Reviews



***Profiles of the Vaccine Injured:  
A Lifetime Price to Pay***  
**Children's Health Defense**  
**Skyhorse Publishing**

Let me see if I can boost your faith in our medical system. When I was a kid back in the dark ages (the 1960s), less than 2 percent of children had health conditions serious enough to interfere with usual daily activities. With all the advances in medical technology, things must be even better now, right? Wrong. Current data indicate that about 60 percent of children and adults have one or more chronic conditions, and the trend is just getting worse. How am I doing? Feel better now? Sigh.

Maybe we don't spend enough money on health care. The U.S. spends more than twice as much as any other country on health care, yet by most measures of health, we are doing worse than a large and growing number of countries. Well, that's not good.

Maybe if we fund more vaccines and new vaccine technology, things will get better. Maybe if we create gene therapy but still call it a "vaccine," things will get better. Maybe if we then mandate those injections and make them easily available, things will get better. Maybe if we even make them free for many people, things will get better. Vaccine makers have a long criminal record and have paid billions for crimes against humanity. Maybe if we give them freedom from all liability, things will get better. What could go wrong? Maybe if we threaten to ruin people's lives and careers unless they get vaccinated, things will get better.

Well, that last paragraph in particular has been tried to varying degrees around the United States and the world for the last few years. The numbers are in. I could fill a few pages with those numbers, and this book does provide plenty of well-referenced numbers, but I'll just sum it up. The numbers aren't just bad, they are sickening.

However, there may be many readers who are not so mathematically inclined and don't connect well with impersonal numbers. There are ways to discern what is going on even if you don't know all the detailed numbers. The CDC set up a v-safe system to monitor the safety of these latest vaccines. At the time I'm writing this, they have declined to share those data with the public, something they are legally and morally obligated to do. That pretty much tells you what you need to know. Now, you don't need to see the numbers. If that doesn't convince you that these experimental shots need to stop, then go ahead and get all the jabs you want. You'll be fine. The numbers are bad, and they don't want you to know how bad. But that's OK. You'll be fine.

If you are not a numbers person, then this book is for you. The personal stories of nine real people injured by vaccines—ranging from the MMR to Covid shots—are told in this book. Many of them are children. If you can read these stories, especially Ernesto's story, and not feel the pain, then you are probably not human. The pain and suffering is not just limited to medical adverse effects, but many face financial ruin and loss of friends and even family who don't want to hear any heretical criticism of these precious vaccines. They discover that they are on their own. Makes sense, right? Any questions? Shut up. This book rates three hankies and a thumbs UP.

Review by Tim Boyd

The pain and suffering is not just limited to medical adverse effects, but many face financial ruin and loss of friends and even family.



# All Thumbs Book Reviews

***The Nuremberg Code:  
75th Anniversary Commemorative Edition***  
**Commentary by Vera Sharav**  
**Introduction by Ken McCarthy**  
**Brasscheck Press**

Ken McCarthy did a Google search on “Nuremberg Code 75th Anniversary” in early August 2022 when that anniversary took place and came up with nothing.

I did the same search in November 2022. There were references to this specific book and maybe one or two more recent references, but otherwise, nothing seems to have been posted for the last couple of years.

I’m sure there is no connection between that fact and the fact that the code has been massively violated over the last few years. . . and I’m never sarcastic (yes I am). While the United States has never officially adopted the code as law, I think it is safe to say that most Americans—and most of the world—consider the Nuremberg Code to be the most important document on medical ethics out there.

How did we get here? If you Google “Operation Paperclip,” you will see it is no longer any secret that the U.S. imported a lot of scientific and medical talent from Nazi Germany just after WWII. When you see that top levels of science and medicine in the United States were infiltrated by people like that, it is not hard to understand how we got here.

People like that may have inspired today’s medical leaders. Men like Anthony Fauci. . . wait, let me walk that back. Is Fauci a man, a human being? I’m not being totally sarcastic here. When someone claims to “be science,” I am faced with a slight dilemma. Aside from wondering what that really even means, the strong implication is that he is perfect, infallible and not to be questioned. Usually, people try to hide their narcissism better than that. I consider it a well-established fact that no human being can honestly make such claims of perfection.

So, I have an unfortunate choice: he is either a liar or not a human being. I leave it to the reader to decide.

But it gets better. The name Christine Grady did not ring any bells for me, and I would guess that it doesn’t for most people. Ms. Grady is head of bioethics at the National Institutes of Health. She also happens to be the wife of Anthony Fauci. If the wife of the devil himself were head of bioethics, I don’t think the irony could be richer.

The Nuremberg Code outlines critically important human rights that cannot be forgotten or ignored. Even if you buy into the idea that medical treatment can be forced in emergencies—and I don’t—it is morally imperative that you prove not only that the treatment works but that an emergency exists. We are still waiting for proof that the virus exists, so the last few years have been nothing but a wild experiment that no one is morally obliged to go along with.

For those who are “just following orders” or “just doing their job,” this from Albert Einstein:

“The Nuremberg Trial of the German war criminals was tacitly based on the recognition of the principle: criminal actions cannot be excused if committed on government orders; conscience supersedes the authority of the law of the state.”

That guy was pretty smart. The thumb is UP for *The Nuremberg Code*.

Review by Tim Boyd



The Nuremberg Code outlines critically important human rights that cannot be forgotten or ignored.

# All Thumbs Book Reviews



*Dirt to Soil: One Family's Journey into Regenerative Agriculture*  
By Gabe Brown  
Chelsea Green Publishing

To say that Gabe Brown is larger than life is an understatement; it is hard to encapsulate the man and his message. My first read of *Dirt to Soil* was just for the easy, enjoyable story. I had attended numerous presentations of Gabe's, so I could hear him speak with his endearing self-deprecating humor and humility. He "preaches" about the power of nature and lives and practices what he preaches. Even if farmers struggle to implement his message, they realize he is one of them. His catch phrase, "I like to sign the back of checks, not the front" is particularly engaging.

He and his family endured four years of traumatic weather that most would not have survived economically. Despite the fact that he had to "learn every lesson the hard way," this is anything but a depressing read. He was so broke, "the banker knew every time they bought toilet paper." Many of his successes were accidental—the result of desperate financial straits. Example: he did not have money for twine, so he had to leave the cover crop standing. He grazed it over the winter and, by golly, that worked! And he managed not to sign the check for twine.

The book is full of so many noteworthy quips that during my second read, I took fifteen pages of notes. My favorite: "People laugh at me because I am different, but I laugh at them because they are all the same." He does not lament that only 14¢ of every dollar spent on food goes to farmers, nor does he ask the government for assistance. Instead, he actively pursues that 86¢. "To be successful you have to *make* money farming; conventional farming is all about *spending* money." Also, "The successful farmer of today is the one who un-learns the quickest."

Gabe quotes South Dakotan Jonathan Lundgren and his amazing research endeavor, the 1000 Farms Initiative. Lundgren posits that

insects are nature's insecticide. Everything regenerative agriculture promotes helps mitigate the pestilence of pests by allowing the pests' predators to live. Who'd have thought! Dr. Lundgren's graduate students do the counting, and their research has verified that there are ten times fewer pests in regenerative systems.

I would be remiss without listing the five principles of soil health:

1. Limited disturbance (tillage), whether mechanical, chemical or physical;
2. Armor on the soil (No black dirt—ever!);
3. Diverse plants and animals on the soil to promote diverse bacterial and fungal life;
4. Living roots in the soil at all times possible to feed the microorganisms (underground livestock);
5. Animals on the land. . . again.

Tillage and its chemical cousins (herbicides and fungicides) "burn" organic matter needed in the soil. So does overgrazing. If animals remove 30 to 40 percent of a pasture's forage, roots can produce more forage to graze again quickly, but if more than 60 percent is grazed, root growth is halved and it takes much longer for the forage to rebound. Organic matter is the magic material that structures the soil—the "house" for microorganisms. It helps the soil adhere to itself to form healthy soil's coveted "chocolate cake" consistency. Beginning attempts to improve soil health can be measured by noting the increased number and activity of earthworms.

Armor is clothing for the soil. This protection prevents inevitable erosion from wind and rainfall events. Microorganisms and enzymes are killed with high temperatures, and black soil absorbs the sun's rays and heats up quickly. When black soil heats to 140 degrees Fahrenheit, all the soil life is killed. Gabe got armor on his soil for four years in a row when the "Great White Combine" (damaging hailstorms) pummeled his crops and left them on top of the

Gabe says,  
"To be successful you have to make money farming; conventional farming is all about spending money."

# All Thumbs Book Reviews:

ground to feed the worms.

Diversity, the third principle, might be the hardest for conventional farmers to adopt. Attendees at Gabe's presentations frequently present their problems to him. When he asks about their crop rotations, they might say "Canola – Snow – Canola." Adding a second or third rotation instead of the usual "corn – beans – corn" seems to be a perceptual cliff from which only the daring can leap. Understandably so; every farmer's foibles are fodder for their neighbors' critiques. There is also the expense of needing additional equipment, while equipment already invested in sits idle. There are likely to be multiple unknowns and failures. However, failures—according to Gabe the farmer-turned-scientist—are not failures but learning opportunities. Cover crops that grow three inches and then die in a frost are not failures because the little roots that grew underground still performed their function. However, that coffee-shop ribbing can still sting.

The principle of having living roots in the soil as long as possible is more doable than most of us think. When cool season plants and warm season plants are growing in tandem, the roots are active over a longer period of time. Even in a harsh South Dakota December when the ground is brown or white with snow, we have green "stuff" growing. No one really likes the work and expense of dealing with snow on the prairie, but a nice blanket covering the microorganisms in the soil helps them survive.

Animal impact improves the soil in a myriad of ways. Their dung, of course, and their urine return nutrients to the soil and spread it over the land. Diversity in animals results in diversity of nutrients returned to the soil. If managed properly, animals' foot traffic enhances seed-to-soil contact, which promotes more diversity in plant growth. Their foraging literally stimulates plant growth, which further stimulates the plant's feeding of the microorganisms below ground.

Gabe speaks of soil that is addicted to synthetic fertilizers as if it were a drug addict. He thinks we starve the soil biology and then buy it junk food. Too much nitrogen can mess with plant communication, whereas not fertilizing with synthetics encourages natural plant-microbe interaction. Gabe cautions against a cold turkey approach, however, recommending the use of multiple species cover crops and grazing cattle to make the transition slowly. He has data from a four-year soil health experiment that compared cover crops—or "biological primers" as he prefers to call them—to synthetic fertilizer. For each year, production from the synthetic fertilizer fields trailed that from the regenerative fields.

Conventional soil testing has failed to give an accurate accounting of what it is supposed to be testing and has resulted in enormous overfertilizing. Would Dr. Tom Cowan refer to this as the electron-microscope version of soil analysis? Caustic chemicals force the soil to release nutrients in these tests. Fortunately, a field researcher developed the more useful Haney test; the test measures the living activity in the soil, which releases the nutrients that are already there.

The thumbs are up enthusiastically for this book. Buy it and enjoy it. Get one for a friend, especially if that friend is a farmer. Then go make your crops grasshopper-proof and, like Gabe, buy your own caps!

Review by Mary Walkes

Gabe speaks of soil that is addicted to synthetic fertilizers as if it were a drug addict.

# All Thumbs Book Reviews



*Jayne's INpowered Handbook:  
Featuring Homeopathic Remedies and  
Cell Salts for Everyday Use*  
**Dr. Jayne Marquis, ND, HOM**  
**Friesen Press**

The first chapter of this amazing and practical book deals with cell salts, a subject about which I knew nothing but was always curious. Dr. Wilhelm Heinrich Schuessler made a systematic study of the body's mineral compounds after cremation and came up with twelve inorganic mineral salts common to all cells and tissues. The cell salts are prepared in the same manner as homeopathic remedies but are prescribed not on the basis of “like cures like” as in homeopathy, but rather to correct deficiencies in mineral balance. For example, a diagnosis of anemia calls for *Ferrum phosphoricum* (iron phosphate) to stimulate the body to assimilate iron.

After a brief introduction, Dr. Marquis devotes one page to each of the twelve salts, providing a concise list of what each cell salt is good for. For example, *Kali muriaticum* (potassium chloride) is the remedy of choice for swollen glands and sore throats; *Magnesia phosphorica* for cramps, tension headaches and nerve relaxation.

Next, Dr. Marquis tackles the homeopathic remedies with a clear introductory explanation and then a page for each of seventeen remedies.

Subsequent chapters explain dosages and frequencies for the cell salts and homeopathic remedies, including indications that the remedy or cell salt is working.

Marquis recommends having the twelve cell salts and the seventeen basic homeopathic remedies on hand as a kit, so you will be ready for all emergencies.

The second half of the book lists common ailments alphabetically and the cell salt remedies for both the acute and healing phases of the illness.

A final section briefly discusses other therapies, such as breathing, earthing, exercise and hot-cold water therapy.

The only disappointment is a page on fiber consumption, with no warnings on the dangers of improperly prepared beans and lentils. My suggestion for future issues is a page or two on the Wise Traditions diet.

Still, this book can serve as an easy-to-use, invaluable reference for home health care in an era when hospitals and doctors' offices have morphed into places of danger, to be avoided in all but the most extreme circumstances.

Interest in and use of homeopathy is increasing. *Jayne's INpowered Handbook* will help you join the rising number of conscientious consumers choosing effective, non-toxic homeopathy over toxic pharmaceutical drugs. The thumb is up!

Review by Sally Fallon Morell

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## ABUNDANTLY NOURISHING MEALS by Crystal La Brake

The two main objections for instituting natural, nutrient-dense meals with your family are 1) it costs too much and 2) my family won't like it. Yankton, South Dakota, chapter leader Crystal La Brake addressed the first objection in the Winter 2022 issue of *Wise Traditions*, where she compared the costs of processed foods with homemade foods—and homemade foods were the winner, even when made partially with organic ingredients.

La Brake addresses the second objection with this wonderful cookbook. Think “healthy” foods have to be weird? Think again. La Brake provides lots of yummy main dishes and casseroles, including Mexican lasagna, “rice-a-roni,” “Better Than Golden Arches” casserole, shepherd's pie, pepper steak, Swedish meatballs, and “Just Like Wendy's” chili.

Highlights include crispy liver chips and several versions of healthy pizza crust. The grains in bread and cracker



# All Thumbs Book Reviews

## Children's Books

### *We Were Tired of Living in a House* (Ages 5-8)

By Liesel Mokka Skorpen, Illustrated by Doris Burn

Purple House Press

A family of six—Dad, Mom and four children—are all fed up with living under one roof in a messy house, so the children decide to go live elsewhere. They pack up their things and trek out into the wilderness, where they attempt to live in a tree, a pond, a cave and finally at the beach. Skorpen highlights the beauty and creativity of children's imaginations, showing how at each stop along the way they are able to make the most of their surroundings: gathering blackberries, fishing, making a fire and even building a raft. The detailed black and white illustrations by Doris Burn likewise expertly capture children's ability to imagine and create. But although each place is, at first glance, seemingly ideal, each has its downfalls and the children must move on. By the end of the adventure, the four siblings realize that although they have enjoyed fending for themselves, home is really where they belong, and the book ends with parents and children happily reunited. Originally published in 1969, the book has just been reprinted by Purple House Press. Makes a wonderful gift!

### *Island Boy* (Ages 8-12)

By Barbara Cooney

Puffin Books, Penguin Group

A wholesome family with twelve children moves from the mainland to make their living on a beautiful island. The father teaches the sons invaluable life skills as they prepare their land: plowing, planting, building stone walls, clearing land and handling a boat. The mother teaches the daughters the art of homemaking. All the children learn to read and write. The freedom and happiness that the children experience from living off the land is evident as the story unfolds. But one by one, each child grows up and leaves the island and doesn't return—except for the youngest, Matthias, who longs to return and continue what his father started, using all the skills he learned. When Matthias returns, gets married and has children of his own, they in turn learn about berrying, cooking and making butter, soap and cheese. The wholesome cycle continues until

Matthias has grown old and has grandchildren of his own who want to remain on the island and continue the beautiful upbringing. It doesn't get any better than Barbara Cooney's story line and breathtaking illustrations. She does an amazing job of demonstrating the importance of family as well as the value of learning to live off the land.

### *Miss Maple's Seeds* (Ages 5-8)

By Eliza Wheeler

Nancy Paulsen Books, Penguin Group

This gentle story about the life cycle of seeds, accompanied by Wheeler's warm and colorful illustrations, takes the reader through the changing seasons and what happens to seeds during each one. During the summer months, Miss Maple loves to gather old seeds of all kinds—ones that have been lost from the spring—and then cares for and nurtures the seeds all through the fall and winter. The reader takes a ride of sorts with Miss Maple as she explains the ways seeds are spread via wind and rain, until finally spring arrives, and it is time to plant the seeds for new growth. One particular page identifies all the different types of seeds that Miss Maple gathers, making this a potential fun educational project for parent and child. Once planted, Miss Maple must say goodbye to her seeds, but we can see her joy when she walks through field and forest, soaking up the beauty and fruits of her labor.

Reviews by Katy Vander Woude

recipes are all properly prepared and dessert recipes contain natural sweeteners. I am looking forward to trying soaked oatmeal cookies, chocolate (actually carob) covered crispy almonds, Cheese-It crackers, cookie dough fat bombs and cheeseburger soup!

La Brake also supplies basic recipes for broth, ferments, sourdough bread and crispy nuts. Interesting beverage recipes include hot "chocolate" (actually carob) and cowgirl lemonade.

I'd say that this book is a must for anyone with a hungry family—believe me, they won't miss the processed alternatives. To order, visit [abhsd.myshopify.com/products/cookbook](http://abhsd.myshopify.com/products/cookbook). Thumbs up!

Review by Sally Fallon Morell

# Tim's Video Reviews

From Rancourt's perspective, it looks pretty clear that the excess mortality is not just some big, unintended coincidence.

*What Really Killed Millions?*  
**Denis Rancourt, PhD**  
**The Iron Will Report (Truthcast #279)**  
[bitchute.com/video/fNm2z1kEjOkq/](https://bitchute.com/video/fNm2z1kEjOkq/)

Many researchers, who are not blinded by legacy media smoke and mirrors, have noticed the staggering increase in excess deaths over the last couple of years. Denis Rancourt has done extensive analysis of all-cause mortality with respect to time, place and demographics. He looked at these data because they are very objective. They don't depend on uncertain diagnoses, incorrect sorting of comorbidities or financial incentives to call every cause of death "Covid."

Here is what he found. Just after the pandemic was announced, there was a sudden spike in mortality confined to specific locations in widely separated areas on different continents at about the same time. Areas adjacent to these locations were almost untouched by the rise in deaths. At least thirty U.S. states had no spike, while others clearly did. increased in all age groups. Yes, more older people died, but that is almost always true—until now. There were no more excess deaths in people over eighty than in those under eighty.

During what Rancourt calls the "Covid period" (March 11, 2020 to almost the present), there were 1.3 million deaths in the U.S. but only twenty-five thousand (almost nothing) in Canada. So, if this illness was caused by a virus, it refused to cross the border between the U.S. and Canada? His painfully obvious conclusion, based on all the data, is that in this instance, there is no virus and no pathogen at all. This does not remotely look like what we would expect to see with a contagious virus that started in Wuhan and spread from there.

So, what generated the spikes in mortality? Rancourt does not go so far as to claim that there are no viruses at all, but he makes the case that the main cause since 2020 is government and medical interventions. He also points to studies

showing how stress can affect health, especially in those who are already fragile. Noting that pneumonia has been one of the more common outcomes, Rancourt makes the interesting observation that we should stop calling the outbreak of disease in 1918 the "Spanish flu" because lung tissue samples from the victims of that time show microbial pneumonia, not a virus. In short, he shoots down the idea that two of the most infamous "viral outbreaks" had anything to do with a virus.

The increase in mortality also seems more prevalent in people uprooted and isolated by the government and medical overreactions to this fake pandemic. Those most affected are people moved from ICUs to make room for Covid cases; Covid cases whose access to medical care is severely restricted due to lockdowns; and people told to stay home because their jobs are "non-essential." No human is healthy without a sense of purpose and social contact with other people.

From Rancourt's perspective, it looks pretty clear that the excess mortality is not just some big, unintended coincidence. It is easy for me to see how our increasingly materialistic culture could be lured into agendas based solely on materialistic considerations. A number of influential billionaires have made no secret of the fact they think the world population needs to be drastically reduced. Such morally and spiritually lobotomized thinking is indefensible unless you are first convinced that you are non-essential and have no higher purpose. If those who endorse population reduction would lead by example, that could solve a lot of problems.

There are a number of theories about why people are dying, and I'm not completely convinced that Rancourt's theory is the winner, but he clearly rules out the virus theory and I give that a thumbs UP.

# Tim's Video Reviews

**Dr. Paul Mason – “The truth about statins”**  
**Low Carb Down Under**  
[youtube.com/watch?v=Odv4EaGPLw](https://youtube.com/watch?v=Odv4EaGPLw)

In this short video, we get a quick romp through statin history. In 1976, a Japanese scientist named Akira Endo made a discovery that led to the development of statin drugs. By 1980, he had dropped his pursuit of statins because his test dogs kept dying. American pharmaceutical companies, who don't care about minor side effects like death, picked up the research from there, and by 1987, Lovastatin became the first statin drug to go on the market.

Why are statins so popular? Because they lower cholesterol levels in the blood. Why would anyone want to do that? At least partly because of a Russian study where rabbits were forced cholesterol, which led to atherosclerosis. Rabbits are very bad test subjects because they do not metabolize food, especially cholesterol, like humans do. Rabbit atherosclerosis is also

different than the human version. But shut up about that. We're trying to make money here.

The William S. Merrell Company (which marketed thalidomide) came up with a cholesterol drug which caused cataracts and, you guessed it, atherosclerosis. Again, animal tests had shown there were problems. But shut up about that. We're trying to make money here.

Then there is Baycol, a cholesterol-lowering drug made by Bayer. It also caused pesky side effects like death. Bayer has paid out over one billion dollars for that. It doesn't look like they are making much money there.

Nevertheless, statin drugs are the most popular drugs in history. They must be effective somewhere, somehow, right? How long does a statin extend life? Those who had already had a heart attack gained 4.1 days. Those with no heart disease gained 3.2 days. And those numbers are likely greatly exaggerated. But shut up about that because we're trying to. . . you know. The thumb for this video is UP.

**Americans Are Still Tricked by the Biggest Fib in Food History**  
**No Lab Coat Required**  
[youtube.com/watch?v=NXkdy9KDC1Q](https://youtube.com/watch?v=NXkdy9KDC1Q)

It is not really my objective to promote YouTube, but you can find some real gems out there if you look hard enough. Here we have a video on butter. This being YouTube, you might expect more drivel about how butter will slowly kill you. Another dry, dull, academic exposition on the evils of saturated fat. That is what you might expect, right?

Wrong! Johnny Dickson is the presenter in this video, and he goes into the history of Ancel Keys and how we came to be so afraid of saturated fat. He also goes into a lot of other academic details, but he does it in such a fun way, you don't really mind. He reminds us how World War II changed the country and the world, and what happened to food as a result. He reminds us what science is and what it is not. That's good because it seems many people, including a lot of scientists, have forgotten.

He even goes into why butter from cows on pasture beats butter from cows fed candy or other inappropriate food. You will be educated on different kinds of fats and how vegetable oils might really slowly kill you. The bottom line is that we need those quality, saturated animal fats. Say what? Some guy said that on YouTube? That is correct.

This video is well done, snappy, educational and fun. Johnny has a bunch of videos on his *No Lab Coat Required* channel, and I encourage everyone to watch them. They are educational and, if your sense of humor has not atrophied, a lot of fun. The videos are generally fifteen minutes or less. The thumb is UP. ☺☺☺

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# Vaccination Updates

HEALTH FREEDOM—REAL SOLUTIONS ARE WITHIN OUR REACH

By Kendall Nelson, Director, *The Greater Good*

Academicians have discussed the Hegelian dialectic since the Age of Enlightenment, but even today, the concept is not well understood by the general population. The Hegelian dialectic is a “problem-reaction-solution” equation that governments (and others) use to manipulate the public’s thoughts, emotions and actions, and thereby engineer society.

First, the government creates or exploits a problem and attributes blame intended to provoke a public reaction. Second, the people react and ask the government to help solve the problem and keep them safe and secure. Third, the government offers a solution—having conveniently prepared it prior to the crisis—which results in more power for the ruling class. The net effect of this theater is that the people relinquish their sacred rights and liberties to government and its cronies in exchange for “the illusion of protection and help.”<sup>1</sup> When Winston Churchill famously said, “Never let a good crisis go to waste,” did he anticipate how future crises might be engineered to strip people of hitherto untouchable rights?

Monopolist oil magnate John D. Rockefeller was a prime example of someone who used the “problem-reaction-solution” equation to eliminate competition. Together, he and Andrew Carnegie subsidized the 1910 Flexner Report, which called for federal regulation and standardization of medical schools; once that regulation was in place, they channeled funds to medical schools that pushed petroleum-based pharmaceuticals, defunded schools employing homeopathy and used fear and mockery to demonize natural medicines.<sup>2</sup> Today, the American medical system claims the lives of an estimated two to four hundred thousand individuals every year, making it officially the third leading cause of death—and the unofficial numbers likely are much higher.<sup>3-5</sup>

The Covid-19 “pandemic” is the most recent example of the Hegelian dialectic at work. Governments around the world created a crisis or, at the very least, took advantage of it. They then used propaganda disseminated through the legacy media, as well as censorship, to control the narrative and ensure that a fearful public would react with outrage and ask for government help to restore order and safety. Finally, governments enacted “solutions,” including new laws and executive orders. These well-disguised but oppressive (and predetermined) abuses of power stripped people of their civil liberties and had a chilling effect on health and freedom across the globe.

Today, the far-ranging repercussions of the “global health emergency” continue to affect almost every person on earth, with civil liberties curtailed in democracies as well as dictatorships. According to Freedom House, a U.S.-based nongovernmental organization that promotes democracy and monitors the extent of political and economic freedom in countries throughout the world, the U.S. freedom score fell

in 2020, largely because citizens bought into the orchestrated fear and allowed those in power to advance a totalitarian agenda.<sup>6</sup>

## MAKING TYRANNY FASHIONABLE

Every January, the world’s foremost business leaders, politicians and economists head to the Swiss resort town of Davos to attend the World Economic Forum (WEF) conference, where the coercive Hegelian dialectic method can be observed in real time. The theme of this year’s conference was “Cooperation in a Fragmented World.” Topics (or “problems”) discussed included trade, technology, climate, Ukraine, economies and health.<sup>7</sup> Bold predictions and calls for a more resilient and sustainable future abounded as speakers sought to elicit “reactions” from their audiences. Next, they offered up a variety of business, policy and financial “solutions.”

Catherine Austin Fitts, publisher of the Solari Report and former Assistant Secretary of Housing (Bush 41 administration) is a friend and colleague in the fight for health freedom. Fitts posits that the WEF is the “marketing arm” tasked with making the global coup and its tyrannical “solutions” seem fashionable. She also points to other powerful entities that lurk further behind the scenes, notably the Bank for International Settlements (BIS)—the central bank of central banks—and domestic and regional central banks like the U.S. Federal Reserve and European Central Bank.<sup>8,9</sup> Other influential players include global groups like the Club of Rome, various think tanks and nongovernmental organizations (NGOs) that obligingly serve as front groups.

Bearing in mind the wide range of visible and less visible global players, examining the doings of the WEF highlights how vital it is to understand the manipulative techniques being deployed against us and the importance of scru-



tinizing all proposed “solutions.” At this year’s conference, WEF founder and executive chairman Klaus Schwab generated controversy—and set the tone for the meetings—with his opening promise to “master the future.” Meanwhile, U.S. Special Presidential Envoy for Climate John Kerry openly told his audience, “We are a select group of human beings.” As for the media, when former CNN chief media correspondent Brian Stelter moderated a panel titled “The Clear and Present Danger of Disinformation,”<sup>10</sup> he issued a plea for censorship against “information pollution” that was reminiscent of powers ordained during the CIA’s 1950s-era Operation Mockingbird. In that program, the intelligence agency paid or forced American and foreign media to do its bidding with the goal of intentionally misinforming on a myriad of issues to influence public opinion and political outcomes.<sup>11</sup>

As Tucker Carlson satirically pointed out during the WEF conference, “The WEF seems to exist to destroy national economies” rather than enrich them.<sup>12</sup> Outlining the WEF’s upside-down track record, Carlson noted the WEF’s cheerful prediction that Covid lockdowns would “quietly improve cities,” when in reality, the lockdowns caused profound economic travesties. When the WEF disastrously urged the government of Sri Lanka to suddenly give up nitrogen-based fertilizer, in a version of the

Green New Deal, the country collapsed and people starved. Carlson also observed that WEF members endorsed Sam Bankman-Fried and his cryptocurrency exchange company FTX—perhaps the greatest financial Ponzi scheme in modern history.

Unsurprisingly, the “select group of human beings” on display at the conference abhors the democratic process and promotes, in an increasingly brazen manner, the global centralization of power and governance by hand-picked technocrats. Under the surface of the WEF’s cleverly marketed “Great Reset” plan, it is not hard to spot a less appealing agenda that features central bank digital currencies (CBDCs), digital surveillance, widespread censorship and control of food and energy supplies. Willing to use tools like war, economic collapse, famine, disease and genocide, the aim of central bankers and the other global elites for whom the WEF and Schwab serve as frontmen is nothing less than the capture of the world’s most valuable resources and the digital enslavement of its people.

The globalist agenda also has a distinctive transhumanist component,<sup>13</sup> plainly in evidence at futurist Nita A. Farahany’s 2023 WEF talk titled “Ready for Brain Transparency?”<sup>14</sup> The talk celebrated artificial intelligence advances in decoding brain activity through wearable devices that already exist. According to Farahany,

Those of us who are on a principled path of integrity and who believe in protecting the dignity of all people are gaining momentum.

## HEALTH FREEDOM DEFENSE FUND

**Health freedom is one of our most sacred and cherished rights but threats to that freedom have occurred with increasing frequency over the past few years. Health Freedom Defense Fund was founded to protect those fundamental rights and is honored to have the Weston A. Price Foundation’s support in pursuing our mission.**

HFDF furthers the cause of health freedom through litigation and to that end we have filed many lawsuits strategically focused on resisting infringements of our rights by government, businesses, schools and other organizations. Our biggest success was a lawsuit striking down the federal travel mask mandate but the Department of Justice is appealing as the CDC wants the right to mask you again, absent scientific justification.

Any funds donated will go to advancing the litigation underway. Some of the critical lawsuits your donation will support would be:

- DOJ’S appeal of HFDF’s federal travel mask mandate lawsuit
- HFDF’s lawsuit challenging the Los Angeles Unified School District vaccine mandate
- In process lawsuits against Pfizer and FDA

Donations sent to WAPF in the attached envelope will go to HFDF, unless you indicate otherwise. Donate directly to HFDF at: <https://healthfreedomdefense.org/>

such devices can monitor workers' productivity, help fight crime and even help someone find love. Farahany insisted people have the "right to cognitive liberty," but it is easy to see through her platitudes. Although she and her audience claimed that governments would implement the standards and regulations necessary to protect the individual, my response is that no one at the WEF cares about your free will. The globalists' admitted aim is to centralize the power and wealth of sovereign nations into "a handful of global powers," all the while using entities like the WEF to make you believe they are building a sustainable, more equitable future.<sup>15</sup>

#### ONE PERSON MAKES A DIFFERENCE

There is no silver bullet or person coming to save the day—we are the solution. Those of us who are on a principled path of integrity and who believe in protecting the dignity of all people are gaining momentum. We will ultimately win the fight for personal freedom as well as health freedom. There are many good, viable solutions we can apply in our own lives.

Some may say, "I am just one person, and what I do will not make a difference." For those who feel that way, I will tell you the story of one woman in a small town in Idaho who has dedicated her time and energy to health freedom and has made a huge impact through sheer determination. That woman is former successful Wall Street executive Leslie Manookian, MBA, M.L.C. Hom. When it comes to encouraging others to do the same, she says, "You just put one foot in front of the other, and you start walking. And if it is the right path, God, life and the universe will provide. Never think 'I'm so small' because it only takes one person to start something, and when you do, many other people will follow you."

In full disclosure, Leslie is not only a colleague but also my dearest friend. She is one of the people I would trust the most to go to war with, and in some ways, we have. Our journey began sixteen years ago at a women's luncheon, where Leslie told me about her dream of making a documentary about the vaccine controversy in America. The result of our meeting was the character-driven film *The Greater Good*, which has been seen by millions of viewers and won

numerous awards, including the Cinematic Vision award at the 2011 Amsterdam Film Festival and the prestigious Koroni award at the 2011 Sidewalk Moving Pictures Film Festival. Our goal was to open the hearts and minds of those who had never considered that vaccines were not as safe and effective as purported—or who doubted that vaccine injury was real. This was our first professional endeavor together.

Leslie's former career in finance took her from New York to London with Goldman Sachs.<sup>16</sup> She later became Director of Alliance Capital in London, running their European Growth Portfolio Management and Research businesses. One afternoon, under the cloud of a plummeting stock price, a prominent pharmaceutical CEO came to reassure her and the team at Alliance Capital that their substantial investment in the company was sound. Investors were betting that the company's new "blockbuster" drug would earn the company billions and drive the stock price higher. However, rumors had emanated from the Phase III clinical trials cautioning that the drug had caused heart damage and ultimately had killed several trial participants. With this as the backdrop, the CEO looked Leslie in the eye and said, "Listen, in very, very rare instances, a few people have died. The bad news is, the FDA is going to make us put a 'black box warning' on the packaging; the good news is, we still think we'll be able to do seven billion dollars in peak sales."

Having never before heard anyone be that cavalier in their assessment of the trade-off between corporate profit and human life, Leslie felt as though someone had kicked her in the gut. That was the moment when "the veil began to rip off," she said in an interview with the Weston A. Price Foundation's vice president, Dr. Tom Cowan.<sup>17</sup> The experience spurred her to begin questioning her life and her purpose.

During this period, Leslie was quite ill and getting worse, but she did not know why. Her mainstream doctor admitted that allopathic medicine could not help her and eventually suggested she see a homeopath. Though she did not connect the dots until many years later, when Leslie graduated from business school at twenty-eight years of age, she had traveled to Southeast Asia for two months before taking the job at Goldman Sachs. Prior to the trip, she naively agreed to her university medical center's recommendation to receive a slew of childhood and travel vaccines in one day—unfortunately not an uncommon practice. A week later, she returned for another round of boosters. Within a couple of weeks, she experienced terrible health problems, including digestive and menstrual irregularities, allergies, neck stiffness and migraine headaches. She also developed a sleep disorder and sensitivity to perfume, smoke, chemicals, light and sound, as well as numbness and tingling in her legs, skin eruptions and extreme fatigue. She became very withdrawn. In her words, "I had all the adult hallmarks of a child with autism."

Riddled with chronic infections and sickness, Leslie took her doctor's recommendation and went to see a homeopath. She credits the homeopath and homeopathy with changing her life. Fascinated with the mind-body connection and the progress she was making with her health, she found the impetus to enroll in a homeopathic college on the weekends. During orientation on the first day, the instructor mentioned vaccine damage and encouraged Leslie to read Neil Z. Miller's book

titled *Vaccines: Are They Really Safe and Effective?*, a book containing nearly one thousand footnotes to the medical literature and media reports cataloguing the myriad disorders associated with vaccines.<sup>18</sup> It was not until we were well into making our film that Leslie fully realized that what had happened to her was a result of vaccine injury. She felt called to make the movie, learn the truth about vaccines for herself and share it with the world.

Leslie spent the next two-plus decades researching vaccines and also studying assaults on individual health freedoms, watching how legislators used the pretext of public health to pave the way for authoritarian measures. As soon as the events of early 2020 unfolded and Leslie heard reports of a dreaded virus originating in China, she knew her worst fears had materialized. She warned her family and friends and tried to warn local public servants. Then, in anticipation of the mandates she knew would soon come, she decided she would also found a nonprofit committed to health freedom education and advocacy as well as, when necessary, litigation in defense of those freedoms.

#### HEALTH FREEDOM DEFENSE FUND

Today, Leslie is the president and founder of the Health Freedom Defense Fund (HFDF), a nonprofit organization that stands for freedom, choice and the most basic of human rights: bodily autonomy. HFDF educates our citizens about the primacy of the individual and about ethical principles such as informed consent as a means of advancing society to a place where every individual is free to pursue education and employment and participate in worship or society free of coercion, threats or pressure regarding personal health care choices. Leslie staunchly defends and advocates for our freedoms but also cautions, “Freedom and

responsibility go hand in hand. We must take responsibility for our lives, our education and our choices as we cannot defend our freedom if we are not engaged or educated.” As socialist playwright George Bernard Shaw once said, “Liberty means responsibility. That is why most men dread it.”

As a testament to what one person can do, I want to tell you about one of HFDF’s early lawsuits. During the height of the Covid “pandemic,” Leslie told me she wanted to sue the city of Hailey, Idaho, located just a few miles down the road from where we each live. She asked if I would be a plaintiff, and my answer was a resounding “yes.”

The lawsuit challenged the city’s mask mandate. We argued that masks were not FDA-approved but rather had been granted Emergency Use Authorization (EUA). By definition, therefore, they were experimental and, per federal law, could not be mandated. We also argued that the ethical principle of informed consent enshrined in the Nuremberg Code,<sup>19</sup> the Declaration of Helsinki,<sup>20</sup> the U.S. Code of Federal Regulations<sup>21</sup> and UNESCO’s Universal Declaration on Bioethics and Human Rights<sup>22</sup> constituted a universally agreed-upon and acknowledged judicial norm. Therefore, forced

#### HEALTH FREEDOM DEFENSE FUND LEGAL ACTIONS: A SAMPLING

Some of HFDF’s other legal cases include the following:<sup>87</sup>

- HFDF and individual plaintiffs challenged the Blaine County, Idaho, School District’s face-covering requirement for students because forced masking poses an imminent and irreparable physiological and psychological harm in violation of international law, federal law and Idaho law.
- HFDF supported Phoenix Union High School District biology teacher Douglas Hester in a lawsuit against the school district for mandating masks at school in violation of state law because no school district can decide to unilaterally implement rules which contradict the will and intent of the people’s elected representatives in the legislature.
- HFDF supported individual plaintiffs to challenge the University of Chicago’s Covid-19 injection mandate for all students, teachers and staff because it violates the Illinois Health Care Right of Conscience Act. As a result of the lawsuit, the university granted religious exemptions to all who applied for them.
- HFDF and Doctors for Freedom challenged the State of Oregon’s Covid-19 injection mandate for all doctors and health care professionals on the grounds that Governor Brown does not have the authority and that the mandate constitutes a negligent and immoral abuse of power.
- HFDF helped three former senior employees at Nike sue the company over its Covid-19 injection mandate in violation of their constitutionally protected rights.
- HFDF funded a lawsuit seeking damages for one Disney employee on similar grounds. The employee in question has now been offered a new job, and negotiations to settle the lawsuit are underway, demonstrating that legal action can often result in bullies wising up to their transgressions.

medical interventions were illegal.

We live in a small, close-knit community. As you can imagine, it took great courage for Leslie to sue our neighboring city, its mayor and city council. Not everyone was pleased with our actions. The local newspaper crucified us, and one so-called friend wrote dreadful things about us on social media.<sup>23</sup> Leslie was targeted and accused of being selfish and ignorant of the dangers of Covid-19. The local newspaper falsely stated that our lawsuit claimed, “Hailey’s mask policy constituted ‘a grand medical experiment’ analogous to ‘the barbaric medical experiments performed on unwilling victims of Nazi’s [sic] Germany’s concentration camps.’” In a letter to the editor, valley residents accused Leslie of hijacking the Holocaust, and a local city councilwoman called her an anti-Semite.

Although we put enough pressure on city officials to end the mandate for a time, we did not have the opportunity to go to court, as our appointed judge wrongfully declared that we did not have standing to move forward and that the mask mandate law did not constitute force! Rather than dissuading Leslie from further action, this decision lit a fire within her, prompting her, through the HFDF, to sue the President of the United States over the federal travel mask mandate. And she won! The decision by a U.S. District Court judge in Florida invalidated the federal order by the Centers for Disease Control and Prevention (CDC) requiring that masks be worn on airplanes, trains, buses and other travel conveyances and in transportation hubs. In response to this victory, Leslie stated:

“Without any public comment or serious scientific justification, CDC bureaucrats imposed a sweeping Travel Mask Mandate applying to every American over the age of two. There are laws that set boundaries for federal agencies to protect individual freedom and the Court clearly found that CDC exceeded those limits. Unelected officials cannot do whatever they like to our personal freedoms just because they claim good motives and a desirable goal.”<sup>24</sup>

This lawsuit not only liberated tens of millions of daily travelers from the clutches of

bureaucratic tyranny but also sent shockwaves through the federal government and the halls of power, striking a severe blow to the force and authority of federal agencies. It also amply illustrated the power of one.

#### MORE LEGAL CHALLENGES

Leslie knew the Covid measures were not rooted in concern for public health but represented an effort to change our very way of life and system of government. She decided she could not sit idly by and let it happen. Since founding HFDF in the summer of 2020, HFDF has brought, supported or funded more than a dozen lawsuits challenging vaccine mandates, mask mandates, religious discrimination and various constitutional violations.

For example, HFDF, together with thirty thousand airline and transportation employees, challenged the Biden administration’s Covid-19 injection mandate for all U.S. employees or federal contractors on the basis that the Executive branch does not possess the power or authority to make law. After HFDF filed, several U.S. states joined together to file a lawsuit based on the same merits as the HFDF case. Because the states asked for immediate injunctive relief (something HFDF did not feel appropriate at the time it filed), the courts heard the states’ case first and issued a ruling in favor of the plaintiffs, thereby protecting the livelihoods of tens of thousands. Although the courts prioritized the states’ case and paused HFDF’s case, it was the initial filing by HFDF that not only put the administration on notice that its unconstitutional mandates would not go unchallenged, but established the facts that the courts then affirmed in the state case.

In another lawsuit, HFDF, together with Federal Employees for Freedom representing over six thousand federal employees, challenged the Biden administration’s Covid-19 injection mandate for all federal employees, as the federal government does not have the power or authority to dictate health policy to individual Americans. Again, a group of states then “leapfrogged” over the HFDF case by requesting an immediate halt to the mandate—a type of request more likely to succeed when brought by a state—arguing the same merits as the HFDF case. A U.S. District Court ruled in favor of the merits of the case, the Department of Justice appealed, and the plaintiffs optimistically await the 5th Circuit Court of Appeals’ final decision.

HFDF and California Educators for Medical Freedom filed a landmark lawsuit opposing the Los Angeles Unified School District’s Covid-19 injection mandate for all teachers and staff as a condition of employment. The mandate violates the employees’ liberty, which is protected by the Fourteenth Amendment to the Constitution, including rights of personal autonomy, self-determination, bodily integrity and the right to reject medical treatment. At issue is whether a Supreme Court case from 1905 should dictate the legality of mandates or whether more recent jurisprudence that relies on the ethic of informed consent and bodily autonomy should do so.

#### HISTORY LESSONS

Perhaps you were fortunate enough to hear Leslie’s impassioned and



inspiring presentation this past fall at the WAPF Wise Traditions Conference in Knoxville, Tennessee. She opened her talk by asking for an honest show of hands of who in the audience had read the Declaration of Independence, the U.S. Constitution and the amendments to the Constitution. She then explained that these are the most revolutionary and radical nation-founding documents ever written, and that we must vigorously and unceasingly cling to them whenever other parties insist that they can dictate how we live our lives or that we do not have any rights. She passionately reminded us that each of us is created equal and that we are endowed by our Creator with certain unalienable rights that include life, liberty and the pursuit of happiness. “These rights do not come from the government, a bureaucrat, an employer or anybody else—and as such, they cannot be taken,” exclaimed Leslie.

Continuing with her brief history lesson, she told the audience that the reason our forefathers revolted was that the government, namely the King, had become tyrannical. She warned that Americans are witnessing a repeat of history because we have been “asleep at the wheel” for at least the past one hundred years. “Our supposed representative government long ago ceased to be anything even close to resembling representation. After all, how many of us want fluoride in our water, GMO salmon and corn, Roundup or vaccine mandates?” Leslie then said, “We have to remember that we are many, and we can change the course charted for us

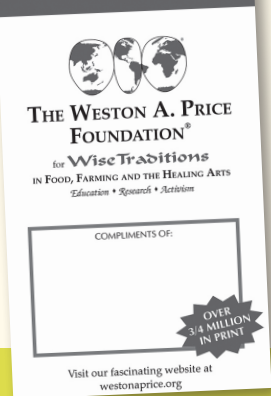
if we simply unite in defense of our founding principles, the truth and basic human rights.” To illustrate this point, she gave the example of five thousand Los Angeles parents who rallied together in opposition to the school district’s Covid-19 injection mandate for their children, prompting the school district to backtrack on its policy. She then gently reminded the audience that when you bravely take a stand against tyranny and injustice, you can inspire others to do the same.

Reminding the audience of the three branches of government in the U.S. (the executive, legislative and judicial branches), Leslie noted the emergence of the “administrative state”—an arguably unlawful fourth branch of government made up of a collection of federal agencies that are neither elected nor accountable to the electorate. The reach of the administrative state, she said, “has been quietly creeping and its strength and power silently amassing for decades.”

As a guest on the *Kim Monson Show* a couple of months later, Leslie described Congress’s passage of the Administrative Procedure Act in 1946, which enabled the creation of the administrative state by allowing all federal agencies to make and enforce regulations.<sup>25</sup> Because agencies like the CDC and FDA, which fall under the executive branch, have the ability to make, interpret and enforce rules and regulations, the presidency has turned into a virtual dictatorship, she explained.

Unelected agencies that combine executive, legislative and judicial functions can rightfully be criticized as undermining the separation of powers among the three branches of government.

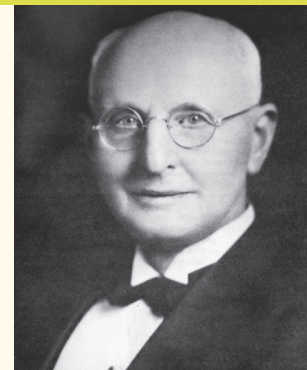
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Unelected agencies that combine executive, legislative and judicial functions can rightfully be criticized as undermining the separation of powers among the three branches of government. “The administrative creep is ruling our lives,” warned Leslie. “It is literally one of the biggest threats Americans face, but we can stop it if we simply organize, resist and engage.”

## PROPOSED WORLD HEALTH ORGANIZATION COUP

In order to resist, we need to understand the threats that we are facing and say no to “solutions” offered by those who seek to control us. One priority is to keep a close watch on the World Health Organization (WHO). For example, the WHO runs the International Classification of Diseases (ICD), a diagnostic tool that countries use to classify, monitor and compare causes of injury and death. The U.S. Centers for Medicare and Medicaid Services developed new ICD codes for vaccination status, and on April 1, 2023, the CDC will implement them. As former Yale epidemiologist and Brownstone Institute Senior Scholar Harvey Risch observes, “Vaccination status is not a disease or an injury state, yet CDC has rationalized creating ICD codes for it.”<sup>26</sup> Risch also notes that there is no code for “fully vaccinated” but “only for various states of ‘not fully vaccinated.’”

The WHO, created after WWII “to promote the attainment of ‘the highest possible level of health’ by all peoples”<sup>27</sup> and “premised on the concept that all people [are] equal and born with basic inviolable rights,”<sup>28</sup> is currently working to expand its already extensive powers via new Inter-

national Health Regulation (IHR) amendments and a Global Pandemic Treaty that would make WHO the supranational authority on pandemic preparedness and health emergencies. The WHO’s current Director-General, Tedros Ghebreyesus, possesses no medical qualifications and was a former militant communist terrorist in Ethiopia.<sup>29</sup>

If implemented, the amendments and treaty would grant the WHO the authority to override both individual rights and national sovereignty, transforming WHO “from an advisory organization to a global governing body whose policies would be legally binding.”<sup>30</sup> The proposed IHR amendments would, for example:

- Set the stage for WHO-enforced digital IDs and health or vaccine passports, likely using QR codes.
- Grant the WHO power over freedom of speech by allowing it to decide what constitutes “misinformation” or “disinformation,” in violation of both the U.S. Constitution and the Universal Declaration of Human Rights.
- Allow the WHO Director-General to com-

## STOP THE WORLD HEALTH ORGANIZATION TAKEOVER

There are a number of actions you can take to help stop the WHO takeover and protect individual and national sovereignty.

1. Sign the Health Freedom Defense Fund’s World Freedom Declaration: <https://healthfreedomdefense.org/wfd/>
2. Contact your Congressional representatives. You can use the template letter found at the Solari Report: <https://home.solari.com/template-letter-to-congressional-representativere-proposed-world-health-organization-treaty/>
3. Review other action steps assembled by James Roguski, including getting informed, understanding your rights, spreading the word, alerting the alternative media and sending letters or emails to public servants: <https://jamesroguski.substack.com/p/a-world-wide-call-to-take-immediate>

In addition to helping stop the WHO takeover, go to the HFDF website and sign the People’s Proclamation to oppose the G20 Bali Leaders’ Declaration (<https://healthfreedomdefense.org/proclamation/>). The November 2022 G20 meeting culminated with the leaders of the world’s twenty largest economies signing a pledge aimed at seismic transformations of commerce, travel, health, privacy and communication. The objectives of this global scheme are detailed in a fifty-nine-page document titled the “2022 G20 Bali Update on the G20 Action Plan on the 2030 Agenda for Sustainable Development and G20 Development Commitments”<sup>88</sup> and are available in condensed form in the G20 Bali leaders’ Declaration.<sup>89</sup>

The G20 declaration represents a gross violation of national sovereignty, individual liberty, health freedom, personal privacy and the right to travel. As Leslie wrote, “We call on all elected officials to take a stand with ‘we the people’ and publicly denounce this latest attempt by global elites to advance their dystopian vision of a techno-feudal state with us as digitally branded subjects.” She also warned, “Beyond the rhetorical artifice of ‘inclusivity,’ ‘diversity,’ ‘sustainability’ and an array of obligatory buzzwords and catchphrases, the document reads like a blueprint for a billionaire’s utopia and a digital plantation for the rest of humanity.”

mand resources (both funds and commodities) from member-nations.<sup>28</sup>

The Global Pandemic Treaty, for its part, would grant the WHO absolute power over bio-security, including giving the global bureaucracy the power to impose isolation, travel restrictions and quarantines.<sup>31</sup>

The idea that any government would give up its own checks and balances and sign on to an agreement with bureaucrats beholden to powerful corporations and individuals, including billionaire Bill Gates, is incomprehensible. As the WHO's lead financial donor, Gates has shaped global vaccine policy for years, including leading the call to make 2010–2020 the “Decade of Vaccines” and playing a major role in the development of the 2011–2020 Global Vaccine Action Plan.<sup>32</sup> In 2019, Gates strategically invested fifty-five million dollars in BioNTech (Pfizer's Covid-19 vaccine partner) and the next year became the world's most vocal promoter of the mRNA injections. By January 2023, however, he had flip-flopped and was publicly criticizing the Covid shots—right after having sold many of his BioNTech shares, valued ten times higher at five hundred fifty million dollars.<sup>33</sup>

#### THREATS TO MOBILITY

In addition to the constraints on travel likely to be imposed by the WHO if the IHR amendments and/or global treaty go through, the United Nations and WEF are using the pretext of climate change to promote less driving and mobility via the concept of the “15-minute city.” Certain towns in England already have voted for the program, “whether people like it or not”; once implemented, residents will have to obtain permission if they want to leave their neighborhood zone by motorized vehicle more than one hundred days per year, and fines will be levied on those who exceed the limit.<sup>34</sup> The system requires residents to register their cars and agree to be tracked, amounting to a social credit driving system. A trial in Oxford will begin in 2024.

In addition, Europe is planning to launch a biometric entry/exit system—including fingerprints and facial recognition—and will initiate border checks beginning in November 2023.<sup>35-38</sup>

The EU also has been studying mandatory chip implants, publishing an in-depth study in 2017 that examined the technology and barriers to chipping their population.<sup>39</sup>

#### OTHER HEALTH FREEDOM WINS

Fortunately, Leslie and the HFDF are far from alone in their fight for health freedom. Children's Health Defense president and general counsel Mary Holland, my friend and colleague, gave another powerful talk at the 2022 Wise Traditions Conference, titled “We Are Winning—Let Me Count the Ways.” Holland noted there are thousands of lawsuits related to the “pandemic,” including lawsuits about mandatory vaccination, masking requirements and lockdowns, and there have been many wins:

- November 2020: The Supreme Court blocked New York governor Andrew Cuomo from reimposing strict attendance caps at worship services.<sup>40</sup>
- September 2021: The Supreme Court struck down the CDC's Covid-19 eviction moratorium.<sup>41</sup>
- January 2022: The Supreme Court struck down the Occupational Safety and Health Administration (OSHA) mandate that required businesses with one hundred or more employees to receive a Covid-19 injection.<sup>42</sup> The Supreme Court did not strike down the mandate for health care workers, but in January 2023, the House of Representatives passed legislation that, if passed, would end both the Covid-19 emergency and the health care worker mandate.<sup>43</sup> That same month, Children's Health Defense defeated the Covid-19 injection mandate for health care workers in New York State,<sup>44</sup> with a state Supreme Court judge ruling that the mandate was “arbitrary and capricious.”<sup>45</sup>
- March 2022: A federal judge banned Washington, DC from enforcing a law that would have allowed minors to get vaccinated without parental consent after parents filed two separate lawsuits.<sup>46</sup>
- July 2022: A New York State Supreme Court judge struck down Governor Kathy Hochul's forced quarantine regulation.<sup>47</sup>
- May 2022: Outside the U.S., India's Supreme Court ruled against mandatory Covid-19 shots, declaring the right to bodily autonomy a universal right, thereby protecting 1.4 billion people in the world's largest democracy.<sup>48</sup>

There have also been major wins and lawsuits filed to force greater transparency on the part of secretive vaccine manufacturers and regulators and to push back against various forms of censorship. For example:

- January 2022: In a case brought by the Informed Consent Action Network (ICAN), vaccine and civil rights attorney Aaron Siri successfully argued on behalf of Public Health and Medical Professionals for Transparency and obtained public access to documents provided by Pfizer to the FDA.<sup>49</sup> (For more information, see my article, “Pfizer Documents Confirm What We Already Knew: Covid Injections Are Dangerous” in the Summer 2022 issue of *Wise Traditions*.)
- January 2023: Siri also forced the CDC to release data from the

agency's v-safe reporting system; the data reveal that CDC was aware of hundreds of serious safety signals for Covid shots and knew about excessive injuries and deaths from the shots.<sup>50</sup>

- February 2023: Children's Health Defense filed a federal lawsuit against the CDC to obtain documents related to the agency's safety monitoring of Covid-19 injections through the Vaccine Adverse Event Reporting System (VAERS). As Holland explained, "The CDC continues to ask the American public to believe that Covid shots are safe, without providing the evidence. Our lawsuit demands that the CDC give us hard data to back up its claim. No one should take vaccine safety on faith."<sup>51</sup>
- January 2023: In a huge win by Children's Health Defense attorneys, a California judge granted a preliminary injunction blocking AB 2098, the physician "misinformation" bill that would make it illegal for doctors to provide any information about Covid-19 that contradicts the "contemporary scientific consensus"—under the penalty of losing their medical license.<sup>52</sup>
- January 2023: Children's Health Defense filed a lawsuit against the industry-backed Trusted News Initiative for partnering with big technology firms to censor Covid-related content.<sup>53</sup>

State legislators and governors are also taking action. For example, in January 2023, Texas and Oklahoma filed a lawsuit against the U.S. Department of Health and Human Services (HHS) over a 2017 rule that allows HHS to unlawfully delegate to the WHO "the authority to invoke emergency health powers in the United States—infringing on U.S. and state sovereignty."<sup>54</sup> In Florida in mid-2021, the governor signed a Senate bill that prohibits the state's businesses and government agencies from using or issuing vaccine passports or enforcing "arbitrary lockdowns."<sup>55</sup>

During the 2022 legislative session, WAPF analyzed and tracked an unprecedented number of vaccine-related bills in forty-four states and the District of Columbia and found there were more bills worth supporting than opposing.<sup>56</sup> WAPF authored opinions on many of these bills and sent out action alerts asking for citizen involvement in the law-making process. Thanks in part to these efforts, not a single public school currently has a Covid-19 shot mandate for children.

In February 2023, California even announced it would end its plan to mandate Covid-19 shots for schoolchildren,<sup>57</sup> despite Governor Newsom's prior pledge that his state would be the first to require the shots for school attendance.<sup>58</sup> However, we must remain vigilant because the CDC recently added the shots to its schedules of recommended vaccines for both children and adults.

While not always impartial or nonpartisan, judges are influenced by public opinion, as are many members of Congress. Last year, forty-seven members of Congress signed a letter calling out Secretary of Defense Lloyd Austin about the military's mandates for Covid-19 shots, and on December 8, 2022, Austin ended the mandates.<sup>59</sup>

## EMBRACE LOCALISM

The threats described in this article are real, but we the people have

extraordinary power. They are few, and we are many. Together, we can reclaim our sovereignty. Recently, Leslie and I have been talking about our advocacy work and how to improve our efforts. We keep coming back to the idea that we need to focus on practical, easy-to-implement solutions. A common refrain of Leslie's is, "Globalism is the problem; localism is the solution." Like myself, Leslie wants to liberate and empower individuals, and she believes the best way to do that is through local engagement.

To this day, Leslie remains passionate about educating the public regarding the dangers posed by the far-reaching medical-industrial complex and helping people liberate themselves from its clutches through the use of true healing modalities like homeopathy. HFDF plans to create educational booklets that guide readers on topics such as the basics of homeopathy and essential oils, or partner with other nonprofits to educate people about gardening and creating a local food shed. Practical solutions lie within reach.

A good starting place for those who want to effect change is to read the Constitution and the Bill of Rights, and then educate local and congressional representatives regarding the ideals upon which these documents are based. We can make a difference by supporting state officials who stand for financial freedom and, when we go to the polls, voting only for those who value financial freedom and support bodily autonomy. It is also a good idea to get to know one's sheriff and support constitutional sheriffs.<sup>60</sup>

Some individuals may wish to run for City Council or their child's school board to enact local political reform. Those not satisfied with their child's school or with how the school system functions—ranging from teaching methodologies to vaccine mandates—can work specifically toward education reform. Alternatively, educational choices like homeschooling, worldschooling or unschooling may offer greater independence.

We all need to clean up our spending habits and focus on supporting our local business economies. Fitts brilliantly and succinctly sums up the rationale for shifting our spending, advising us to "finance our friends, not our enemies"



and warning that if we do not do so, we are “building our own prison.” Her number-one recommendation for avoiding tracking and “digital concentration camps” and ensuring sovereignty is to use cash. “Cash is freedom,” she says.<sup>61</sup> Stop using credit and debit cards and start using cash and checks. Using cash protects privacy; it also eliminates the digital fees that skim money out of our neighborhoods, and it shifts the power equation away from the big banks back into our hands. Fitts recommends refusing to patronize businesses that do not accept cash.

Beyond using cash, there are other ways to push back against an all-digital control system and create a healthier balance between digital and analog options. Some of the most important actions include rejecting QR codes, vaccine passports and biometric technology.<sup>62</sup> For greater security at home, we can use hard-wired Internet connections rather than Wi-Fi. We must also stop inviting technology companies like Google and Amazon into our intimate spaces<sup>63</sup>—after all, they are the lead cloud contractors for the nation’s military and intelligence agencies.<sup>64</sup> It is also important to recognize that “convenience” is a trap; stores such as those being built by Amazon—devoid of cashiers or checkout areas, where everything is digital and linked to one’s account<sup>65</sup>—are eliminating cash and bringing forth a new level of automated surveillance. (For more information, see my article, “Covid-19 Injections and the Global Control Grid—Just Say No” in the Spring 2022 issue of *Wise Traditions*.)

Another powerful step we can take, according to Fitts, is to take our banking business to a good, well-managed local bank or credit union rather than banking with one of the large Fed member banks. We can also write and call our congressional representatives and demand that the New York Fed be held accountable for the estimated twenty-one trillion dollars in missing U.S. government money.<sup>66</sup> The New York Fed is the U.S. government’s depository and acts as agent for its financial affairs.

To help keep small community banks going, another important step is to lobby our state legislators to start a sovereign state bank like the Bank of North Dakota.<sup>67</sup> We can also talk to our local bankers and educate them about the dangers of CBDCs.<sup>68</sup> Fitts argues that CBDCs are not actually currencies: “It’s a financial transaction control grid. . . and if you do not behave, you can have your money turned off.”<sup>69</sup> With CBDCs, governments and central banks will be able to control where,

when and how we spend our money as well as implementing taxation without representation. If CBDCs are married to biometric ID systems, the result will be nothing less than slavery. The time to push back against CBDCs is now; in a 2021 survey of eighty-one of the world’s central banks, roughly two-thirds (68 percent) reported that they were “likely to” or “might” issue a retail CBDC “in the short or medium term.”<sup>70</sup>

More centralized control of the financial system goes hand in hand with more control of the food system. An essential solution, therefore, is to feed our families healthy, home-grown or community-grown food. “If we work together, we can develop and improve our local foodsheds,” says Leslie. There has never been a better time to invest in local farmers and farm distribution networks; doing so may not bring a huge return on investment, but, says Fitts, it offers the best chance of not being cornered into eating insects or lab-grown meat.<sup>62</sup> Develop awareness about the tsunami of fake foods rapidly headed to or already on the market; many of the technologies now being used to engineer food are the same as those used to make vaccines and other biopharma products.<sup>71</sup> For example, scientists are experimenting with delivering mRNA through plant cells they say will make eating a salad the equivalent of getting a shot in the arm.<sup>72</sup> These “oral vaccines,” grown through bioengineered vegetables, would “have the effect of administering a vaccine when consumed.”<sup>73</sup>

Even without taking the latest genetic modification techniques into account, obtaining meat from high-integrity farmers is vital to avoid a

#### A HIGH-TECH URBAN PRISON?

In Saudi Arabia, the government’s Public Investment Fund has established a region called Neom intended to house a variety of “smart cities” and other developments. First up is The Line, a one-trillion-dollar “linear city” that will house nine million people in “linear skyscrapers” being built on a line in the desert with a footprint that is two hundred meters wide and one hundred seventy kilometers long.<sup>90</sup> The project is forcibly displacing at least twenty thousand members of the Huwaitat tribe, who accuse Neom of being built on their “blood [and] bones.”<sup>91</sup>

Although proponents tout The Line as “a revolution in civilization” and a “living laboratory” that will run on “sustainable energy,”<sup>92</sup> the futuristic megacity looks more like a mirrored dystopian nightmare devoid of nature. Artificial intelligence, drones and facial recognition will monitor the city’s residents, with “predictive analytics” used to do things like prevent crime (remember the movie *Minority Report*?). As one writer describes it, “All personal data of the inhabitants, not just related to health, but related to credit scores, whether or not they are religious, if they’ve gone to a therapist, what they ate for dinner and how much they spent. . . *anything and everything* will be tracked and stored” [*italics in original*]. To the discerning eye, it looks like a modern high-tech prison with no way out.<sup>93</sup>

meat supply contaminated through poor-quality feed, antibiotics and vaccines.<sup>74</sup> Unfortunately, the authorization of the mRNA Covid shots has “opened the floodgates” for mRNA injections for livestock as well as pets.<sup>75</sup> Urge livestock farmers not to vaccinate their animals, especially with mRNA vaccines.

## INSIST AND RESIST

As the events of the past several years have shown, we must question the interrelationships between government, industry, science, academia, the media and especially the military. For example, much of the public does not realize that it was the Department of Defense (DOD) that organized and managed the Covid-19 response, without any oversight, directly contracting with the manufacturers of the injections.<sup>76</sup> As independent journalist and legal researcher Katherine Watt has meticulously documented, there are many reasons to consider the Covid-19 injections as bioweapons, a tool of “domestic bioterrorism and mass murder masquerading as a public health emergency response.”<sup>77</sup> Some recent reports suggest that the CDC may be covering up “evidence of mass murder” by removing reports from VAERS.<sup>78</sup>


Multiple studies now prove that people are dying from the Covid shots. Studies have found direct evidence that the mRNA shots cause people to suffer from heart damage,<sup>79</sup> and others have linked sudden deaths of athletes to the shots.<sup>80</sup> A survey published in January 2023 in *BMC Infectious Diseases* estimated that as many as two hundred seventy-eight thousand Americans had died from the Covid injections as of December 2021.<sup>81</sup> Death certificate data likewise link the shots to a dramatic surge in excess deaths in 2021.<sup>82,83</sup>

In a recent call to action, Children’s Health Defense urged citizens to insist that their states conduct a thorough investigation of Covid-19 misconduct, stating, “Our local officials must immediately step up and fulfill their duty as public servants as we move towards holding those responsible accountable for the disastrous response to COVID-19.”<sup>84</sup> In many ways, the “pandemic” restrictions and mandates were merely a trial run to test how far leaders could go in manipulating the public into submission.

If we do not stand up and push back, authorities will find endless excuses—whether in the form of “pandemics,” “climate change” or “global conflicts”—to impose new lockdowns and even worse attacks on our liberties.

Another step we can all take is to prioritize high-integrity sources of information. Leslie urges us first to become aware of “psychological operations and control tactics, such as the weaponization of language,” with the next step being to “willfully choos[e] to unplug from media, technology, and government outlets which utilize these methods against us so that we may reduce their impact on us.”<sup>85</sup> She points out, “words and language can be used. . . in all manner of ways to manipulate, frighten, control, guilt, shame, deceive, gaslight, divide, distract, and steer us toward a desired point of view, behavior, or outcome.” Thus, when media “experts” start warning us of another threat—such as a putative “tripledemic”—we should step back and ask ourselves whether they are deliberately seeking to incite panic and fear, perhaps in anticipation of another new vaccine in the pipeline.<sup>86</sup>

In *The Gulag Archipelago*, Aleksandr Solzhenitsyn famously wrote, “Let your credo be this: Let the lie come into the world, let it even triumph. But not through me. The simple step of a courageous individual is not to take part in the lie. One word of truth outweighs the world.” We must not comply with tyrannical edicts that violate our fundamental human rights and liberties—no matter who issues them. If one woman in Idaho can speak truth to power and make a difference, so can you. Act now and vow to be part of the solutions that will bring us the individual health freedoms we value. As Robert F. Kennedy, Jr. often states, no one ever complied their way out of tyranny.

Leslie said in her WAPF speech, “It is always darkest before the dawn. To quote Gandhi, ‘There have been tyrants and murderers and for a time they seem invincible, but in the end, they always fall. . . think of it, always.’” We can take back our power by building new local models, rejecting globalism and exiting corrupt agencies like the WHO. Billions of people have awoken to the realization that the agencies charged with protecting our health are, in reality, a threat to our health, not to mention our liberties. As Pericles, the prominent Greek statesman and general during the Golden Age of Athens, once said, “Freedom is the sure possession of those alone who have the courage to defend it.”

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# Farm and Ranch

## HPAI: LIFE IN THE RED ZONE

By Pete Kennedy, Esq.

An outbreak of Highly Pathogenic Avian Influenza (HPAI) in the U.S., since February 2020, shows no signs of dissipating. According to the USDA's Animal and Plant Health Inspection Service (APHIS), as of March 12, 2023, almost eight hundred flocks in the U.S. have tested positive for HPAI: three hundred twenty-one commercial flocks and four hundred sixty-nine backyard flocks. To date, almost sixty million birds have been culled.

During the HPAI outbreak in 2014-15, around fifty million birds were culled; the current outbreak has lasted much longer and has had a much greater effect on backyard flocks. "Backyard flocks" don't mean just a few dozen birds; small-scale commercial flocks of several thousand birds have also been classified as backyard flocks by APHIS. One farmer commented that in 2015, HPAI was blamed on farm-to-farm transmission through farmworkers, while in 2022, the blame is placed on duck and geese droppings from wild flocks.

### TESTING RULES THE ROOST

If a farm has one "non-negative" test for HPAI, the USDA will put the farm under quarantine, not lifting the quarantine until the farmer depopulates the flock. There doesn't have to be any die-offs for a cull order, nor any sign of illness in the birds, just one non-negative test; APHIS or a state agency can keep testing until they get the result they want. Sometimes when there are no die-offs, a decline in egg production or a decrease in feed consumption can be signs that a flock is "infected," but regardless of whether these conditions are present, one test can mean the flock's end.

The test APHIS uses to determine whether HPAI is present is the Reverse Transcriptase Polymerase Chain Reaction (RT-PCR) test, the same test that ginned up the numbers for Covid-19.

In April 2022, the Weston A. Price Foundation (WAPF) sent a Freedom of Information Act (FOIA) request to APHIS asking for "All records from January 1, 2022 through April 22, 2022, in the possession, custody or control of APHIS describing the actual number of cycles (cycle threshold value) employed by APHIS to detect the Highly Pathogenic Avian Influenza (HPAI), using the Reverse Transcriptase Polymerase Chain Reaction (PCR) test."

APHIS's response to the FOIA request indicated that the number of cycles ranged from twenty-six to forty-five—the upper range of that spectrum is known for nearly all false-positives in the test results.

If a farmer or hatchery disputes the accuracy of a test, they can ask for a second test but there is no right to that; if APHIS agrees, it will generally send off a sample to a USDA lab in Iowa for confirmation. If the farmer or hatchery owner wants a hearing on the accuracy of the test, again it's up to APHIS's discretion and is not by right.

### THE RED ZONE

The way it works is that if a farm or hatchery's flock tests positive for HPAI, all farms or hatcheries within a certain radius (usually ten kilometers), known as the "red zone," are tested as well. If a bird purchased from a hatchery tests positive, then birds at the hatchery will be tested. One duckling hatchery owner said that APHIS wanted one hundred seventy-five birds tested at a time.

A farmer in one of the red zones said that once the farm is depopulated, it has to quarantine for sixty days minimum; at that point, the farm still needs approval to reopen—a process that could take several more months. It could take as many as seven to eight months for the replacement flock to start laying eggs.

To date, almost sixty million birds have been culled.

For “backyard flocks,” staying in business during the time they are shut down is a big concern. APHIS provides compensation for the depopulated flock, but it is a fraction of what the flock is worth—often somewhere in the neighborhood of one-third to one-half the value. The farmers are paid a base sum for replacing the flock; there is no compensation for the genetics they had developed and lost in the culled flock.

It’s not any easier for hatcheries in a red zone. APHIS has ordered hatcheries to shut down for forty days because a farm customer had a non-negative test. Hatcheries moving birds off their premises have to test twenty-four and forty-eight hours ahead if they are located in a red zone. If they have to depopulate, it is likely well over a month before they can start up again, possibly much longer. The compensation APHIS provides for hatcheries that have culled is—like for farms—a fraction of the value.

The current red zone seems to be centered around the town of Narvonne in Lancaster County, Pennsylvania, where during the last four to five months, the USDA has culled the flocks on at least five farms.

A key to surviving a culling for small-scale farms is diversification and having revenue streams for the farm besides poultry; for a hatchery, it could be having two separate locations for housing birds. For sure, the existing regulatory framework for dealing with HPAI is a drain on resources: farmers and hatcheries

culling billions of dollars’ worth of birds, APHIS spending billions of dollars compensating farmers and hatcheries for depopulating and state agencies spending extensive resources on inspection and testing.


#### VIRUS PLEASE?

With this expenditure of money, you would think that APHIS would have isolated the virus to get a better handle on the disease it was combating, but that doesn’t appear to be the case.

As part of the April 2022 FOIA requests that WAPF sent to USDA-APHIS, it asked for all records—from January 1, 2022 through April 22, 2022—“in the possession, custody or control of APHIS describing the isolation of the Highly Pathogenic Avian Influenza (HPAI), directly taken from a diseased bird, where the bird’s sample was not first combined with any other source of genetic material (such as monkey kidney cells).”

In its response, APHIS provided more than sixteen hundred pages of documents—none of them describing how the virus was isolated. Instead, the documents comprise testing records with each test listing the sample, specimen type, the animal ID and species, as well as the type of test used, the strain ID and the virus type.

Estimates are that HPAI has cost the U.S. 10 percent of its laying flock. The USDA continues on with its test-and-cull strategy and what amounts to another attack on the food supply at a time when there are multiple attacks on food processing plants, toxic spills near productive agricultural land and, in Europe, confiscation of farms in the name of climate change. The Centers for Disease Control (CDC), the World Health Organization (WHO), and some of the other usual suspects are laboring to convince the public that transmission of HPAI to humans could be much more common than it had been, which is almost nonexistent to this point.

Surveillance, culling and biosecurity protocols aren’t ending the HPAI epidemic; it has been suggested that lower stocking density and improvements in nutrition and ventilation systems are areas where government and the poultry industry should be focusing their resources. 

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## RAW MILK UPDATES By Pete Kennedy, Esq.

Bills legalizing or expanding sales and/or distribution of raw milk and dairy products have been introduced in at least ten states so far in the 2023 session and a groundbreaking bill has already passed into law in Wyoming. Another bill in Utah was sent to the governor's desk as bills were progressing in Hawaii, Iowa and North Dakota. At this time, 2023 has a chance to be one of the most productive sessions for raw milk in recent years; what follows is a summary of the legislation in each of those states where bills have been moving forward.

### HAWAII

Hawaii is one of five remaining states where state laws and policy prohibit the distribution of raw milk, whether for human consumption, pet consumption or distribution through herdshare agreements. House Bill 521 (HB 521) would change that to allow the sale of raw milk and any raw dairy products for human consumption direct to the consumer "provided that the farm or facility from which the raw milk products originated shall own or house no more than ten milk-bearing cows." Producers would need to obtain a license and comply with rules issued by the state Department of Health. HB 521 would also legalize the sale of raw goat milk for pet consumption from licensed producers that are in compliance with Department of Health rules. A number of pet food stores had previously been selling raw goat milk until a mass crackdown from the health department ended sales in 2021.

HB 521 passed out of the House and was assigned to three committees in the Senate; a similar bill in 2022 died in Senate committee after making it through the House.

### IOWA

Iowa is another of the five remaining states that prohibit any sale or distribution of raw milk. Companion bills House File 338 (HF 338) and Senate File 315 (SF 315) would change that to allow the sale of raw milk and any other raw dairy product direct to consumers from producers with a raw milk dairy "where not more than ten dairy animals are maintained to actively produce milk at any one time."

The producer can take orders for raw milk only on the dairy farm and can distribute the raw dairy product only to an individual placing the order; distribution can take place on the farm or at a location specified by that individual. There are labeling and testing requirements for coliform and standard plate count; the producer must maintain test records for three years and provide those records to a customer upon request. The producer must also turn those records over to the Department of Health and Human Services or the local board of health upon request if "the demand is based on an affidavit signed by a licensed physician certifying that in the physician's opinion an individual contracted an illness" from consuming that producer's product.

SF 315 passed out of the Senate State Government Committee and was before the full Senate for a vote. HF 338 was struck in the House Agriculture Committee; there is still a chance for passage if SF 315 gets a favorable committee assignment once it passes out of the Senate.

### NORTH DAKOTA

Current law allows the distribution of raw milk and raw milk products through herdshare agreements, an arrangement that limits the market for dairy farmers since some raw milk consumers don't want to obtain an ownership interest in a dairy animal. House Bill 1515 (HB 1515) would change that to legalize the unregulated sale of raw milk direct from producer to consumer at any venue where those transactions are allowed. The bill prohibits sales to wholesalers and retail stores; donations of raw milk are also banned.

HB 1515 originally covered only on-farm sales by licensed Grade A dairies; the initial bill would have allowed the North Dakota Department of Agriculture to write rules governing production and sales. At a February 10 hearing before the House Agriculture Committee, the committee amended the bill on the strength of calls and testimony from producers who wanted sales opened up to all those with dairy animals. The amended bill passed out of the House and was referred to the Senate Agriculture Committee.

## INFORMATION RESOURCE FOR WAPF MEMBERS

Consult with Pete Kennedy, Esq., on state laws, regulations and policies including food freedom legislation and issues related to consumer access to raw milk, cottage foods and on-farm meat and poultry processing. (Pete cannot give individual legal advice or recommend support for or opposition to pending legislation.) Contact Pete at [pete@realmilk.com](mailto:pete@realmilk.com).




## UTAH

Current law allows the sale of raw milk, butter, cream and cheese (aged sixty days) by licensed producers on the farm, through a refrigerated “mobile unit,” or a “self-owned” retail store where a producer holds a majority ownership interest. House Bill 320 (HB 320) would expand that to allow the sale of any raw dairy products by licensed producers. HB 320 passed out of the House and Senate heading to the governor’s desk for signature.

If HB 320 becomes law, it would mark the fourth time in the last nine years that the legislature has amended the state dairy code to expand the sale or distribution of raw dairy products. Red Acre Center ([redacrecenter.org](http://redacrecenter.org)), a farm advocacy nonprofit in Cedar City, has been the driver behind all the raw dairy legislation.

## PRECEDENT-SETTING LEGISLATION IN WYOMING

On February 27, Governor Mark Gordon signed Senate File 102 (SF102) into law; the precedent-setting law takes effect July 1. Current law allows the unregulated sale of any raw dairy product direct from producer to consumer; sales can take place at farmers markets, farms, ranches, the producer’s home or office or at any other venue agreed on between producer and consumer. SF102 expands the law to allow the producer’s “designated agent” to make sales and deliveries and allows the sale of raw dairy products by third-party vendors such as grocery stores and retail shops. For raw milk sold in grocery stores and retail shops, the seller must inform the consumer that the dairy product isn’t licensed, regulated or inspected, and the seller must not offer the dairy product on the same shelf as food produced in a “licensed establishment.”

SF102 marks the first time that the seller of raw milk and any other raw milk product not subject to licensing and inspection will be legal in retail stores; raw milk products that can be sold include ice cream and cheese aged less than sixty days (raw cheese in interstate commerce is legal but must be aged at least sixty days). There have been no foodborne illness outbreaks attributed to the consumption of any raw dairy product in Wyoming since the sale of raw milk and raw milk products became legal there in 2015. Wyoming remains the leader in deregulating the sale of locally produced food. 

# Do you drink Real Milk?

**Support the Foundation that has made real, raw milk widely available. Membership fees and donations to WAPF support:**

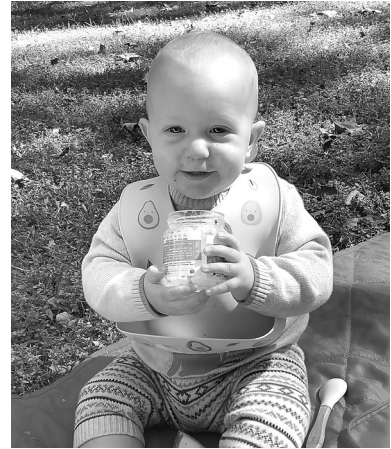
- Ongoing administration of [realmilk.com](http://realmilk.com)
- Updates on [westonaprice.org](http://westonaprice.org) and in *Wise Traditions*
- Scientific information on raw milk benefits and safety
- Founded the Farm-to-Consumer Legal Defense Fund to protect raw milk producers
- WAPF chapter system helps you find raw milk in your area.

**Raise a glass and support the efforts of the Weston A. Price Foundation to keep raw milk flowing for you and your family.**  
[westonaprice.org](http://westonaprice.org) and [realmilk.com](http://realmilk.com)



# Healthy Baby Gallery

Liam Isaac was born at home on February 28, 2022 after a six-hour uncomplicated labor. Liam's mother had been following a WAPF diet since college and introduced the importance of dietary preparation for healthy babies to Liam's father while they were still dating! Good nutrition, exercise and chiropractic adjustments during pregnancy made a huge difference. Postpartum went great as well; people warned Liam's parents how hard the first few months would be and how tired they would be, but this was not the case! From the beginning, Liam was a highly alert, mature and contented baby. He started on solid foods at four and a half months (he already had two teeth by then), and he now eats and drinks just about anything. In fact, he thinks cod liver oil is dessert and gets excited when it is brought out after dinner. People tell Liam's parents how lucky they are—but they know it isn't luck at all.



Violet Brave was born in September 2022 after a wonderful pregnancy. Her parents focused on preconception nutrition and mama ate plenty of paté, sourdough bread, bone broth and cod liver oil during pregnancy, focusing on building healthy bone structure and setting her up for success. Working as a nurse, mama had vibrant energy throughout the entire pregnancy and walked in the sunshine or lifted weights daily. Violet was born into her daddy's arms, alert as can be. Her first foods were egg yolks, beef shanks and avocado. Her parents see so much advancement in her as she grows and develops smoothly and quickly! They are grateful to WAPF for all of the information and encouragement shared.

Gareth Elwin was born robust and healthy at forty-one weeks, weighing over nine pounds, after a natural labor attended by two midwives. Mom was very active and comfortable throughout the entire pregnancy, going on winter hikes up until two days before he was born. She also had some of the best vitamin D levels the midwives had ever seen! Gareth has been very active and strong since birth. He has bright blue eyes and lights up any room with his huge smile. His favorite foods (besides breastmilk) are liver sausage, cod liver oil and eggs. Pictured here at six months, he is now a happy, silly and energetic twelve-month-old who loves crawling and exploring. His parents followed the WAPF nutrition principles for several years before his birth, with an emphasis on bone broths, organ meats, fresh eggs, raw milk, fermented vegetables and cod liver oil. They maintain a large garden, raise chickens for eggs and meat, forage for wild edibles, buy direct from local farms and are also passionate about using herbs for nutrition and as medicine.



Baby Genevieve is a pasture-raised, nutrient-dense heritage breed, sourced from God! During pregnancy, Genevieve's mama drank lots of raw milk, gratefully consumed grass-fed chicken, beef, pork and other local meats, and enjoyed fresh sourdough bread from her mother and in-season whole vegetables straight from the farm she was working on. All of this having made baby Genevieve extremely healthy and strong, she was home-birthed into a space of love. Genevieve has been drinking raw warm milk straight from the breast for the last five months, sleeping through the night with peace and ease. Her parents couldn't be more blessed or proud!

# Local Chapters

Local chapters help you find locally-grown organic and biodynamic vegetables, fruits and grains; and raw milk products, butter, eggs, chicken and meat from pasture-fed animals. They also represent the Weston A. Price Foundation at local fairs and conferences and may host cooking classes, potluck dinners and other activities to help you learn to integrate properly-prepared whole foods into your life. Local chapters may be able to put you in touch with health practitioners who share our philosophy and goals. **IMPORTANT WARNING: This chapter list is meant for individuals to contact a local chapter for food sources and for small farms or food producers to contact chapters near them. It is not for use by vendors and marketers. If you use the chapter email addresses to promote a product, even a free product or giveaway, we will not allow your company to advertise in *Wise Traditions* journal nor exhibit at our conference.**

## COMMUNITY SUPPORT NEEDED

Shan Kendall (long-time chapter leader and member) lost her house in a fire. If wish to help, go to:  
[https://givesendgo.com/ShanandDavid?utm\\_source=sharelink&utm\\_medium=copy\\_link&utm\\_campaign=ShanandDavid](https://givesendgo.com/ShanandDavid?utm_source=sharelink&utm_medium=copy_link&utm_campaign=ShanandDavid)

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## WASHINGTON, DC, CHAPTER GATHERINGS

In December (left), the chapter had a festive gathering with homemade paté, sourdough bread and other nourishing foods, and sang seasonal carols beside an outdoor fire pit. The group thanked and said goodbye to co-chapter leader David Barbarisi (top center next to stairway), who left the DC area. In February (right), the chapter celebrated “heart health” month with butcher Jeff Cannon of RegenerEat (back row second from right), who shared regenerative agriculture practices and samples of sausage. New co-chapter leader Jessica Davis (front row, third from right) helped organize the event, along with WAPF staff member Yolanda Hawthorne (fifth from right).





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## SARASOTA, FLORIDA

The chapter, reactivated after six years, had a potluck (left) with over forty people in attendance, excited to share good food and ideas and to watch the documentary, *The Greater Good*. There was a lot of raw butter along with tons of other nutrient-dense food. The following month (right), long-time member Elena taught the chapter how to make sauerkraut and raw milk yogurt (photo by Roland Graf). Quite a few attendees went home and started right away!



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## NEW CHAPTERS!

BRUNSWICK, Georgia (left): The chapter held its first meeting and potluck, hosted by chapter leaders Brittany Stalvey and Corey Dunn. It was a beautiful evening with wonderful food and lots of kids running around.



CHESTER/LONDONDERRY, Vermont (right): The chapter's first meeting, held at the public library, was a huge success. Attendees reviewed the fall 2022 *Wise Traditions* journal, discussed the brochure "Principles of Healthy Traditional Diets" and enjoyed a WAPF-style potluck lunch. Everyone was deeply engaged, happy to be there to learn important information and connect with like-minded people.



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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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## BETHESDA, MARYLAND

A homeschool mom and her two boys had a great time at the Bethesda chapter's DIY kraut workshop, learning new life skills and applying many things they'd learned in science.

## GRASS VALLEY/NEVADA CITY, CALIFORNIA

The chapter had forty-two people show up for our movie night. Empty chairs are where people got up to get organic popcorn grown by permaculture graduate Drew Speroni. We showed Wise Traditions conference talks by Beverly Rubik and Robert Gilbert. The audience loved it.





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Houston chapter leader Kristi Foreman and WAPF member Jessica Huang set up at the Mother Earth News Fair, giving out many brochures and much information, and connecting with lots of people from all over the U.S.



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The Weston A. Price Foundation currently has 445 local chapters:  
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## LOCAL CHAPTER CHAT GROUP

Our chapter leaders have a wonderful secure platform to carry on our many beneficial discussions, developed by Jay Hamilton-Roth, the husband of one of our chapter leaders. We encourage all chapter leaders and co-leaders to join if interested in learning and growing as leaders and individuals. To join, contact Maureen Diaz: [outreach@westonaprice.org](mailto:outreach@westonaprice.org).



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Broad River Beef, LLC, tender, flavorful Angus beef, 100% grass-finished, toxin-free and mineral rich. Cuts you actually use available in sizes that actually fit in your refrigerator. Produced seasonally with nature. Delivery available from Atlanta through northeast Georgia. broadriverbeef.com, (706) 310-8060.

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Idaho Food Coop specializes in providing pasture raised meats and wild caught fish. Beef and lamb are grass finished and our poultry is pasture raised. Pastured meats, organs and bones are available. Pickup locations are located throughout southern Idaho. idahofoodcoop.com.

## IL

Honeysuckle Farm, Morris, Illinois is a family-owned and operated small-scale, pasture-based farm. We offer pastured eggs, chicken, turkey, and pork, raw honey, syrup, and raw A2 milk. Locally milled non-GMO feed, antibiotic and chemical-free. Order on-

line at honeysucklefarm.net. (574) 323-7919.

## IN

DEVON BEEF, 100% grass fed, no antibiotics, no growth hormones. Full cow, 1/2 cow or individual cuts from my ranch in St. Leon, Indiana. Pastured pork, 100% antibiotic free, fed minimum amount of organic corn, 100% outdoors on pasture and woods. All meat USDA inspected. Information on how we raise our beef and pork plus important health links at abundantgreenpastures.com or Mike at (513) 646-8739.

HILL N DALE, RED DEVON 100% grass fed beef, RED WATTLE non-gmo pork, ROBUST WHITE pastured chickens, BRONZE pastured turkeys. On Farm Store open six days a week, delivery available. 12683 South 300 East, North Manchester, IN (260) 578-7294.

## MA

Many Hands Organic Farm in Barre, MA. All products certified organic and free range. Lard, pork, chicken and turkey stocks, pork, chicken, turkey and 26 weeks of CSA. No till, nutrient dense. mhof.net; (978) 355-2853; farm@mhof.net.

## MD

Chesapeake's Bounty: A local foods market in North Beach and St. Leonard. Local seafood, produce, meat, dairy, baked goods and plants. All products are grown, caught or processed in the Chesapeake Bay region. Chesapeakebounty.com StL: (410) 586-3881 (7 days week) or NB: (443) 646-5700 (Fri, Sat, Sun)

Nick's Organic Farm, since 1979 offering quality products to Washington, DC, suburban MD, No. VA, Baltimore and Frederick areas. 100% grass-fed beef (no grain ever), pastured chicken, turkey, eggs. Using a regenerative 12 year crop rotation, we constantly move our livestock to fresh pastures to build our soils. Our animals receive only organic feed raised on our farm, no hormones, no antibiotics, no animal by-products, no GMOs. Beef and poultry liver, organ meats, fat, and bones, chicken/turkey feet, beef sausage and jerky. Hay, straw, poultry feeds, food grade grains, popcorn, stone ground heirloom cornmeal (301) 983-2167; nicksorganicfarm.com; nicksorganicfarm@comcast.net. **JOIN our mailing list** to receive **order forms** and an invitation to our annual **Buckeyestown Farm Tour**.

100% soy-free chicken, eggs, pork and beef. Chicken livers, chicken feet and heads. Bacon and sausage. Raw pet milk. Raw milk blue and cheddar cheese by cheesemaker Sally Fallon Morell. **Will ship** whole cheese wheels. Southern Maryland, within 1 hour of downtown Annapolis and Washington, DC. Saturday farm tours. Store open Thursday to Saturday 10-6 or by appointment. P. A.

Bowen Farmstead, 15701 Doctor Bowen Road, Brandywine, MD. (301) 579-2727, pabowenfarmstead.com.

## MN

Farm On Wheels offers animals raised green grass-fed & organic. USDA inspected. Nutrient-dense beef, lamb, chicken, eggs, turkey, goose, duck, and pork, no corn or soy or GMOs. Farmers Market year around in St. Paul, Prior Lake. Linda (507) 789-6679, farmonwheels.net, farm\_on\_wheels@live.com..

## NC

Little Way Farm, Siler City, NC is a family-owned farm, practicing regenerative agriculture and operating on a human scale. We offer 100% grass-fed and grass-finished beef and lamb, woodland-raised pork, pasture-raised poultry and eggs, wild caught seafood, and 100% natural and raw honey. We follow intensive rotational grazing practices, with no hormones, antibiotics, GMOs, or pesticides. Home delivery and regional pickups offered in central NC. Order online at littlewayfarmsilercity.com.

## NY

Dutch Meadows brings you the finest in high-quality grass-fed meats and organic dairy products, raised in harmony with the land. Order online and choose from hundreds of farm products, **WE SHIP**. Convenient pick-up locations in NYC. (717) 442-9208 info@dutchmeadowsfarm.com – DutchMeadowsFarm.com.

Grass fed Farm Fresh food to help you achieve vibrant health by enjoying high quality, nutritious, 100% grass fed raw dairy from sheep and Jersey cows. 100% grass fed/finished beef and lamb, Soy Free pasture raised pork, turkey and chicken, and lots more. Order online and utilize our convenient home delivery or pick up locations. Shop farmmatch.com/pleasantpastures or call (717) 768-3437.

## OH

COPIA FARM, Dan & Caitlin, Short drive from Columbus, Johnstown Ohio. Farm store open daily, 9 am-7 pm. Raw milk herdshares, grass-fed meats, pasture-raised eggs, organic produce, organic sourdough bread & more! Regenerative, GMO-free, organic, paleo. (614) 915-9269, CopiaOhio.com.

Sugartree Ridge Grassfed Herdshare/PMA, located 60 miles east of Cincinnati in Highland County. We deliver 100% grass-fed milk, optional A2-A2 milk and many other products to sixteen delivery sites in Cincinnati. Farm and contact address is: Scott Richardson, STRC Herdshare 6851 Fair Ridge Road, Hillsboro, OH 45133-9548.

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## OR

Grass-based biodynamic raw milk dairy offering Jersey Hi-creamline milk, cream, golden butter, cottage cheese and aged cheeses. Soy-free veal and pork seasonally. On farm sales and membership club. **Can ship.** Sherry and Walt (541) 267-0699.

Windy Acres is a raw milk dairy. It provides families with raw cheeses, Gouda, Jack, Jalapeno Jack, Tri Colored Peppercorn Jack, White Cheddar, Swiss (Jarlsberg style), Feta, Camembert, etc. We make hand-pressed butter, cream, yogurt, kefir, lamb, pork and beef. Grass-fed, raised without GMO or soy. (541) 613-5239 Windyacres26@gmail.com.

## PA

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GAP VIEW FARM MARKET Raw milk, raw milk cheese, cream butter, eggs, including duck eggs and fresh vegetables from our chemical free farm. Call (484) 667-1382 or visit our farm market in the heart of Lancaster County, PA at 5230 Newport Rd, Gap, PA 17527.

100% grassfed organic A2A2 raw milk and dairy products plus beef, pastured soy-free pork, chicken, turkeys, eggs, beef and chicken stock, fresh and fermented vegetables. Mount Tabor Farm. New Holland, PA (717) 354-3753.

Raw milk cheese from our grass-fed Jerseys, made on our family farm with Celtic sea salt. Cows are fed no grains. Also grass-fed beef and pastured chickens, turkeys and eggs. All soy-free, no hormones or synthetics. On-farm sales, **will ship cheese.** Wil-Ar Farm, Newville, PA (717) 776-6552.

Visit our farm and choose from our selection of grassfed beef and lamb, and pastured soy-free pork, chicken and eggs. Hours: Wednesday and Saturday 9 am-11 am; Friday 3 pm-7 pm. **We ship.** Locust Grove Farm, 619 Locust Grove Road, Port Trevorton, Pennsylvania 17864.

## SC

S C VEGETABLE FARM EQUIPMENT SELL-OUT. Sold as a package only. IH 531 plow, IH 574 Tractor, only 300 hrs., Pico 10/20 disk cultivator, Lely spreader, 6' scrape blade, 6' lift arm, older Cole planter/cultivator w/ seed plates, 5' Bushog, IH Farmall Super "A" tractor with front cultivator. \$35,900. (864) 292-5001.

## TN

Echo Valley Farm, Madisonville, Tennessee Organic grass fed, herd shares for raw milk, raw cream, raw butter, raw yogurt, raw kefir, beef and raw pastured free-range eggs. Our herd share owners have enjoyed a 100% safety record for over 15 years. (865) 399-8320 www.echovalleyfarms.net.

Martin Family Farm - located between Knoxville and Chattanooga. Offers pastured pork, eggs, 100% grassfed lamb, pasture raised meat chickens, 100% grassfed - grass-finished beef, veal, and whole raw A2A2 milk from 100% grassfed Jerseys. Everything is organically raised in harmony with nature, and is sold at the farm. Contact address and farm location: Martin Family Farm 959 Co Rd 423, Athens, TN 37303.

## VA

Salatin family's Polyface Farm has salad bar beef, pig-aerator pork, pastured chickens, turkeys and eggs, and forage-based rabbits. Near Staunton. **Nationwide delivery available.** Call (540) 885-3590, polyfacefarms.com.

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## WY

Meadow Maid Foods, 100% grass-fed, grass-finished beef. On pasture year-round at the family ranch in Goshen County. Production practices detailed on our website. Custom beef, Cheyenne farmers markets and local delivery. (307) 534-2289, meadowmaidfoods.com!!

## APPRENTICE/EMPLOYMENT

**Farm Operator Position,** Pahoehoe, Hawaii. Grass-fed beef. Tropical fruit. Offered: food produced on farm for personal consumption; furnished 2br house; off grid; cash income: share of fruit and flower sales. Essential: knowledge, experience. For details, brief introduction/bio and references to jamesweatherfordphd@gmail.com.

**HOME COOK.** Looking for a HOME COOK for a small community of seven people near Colorado Springs, Colorado. Beautiful, calm and pleasant environment. Five days per week from 11AM to 5PM, to develop weekly menus and prepare and serve main meal along with evening snack. Special attention to be paid to dietary aller-

gies and sensitivities. Extra shifts available as requested. Kitchen support staff on premises for cleaning and support of pantry. **Apply by email: rbward57@gmail.com; or call (303) 807-1780.**

**GARDENER/COOK** Organic regenerative ranch near Olympia Washington seeking seasonal gardener/cook through end of harvest. Room, board, stipend, travel expenses. Email qualifications and interest to Lawren@wellaroo.com.

**Internships: 300-acre family farm in Live Oak, Florida** with 20 years of success and over a half million in gross sales wants to share their success secrets. We have on-farm housing to rent and classes in butchery, cow and goat milking, pastured poultry, pigs, permaculture, gardening, silvopasture and broad acre food forest, and more. We offer internships with hands-on experience for a weekend, week long, month or 6-months. Contact us for prices and bookings thisisdenis@startmail.com.

**MILKER AND FARM HAND** Organic regenerative ranch near Olympia, Washington seeking seasonal cow milker through end of fall. Room, board, stipend, travel expenses. Email qualifications and interests to Lawren@wellaroo.com.

**Prairie foods is seeking a marketer.** We are a group of plain select farmers currently growing and shipping Dairy beef pork chicken and eggs. We are seeking a dedicated individual that is passionate about healthy food to create and manage a website for us 570 855 3715.

**Temple Wilton Community Farm in Wilton, NH is seeking aspiring or experienced vegetable farmer apprentices for the 2023 season.** We are one of the country's two oldest CSA farms, offering organic vegetables, grass-fed dairy and cheese from our on-site creamery. Apprentices will be paid monthly and offered housing, food, and dairy from April-November. Learn biodynamic, regenerative, and no-till farming methods mostly done by hand on our 4-acres of cultivated land. For more information, visit twcfarm.com or email blanknoriega@gmail.com with a brief resume and statement of interest. We look forward to growing with you!

## CRAFTS & CLOTHING

**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 David Zippi; handmade quilts. Exclusive source of Nourishing Traditions posters. Saturday farm tours. Store open Thurs-Sat 10-6 or by appointment. P. A.



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Bowen Farmstead, 15701 Doctor Bowen Road, Brandywine, MD. (301) 579-2727, pabowenfarmstead.com.

## DVDS/ON-LINE VIDEOS/BOOKS

**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!**

**For sale: 67 Wise Traditions journals;** 2001-2020 in good to excellent condition. Will sell all for \$400 including shipping (OBO). Missing W2003, Su2005, W2007, Su2009 and F2012. (540) 626.5287, ldt-pwp@gmail.com

**View all UK & Irish WAPF conference videos,** many European speakers never seen in the USA, in our large and growing video library that will host and fund future events. Subscribe for just £2 a month. (about \$2.50). <https://westonaprice.london>.

## FARMING VENTURE

**Grassroots Farmers (GRF) is leading a life changing Colorado movement** cultivating local organic sustainable solutions through co-farming 41 acres in southern Colorado. We are looking for farming nonprofits and organizations to bring into the folds as we break ground on our 6 acre Fountain property as proof of concept as we expand into our 35 acre Las Animas property. We are starting with two 1,024 square foot structures to provide farmer lodging/housing, community bathrooms and showers in April weather dependent. Sign up for April Volunteer Sundays here: <https://www.grassrootsfarmers.org/april-build-volunteer-sign-up> We are a new birthing nonprofit farm, donations are graciously accepted! Here is our donation link: <https://www.grassrootsfarmers.org/donate> We are looking for a storage container(s) to start growing chicken fodder feed. If anyone has a connection/access/wanting to get rid of theirs we'd love to connect with you.

## HEALTHY FOOD/PRODUCTS

**Beyond organic, regenerative family farm** selling raw goat milk, yogurt, kefir and cheese locally in Lake County Florida, along with probiotic skincare using live cultured yogurt, extracts and herbs from our chemical-free farm. We ship our skincare products. [www.farmercrafted.com](http://www.farmercrafted.com) [farmercrafted@gmail.com](mailto:farmercrafted@gmail.com).

**AFFORDABLE HERBAL PRODUCTS.** Superfood Plus 14 oz \$50. Green Drink 8 oz \$37. Colon/Intestinal Formula #1: 90 vegan capsules \$15; 250 vegan capsules \$31. Colon/Intestinal Formula #2: 8 oz Bulk Powder \$13; 250 vegan capsules \$19. Plus shipping. Call (352) 277-6645.

**FIBROMYALGIA?** I can help! I'm an Anabaptist woman who suffered for 12 years but now I can walk, read, write, socialize, cook, hold babies and live my life WITHOUT pain shooting through my body. For help, call me at (352) 277-6645.

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**Truly non-toxic baby cribs** for sale by fifth generation Mennonite woodworker, cribs like I made for my daughter. Completely free of all chemicals and unnatural smells. Made of only wood, olive oil, nontoxic wood glue and screws. Adjustable and extremely strong. \$850 plus shipping. Call, text (717)917-6826 or email [jasonkristensauder@gmail.com](mailto:jasonkristensauder@gmail.com)

**USA Fermentation Weights** - Shop high quality glass fermentation weights made in the USA at [usafermentationweights.com](http://usafermentationweights.com). They are easy to stack, sterilize, and won't take on odors or stains.

## HOMES/FARMS/BUSINESS SALE

**Food Business For SALE** Established fermented food wholesale business (10 years operation) for sale. Distribution area covers all of Florida—sold at Whole Foods, other grocery stores and around 20 mom-and-pop stores. Product, mainly sauerkraut, is sold through two distributors: United Natural Foods Inc. (UNFI) and Albert's Fresh (a subsidiary of UNFI). Great potential for expanding product line, increasing business with current clients, and adding new clients. Flexible on terms. For more information, email [KPCats@live.com](mailto:KPCats@live.com) or call (941) 812-2771.

**Raw milk dairy farm for sale** 30 miles south of Atlanta, Georgia. The business has a solid customer base and is very profitable. 10 minutes from I-75 and in a convenient location to all areas of Atlanta, but still feel like you are in the country. Business comes with two great houses, barns, necessary equipment and 20 acres. We have blueberry bushes, figs and muscadine vines and plenty of garden space. We also have a huge walk-in freezer and outdoor chicken processing facility. Property is also available for sale without the business. Call Kevin at (770) 584-6164 or email [allthings828@lavabit.com](mailto:allthings828@lavabit.com).

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## RESEARCH

**Do you have a child with a chronic health or developmental condition?** The Documenting Hope FLIGHTTM Study is recruiting participants in Northern Virginia! Nutritious food, doctor/practitioner visits, supplements, lab tests, etc. provided at no cost. To learn more: [documentinghope.com/flight-study](http://documentinghope.com/flight-study).

**WITH THE AUSTRALIAN DAIRY INDUSTRY STRUGGLING,** farmers walking off the land and suicides at dismal highs—it's time for urgent action. Our biggest project this year will road test the 2009 risk assessment by Food Standards Australia New Zealand (FSANZ). Please DONATE here [ausrawmilk.org/donate](http://ausrawmilk.org/donate).

## SERVICES

**Heartfelt, Inspired, Passionate Living,** (HIP Living, LLC) - a life coaching business that supports brave, compassionate women

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## TRAVEL/LODGING

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**Holiday in beautiful English countryside - 18th Century Quince Tree Cottage** is in a quiet village in the Chalke Valley in Wiltshire, sleeps five. Local supplies of pasture raised meat, organic vegetables and raw milk. Contact and more details: [quincetree.uk](http://quincetree.uk)

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## CRAFTS



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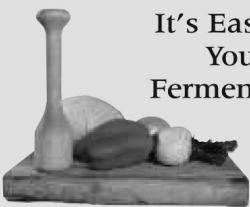


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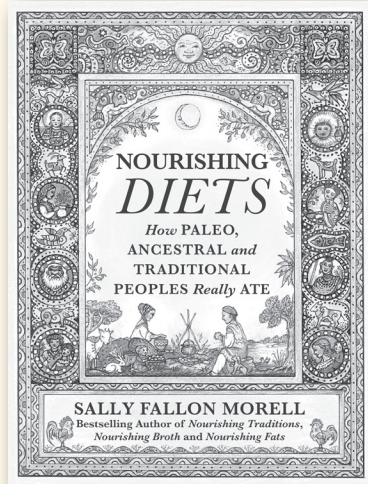
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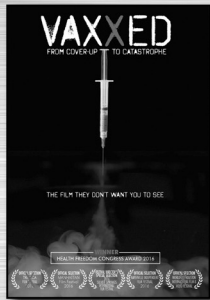


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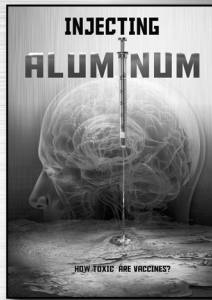
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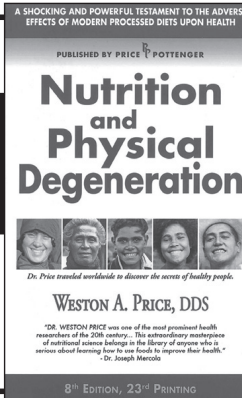
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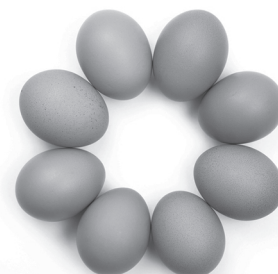
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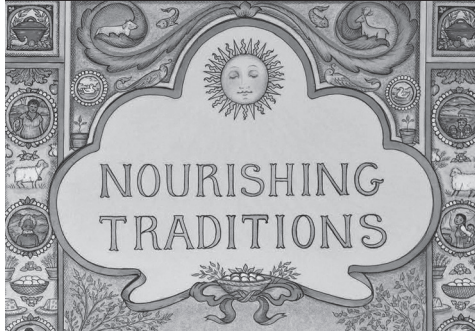
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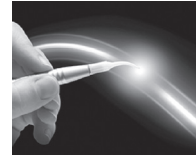


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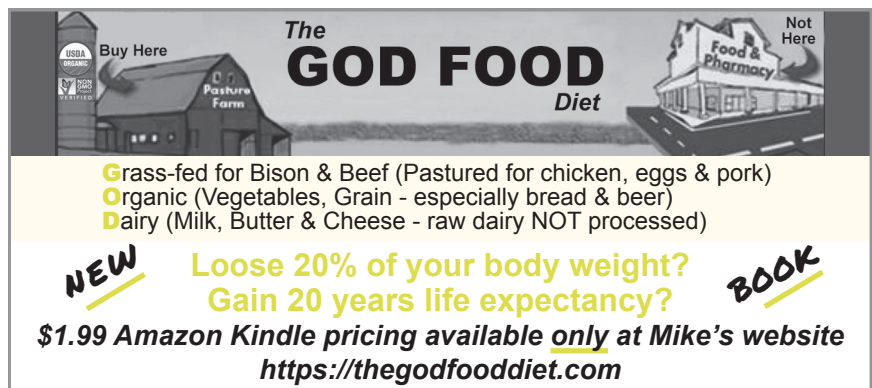
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# Calendar

2023

- MAY 21** BRANDYWINE, MD: Nourishing Traditional Diets with Sally Fallon Morell at P A Bowen Farmstead.  
**CONTACT:** Events tab at [westonaprice.org/pabowen](http://westonaprice.org/pabowen)
- JUL 7-8** MIDDLEFIELD, OH: Farm & Family Homesteading Expo featuring Sally Fallon Morell, James Yoder, Henry Bieler and Isaac Yoder. **CONTACT:** (440) 427-0004.
- OCT 6-7** PITTSBURGH, PA: International College of Integrative Medicine "Food Fight" conference featuring Sally Fallon Morell, David Brownstein, MD, Sam Fillingane, MD and Joel Kahn, MD.  
**CONTACT:** [www.IntegrativeMedicineConference.com](http://www.IntegrativeMedicineConference.com)

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



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