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Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

A PUBLICATION OF THE WESTON A. PRICE FOUNDATION®

Volume 26 Number 4 25TH ANNIVERSARY Winter 2025

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WiseTraditions

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Volume 26 Number 4

Winter 2025

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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

Isn't it interesting how dietary crusades come and go? For years we kept hearing that fat was bad, and that a healthy diet was low in protein, salt and especially animal fats, but high in carbs and fiber. Today, the carnivore and keto folks insist that carbs are bad and that a healthy diet contains mostly meat and seafood (with eggs and cheese allowed). Banned foods include all fruits and vegetables; grains, nuts and seeds; milk and yogurt; honey and natural sweeteners; and even sour drinks like kombucha.

We've also heard suggestions that we should eat according to our blood type or our metabolic type; or survive on raw juices; or eat diets based largely on rice.

What all of these schemes do is undermine the tradition of family meals. Try eating according to the dietary guidelines, the kids will be craving salty fatty fast food; serve your teenagers a keto diet and they will crave carbohydrates. A blood-type or metabolic type diet is impossible for family meals unless everyone in the family has the same blood type or metabolic type. And who wants to sit down to raw juices or a rice-heavy diet evening after evening?

Why family meals? This is a sacred time when the family comes together. Children learn the art of conversation, not to mention table manners. Parents hear things about their children's lives while children get to know their parents as participants in the larger world. But most of all the family meal is an opportunity to share delicious, satisfying, nutritious food...that your children will actually eat!

That usually looks like the old formula of meat, vegetable and starch, with plenty of butter on the veggies and a broth-based gravy or sauce on the meat and starch, with a spoonful or two of raw sauerkraut to feed your gut microbiome and support good digestion. A soup or salad can come before the main meal if you are feeling ambitious, with an occasional dessert made with natural sweeteners. Everyone should come away from the table happy and satisfied.

The beauty of the Wise Traditions diet is that it does not exclude any food group or force you into unnatural dietary patterns of renunciation. All of our principles can be incorporated into foods that your children will like and meals patterned after the way our grandparents ate.

At Wise Traditions 2025, our big WAPF family sat down to five delicious meals together to share what we learned from the many fascinating speakers. We are already planning for 2026, putting together meals featuring foods from local producers and a roster of speakers to satisfy our curiosity and nourish our minds.

The place is the historic Omni-Shoreham Hotel in Washington, DC, and the dates are October 16-18. Mark your calendars! 

Letters

TESTIMONIALS WELCOME

During the closing panel of yet one more great conference—and thank you to all who attended!—I suggested an idea that could make the Foundation's dedication to their (our) mission even more effective. It was based on a study from several years ago, which demonstrated that, in communicating with others about how to better the world, or even just ourselves, what really motivates people to take positive actions in their lives *is what other people do!*

So, in our efforts to create even better outreach for our movement, we're requesting that participants send in a little write-up (similar to the letters printed in the *Wise Traditions* journal)...a short description of a solution, practice or insight that has improved your life or the lives of others as a result of knowledge or support you've received from any activity of the Weston A. Price Foundation. Your expression of health and satisfaction will be the model readers will emulate to improve their own lives!

We'll be happy to receive all your

testimonials, which will be organized and collated into a number of general topics for easy access and perusal. (These can come in the form of PDFs, standard word processing documents, or just in the body of an email.) Please send to wap.jewels@gmail.com.

With ongoing gratitude for everything we've all done and continue to do.

Mark Hurwit
Eugene, Oregon

REFERENCES TO WESTON PRICE

My grandfather, William A. Deans, was a pioneer missionary in the North Eastern corner of the Belgian Congo. I've been sifting through things that my mom had held onto and found some of his notes referring to Weston A. Price. Most of the pages have to do with my grandfather's missionary work, but these two indicate his interest in other fields as well!

August 1935: "Dr. Weston A Price (who received bamboo specimens from us) came to us and conducted a lengthy examination of natives' teeth in this section. He found the greatest amount

of decay in this place of all others he has ever visited, and he has been all over the world—Alaska, Northern Canada, Switzerland, Hawaii, South Sea islands, etc.—besides having examined extensively the immigrants of Ellis Island. This in spite of our fertility of soil. . . ."

Undated: "Dr. Price tells of counter propaganda to his diet teaching in Switzerland where, particularly in the Lötschental, girls are not married until they've gotten a set of false teeth. Diet propaganda which would retard the decay of the teeth was not well received because it meant postponement of marriage. They would rather have papa buy the teeth than the husband!"

Amy Schirmer
Ogdensburg, New York

We thank you for these fascinating extracts! I searched the Internet but could find nothing on Dr. Price's observations of the immigrants on Ellis Island. If anyone has any information on this, please let us know.



PRESIDENT'S AWARD
LEFT: Judith McGeary, executive director of Farm and Ranch Freedom Alliance, wins the President's Award.

RIGHT: Thanks to Judith's unrelenting efforts, raw milk lovers can now purchase raw milk from Richardson Farms at the Austin farmers market.



Letters

FERTILITY DIET

The Wise Traditions diet is such a delicious way to support fertility. I recently gave a young woman, struggling to conceive, the advice to eat butter, eggs and cream, and told her she needed the saturated fat in order to produce hormones. Within a couple months she was pregnant.

Janice Curtin, Chapter Leader
Alexandria, Virginia

TRUE AIRPLANE MODE

I've noticed for years—and also at this last conference—that when people put their phones on airplane mode, they don't realize that the phones are still emitting radiation if the WiFi and Bluetooth are on (even though not connected). So, you need to turn off WiFi and bluetooth in addition to putting your phone on airplane mode.

I wanted to share a graphic I've used in the past to help people discern true airplane mode, in case it's helpful for next year's conference.

Thanks for a wonderful event and I can't wait for next year!

Valerie Marsh
Scottsdale, Arizona

NEW ZEALAND AGRICULTURE

My two cents worth on the conversation about raw milk confinement versus GE feeds. I'm a regenerative organic farm consultant, who has raised and milked a small Jersey herd and who is currently battling with our government's push to eviscerate New Zealand's GE-free status. This is a big deal here because our biggest industry is grass-fed milk products which we export as clean, green and GE-free.

I have looked into the question of what happens to cows and their milk when fed GE/GMO feeds of soy hulls or dry distillers grain, which is the gunk at the bottom of the GMO corn-to-ethanol distillery tanks in the USA. Since both these GMO feeds carry heavy loads of glyphosate and the corn comes with additional residual formaldehyde, these feeds impair the rumen microbiome, causing poor feed efficiency, prompt immune decline and increased inflammation. The result: less milk, more mastitis and antibiotics, mineral lock-up and nutritional deficiencies, liver damage, failure to get pregnant and unhealthy or defective calves. Overall a shorter, less productive and less enjoyable life.

TRUE Airplane Mode – NO EMR



Yep!
Thank you!

While there have been few published tests on genetically engineered gene constructs detected in milk or meat, there is a clear indication in a 2006 Italian study that altered genes do come through into the dairy products when cows eat GMO feeds.

This is likely to predispose the milk consumer to allergies, inflammation, hormone disruption and metabolic "disturbances"—in effect, all the health issues that have risen dramatically in the last thirty years.

The lack of actual testing—even an apparent reluctance to develop the ability to cheaply test for GMO constructs in food or the environment—indicates to me that there is something being at least ignored, if not purposely hidden. It is increasingly documented that both transgenic (insertions of foreign genes) and gene editing (mutations through radiation or chemical means) cause hundreds and sometimes thousands of off-target changes in that modified organism's gene expression. So, genes are activated or silenced in unintended and unpredictable ways, a "highly significant" proportion of which are in pathways associated with cancer, according to an article in *Nature Genomic*, May 2024.

Finally, the most important aspect of cow's milk that is nutritional and health-giving to us and our children is whether the cows are fed on rapidly growing, diverse, high-Brix, nutrient-dense pastures. That's where the beta carotene and hence the vitamin A, vitamin K₂ and CLA come from. CLA, by the way, is the most potent cancer preventative we know of; and it is in milk only when diverse green pastures are

Letters

fed. It cannot be produced in a lab. Dr. Price documented the health benefits of dairy products from cows on green pastures eighty years ago, yet our food industry is still choosing to be in the dark about it.

I can't see much point in consuming pasteurized milk but I see decided danger in consuming confinement GMO-fed milk.

Phyllis Tichinin, Chapter Leader
Hawkes Bay, New Zealand

WE LOVE BUTTER! THE ANTI-AGING DIET

My husband and I are members and I just wanted to say thanks for everything! We just celebrated our 50th wedding anniversary, August 16, 1975 to August 16, 2025! I am sixty-nine and Steve is seventy-two.

We are happy and healthy, and we love butter and broth! We follow the WAPF Wise Traditions dietary principles. We learn so much at the conferences and from your podcast with Hilda and the quarterly magazine.

We take no prescription drugs. We never vaccinate. Steve is a chiropractor and I am a nutritional therapy practitioner. We believe our excellent health is due to your dietary principles.

Donna Nelson
Star Prairie, Wisconsin

COWS WITH HORNS

For those who read German, here is an interesting document on the importance of leaving the horns on cows: fbl.org/fileadmin/documents/shop/1662-kuhhorn.pdf.

I met the researcher Claudia Schneider several years ago on her farm

in Münsingen, just outside of Bern. The research was done some years ago.

Unfortunately, I do not see the research in English, but even if you just scroll through it, it contains great pictures of horns.

Just like we should not pull good teeth, we should not dehorn cows. I cover this topic in my Swiss farming presentation. Horns are very much needed by the cow. The proof is microscopically in the milk, the blood of the cow and more. If a horned cow gets aggressive, it may not have gotten the loving care and touch when younger.

A great film on horned cows (in German) is *Das Liebe Rindvieh*. In it, the vet shows how dehorning was done in the 1980s, when it first began. Gruesome! They gave many excuses for why a cow needed to be dehorned.

Several years ago I had a chance to meet Franz Josef Kögel, who was featured in that film dehorning his cows and later learning the importance of horns. At that time I gave a presentation in Germany on milk and Franz Kögel gave one on how he transitioned from dehorned to horned cows. His good,

common-sense wife was behind it all.

Judith Mudrak
Southampton, New Jersey

MOM HALL-OF-FAME NOMINATION

I write to tell you about the impressive measures taken by my WAPF friend to help facilitate the nutritious diet of her newly off-to-college daughter. After some initial online inquiries, the family arrived a day early for college drop-off. They went straight to the farmers market, where, in addition to picking up a jar of local honey, my WAPF friend secured a half herdshare of weekly raw milk for her daughter. She then purchased a cooler bag and an ice pack for her daughter's upcoming weekly walk from the farmers market to campus. My WAPF friend told her daughter's roommate that there would be plenty of milk, so she should help herself to it in the dorm fridge.

Isn't it lovely to think of the kids in this dorm being introduced to raw milk throughout the year thanks to the steady herdshare supply? The head of the col-

WEDDING ANNIVERSARY

Members
Donna and Steve
Nelson in 1975
and 2025.



lege kitchen says the staff will cook individual portions without seed oil for her daughter. Fingers crossed! With a stockpile of Dr. Cowan's sprouted granola and nut butters for her dorm room, it seems like my friend's daughter is in as good shape as she can be food-wise given the circumstances!

Lisa Friel
Northeast Ohio

HONORING 25 YEARS

The leather hats that Sally and Tom are wearing (below) were presented to them at our conference for their 25 years of WAPF leadership. The hats were handmade in Mexico and imprinted with the WAPF logo. The presentation was: "On behalf of the members and the countless people your 25 years of united work have helped, we present you with this gift. When you wear it, let it remind you of our love and gratitude."

SHOCKING ORGANIC STANDARDS

Exactly when Covid was announced in the USA, January 2020, new standards from the Organic Standards Board (OSB) became effective.

The new standards did a few things.

First, the new standards allowed much higher toxic pesticide residues in organic food, especially dairy. The main thing they did was change the withdrawal/withholding period (the time after which the milk had to be thrown out after treating an animal with a pesticide) from ninety days to only two days! The new standards changed the withdrawal/withholding period of organic dairy cows treated with deworming pesticides moxidectin and fenbendazole to so short a time that you can be sure that most of the pesticide will come out in the final organic product: the milk, the cream, the cheese, etc.

Moxidectin is an "avermectin" class of pesticide, which are also called "macrocyclic lactones." Moxidectin is a relative of the now-infamous ivermectin. It is important to note that these drugs are described in the literature as "highly lipophilic," meaning that they go right into the fat of the animal, or the cream that it makes. This being the case, it is a reasonable assumption that many, some or even all of the cases of "Covid" that followed this change during the subsequent "epidemic" had as at least their partial cause the in-

creased exposure to this pesticide (and to fenbendazole as well, since it is also allowed in the standards).

Since conventional farming tends to follow organic farming, conventional dairy likely also increased the use of this chemical since it could be said that it is an "organic" pesticide, which is a good selling point. The massive increase in moxidectin and fenbendazole exposure that came from this change following the start of Covid must track with the increase in Covid cases.

Another change the OSB made with these new standards was the removal of ivermectin from organic dairy use. It had been allowed in organic dairy right up until that time, and had been first approved for organic dairy as early as 1999. It is very interesting to note that in January 2020 when these changes went into effect, the synthetic pesticide ivermectin was just a couple of months away from being hailed (insanely) as a treatment for Covid. I find the timing unlikely to be a coincidence. I think it would have struck people as suspicious if they had started researching this new "miracle drug," only to realize they had already been consuming it in their organic dairy products for



MUTUAL ADMIRATION SOCIETY:
Tom Cowan presents Sally Fallon Morell with a Visionary Award while Sally presents Tom with an award for twenty-five years of much appreciated service.



ACTIVIST AWARDS presented to Nori Hudson, Ann Maher (from Tipperary, Ireland), Galia Kleiman (from Mexico City) and Bob Quinn.

the previous twenty-one years!

I originally saw the OSB news release, which announced all these changes effective in January 2020, and it had that date on it. During Covid, I told many people about this change, suggesting it was one of the causes of at least some cases of the new pandemic. But I have since looked for that same news release, and it appears to have been scrubbed off of the Internet, as well as off of the OSB/USDA websites. Any search of those terms brings up only the OSB standards dated 2016, which are similar, but not identical. There was also another similar OSB standards release dated December 2019, but that appears to have been removed. Perhaps both of these were removed due to the implications of the perhaps suspicious timing of the reclassification of the new “miracledrug” ivermectin.

However, tonight I searched the terms “usda organic standards board january 2020 rules ivermectin” on Google. The default AI search still returns the correct information, stating that the effective date of the changes was indeed January 2020. However, the link provided in the AI search next to the January 2020 reference goes only to the old 2016 documents; the December 2019 and January 2020 docs have been removed at those links and replaced with the older ones.

A couple of hours after doing the first search, the same search has now been altered to refer to the January 2020 re-classification effective date, but to claim as its effective date the earlier December 2019 document effective date, which is of course impossible since it preceded it by one month. This is a fascinating readjustment of reality in real time! This search also refers to both fenbendazole and moxidectin, which were also mentioned in the January 2020 standards, but were not mentioned in the first Google AI search.

Then, only a couple of minutes after I did the second search, I did the same search with Google AI for the same terms, by specifically selecting “Dive Deeper in AI Mode.” Apparently, the scrubbing was then complete, because in this third search it claimed that there were no January 2020 standards changes! It mentioned the removal of ivermectin from the organic standards, a different effective date, and the two other alternative pesticides. This more Covid-revisionist-friendly search also claims that the use of the two other pesticides is limited to emergency use only, which I do not believe is true. In any case, a veterinary emergency can be declared at any time if you read the law, with no restrictions, just the opinion of the veterinarian that an emergency exists, so that is no barrier

to the use of these two pesticides.

I’m not sure which of these is the most shocking:

1. That synthetic pesticides have been allowed in organic dairy for so long, at least since 1999;
2. That their legality and dosing guidelines change so frequently, disallowing consumers time to observe and figure out what is happening when they eat these products and why;
3. That the Organic Standards Board would allow their use with a two-day withdrawal time, meaning you will be eating these chemicals in your expensive organic yogurt;
4. That this increased toxic exposure happened the exact month that “Covid” cases started appearing in the USA; or
5. That this information is so easily and quickly alterable with Google AI.

I guess it’s now the rule that if you see anything interesting on the Internet, you should PDF-print, screenshot and save it immediately, because it may not be around long!

Robert Bonadeo

GRATITUDE

I have all the Wise Traditions journals since I became a member in 2010. There is no way to calculate how much clear thinking, health-enhancing, ahead-of-the-times ideas and informative thoughts have been clearly laid out in these volumes. So many people saved from medical untruths. Keep up the good work forever.

Devorah Helig

Philadelphia, Pennsylvania



INTEGRITY in SCIENCE
AWARD for 2025,
in honor of Mary G.
Enig, PhD, is presented
to Mark and Samantha
Bailey for their work in
dismantling the virus
theory of disease.



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

Caustic Commentary

Sally Fallon Morell takes on the Diet Dictocrats

THE RICH MAN AND LAZARUS

The use of fossil fuels causes an increase in atmospheric carbon dioxide (CO₂), which in turn contributes to a global warming crisis that will wipe out the human race. So say the promoters of climate change hysteria, who claim we must stop drilling for oil and gas, stop eating beef and dairy, stop driving internal combustion cars and freeze in the dark in order to save the planet. However, a new study published in *Frontiers* (August 11, 2025) reveals that “WV [water vapor] and clouds (for which WV is responsible) dominate the ARE [atmospheric radiative effect], while CO₂ contributes only 4-5% to it. Also, anthropogenic CO₂ emissions are only 4% of the total, with the vast majority (96%) being natural. Additionally, evidence suggests that changes in temperature precede those in CO₂ concentration, thus challenging the assumption that CO₂ drives temperature.” In a related study (*Journal of Marine Science and Engineering*, August 27, 2025), researchers found that the average sea level rise in 2020 was only about 1.6 mm per year or six inches per century, significantly lower than the three to four mm per year claimed by climate scientists. Nor are we going through a period of excessive heat. According to Environmental Protection Agency (EPA) data (ourworldindata.org/grapher/heat-wave-index-usa), the hottest period in recent memory was the 1930s, almost one hundred years ago. Meanwhile, rising levels of CO₂ in the atmosphere (now about 420 parts per million) are replenishing levels that were far higher during Earth’s most fertile epoch (naturalnews.com, July 4, 2025) and are contributing to current record crop yields. (Greenhouse growers have found that enriching greenhouse air to 1200 parts per million gives the greatest production.) All this good news hasn’t stopped wealthy “Green Antoinettes”—who think nothing of flying in fuel-hogging private jets to climate conferences in exotic places—from opposing oil and gas drilling needed for development in some of the poorest areas of the world, like parts of Africa, where electricity is absent. Even mainline churches have joined in, calling for policies that mainly hurt the poor (episcopalnewsservice.org, October 17, 2024). How do these actions differ from those of the rich man who refused to share his food with Lazarus (Luke 16:19-31)? In modern times, the rich man enjoys blessings he says the poor cannot have—comfort, light, clean clothes, freedom from drudgery and back-breaking labor

and a dependable food supply—because of climate change. Woe unto you, hypocrites!

MORE MADNESS

One of the craziest ideas to emerge from the climate change hoax is the drug Bovaer for cows, designed to reduce methane output from their flatulence and burps. U.S. government agencies have classified this drug as a feed additive in order to fast-track the approval process. In October, the government of Denmark decreed that Danish farmers must add Bovaer to their cattle feed. In the U.S., the Department of Agriculture awarded almost twenty-three million of your tax dollars to promote its use in California, Utah and Idaho; dairy farmers in Colorado, New Mexico, Kansas, Vermont and New York are already using it. The problem is, Bovaer is hurting the cows—as would be expected from any drug that upsets basic digestive processes. Farmers across Denmark are reporting cows suffering from stomach cramps, fevers, miscarriages, sudden collapse and dramatic reduction in milk production. A New Zealand Environmental Protection Authority (EPA) study found that the product promoted tumor formation in female rats, documenting reproductive toxicity and widespread accumulation in the vital organs, such as the liver, adrenal glands and reproductive organs. And guess what! Almost 17 percent of the drug is excreted in the milk—the largest pathway of elimination—meaning that humans as well as cows will be consuming it. The FDA warns that Bovaer is “not for human use” because it “may damage male fertility and reproductive organs, is potentially harmful when inhaled, and is a skin and eye irritant” (jonfleetwood.substack.com). But not to worry, the climate change alarmists want to reduce the world’s population anyway.

INVESTING IN LONGEVITY

In the Golden Age, the ultrawealthy built libraries, museums and concert halls. Today’s billionaires are investing in longevity. In the past twenty-five years, tech giants like Peter Thiel, Yuri Milner and Marc Andreessen have put more than five billion dollars into biotech firms promising a longer life and youthfulness into great age. “At seventy, someone should feel like a forty-year-old,” says longevity investor Vinod Khosla (as most of us older WAPF-ers do). The biggest buzz in the longevity stakes is the quest for drugs (using artificial intel-

Caustic Commentary

ligence!) to “rejuvenate cells.” Another tactic is to develop a diet “designed to mimic the effects of fasting” (*Wall Street Journal*, September 8, 2025). You really have to feel kind of sorry for these guys, who don’t seem to have the sense to look into the diets of healthy primitive peoples and who are so afraid of death that they are willing to spend decades living in decrepit bodies. If only they realized that it would be a lot more fun (and less expensive) to stay young and live long by eating caviar and foie gras!

COVID FALLOUT

A November 2023 Rasmussen survey of more than one thousand American adults found that 24 percent said they knew someone who died from the side effects of the Covid-19 shots; an earlier Rasmussen poll (March 2023) found that 10 percent said a member of their household died from the side effects of the Covid-19 shots (rasmussenreports.com). Meanwhile, diagnoses of breast cancer have surged by over 1000 percent among American women, especially younger women, who received the Covid injection (slaynews.com February 4, 2025). From 2019 to 2021, about twenty-six thousand cases of breast cancer occurred each year, a number that surged to almost three hundred thousand in 2023, a 1042.3 percent spike. According to Wall Street dataanalyst Edward Dowd, the insurance industry is now seeing up to five thousand deaths linked to the Covid mRNA shots every week (slaynews.com, July 28, 2025). Says Dowd, “30-50-year-olds are dropping dead... The victims fear backlash or can’t accept they were misled.” In confirmation, several population cohort studies report increased cancer risks following Covid injection: in Italy, a study tracking nearly three hundred thousand residents for thirty months revealed that the shots significantly increased the risk of cancer, especially breast cancer, bladder cancer and colorectal cancer; and a larger study from South Korea linked significant increases in multiple major cancers among the vaccinated (jonrappoport.substack.com, October 5, 2025). Of course, you will never read about this in the major media, but health care workers are taking notice. The number of health care workers receiving the Covid and flu shots during the 2023-2024 cold and flu season greatly declined. According to the Centers for Disease Control and Prevention (CDC), only 15.3 percent of acute hospital workers and 10.5 percent of nursing home personnel received a

Covid shot during the 2023-2024 season. Flu vaccine rates are higher at 80.7 percent for acute care hospital personnel and 45.4 percent for nursing home personnel, but still persistently below the levels prepandemic, when, for example, 91 percent of hospital workers received the flu vaccine. The reason: a tremendous erosion of trust in health agencies (childrenshealthdefense.org, November 4, 2024).

NO MORE BLACK BOX

In 2003, results from the Women’s Health Initiative (WHI) study found that women taking hormone replacement therapy (HRT) had a greater risk of cardiovascular disease, thromboembolism, breast and endometrial cancer and probably dementia. As a result, the FDA stipulated a black box warning for HRT. The result was a steep decline in the use of HRT for pre- and postmenopausal women. But with uptake of vaccines waning, and more patients refusing statin drugs, the pharmaceutical industry needs another blockbuster—a category of drugs that millions of patients take every day for many years—at least this is the suspicion of what lies behind the FDA announcement that the agency has initiated removal of black box warnings from HRT products (www.hhs.gov, November 10, 2025). Citing research from 1996 through 2004—in other words, nothing new—the new recommendation is for all women to start taking HRT ten years before menopause. Says the agency: “The FDA is requesting that companies make changes to the labeling to provide current, accurate and balanced information about the benefits and risks of these drugs, so women, in consultation with their healthcare providers, can make the best decisions for their health.” With the black box warning removed, it’s not hard to guess what health care providers will recommend.

EVIDENCE OF HARM

A comprehensive analysis by the McCullough Foundation, “Determinants of Autism Spectrum Disorder” (bit.ly/determinantsofautism), looks at all the factors associated with autism spectrum disorder (ASD) and concludes “Combination and early-timed routine childhood vaccination constitutes the most significant modifiable risk factor for ASD.” In other words, this heartbreaking condition usually occurs after a baby is given vaccines at an early age or more than one vaccination at a time. Another landmark study, “Impact

Caustic Commentary

of Childhood Vaccination on Short- and Long-Term Chronic Health Outcomes in Children: A Birth Cohort Study," by the Henry Ford Health System in Michigan (www.hsgac.senate.gov) found that compared to unvaccinated children, those who received one or more vaccines had 329 percent more asthma, 203 percent more atopic disease (rashes), 496 percent more autoimmune disease (like diabetes) and 453 percent more neurodevelopmental disorders, including 228 percent more developmental delays and 347 percent more speech disorders. The authors did not submit the study for publication, but the findings were revealed in attorney Aaron Siri's book *Vaccines, Amen: The Religion of Vaccines*. According to a spokesperson for Henry Ford Health, the report was not published because "it did not meet the rigorous scientific standards we demand as a premier medical research institution." But according to Siri, "The only real problem with this study—and why it didn't get submitted for publication—is that its findings did not fit the belief and the policy that 'vaccines are safe.'"

RESPONSE OF THE AAP

A recent CDC survey found that about 60 percent of parents planned to delay, refuse or were undecided about one or more routine childhood vaccines (*JAMA News Open*, July 2025). The response of the American Academy of Pediatrics (AAP)? A new policy statement calling for the complete elimination of all nonmedical vaccine exemptions for child care and school attendance. That means no religious exemptions, no philosophical exemptions, only medical exemptions granted under tightly controlled conditions (meaning often impossible to get). Most of the sixty-seven thousand pediatricians who belong to the AAP benefit financially from a high vaccine uptake among their patients.

AN OVERDUE RETRACTION

Critics of the journal *Regulatory Toxicology and Pharmacology* call it a "vanity journal that publishes mercenary science created by polluters and producers of toxic chemicals to manufacture uncertainty about the science underlying public health and environmental protections." Case in point is an April 2000 study, which concluded that glyphosate—the main ingredient in the herbicide Roundup—does not pose a health risk to humans at typical exposure levels. The study has served as a convenient tool as Bayer, the cur-

rent producer of Roundup, argues that the company should have immunity from any harms the product may cause. On November 28, the journal quietly retracted the study over serious ethical issues, including secret authorship by employees of Monsanto, then owner of the product. It turns out—surprise, surprise—that some of the authors may have received financial compensation for the article and that the influential paper was ghostwritten by Monsanto employees who ignored many papers showing long-term toxicity and carcinogenicity. The retraction should help the plaintiffs currently engaged in lawsuits against Bayer and put the brakes on Bayer's attempts to gain immunity from state legislators (childrenshealthdefense.org, December 4, 2025).

MORE FOREVER CHEMICALS

While controversy swirls around Bayer's herbicide Roundup, the EPA has quietly approved ten products containing a chemical called isocycloseram, which kills pest insects by producing uncontrolled neuronal excitation leading to paralysis and death. It will be sprayed on dozens of common crops, including potatoes, tomatoes, almonds, broccoli, oats and citrus fruits. Animal studies cited by the agency itself document liver toxicity and serious reproductive harm, including reduced testicle size and lowered sperm counts. The pesticide is also highly toxic to bees, with potential exposure levels over fifteen hundred times the lethal dose. One more thing: isocycloseram is a "forever chemical," meaning it persists in the environment (and in our bodies) without breaking down. Glyphosate, as bad as it is, at least degrades in the soil. The approval marks the fifth time the current administration has signed off on a forever-chemical pesticide ingredient. Heaven help us. 

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 important for us to describe the science that supports the legitimacy of our dietary principles. In articles aimed at scientists and practitioners, we provide a summary of the main points and also put the most technical information in sidebars. These articles are balanced by others that provide practical advice to our lay readers.

The Reproductive Microbiome and Fertility

By Loredana Shapson, PharmD, FNTT

As a pharmacist who turned holistic, I love to show conventional medicine what it's missing. I began asking questions while I was still in pharmacy school because I had many health problems of my own, and the system was failing me. In addition, I observed that patients were getting younger and younger, taking more medications, experiencing more side effects and getting no answers. Today, as a holistic pharmacist and functional nutritional therapy practitioner, I try to help people get off of prescription drugs—for cholesterol, high blood pressure, pain, migraines, you name it—and return to natural principles.

Let's look at a major problem we face today: the crisis of infertility. The situation is only getting worse. For those younger than thirty-five, health care providers diagnose infertility after twelve or more months of regular unprotected intercourse have failed to result in pregnancy—the time period shortens to six or more months if the person is thirty-five or older. Worldwide, the World Health Organization (WHO) estimates that one in six people of reproductive age experiences infertility in their lifetime—that's 17.5 percent of the adult population. In my personal circle, three of my close friends sought fertility treatment just in the past two years. Notably, though, men make up 35 to 50 percent of all infertility cases.

Where there is dysbiosis, there is less *Lactobacillus*, making more mucus available to pathogens, who see this as an opportunity.

For women, the WHO considers as causes of infertility hormone disorders, ovarian dysfunction, fallopian tube problems, uterine conditions and cancer or cancer treatment; for men, accepted causes include testicular or ejaculatory dysfunction, “genetic disorders” and cancer. Sexually transmitted infections (STIs) are also on the list of causes for both women and men. Medicine approaches these problems through the lens of “hardware”—whether anatomy, hormones or genetics. However, it cannot explain 30 to 45 percent of infertility. Personally, I don’t like the word “unexplained”—I prefer to say “unexplored.” I believe a missing piece to the infertility puzzle is actually a “software” issue—the reproductive microbiome.

WHAT IS THE REPRODUCTIVE MICROBIOME?

In women and men, the reproductive microbiome maintains homeostasis, regulating the microenvironment within the reproductive tract. It controls inflammation and oxidative stress, and it provides metabolic and nutrient support. Clinical papers and research on the female microbiome started to be published around 2004, and now we’re seeing about two hundred fifty papers per year on that topic. The male reproductive system didn’t start showing up in the literature until around 2017, so we have a lot more data on women.

Looking at the optimal vaginal microbiome, it needs to be *Lactobacillus*-dominant¹—where “dominant” means greater than 90 percent. Lactobacilli produce lactic acid. This tells us that the female reproductive tract likes to be fairly acidic.² The pH needs to be somewhere between 3.8 and 4.5. This acidity level, plus what the bacteria secrete—bacteriocins (antimicrobial peptides) and also hydrogen peroxide—eliminate the overgrowth of pathogens and maintain a low-diversity environment. Note that the dominance of *Lactobacillus* in the vaginal microbiome is very different from the gut microbiome, where we do want more microbial diversity.

Above the membrane of the endometrium is a mucus layer, and that is where the lactobacilli live. They don’t digest the mucus, they just perch there—acting like security guards working arm in arm to protect that mucus layer so that it, in

turn, can protect the membrane below. Where there is dysbiosis, there is less *Lactobacillus*, making more mucus available to pathogens who see this as an opportunity; they start to digest the mucus—made of proteins, sugars and fats—for food. That exposes the endometrial membrane, resulting in a leaky endometrium, inflammation and the release of cytokines—which are signaling molecules that tell the body, “alarm, alarm!” A leaky endometrium lets microbes go through the vagina and into the endometrium, and this can damage the uterus. It can also damage the placenta, change hormone production and cause immune disruption.

If we think of the reproductive microbiome as a “house,” where would you rather raise a baby? If the reproductive microbiome is healthy, your house is nice and clean and you have your “security guards”—the lactobacilli. You might occasionally have some visitors—maybe your kids’ friends spend the weekend and make a bit of a mess—but you are able to clean it up and put it back together. If the reproductive microbiome is unhealthy, it’s a bit like when a friend or relative overstays their welcome, eats your food and doesn’t clean up after themselves—now, the microenvironment of the uterus and the vagina starts to get damaged.

OPTIMAL AND SUBOPTIMAL

Researchers have determined that the vaginal microbiome clusters into five different profiles, called “community state types.”³ Again, this is unique to this particular microbiome; we don’t see this in the gut microbiome, where researchers have not been able to come up with any consistent profiles.

Each of the five community state types in the vaginal microbiome is dominated by a particular strain:

- Type I: *L. crispatus*
- Type II: *L. gasseri*
- Type III: *L. iners*
- Type IV: Non-*Lactobacillus* dominance
- Type V: *L. jensenii*

Types I, II and V are optimal, Type III is suboptimal and Type IV is non-optimal. Type

IV is characterized as a high pH and low *Lactobacillus*; a high risk of bacterial vaginosis (BV)⁴ (that is, dysbiosis); instability and fluctuations during the menstrual cycle; a strong association with STIs, endometritis and pregnancy loss; and low vaginal mucosal protection. With type III, the pH is at 4.5—at the cusp of an acceptable pH. For this reason, some researchers describe *L. iners* as only “borderline” beneficial.⁵

The vaginal microbiome changes with each reproductive stage, from youth to reproductive age, and from pregnancy into the postmenopausal years. For youth, there is not as much mucus, but upon entering reproductive age, the mucus layer thickens and women start to make estrogen and progesterone. Estrogen plays a major role in providing a food source for *Lactobacillus*, releasing glycogen from the membranes in the endometrium. When a woman becomes pregnant, she releases even more hormones, sending more blood flow to the area, with more *Lactobacillus* and a thicker membrane, ensuring that everything is protected. At the postmenopausal stage, the picture shifts again.

Another factor influencing the reproductive microbiome, perhaps surprising to some, is our gut microbiome.⁵ There is a 62.5 percent overlap between the gut and urinary microbiota and 32 percent overlap between the gut and vagina microbiota.⁶ The reason is proximity—the vaginal opening and urinary tract are close to one another and to the anal opening. Depending on a woman’s habits (whether related to hygiene, sexual intercourse or even thong underwear), there can be translocation of microbes. This also helps explain why supporting the gut microbiota can improve the reproductive microbiome. Properly prepared, diverse nutritional sources—along with taking probiotics orally, whether through food or supplements—can positively influence reproductive health.

CONCEPTION

How does the female reproductive microbiome affect conception? A 2022 study⁷ in healthy women asked that question, looking at whether the pre-pregnancy vaginal microbiome is associated with time-to-pregnancy (TTP) within a year. The researchers took a cohort of eighty-nine women and swabbed them right before they

wanted to get pregnant and then followed them every three months. What they found was that within one year, the 60 percent of women who got pregnant had higher *Lactobacillus*. The women who did not get pregnant had higher *Gardnerella vaginalis*, which, when it over-proliferates, leads to bacterial vaginosis (BV). *Gardnerella*, the literature tells us, “poses distinctive challenges due to its far-reaching implications on women’s reproductive health, susceptibility to sexually transmitted diseases, and potential to give rise to complications during pregnancy.”⁸

Studies on fertility in the context of in vitro fertilization (IVF) can tell us a lot about the role of the reproductive microbiome. Let’s look first at the role of the *endometrial* microbiome⁹ in the upper genital tract. Note that IVF costs almost twenty thousand dollars a month; from start to implantation, a cycle takes anywhere from six to eight weeks, and only 30 to 35 percent of women who undergo IVF actually achieve a live birth. Those are not good odds. An interesting study published in 2016 asked whether the endometrial microbiota affects IVF outcomes.¹⁰ The researchers took samples from thirty-five infertile women shortly before they were scheduled for their embryo transfer, differentiating between women who were *Lactobacillus*-dominant (greater than 90 percent) versus non-*Lactobacillus*-dominant (less than 90 percent). Two weeks after implantation, 60.7 percent of the *Lactobacillus*-dominant group had implanted, versus just 23.1 percent of the non-*Lactobacillus*-dominant group. A bit later, they checked women’s pregnancy status via ultrasound and fetal heartbeat, and again, the difference was 70.6 versus 33.3 percent. Next, they looked at the proportion of women who made it to twelve weeks (58.8 vs. 13.3 percent) and to live birth (58.8 vs. 6.7 percent). *Lactobacillus* dominance improved IVF outcomes.

Going a little lower in the reproductive tract, a 2021 meta-analysis asked, how does the vaginal microbiome affect IVF outcomes? The analysis pooled seventeen studies totaling thirty-five hundred women, again divided by *Lactobacillus*-dominance (greater than 90 percent) versus non-*Lactobacillus*-dominance.¹¹ To assess vaginal dysbiosis, they also used the Nugent score, which is a measure of BV (bacterial vaginosis) and *Gardnerella*. The prevalence of vaginal dysbiosis was 18 percent, and that group had a 45 percent lower chance of having a positive heartbeat at ultrasound and a 71 percent increased risk for pregnancy loss. The key takeaway is that the vaginal microbiota strongly influences IVF success, particularly with respect to miscarriage risk.

Another study of vaginal dysbiosis and IVF looked at particular strains,¹² asking: “Is the presence or absence of certain vaginal bacteria associated with failure or success to become pregnant after an in vitro fertilization treatment?” In the prospective cohort of one hundred ninety-two women, they could predict, with 94 percent accuracy, who was going to have a successful IVF cycle just by looking at the vaginal microbiota—without knowing who the woman was, what her history was or whether she had previously had IVF miscarriages or failures. For someone who is spending twenty thousand dollars a month, wouldn’t this be a data point that they would want to know?

MISCARRIAGE AND PRETERM BIRTH

Miscarriage is defined as spontaneous loss of pregnancy before twenty weeks. One in five pregnancies end in miscarriage, with the majority (but not all) occurring in the first trimester. I know four women who have had seven miscarriages between them. According to the CDC, half of women will experience at least one miscarriage in their lifetime.

In a study of two hundred fertile women published in 2016, the researchers looked at how BV (that is, *Gardnerella*) affects first- and second-trimester miscarriage.¹³ Not quite one-third (30.5 percent) of the women had had a miscarriage within the previous six months and a history of recurrent pregnancy loss (at least three). The researchers found that within that group, the presence of BV was significantly associated with miscarriage in the previous six months and with second-trimester miscarriage, but not with repeat pregnancy loss. Notably, the women who had BV were all asymptomatic and did not even know they had it.

A 2023 review paper¹⁴ summarized several key findings related to miscarriage and the reproductive microbiome. *Lactobacillus* is not the dominant strain in any of these scenarios.

- High-risk pregnancies are linked to the abundance of *Gardnerella*.
- In second-trimester miscarriage, there is a much greater frequency of vaginal dysbiosis.
- In women with repeated miscarriage, *Lactobacillus* is absent from the vagina.

Preterm birth, defined as delivery before thirty-seven weeks, is a leading cause of morbidity and mortality in children under five, with nearly one million deaths worldwide in 2022. Approximately one in ten babies are born preterm. Most preterm babies end up in the neonatal intensive care unit and may have developmental disorders or delays, vision problems or hearing problems.

A 2023 study looked at how the late-pregnancy vaginal microbiota affected preterm labor.¹⁵ They found that Type I—that is, being *L. crispatus*-dominant—was the most protective, with the lowest risk of preterm birth. Again, with 83 percent accuracy, they were able to use computer modeling to predict who was going to have a preterm birth just by looking at the microbiota. Those who were non-*Lactobacillus*-dominant (Type IV) had a 15 percent increase in preterm birth. Twenty-nine percent of those who delivered before thirty weeks had a co-infection such as *Candida*, *Ureaplasma* or *Gardnerella*.

BACTERIAL VAGINOSIS AND PROBIOTICS

As already mentioned, most women with BV have no symptoms. In a 2007 study of five hundred randomly selected girls and women ages fourteen to forty-nine who self-collected vaginal swabs, 29.2 percent had BV, but 84 percent of these didn't have any symptoms.¹⁶ Another small study in the UK recruited twenty-one healthy women (ages twenty-one to thirty-nine) to self-collect vaginal samples; 43 percent had dysbiosis but did not know it.¹⁷ Thus, testing matters, especially if you're trying to

get pregnant (see sidebar on testing).

It goes without saying that a good Wise Traditions diet is important for a healthy reproductive microbiome, and probiotics can also help; whether from food or from supplements, probiotics can shift the balance from a disrupted to a balanced vaginal microbiota. A 2019 meta-analysis pooled ten studies and over twenty-three hundred women to look at whether probiotics alone, without antibiotics, were effective in getting rid of BV.¹⁸ This is an important research question because one in three women will experience BV in their lifetime. The standard of care for BV is antibiotics—most of which were developed in the 1980s or early 2000s. Because there has been no drug innovation in this area, recurrence is extremely common, with a 50–60 percent likelihood of reinfection within six months. Additionally, antibiotics do not rebuild *Lactobacillus*, which is essential for a healthy female microbiome. This meta-analysis found that one month of daily *Lactobacillus* probiotics—taken either orally or inserted vaginally—resulted in a two- to three-times higher cure rate compared to placebo. This study shows us that we now have an alternative approach to eliminate BV while simultaneously rehabilitating and correcting the female microbiome.

A 2018 randomized controlled trial (RCT) asked, “What if we give women a yogurt drink for four weeks?” This study looked at the very strains—*L. crispatus*, *L. Jensenii*, *L. Gasseri* and *also L. rhamnosus*—that should be dominant in the vaginal microbiota.¹⁹ At one month, 100 percent of the women were without BV and there was a 200 percent reduction in another rating score. There was also significant reduction in discharge and odor.

An earlier RCT from 2006 assessed whether probiotics paired with the antibiotic metronidazole might help the metronidazole work better.²⁰ Enrolling one hundred twenty-five premenopausal women, ages eighteen to forty-four, who had three markers of BV (vaginal irritation, discharge and “fishy” odor), both the control and intervention groups got metronidazole twice a day for seven days; in addition, the intervention group took an oral probiotic twice a day for thirty days, while the control group got a

placebo. The antibiotic/probiotic combination was indeed more effective (88 percent) than antibiotics alone (40 percent). Further follow-up identified *Lactobacillus* colonization in the women in the probiotic group, meaning that they had built up their own production.

As already mentioned, BV recurrence is a problem, and women who are sexually active are twice as likely to experience recurrence as women who are not; in fact, studies suggest an increased risk when women have the same partner before and after BV treatment.²¹ In March 2025, a cutting-edge Australian study published in the *New England Journal of Medicine* offered strong evidence that BV is sexually transmitted and suggested that treating male partners could reduce recurrence in women.²² The study involved one hundred sixty-four monogamous couples; in the control group, only the women took metronidazole, but in the intervention group, the male partner also received both oral and topical antimicrobial treatment. Treating men reduced recurrence by 50 percent after twelve weeks: although 35 percent of women in the partner-treatment group experienced recurrence, fully 63 percent of women in the control group had a recurrence. This study illustrates the growing awareness that sexually active couples experience microbiome “interaction,” prompting some researchers to coin the term

the “seminovaginal microbiome” to refer to the “collective microbiota of both partners, transferred and shared during sexual interaction.”²³

We know, of course, that antibiotics are very detrimental to the gut microbiome. I’d love to never use them, but in some cases, time is of the essence. Consider someone who has been going through IVF for two or three years and finds out they have BV. They can take an antibiotic, wipe everything out and then start fresh with a protocol that helps repopulate with *Lactobacillus* right away. There is no predicting the outcome, but it can be an option. Some studies suggest that giving an antibiotic to women who have had repeated miscarriages and IVF failures does increase success rates.^{24,25}

Studies have explored whether probiotics can improve on the standard IVF protocol, which uses estrogen and progesterone to prepare the endometrium before the embryo transfer. In one RCT, the researchers assigned three hundred sixteen IVF patients, ages eighteen to thirty-nine, to two groups: the control group got the standard IVF protocol plus placebo, while the intervention group got an intravaginal probiotic for six days before the transfer.²⁶ There were no differences in getting pregnant, but the miscarriage rate was significantly lower in the probiotic group (9.5 vs. 19.1 percent) and the live birth rate was higher.

It is important to be careful with intravaginal probiotics, because we don’t want to use just anything. We don’t want bacteria that don’t belong in the vagina or fillers or strange prebiotics. The two brands that I like are VS-01™ and V-Probiotics™. VS-01 contains three different strains of *L. crispatus* as well as a prebiotic. Strains in V-Probiotics include *L. crispatus*, *L. gasseri*, *L. jensenii*, *L. reuteri* and *L. rhamnosus*. You put them in at bedtime, and the next morning, you wear a panty liner because you might have some discharge. The discharge is normal; it could be remnants of the capsule or remnants of what’s being killed off and coming out. Both products will help with *Candida* infections, itchiness,

TESTING

How does a woman know what’s going on “down below”? From a home testing standpoint, the most cost-effective thing she can do is buy a pH strip meter for ten to fifteen dollars and start checking her pH. If the pH of the vagina is above 4.5, she knows that she has work to do.

To get a broader picture, vaginal microbiome at-home test kits (BiomeFx or Evvy) are available for somewhere between two hundred and two hundred eighty dollars. The woman inserts a long Q-tip into her vagina, sends off the swab and gets the results in about four weeks. That kind of test can provide information about the microbes living there and the percentage of each. Evvy also offers advanced testing that looks at *Ureaplasma*,³⁶ *Mycoplasma*³⁷ and other species that aren’t regularly tested. If a woman wants to get pregnant, that’s the test that I recommend. BiomeFx is fine if she just wants to know whether she is *Lactobacillus*-dominant or has *Candida*. To satisfy simple curiosity, this could be done every six months, but if a woman is having problems conceiving, she should probably do it every two to three months to make sure that what she is doing to remediate the situation is working.

Some women ask why they should care if they are not trying to get pregnant or don’t have symptoms. However, BV increases risks for other things like pelvic inflammatory disease (PID), endometriosis, STIs, cancer, yeast, discomfort and pain. And when pathogens are eating at the mucus layer, that means less lubrication and more discomfort during intercourse.

The next level of testing would be an endometrial microbiome biopsy: either EMMA (Endometrial Microbiome Metagenomic Analysis) or ALICE (Analysis of Infectious Chronic Endometritis). You have to get this done by a doctor, typically mid-cycle. EMMA will tell you about everything, whereas ALICE looks at specific pathogens—all the ones that we’re curious about. These tests also check for antibiotic susceptibility; if you have a specific pathogen, they will see whether an antibiotic would work against it. The Evvy at-home kit does that as well.

With respect to hygiene practices, the top rule is absolutely no douching!

odor, discharge and even urinary tract infections. For reproductive-age women, the day when her period ends is generally the best time to insert an intravaginal probiotic once a day for a day or two.

THE ALL-IMPORTANT pH

What do hormonal changes, sexual activity, certain hygiene practices, medication and stress have in common? They all do one of two things—or both. First, they increase the vaginal pH above 4.5, which is going to favor the growth of BV. Second, they lower *Lactobacillus*, either directly or indirectly, which means that the lactobacilli are not going to be there to release lactic acid and keep the pH where it's supposed to be. Either way, the pH goes up.

With respect to birth control methods, copper IUDs have been linked with BV in some patients.²⁷ In addition, the longer a woman uses hormonal birth control methods, including both pills and hormonal IUDs, the more she is at risk for *Candida* overgrowth. That's because constantly supplying estrogen releases too much glycogen, which is a food for *Candida*.

In terms of sexual activity, be cautious of water-based lubricants, which often contain preservatives (another word for “preservative” is “antibiotic”) that will lower *Lactobacillus*. Most of them have a pH closer to six, which is above where we want it to be. Water-based lubricants also contain glycerin, which is a sugar that again serves as food for *Candida* and other pathogens. Another concern is frequency of application. Water-based lubricants need to be applied multiple times in the same intercourse session, which amplifies the sugars and can cause even more damage. Some women turn to coconut oil as a more natural lubricant; however, the higher pH of coconut oil poses the same risk of disturbing the more acidic intravaginal pH.²⁸

What are other sexual activity tips?

- Avoid unnatural condoms, which have plastics and act like endocrine-disrupting chemicals. They also may have preservatives.
- Avoid spermicides, which have been shown to lower *Lactobacillus* levels,²⁹ preventing them from adhering to the

mucus layer.

- Be aware that saliva can introduce different microbes.
- Wash sex toys shared between partners.
- After being intimate, some women may wish to insert a vaginal probiotic that night or the next day, once a day for a day or two.

With respect to hygiene practices, the top rule is absolutely no douching! Not only is it ineffective, it's unnecessary and it's damaging, because it washes everything out, both good and bad. Regular douching is linked to a fivefold increased BV risk.³⁰ Other tips include wiping front to back, changing period products within a reasonable time frame and choosing looser underwear made of breathable natural fabric. Where medications are concerned, ideally one should avoid antibiotics and other drugs that damage the microbiome, such as NSAIDs.³¹

I have been asked about the practice of douching with raw apple cider vinegar or yogurt for cervical dysplasia. Apple cider vinegar temporarily makes the vaginal pH more acidic, which is what we want, but it will not necessarily help the vagina repopulate with good flora, so it probably would not produce a long-lasting effect. As for yogurt, even plain yogurt has natural sugars that could feed *Candida*. That is why I like to use high-quality probiotics, because they provide just the bacteria and nothing else.

WHAT ABOUT MEN?

Men make fifteen hundred sperm every second and can release up to six hundred thousand every time they ejaculate. The life cycle of sperm—from origin to ejaculation—is up to ninety days, meaning that men may be ejaculating something their bodies made weeks ago. At a minimum, therefore, men's window for making changes is three months, but I would argue it's actually at least six months, because we want to change their diet and lifestyle so they can produce healthy sperm.

Standard semen analysis looks at dysfunctions in the ejection and quality of semen. Sperm parameters analyzed include total sperm number (in millions), volume, sperm concentration (million/mL), total sperm motility, progressive

motility (that is, how many are actually going somewhere?), morphology (shape) and presence of leukocytes (white blood cells) as an indicator of infection. If a man falls below the threshold for one of these parameters, he will be diagnosed with some type of infertility.

It may help men to think of themselves as a delivery company. Their job is to safely get a very important package—their sperm—to the final destination, which is the egg. But in cases of male infertility, the delivery goes wrong. Perhaps the delivery company doesn't have enough trucks or drivers, or has too few packages (a low sperm count) and thus fewer chances to get to the destination. Perhaps the GPS is broken, or the driver is stuck in traffic or has flat tires, or

he's driving in circles and can't move forward (low motility or lack of progressive motility). What if he can't open the doors of the truck? If he can't get to the destination or he can't get the packages out, he can't deliver. And what if the packages are damaged (abnormally shaped)? In that case, it doesn't matter how perfect the egg is, the package can't get delivered the right way.

Even if the sperm count is normal, the sperm may not be of sufficient quality, so I recommend paying attention to a critical biomarker: the semen microbiome.³² It encompasses the entire male reproductive tract—from the testicles to the urethra—to provide a full picture from the inside. What are the determinants of high-quality sperm? *Lactobacillus*, not surprisingly, is critical for indicators of quality such as morphology, concentration, and viscosity, whereas overgrowth of species like *Chlamydia*, *Mycoplasma*, *Ureaplasma*, *E. coli*, *Klebsiella* and *Pseudomonas* are linked to low quality and potentially correlated with indicators of infertility.

Another measure of male infertility is DNA fragmentation—the

THE INFANT MICROBIOME

There are three windows for modulating the infant microbiome: in utero, during delivery and during the first three years of life.

IN UTERO: Whatever the mother's gut microbiome is, that's exactly what she's going to pass on to her baby. Interestingly, scientists used to believe that the placental microbiome was sterile, but it's not.³⁸ Some data suggest that it matches what is in the mother's mouth,³⁹ which is a good reason for mom to take care of her oral health! Studies also have pointed to the role of obesity and excessive weight gain during pregnancy in producing "adverse gut microbiota alterations in mothers and their infants."⁴⁰

DELIVERY: Birth method matters. Vaginally delivered babies' microbiota has a higher *Bifidobacterium* count. The baby passes through the birth canal, swallows some of the mom's vaginal mucus and fluids, and that's their "starter pack." However, the mother's diet, lifestyle, stress and history of antibiotics will influence whether her vaginal microbiota is optimal. If the baby is born via C-section, the infant microbiota will have a lower *Bifidobacterium* count and higher pathogen levels. Instead of picking up their "starter pack" in the birth canal, they will get it from the hospital environment. In either mode of delivery, if the mother receives antibiotics, there will be vertical transmission from mom to baby.

INFANCY: During infancy, the first things to look at are whether the baby is breastfeeding or formula feeding. If breastfeeding, what is the mother's diet like? Is she passing probiotics through the breastmilk (whether from fermented foods or supplements)? If formula feeding, is it one of the WAPF homemade formula recipes or conventional soy formula? Is the baby taking antibiotics for any reason? The fact that overweight pregnant women have reduced numbers of intestinal bifidobacteria also has significant implications for their infants: "Decreased *Lactobacillus* and *Bifidobacterium* spp. colonization during early infancy is associated with a greater risk for allergies at five years of life."⁴⁰ In addition to allergies, infant gut imbalances may predict childhood obesity as well as asthma, eczema, infant colic, celiac disease, type 1 diabetes, metabolic syndrome and, in preterm babies, a form of gut inflammation called necrotizing enterocolitis, where the tissues in the lining of the gastrointestinal tract start to die, allowing bacteria into the bloodstream.

If the mother takes probiotics during pregnancy, does it produce healthier outcomes for mom and baby? A study published in 2025 answered yes.⁴¹ When pregnant women began taking a probiotic in the third trimester (at twenty-eight weeks) and continued through the pregnancy, delivery and four to six weeks postpartum, they and their babies were less likely to get sick compared to mothers and babies in the placebo group, and when babies did get sick, it cut their sick days in half. The intervention also improved infant gut colonization, with the C-section babies benefiting the most. Another series of studies showed that giving mothers a *Lactobacillus* probiotic prenatally as well as postnatally, and giving infants probiotics for six months, helped prevent eczema and other atopic conditions,⁴² with effects that extended well beyond infancy.^{43,44} The significance of these studies was that even though the baby stopped taking the probiotics at six months, the effect was seen for years.

For women who have C-sections, exclusive breastfeeding can narrow the differences between C-section and vaginally delivered babies due to special sugars in breastmilk (human milk oligosaccharides [HMOs]) that strongly shape gut bacteria. HMOs serve as prebiotics, selectively feeding bifidobacteria. If a baby is born via C-section and the mother can't breastfeed (for whatever reason), I recommend that she start the baby on probiotics and prebiotics within three months, which can partly restore the gut flora.

DNA is damaged or broken, characterized by mutations, deletions, duplications and single- or double-stranded breaks. It's normal to have some fragmentation (less than 15 percent), but if a man is above 30 percent, this is a problem, doubling the risk of miscarriage. However, no fertility clinic that I know of in the U.S. regularly checks sperm DNA fragmentation. I looked all over the world to find a place where men can get this testing done and finally found a clinic in Greece called Fertilysis (fertilysis.com) that offers shipping to the U.S. They have tests for both the male microbiome and DNA fragmentation.

The "microbiome-gut-testis axis" is a major factor influencing the male microbiome, defined as "a complex, bidirectional communication system where changes in the gut microbiome can promote systemic alterations and inflammatory responses that negatively affect the testicular environment and sex hormone production."³³ Researchers are increasingly interested in looking at how dysbiosis in the gut or testicular microbiomes contributes to hormonal imbalances and other problems, and how the seminal microbiome affects sperm quality and fertility potential.³⁴

As with women, researchers have studied whether probiotic supplementation can help in the treatment of male infertility. A systematic review of four RCTs involving men diagnosed with idiopathic (cause unknown) infertility found that administration of one or two probiotics protected sperm DNA from the damage that correlates with declining sperm quality.³⁵ In four out of the four studies, there were significant improvements in motility, and two to four showed improvements across other sperm parameters. In the study with the longest follow-up period—six months—they also observed statistically significant improvements in levels of testosterone and other hormones. This suggests that there could be benefits from taking probiotics for a longer period of time.

TAKEAWAYS

The bottom line for women is that dysbiosis is a hostile environment for pregnancy, and women can be imbalanced without any noticeable symptoms. Unfortunately, fertility clinics

do not routinely offer microbiome testing. Women can do vaginal pH testing on their own, as well as at-home vaginal microbiome testing. As for men, I recommend both semen analysis and the DNA fragmentation test. Even if the sperm count is normal, the "package" may be damaged, and that increases risk of miscarriage. For both women and men, a Wise Traditions diet that includes lactofermented foods and a healthy lifestyle will go a long way toward ensuring an optimal reproductive microbiome.



Loredana Shapson, PharmD, FNTP, is a pharmacist turned holistic practitioner on a mission to help patients get off prescription medications, just as she did herself after struggling for years with a variety of chronic ailments. She turned to holistic healing when conventional medicine failed her. She is the founder of LifeMod Solutions, a holistic health practice specializing in gut health, bloating, IBS-like symptoms and vaginal health. She teaches that microbiome repair is simpler and quicker than most think and doesn't require excessive lab testing. For more information: lifemodsolutions.com.

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LEFT: Samantha Bailey and Hilda Gore are all dolled up for the banquet dinner.

CENTER: The three muses, Kathy Phillips, Becca Griffith and Jenna Bohn wear silver in honor of WAPF's 25th anniversary.

RIGHT: Yolanda Hawthorne and Kathy Kramer enjoy a moment together during a busy conference.



The Hidden Terrain Collapse Behind Prostate Disease

By Ron Bazar

Prostate problems—ranging from benign prostatic hyperplasia (BPH) and chronic prostatitis to prostate cancer—afflict millions of men. Conventional explanations often stop at hormones, age or genetics, yet these don't fully explain why prostate disorders are so common in the modern world.

A growing body of research points to the digestive terrain—the integrity of the gut lining, the composition of the microbiome and the quality of what we eat—as a central driver of systemic inflammation and immune dysregulation that can keep the prostate in a state of chronic irritation. When digestion falters and the microbiome shifts, gut-derived toxins rise, “leaky gut” increases and the prostate—sitting where urine (a toxin-clearance stream) and the rectum (a byproduct-clearance channel) converge—becomes uniquely vulnerable to inflammatory signaling.

Anatomically, the prostate wraps the urethra and sits immediately anterior to the rectum, separated only by a thin layer of connective tissue. This physical proximity means that if the intestinal barrier is compromised, inflammatory mediators and bacterial byproducts from the gut can enter circulation and indirectly affect neighboring tissues; similarly, if urinary toxin burden runs high, the urethral mucosa and nearby prostatic ducts can be chronically irritated. In other words, the prostate lies at the potential crossroads of two waste streams, and when the digestive terrain deteriorates, the amount and potency of inflammatory signals reaching the pelvis increase.

FOUR GUT-DERIVED CULPRITS

Among many microbial metabolites, four repeatedly show up as terrain stressors with downstream relevance to the prostate:

1. Indoxyl sulfate (IS) (from bacterial metabolism of tryptophan) promotes oxidative stress and fibrosis.
2. p-Cresyl sulfate (PCS) (from tyrosine/phenylalanine) damages microcirculation and drives inflammation.
3. Ammonia (from excessive protein fermentation and poor digestion) burdens liver detoxification and irritates the gut.
4. Lipopolysaccharides (LPS) (endotoxin from Gram-negative bacteria) enter circulation when the gut barrier loosens, triggering low-grade, chronic immune activation.

Clinically, urinary IS serves as a practical read-out of this disrupted loop—produced in the gut, absorbed, sulfated, then excreted—so chronically elevated urinary IS often flags a terrain marked by poor protein digestion, dysbiosis and barrier dysfunction. In such a context, urinary toxins can irritate the urethral lining and the periductal area. Prostate epithelial and surrounding tissues are exposed to inflammatory signaling when urinary toxins irritate the urethral mucosa and nearby prostate ducts—a plausible route by which gut-derived metabolites amplify local inflammation.

TERRAIN DESTROYERS AND TERRAIN BUILDERS

Modern living accelerates terrain collapse. Layer the following together, and the result is a steady stream of inflammatory signals that can keep the prostate on “high alert.”

- Repeated antibiotics—and residues in industrial meats and water—disrupt beneficial flora, favor toxin-producing strains and weaken the gut barrier.
- Industrial farming and processing add pesticide residues (such as glyphosate), preservatives, emulsifiers and highly refined components that perturb the microbiome and raise gut permeability.
- Chlorine, chloramine and fluoride in household water alter microbial balance.
- Contaminated water and sewage-sludge-grown foods can introduce pharmaceuticals, heavy metals and endocrine disruptors.
- Microplastics and nanoplastics now infiltrate our air, food and water and may aggravate barrier function.
- Chronic stress, sedentary living and ultra-processed diets high in industrial seed oils (excess linoleic acid) promote oxidative stress, dysbiosis and systemic inflammation.
- Body care and household chemicals (synthetic fragrances, parabens, phthalates) add a daily endocrine-disrupting load.

Processed diets set the stage for elevated IS, PCS, ammonia and LPS. Low-fiber, high-refined-carb patterns promote overgrowth of endotoxin-producing organisms; inadequate stomach acid and bile flow lead to incomplete protein and fat digestion, increasing putrefaction and ammonia. Factory meats and oxidized fats add residues and lipid peroxides that stress the mucosa and the liver. Over time, these influences amplify the daily “leak” of inflammatory mediators that keep the prostate irritated.

In contrast, the traditional diets documented by Dr. Weston A. Price nourished digestive integrity and microbial diversity. These patterns emphasized bone broths and gelatinous cuts of meat, organ meats, raw milk and unpasteurized

Modern living accelerates terrain collapse. The result is a steady stream of inflammatory signals that can keep the prostate on “high alert.”

Chronic oral inflammation is an underestimated contributor to whole-body inflammatory burden.

cheeses from grass-fed cows, butter from pastured animals, naturally raised meats and poultry and properly prepared plant foods, such as soaked, soured or sprouted grains and legumes, cooked leafy greens and fermented vegetables. Such diets deliver fat-soluble vitamins (A, D, K₂), minerals, enzymes and collagenous proteins that help maintain stomach acid and bile flow, support gut-lining repair and “feed” diverse commensals.

Men can turn the tide by rebuilding their terrain. Here are some practical dietary recommendations:

- Make resistant starch a daily habit to feed beneficial butyrate-producing microbes and support terrain repair. Examples of resistant starch include cooked green bananas or cooled and reheated potatoes and rice.
- Support gastric function with one tablespoon raw apple-cider vinegar in water once daily with a meal or with mineral-rich broths and bitter greens at meals.
- Emphasize fermented foods—sauerkraut, kimchi, raw-milk kefir or yogurt, miso—every day.
- Choose grass-fed meats and pastured poultry.
- Trade seed oils for pastured butter and other traditional animal fats.

Other suggestions include filtering household water (especially if chlorinated/chloraminated), reducing chemical exposures from body care and cleaning products, practicing daily exercise, managing stress and getting sensible sun exposure.

ORAL-PROSTATE AXIS: PERIODONTAL AND ENDODONTIC INFECTION

Chronic oral inflammation is an underestimated contributor to whole-body inflammatory burden. Periodontitis (inflamed, infected gums) releases inflammatory mediators (e.g., IL-6) into circulation and is associated with elevated C-reactive protein (CRP).¹ Multiple analyses indicate that periodontal therapy can lower systemic CRP in some groups, supporting the idea that oral care can meaningfully influence systemic terrain.²

Several research teams have examined links between periodontitis and prostate outcomes. Observational work has associated worse gum disease with higher PSA³ and, in some cohorts, a higher probability of prostate cancer, though other studies are mixed or null,⁴ so causation is not established. The prudent takeaway is that active periodontal disease likely adds inflammatory load to a terrain already stressed by poor diet and toxins; addressing it is, therefore, low-risk and potentially beneficial.

Endodontic (dental pulp) infection also matters. Apical periodontitis (inflamed/infected tissue at a tooth root—common in failed or leaking root-canal teeth) has been associated with higher circulating inflammatory markers (e.g., CRP, IL-6),⁵ consistent with a chronic, smoldering immune stimulus. Mainstream endodontic bodies continue to claim that root canals do not cause systemic disease, but over a century ago Dr. Price highlighted root canal risks, instead recommending extraction. Dental pioneer Hal Huggins agreed with Dr. Price, explaining in an article in this journal (Summer 2010), “There are bacteria in root canals that favor destruction of the nervous system and many other systems.”⁶ Huggins found bacterial contamination in 100

THE ROLE OF ANTINUTRIENTS

To fully understand what triggers microbiome permeability and digestive fragility, readers may benefit from exploring the role of antinutrients in everyday foods. While most people are already aware of chemical pollutants, pesticide residues and industrial additives in the food supply—and how to reduce their exposure—far fewer recognize how certain unprepared plant foods can quietly erode gut function over time. Compounds such as oxalates, lectins, phytates and saponins may cause significant irritation or mineral depletion in individuals with a weakened microbiome, especially those with a history of antibiotic use, chronic stress, environmental toxin exposure or digestive disorders.

Traditional cultures understood this well: soaking, sprouting, fermenting and cooking served precisely to neutralize these compounds. For readers experiencing ongoing digestive sensitivity, fatigue, joint pain or inflammatory symptoms, taking a closer look at how antinutrients affect gut integrity can offer clarity and relief.

percent of extracted root canals tested.

What about dental amalgam, made up of approximately 50 percent of elemental mercury by weight? Shockingly, the Food and Drug Administration (FDA) continues to downplay amalgam risks,⁷ only advising caution for “high-risk groups” (such as pregnant and nursing women and young children), even though the international Minamata Convention on Mercury emphasized the need to phase out dental amalgam a dozen years ago.⁸ (For more information on the dangers of mercury and dental amalgam, see “Mercury: The Quintessential Antinutrient”⁹ and “Dental Metals and Their Relationship to Neurodegenerative Diseases.”¹⁰) If removing and replacing amalgam fillings, it is important to work with a skilled biological dentist using strict safety protocols.

The practical takeaway is that healthy gums and teeth are part of a prostate-protective terrain, making it important to keep up professional cleanings and meticulous home care, making potential dental decisions on a case-by-case basis with qualified clinicians. One should also investigate painful teeth or previously root-canal-treated teeth if symptoms or imaging suggest persistent infection.

CONCLUSION

When digestion falters, microbial toxins and inflammatory compounds can “leak” into circulation and repeatedly nudge the prostate toward inflammation. By restoring gut integrity, feeding diverse beneficial microbes, improving oral health and embracing nutrient-dense, traditionally prepared foods, men can lower the toxic signal reaching the pelvis. In simple terms: better digestion means less inflammatory signaling

to the prostate. That’s why diet and terrain restoration are not optional add-ons but the foundation of lifelong prostate health and vitality.

Ron Bazar writes about practical, traditional nutrition drawn from his own path—starting with macrobiotics in 1974 to heal chronic stomach issues. Learning firsthand how antinutrients and a long-term vegan approach can backfire, he turned to Weston A. Price principles and bioenergetic testing to restore health. A Harvard MBA and long-time entrepreneur, Ron grows much of his own produce on a small island off the B.C. coast and is the author of several natural-health books.

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TARGETED PROBIOTICS

When the gut lining is damaged or dysbiosis is stubborn, short-term, targeted probiotic supplementation can help normalize stools and reduce bloating during the process of rebuilding diet and digestion. Examples of evidence-based strains include *Bifidobacterium longum* 35624 for improvement of bowel habits and irritable bowel syndrome (IBS) symptoms^{11,12} and *Lactocaseibacillus rhamnosus* GG (formerly *Lactobacillus rhamnosus*) for several diarrhea outcomes, with benefits varying by condition and dose. During or after antibiotics, the yeast *Saccharomyces boulardii* reduces antibiotic-associated diarrhea in adults. Track progress with the Bristol Stool Form Scale (BSFS), aiming for Types 3–4.¹³

In addition to these strain-specific options, I have found two products that stood out for stool normalization and digestive comfort during terrain rebuilding: Just Thrive® Probiotic (a spore-based blend such as *Bacillus subtilis* HU58 and *B. indicus* HU36 designed to survive stomach acid) and SimplyO3 Intesti-Caps® (a capsule formulated to support small-intestinal mucosa). These optional adjuncts are not replacements for food-first foundations.

The Mind-Body Connection: An Introduction to the Alexander Technique

By Rosslyn McLeod

The Alexander Technique is a mind-body re-education method used to help change postural habits and improve musculoskeletal coordination. It offers enhanced well-being for the whole person, teaching a person to be more proficient in whatever activity they are doing. Actor Frederick Matthias Alexander (1869–1955) initially developed this work because he needed to solve his own vocal and breathing problems. He later expanded his technique for people with a variety of physical problems, including helping those involved in sports or the arts to improve their performance skills.

Alexander spent his early life in Tasmania, the southernmost state of Australia. In 1889, at age twenty, he moved to Melbourne to pursue an acting career. His initial successes came to a halt when he developed vocal and breathing problems that no medical treatment could cure. Rather than abandon his acting ambitions, he began to experiment with various methods for improving voice production.

Over time, Alexander's experimentation allowed him to overcome his earlier difficulties and resume his acting career.¹ Noticing Alexander's improved performance, people began asking him to teach them his vocal methods. He thus pursued a dual career as both actor and elocution teacher. After continuing this work for several years in Australia and New Zealand, and encouraged by prominent medical people, he moved to England in 1904. He began teaching in London but also made many prolonged teaching visits to America. In 1931, and until his death in London in 1955, Alexander expanded his teaching from individual private lessons to training instructors to teach his work.

FORMATIVE INFLUENCES

Although Alexander continued to refine his approach throughout his life, his formative years in Australia laid an important foundation for his work,² cultivating skills and knowledge that contributed to his experiments, discoveries and the technique that followed. For example, his early horse-riding experience and natural curiosity honed keen observational skills. At school in Wynyard, Tasmania, the young Alexander asked so many questions that the lone teacher at his small school arranged to give him private lessons in the evening outside of school hours so that the teacher could attend to the other students during the day without distraction. Alexander thus spent his days exploring the countryside on horseback and learning horse management as well as sailing.

Notably, his growing understanding of horses would have included developing a particular awareness of a horse's head and neck

area. Riders know that too much pull on the reins will pull the horse's head backward while the rest of the horse's body is moving forward, interfering with the horse's smooth gait. Alexander would have observed that continual easy adaptation of the head of the horse to the rest of its body is crucial when a horse is moving.

During his school days, as he later wrote, Alexander "took a delight in poetry," and "it was one of [his] chief pleasures to study the plays of Shakespeare, reading them aloud and endeavouring to interpret the characters."¹ When he began his acting career in Melbourne in the 1890s, giving a theatrical recital would have involved presenting a variety of literary masterpieces, such as those of Shakespeare and Milton, as well as reciting speeches by prominent people such as Gladstone and poems expressing wide-ranging emotions, from comic and humorous to dramatic and tragic.

Published books on recitation offered fixed rules governing diction, inflection and the regulation of appropriate gestures for each sentence and emotion. In addition to having an extensive knowledge of literature, Alexander understood the role of these subtle hand gestures and varied stances when reciting. When he later worked on solving his vocal and breathing problems, Alexander derived numerous insights by setting up mirrors to closely observe his posture and manner of reciting.

Alexander's early experiences also cultivated the sense of touch. Of the five human senses, touch is particularly important to help gather information about the muscles. In the nineteenth century, it was not uncommon for voice teachers (for oratory or singing) to place their hands on a student's body—for example, on their rib cage—to indicate where movement should happen to improve breathing ability. For recitation, attention would focus on appropriate arm and hand gestures, and elocution teachers would, at times, have placed the student's arms in the required fixed position. Thus, when Alexander began practicing his recitation in front of mirrors in the 1890s, trying to work out the causes of his throat soreness and poor breathing, it is probable that he would have placed his hands on various areas of his upper body to gain more information about possible areas of excess tension.

In Melbourne, the city's fine libraries provided Alexander with ready access to anatomy books and anatomical knowledge. Throughout his subsequent teaching career, Alexander also had a great deal of contact with

RECOMMENDED READING AND VIEWING

My seventy-minute DVD documentary, *Frederick Matthias Alexander, His Life... His Legacy...*, covers the historical background of Alexander's life and how he developed his work; the film also shares modern-day scientific and medical information about the Alexander Technique. (For more information, visit fmalexanderdoc.com). For historical books on the Alexander Technique, please visit mouritz.co.uk.

In more recent times, many professionals have incorporated the Alexander Technique into their specialist fields. For example, *The Alexander Technique Birth Book*,¹² by Ilana Machover and Angela and Jonathan Drake, outlines how Alexander lessons can aid with pregnancy preparation and childbirth. As a pioneer in this field, Machover has trained others to assist women with childbirth.

For an interesting read on a ubiquitous piece of equipment that has literally shaped human lives over the centuries, consider *The Chair: Rethinking Culture, Body, and Design* by Galen Cranz,¹³ professor of architecture at the University of California at Berkeley. Cranz's book places the chair and its long history under the microscope, including relating the back pain rampant in the modern era "to an increasingly sedentary lifestyle spent in traditional seating."

The key to Alexander's discoveries was his new understanding of the relationship between head and spine.

doctors, some of whom took lessons from him. These ongoing exchanges meant that Alexander could check anatomy facts when he needed to. Not long after Alexander solved his voice problems, he wrote two newspaper articles on elocution, in 1894³ and 1895⁴; both made reference to Alexander's study of certain books, including *Voice, Song, and Speech*, published in 1883 by Lennox Browne (an eminent London throat surgeon) and Emil Behnke (a well-known vocal physiology and voice teacher).⁵ This highly regarded book provided detailed anatomical text along with illustrations and many examples of voice exercises.

THE DISCOVERIES

In Alexander's experimental work using mirrors to observe himself as he recited, he made two initial observations. First, he discovered that his very first "action" was to think of reciting and then to recite. He also observed that whereas his voice became hoarse when reciting, he had no problems when talking to friends.

After practicing with the mirrors, he noticed that as soon as the thought to recite was activated, he would pull his head back, but he did not adopt this pose when speaking to friends. Moreover, he found that when he pulled his head back, his chin moved upward and his neck muscles tightened; this interfered with his vocal cord function and caused further stiffness to cascade downward through his whole body, right down to the tightening of his feet.

Alexander decided to try reciting in the same manner as though he were talking to friends. To change the procedures he had learned for recitation, he worked out that he needed to go through the following steps:

1. Have the thought to recite (the "stimulus").
2. Refrain from pulling his head back (stopping the harmful pattern of excess tension).
3. Leave his head more easily balanced on top of his spine, keeping the neck free.
4. Recite with ease.

After practicing the four steps, Alexander was able to stop the harmful habits, replacing them with patterns of use that allowed for easier breathing. His voice then developed a fine

resonance because his whole psychophysical mechanism was functioning in harmony.

THE HEAD AND SPINE

The key to Alexander's discoveries was his new understanding of the relationship between head and spine—how the head moves around on top of the spine at the atlantooccipital (AO) joint. (The AO joint is a paired joint between the base of the skull and the cervical spine.) The importance of the head and neck area in all our movements was given particular prominence in an article about Alexander's work by the great English physiologist and Oxford professor, Sir Charles Sherrington (1857–1952), the Nobel Laureate for Medicine in 1932. Sherrington wrote, "Mr Alexander has done a service to the subject [the reflex element in the willed movement or posture] by insistently treating each act [of movement] as involving the whole integrated individual, the whole psycho-physical man. To take a step is an affair, not of this or that limb solely, but of the total neuro-muscular activity of the moment—not least of the head and neck."⁶ Medical professor Raymond Dart (1893–1988) also wrote many articles about Alexander's work and its relationship to anatomy and the way we do activities.⁷

Figure 1 illustrates three states of posture:

1. The leftmost person's slumped posture is characterized by sagging shoulders and head as well as bent knees. The head is too far forward, which causes the body to slump.
2. The person in the middle has a "neutral" posture where the body is at ease. The head is finely balanced on top of the spine, allowing the rest of the body to function more easily.
3. In the rightmost person's extended-contracted posture, the head is extended or thrust too far back, causing the back and chest to stiffen and contract. (When he recited, this was Alexander's previous "go-to" position.)

The drawings in Figure 1 are general outlines, but in real life, how the head swivels on top of the spine and adjusts its angle in rela-

tion to the spine will depend on the activity in which a person is engaged. Moreover, each of us has his own individual “neutral” position. It is how we organize our body to go into action that matters—the amount of energy used and the synchronization of all parts of the body to achieve the desired activity. I caution people, therefore, against looking at drawings or photos of others and trying to match what they see with how they think their body position “ought to be.”

Figure 2 shows more precisely where the head meets the top of the spine—at the AO joint (Arrow 2 in Figure 2). The normal range of movement for this joint is about fifteen to twenty degrees. On occasion, of course, we can bend further, but generally it is best to stay within the normal range.

Although you cannot actually touch the AO joint, you can come up with a fairly clear idea of where the head sits on the top cervical vertebra, which is called the atlas (Arrow 3 in Figure 2). To figure out where your AO joint is, place your fingers at the bottom of your earlobes and put each index finger behind the bottom of the earlobe flap, where you will feel a small hollow. Imagine each index finger drilling through your head to meet in the middle—this point is approximately where the AO joint is situated. While the index fingers are there, gently ease your head up and down in a small nodding movement; this will give you a sense of how the head moves on this pivot.

Bones form the human frame. They are connected by joints, each quite different in design. Having explored the AO joint, perhaps look at a few other joints in your body. These joints al-

low your bones to move as levers, shifted by a variety of muscles. When one set of muscles contracts, the working muscles—the antagonists or opposing muscles—lengthen.

We are all familiar with the five senses—sight, hearing, taste, smell and touch—but there are two other closely related “senses,” those of proprioception and kinesthesia. Proprioception is the sense (awareness) of limb and body position. For example, without needing to look to see where your hand is resting, you “know” where it is. Kinesthesia is the sense of movement, with input from receptors in joints and muscles. Our quality of movement depends on the good functioning of these “twin” senses. If there is poor awareness (that is, poor proprioception), then we use more effort to carry out activities and tend to be clumsy; sometimes falls can occur.

During the day, it is easy to become absorbed in an activity to such an extent that we lose the sense of where we are and of our spatial relationship to the outside world. A familiar example is when we look at a screen; as we are “sucked into” the images, the visual sense dominates. We stay still for too long and often only move when parts of our body ache. In short, we “lose touch” with ourselves. Medical scientist Dr. David Garlick, writing on this subject in 1990 in *The Lost Sixth Sense*, explains how “our minds become occupied with so many inputs and outputs to do with the outside world that signals from the body are suppressed or ‘gated out’ before reaching consciousness.”⁸

Photos that show human activity capture only a moment in time for the whole activity. The important part is how each person moves on to the next part of the action. The quality of the movement will depend on the state of the individual. Our capabilities are all different, and we need to move within our own capacity rather than try to imitate others. With that said, photos can be worth looking at to broaden one’s knowledge of how humans can use their bodies well or poorly in activity. For example, Figure 3 shows a baby with the head finely balanced at the AO joint and the back flat and “solid.” Figure 4, in contrast, illustrates poor posture. The boy is bent over his desk and absorbed in the task of writing. This reveals poor awareness of the function of the AO joint because the head is too far forward; this slumping interferes with ease of breathing and other bodily functions. Today, we engage in far less writing activity, but

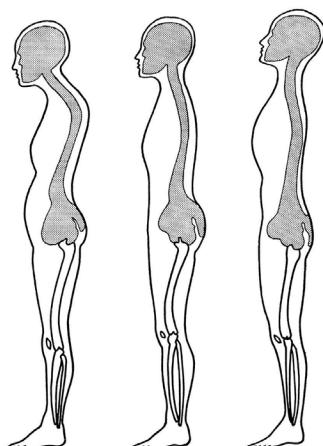


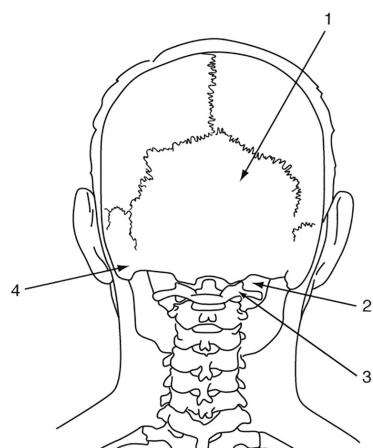
FIGURE 1 (left). Three states of posture.

Credit: Fenton, 1973¹⁶

FIGURE 2 (right). Back of head and neck.

Credit: Fenton, 1973¹⁶

Key: (1) Occipital bone; (2) AO joint;
(3) atlas bone; (4) mastoid process.



people are even more likely to be bent over their computer desk or while using their mobile phone.

Figure 5 provides another example of poor posture. As the girl bends over to reach into the oven, her back is bent over; there is no hinge in the middle of the back, and the leg joints are not being used as they should. Figure 6 shows a better choice of how to reach into the oven: the girl has used the leg hinges appropriately, the back is left lengthening and the head is finely balancing on the AO joint.

THE SEMI-SUPINE POSITION

Most of our daily activities are carried out in front of us, often with our hands manipulating equipment—such as computers or knife and fork—so that the whole back curls over. Equipment should not pull us “out of shape” and disturb normal body functioning, because it is then very easy to lose the sense of one’s back.

One of the best ways to get in touch with your back is to use the horizontal position and lie down on your back. In Alexander Technique work, this is called the “semi-supine position” or “constructive rest.” With the Internet and online videos, a lot of verbal and visual information is available to demonstrate this technique. A simple online search for “Alexander Technique” will bring up hundreds of videos, including some that demonstrate and talk the viewer through the “semi-supine” activity. Watching a few videos about the semi-supine position can help you gather ideas and figure out what works best for you. However, though this is an easy activity to do at home, when doing it for the first time, it may be best to consult with a licensed Alexander teacher. (Caution: Pregnant women, and particularly those in the later stages of pregnancy, or individuals with chronic conditions should not undertake these activities without first consulting their presiding medical practitioner for advice. The semi-supine position is not the same as a sleeping position. During sleep, we move about; there is no correct sleeping position.)

To try the semi-supine position:

1. Find a place to lie down on your back, preferably a mat on the floor. If getting down to the floor is difficult, the bed can be a second option.



FIGURE 3. Good balance: baby with head finely balanced at the AO joint, back flat and “solid.”



FIGURE 4.
Poor posture.
Credit: Fenton, 1973¹⁶



FIGURE 5. Another example of poor posture.
Credit: Fenton, 1973¹⁶



FIGURE 6.
Good posture.
Credit: Fenton, 1973¹⁶

2. Bend your knees so that your feet are flat on the floor, with your hands resting on your abdomen.
3. Place a small support under the head (typically a few books), enough so that the chin is not tucked and the head not tilted too far forward or too far backward (see Figures 7 and 8: observe the bent knees, feet flat, hands on abdomen, books below head). The head should be comfortable.
4. Please note that the lower back may not touch the floor initially. However, if you allow the body to relax, you may find the back will become flatter.

Experts agree that fifteen minutes of rest in this semi-supine position allows the spine and the soft cartilage discs between each vertebral bone to decompress and expand. When you return to the day’s activities, you will feel less tired, and you will be a bit taller!

After resting in the semi-supine position for fifteen minutes, you might like to explore some gentle movements, such as raising a forearm and returning it to rest on the abdomen. Take note of what happens in the rest of your body as you do this. Monitoring the whole body for signs of stiffness when doing this or any action is important. If you gently move and feel the desire to yawn, go with the yawn, as that is one of the best ways to slowly stretch, expand your body and enjoy a long, drawn-out release of air.

Too often when we do a specific movement such as raising an arm, the thought is to do a set number of repetitions such as ten or twenty. Try

doing the chosen action eight or sixteen times and instead of counting the numbers, hum a tune. People sometimes work out to music, but that is external; it is good to provide your own music—at different speeds, slow and fast—and also do the movement in a smaller range and then again in a larger range. Imagine the bow arm of a violinist, which does not always move at the same speed and in the same range. Vary what you do when “exercising” a specific limb.

Another movement to explore while in the semi-supine position is the beginning of rolling over. This rolling-over movement is something we all have to do every morning to get out of bed. To start with, have the thought of doing a half roll, but do not actually do it yet. The thought is the stimulus to go into action, but what choices are there for organizing your body? If the roll is to the left side of the body, you have a choice of two different physical sequences to achieve the start of the roll:

1. If you ease the knees to the left, the right elbow will start to lift toward the left, followed by the turn of the head to the left—staying in contact with the surface area at the back of the head.
2. If you start by turning the head to the left (staying in contact with the surface area at the back of the head), the right elbow will start to lift toward the left, followed by the easing of the knees to the left.

After you have mentally rehearsed each of the two choices, put them into practice and consider which one gives more flow of movement. Explore, in particular, what it feels like to allow the head to lead the movement (choice two). Watch how some animals roll over (called the “righting reflex”). The thought is the stimulus, and then you choose a sequence and do it—this is the mind-body connection.

EXPLORING UPRIGHT MOVEMENTS

It can also be useful to explore movement patterns once you are upright. Every day, we do a myriad of movements, often with excess tension of which we are unaware. We use our hands a great deal to manage all types of tools and equipment, sometimes while sitting and other times when we are standing or moving.

One activity we all regularly do is open and close doors. How is this usually done? You may like to ask a friend to film you as you do this

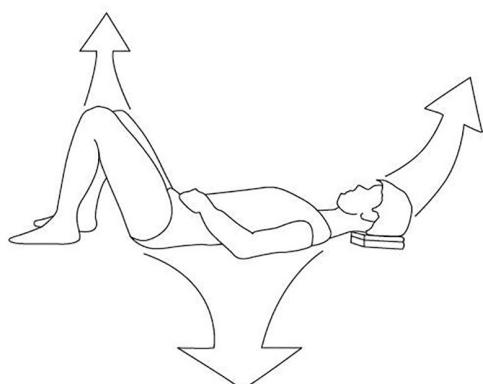


FIGURE 7 (left).
Semi-supine
(constructive
rest) position.
Credit: ©2025.
Robin Simmons¹⁵

activity, so that you can see yourself and analyze what is happening. The usual pattern for timing and balance when a person opens a door is as follows. Well before nearing the door, a person's hand comes out. There is a thrusting movement from the shoulder—the shoulder itself may move upward. As the door handle is reached, the hand grabs it and then with effort turns the handle and yanks the door open. Through the door the person goes, but with little awareness of how much effort has been used for this activity. The mind is “somewhere else,” either thinking of the past or the future; it has been on automatic pilot in the action of opening the door.

In opening the door, there was probably very little awareness of the placement of the feet. However, if you consider the example of a person playing tennis, they may be holding the racket in the hand, but the whole body is involved in making the strokes. There is a particular need to develop good balance. A coach will tell a beginner, “Get your feet in position before you hit the ball.” Timing is everything.

Similarly, when you go to open a door, become aware of where your feet are placed. Now, plan a different approach to the opening of a door. First, walk to the door and stop—your feet will be one in front of the other, caught in “mid-flight.” Next, float a soft hand up to the door handle, bending mostly from the elbow joint, and attach your hand to the door handle like Velcro. Turn the handle and move your whole body back from the door by pivoting on the ankle joints; in this way, you are gently using your whole body weight for this action rather than overusing just the arm. In a sense, this action involves being mindfully aware of



FIGURE 8. Semi-supine position (photo).
Credit: ©2025. Robin Simmons¹⁵

your surroundings and choosing appropriately how to deal with a given stimulus (in this case, the thought of opening a door).

As well as exploring your own physical movements in daily life and the shapes you get into, watch other people of all ages as they do daily activities. Observe timing and ease of movement. Is there poise? Is there a flow of movement? Observation is key to learning.

WHO CAN BENEFIT FROM ALEXANDER LESSONS?

For performers striving for reliably high levels of skill—in the arts or sports—poor performance can mean loss of a job or not being chosen for top-grade teams. Alexander's pupils always included actors who were

keen to maintain high levels of performance, and today, many performers from all areas of the arts and sports continue to take Alexander lessons. An Internet search for “Celebrities Using the Alexander Technique” will list many famous names, including Dame Judi Dench, Renée Fleming, Hugh Jackman, Paul McCartney, William Hurt and Sting. British Alexander teacher Sue Laurie has written in her book, *Touching Lives*, about her teaching experience with famous actors as well as the classes she conducted

WHAT DOES IT MEAN TO HAVE “GOOD POSTURE”?

According to one medical definition, the word “posture” means the “active or passive arrangement of the whole body, or a part, in a definite position.” However, those last two words imply stillness—no movement—but as human beings, we are built for movement. Both movement and its opposite (rest) are essential. For resting, our best position is to be horizontal; once we are vertical, our bodies need to work harder and use more energy. Moreover, when moving, the spatial relationship of one’s physical body to the outside world is constantly changing, so the sense of proprioception needs to be optimal.

When sitting, the equipment we most often use is a phone or computer. It is during the often long, drawn-out activity of using these small machines that we tend to become aware of poor posture because our body starts to ache. We then make an effort to “straighten up” and find a more comfortable “fixed position” that will leave our body in better balance.

Generally, to have one’s body better balanced while seated means the following:

1. The head placement on top of the spine (the AO joint, see Figure 2) is neither too far forward (causing slump and squashing the internal organs) nor tipping too far back so that the chin is lifted upward (causing shortening of the back—that is, deeper curvature and imbalance of muscle tensions both in back and in front of the torso). With no exaggerated placement of the head on top of the spine, the head can freely accommodate minute movements such as slight shifts of the eyes with changing focus. The range of motion at the AO joint should be about fifteen to twenty degrees.
2. With the head finely poised on top of the spine, the next big “building block” to consider is the rib cage. This needs to be able to smoothly expand upward and outward as air comes in, and the reverse as air goes out. Ease of breathing is essential. There are many aspects of rib cage functioning that enable it to move efficiently, including how elastic the muscles are that cover the rib cage. Tight muscles restrict breathing.
3. The final “building block” is the pelvic bone. When seated, the body weight needs to be mainly on the two sit bones. For many people, the body weight is either forward or backward of these bones, causing tilting of the pelvic bone that interferes with internal body function.

When seated and about to begin an activity such as working at a computer or playing a musical instrument, check that your head is finely balanced on top of your spine, the rib cage is free to expand, your body weight is mainly on the sit bones so that the whole back is almost flat, and both feet are flat on the floor. As you take up your equipment (picking up your phone or moving your hands toward the computer keyboard), check that you do not “pull down” your torso as the hands go to touch your machine, maybe moving the equipment so that the equilibrium of your body is not disturbed. During the activity, don’t get “lost in thought” for too long; momentarily bring your attention back to your physical contact with the outside world—your sit bones on the chair and your feet on the floor.

If you have the thought to “straighten up” while you are seated, do not use muscular effort to “hold yourself up.” If you do, you will become so stiff and tense that soon your body will just want to sag to get relief from this exaggerated “good posture” position. When you become aware of aches while seated, maybe the best idea is to either get up and move around or lie down. This is where the semi-supine position can be useful. Remember, too, that doing an activity does not mean that your body remains almost rigid. There will always be slight and varied physical adjustments.

Ultimately, there is no precise definition of “good posture” that is right for everyone. In broad strokes, you can consider the points mentioned above, but also be aware of your own unique circumstances. Until about four years of age, we mostly all have uprightness and a certain poise (see the baby in Figure 3), but then life brings challenges, such as illness or accident, to which we need to adapt. Meeting these challenges means that beliefs you once held about “good posture” may need to be rethought to align with your body’s new capabilities. The only constant is change.

SIT-TO-STAND ACTIVITY

How we rise from a chair to standing depends on several factors. First, it depends on how we sit down; too often, we reach for the seat by sticking the bottom backward (this causes balance problems) and then dropping onto the seat with a “plonk.” This type of “hard landing” jars the joints (the hip joints, in particular), and the spinal discs receive extra compression. Jane Heirich provides useful details about these intervertebral discs—the spongy material that cushions the impact of our movements on the vertebrae.¹⁴ Other factors that affect our ability to rise easily include sitting on soft cushions or sitting for too long, leaving the muscles stiff and making it cumbersome to stand up.

The movement of sit-to-stand is one we all need to be able to do competently. You can investigate the movement and try new ideas yourself, or you may consult an Alexander Technique teacher, whose training includes detailed study of this movement. Remember, however, that while we all have a similar anatomy, there are endless variations in how we operate our bodies; there is no one “right” way to do the sit-to-stand action, but we can learn to use less effort. (Note: pregnant women or people with chronic conditions should try the practical activities described here only after talking with their health professional or taking a lesson with a qualified Alexander Technique teacher.)

In an Alexander lesson, the teacher observes how you sit and stand and then explains the body mechanics of this action. Next, the teacher’s hands guide you to do the movement with appropriate muscular use, resulting in the experience of coordinated movement. Benefits include more quickly stopping the harmful habits that cause stiffness and back or neck ache as well as feeling a new sense of freedom—which you can recreate for yourself at home.

I often suggest the following exercise to my students. Stand at full height after getting out of bed in the morning and count the number of times in the next hour that you need to change height—whether to pick something up, open a drawer, sit on a chair or do any other activity that involves a change in height. Alternatively (and this is harder), once you are standing up, do not alter your height—without any bending, manage your activity needs as best you can. Trying either variation can help you realize the importance of being able to change height in daily life with ease and poise.

There are several ways to gather information about your sit-to-stand habits:

1. Alexander used mirrors to observe how he stood to recite. With today’s easy access to video, film yourself (from the side) going from sitting to standing and then from standing to sitting, so that you have a record of your habitual (normal) pattern. After experimenting with how you normally do this activity, watch your video and think about changes that may be beneficial to make this movement smoother and less effortful.
2. Remembering that the neck is the link between your head and the rest of you, while seated, place one hand gently on the back of your neck and feel the muscular condition; then, leaving your hand there, come to standing. What do you notice about the neck muscles? Do they become tighter, softer or stay the same during this action? If the muscles tighten, is it a sudden or gradual change? The vital “machinery” inside you (cervical vertebrae, muscles, etc.) functions best if the neck muscles stay free, with no sudden tensing during movement.
3. While seated, observe your body’s three main points of contact with the outside world: your two feet touching the floor and your bottom on the chair. Most of your body’s weight should be resting on the two sit bones, but often, too much of the bottom’s flesh is either in front of or behind these bones. This causes the body extra stress, especially because the spine will shorten, becoming either too concave or too convex.

For all vertebrates, a principal in nature is that the head leads when moving. Thus, when humans go from sitting to standing, the head and torso first need to lean forward so that the bottom loses touch with the chair. Then, the leg joints open, and standing is achieved. This sounds simple and easy, but many people—especially as they age—find this difficult.

To experiment, consider the distance you need to travel. If you are seated back on the chair, leaning forward to be over your feet will be further than if you are seated on the chair’s front edge. Make things easy for yourself by having the sit bones near the front of the chair’s seat and your feet near the chair and flat on the floor. Next, make a mental plan or picture of the movements involved, but without moving yet. Think of the AO joint—the master hinge—connecting the head to the top of the spine (Figure 2). Any movement is affected by the head/spine relationship and AO joint function. An adult head weighs approximately eleven pounds (five kilos), or about one-eighth of total body weight. By allowing this head weight to slightly start to release forward from the AO joint, the torso will follow so that the hip joint starts to close. As the body weight travels forward across the chair, include awareness of your knees, which should keep pointing over the toes rather than moving inward. Think of increasing heel contact with the floor. Once your bottom is off the chair, the leg joints open to come to standing. After going through the mental plan a few times, do the movement. Try not to judge whether you are doing it “correctly” because you will probably hold your breath and stiffen up, and there will not be a flow of movement. Sometimes it can help to start this activity on an outbreath.

When an Alexander teacher takes a pupil in or out of a chair, the pupil seems more upright because the teacher’s hands are guiding them and assessing, moment by moment, muscular tensions and the pupil’s capabilities. When doing sit-to-stand on your own, be aware of your own capabilities, exploring the activity with good balance as far as you are able.

for the Royal Shakespeare Company and the National Theatre.⁹ Laurie gives many suggestions for practical work you can do yourself to improve vocal and breathing capabilities.

Some people seek Alexander lessons to minimize back pain or other aches. Paul Little, professor of preventive medicine at Southampton University, published a study in 2008 on the effectiveness of Alexander lessons to help reduce chronic and recurrent back pain.¹⁰ The researchers randomly assigned participants to four groups: normal care (control group), therapeutic massage, six Alexander lessons, or twenty-four Alexander lessons. At one year, the twenty-four-lesson group had an 86 percent reduction in days with pain compared with the control group, with lesser but still significant reductions in the six-lesson (48 percent) and massage groups (33 percent). Twenty-four lessons (and, to a smaller degree, six lessons) also significantly affected other outcomes.

Alexander Technique lessons can help people in all walks of life improve skill levels in any activity. When we do repeated activities in our daily lives—such as opening doors or bending to pick something up—a paying audience may not be judging our skill level, but it still matters how we do these actions. Too often, daily actions are done with excessive effort. Some muscles are tightened unnecessarily, there is extra wear-and-tear around our joints, we feel stressed and we tire more easily.

Whether we want to improve a performance skill, solve an aching muscle problem or become fitter so that we do not develop chronic aches and pains, we can benefit by learning to combine the knowledge gleaned from Alexander and other teachers with our own powers of observation and awareness. We do not need the exact same skills that Alexander had when he solved his voice problem—we are all different—but a general understanding of his technique can be useful when we embark on our own self-study.

CONCLUSION

As babies, we explored all sorts of basic movements to refine and learn the easiest, smoothest way to move. As adults, it is good to continue exploring our individual movement patterns and learn more about anatomy and

physiology. The advantage of having Alexander lessons from a qualified teacher is that as you do a movement, the teacher is monitoring your particular muscle patterns moment to moment with their hands. There is not a lot of verbal instruction—the dominant form of instruction is via the teacher's hands, which monitor muscle use during a given action and constantly make tiny adjustments so there is more flow of movement. Any unnecessary tensions or interferences are dealt with immediately as they arise. You then have the experience of moving more easily, and it is this creation of new experiences that enables you to keep building on the remembered experiences when doing activities at home.

Alexander's long-time student, George Bernard Shaw (1856–1950), aptly summed up his teacher's ideas for better self-management: "Alexander has established not only the beginning of a far-reaching science of the apparently involuntary movements we call reflexes, but a technique of self-control which forms a substantial addition to our very slender resources in personal education."¹¹

Of course, the quality of our movements depends not only on exploring new ways to perform them. The quality of our rest also matters, for sound sleep is the body's repair time. And, as Weston A. Price Foundation members know very well, nurturing ourselves with nutrient-dense food is also important. 

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Bone Marrow: Updated Nutrient Analysis of a Delicious, High-Fat Superfood

By Janine Farzin

My generation was taught to fear animal fats—to believe that the original foods that built strong bones, vibrant skin and resilient immune systems were dangerous. But real, traditional animal fats are not a threat; they are essential for proper cell formation, hormone production and lasting health. In fact, Dr. Weston A. Price found that healthy nonindustrialized peoples especially valued high-fat animal foods like marrow, kidney fat and brain.

This article revisits the ancestral importance of marrow along with Dr. Weston A. Price's original findings. It includes the results of a recent laboratory analysis of the nutrients in beef bone marrow, sponsored by the Weston A. Price Foundation. Finally, several easy, delicious recipes are provided to bring marrow back to the modern kitchen.

Among the First Nations peoples living in the Rocky Mountain range, Dr. Price observed that “much of the muscle meat of the animals was fed to the dogs,” while the organs and fat were reserved for human nutrition.

MARROW’S ANCESTRAL IMPORTANCE AND DR. PRICE’S FINDINGS

Bone marrow is an energy-dense, fat-rich food. As scavengers, early humans were able to access bone marrow from carrion or the carcass remains of animals killed by wolves or lions. Using primitive stone tools, they could break large bones to access the rich marrow.¹ As hunting evolved with spears, humans became apex predators. Yet, even with blood, visceral fat, organs and muscle meat available, they continued to take the time and energy to harvest the rich marrow from inside large bones.

With its high-fat, low-protein ratio, marrow served as a crucial source of calories for humans, especially when other fatty foods were scarce. This dominant fat profile is significant because it complements leaner wild meats: anthropologists note that hunter-gatherers often combined lean muscle meat with fatty marrow to achieve a nutritionally balanced diet.²

The solid storage properties of saturated fat meant that marrow could also provide “pantry” staples, even before pantries existed. People could store the bones by wrapping them in skin to prevent rotting. Weeks later, they could remove the dried skin for a ready-to-go, high-calorie snack or meal.³ They also mixed marrow and other fats with lean dried meats to form a nutrient-rich, high-calorie, shelf-stable and easy-to-transport food now generally known as pemmican.⁴

Both traditional hunter-gatherer and pastoral societies prized bone marrow as a sacred superfood with high nutritive value. In his 1939 landmark book, *Nutrition and Physical Degeneration*, Dr. Price noted the value of marrow to indigenous tribes in the far north. He reported that tribes in northern Canada would go to great lengths to obtain marrow from moose and caribou.

Among the First Nations peoples living in the Rocky Mountain range, Dr. Price observed that “much of the muscle meat of the animals was fed to the dogs,” while the organs and fat were reserved for human nutrition. Notably, skeletons were rarely found: “The skeletal remains are found as piles of finely broken bone chips...cracked up to obtain as much as possible of the marrow and nutritive qualities of the bones.”⁵

In other words, no carcass was left with marrow intact—every limb bone was smashed for marrow extraction. These northern peoples, living on extremely protein-heavy diets (mostly big game), recognized the fact that marrow fat was essential. They even used bone marrow as an infant food and milk substitute. Dr. Price noted, “an important part of the nutrition of the children consisted in various preparations of bone marrow, both as a substitute for milk and as a special dietary ration.” This practice aligns with the nutritional need for fat in infancy and demonstrates ancestral knowledge of marrow’s value.

ARTICLE SUMMARY

- Nearly every culture in history consumed bone marrow. From the Arctic to Africa, Australia to Asia, marrow was either eaten directly or used in preparations.
- The USDA nutrient database had only one marrow sample, from caribou, with limited data. WAPF conducted a full nutrient panel from a grass-fed, grass-finished beef sample to learn more about the profile of this prized superfood.
- Because marrow is mostly fat, it is low in most water-soluble vitamins and minerals (typically found in higher quantities in cuts of red meat and organ meats). The beef sample had all the fat-soluble vitamins (A, D, E and K₂). In fact, it had more vitamin D than a glass of fortified milk.
- Our sample had less iron than what was previously reported, consistent with the lower quantities of water-soluble minerals. However, this could have been due to the type of marrow (red vs. yellow).
- Marrow is mostly comprised of stable long-chain fats: structural fats for cell membranes, hormone precursors and long-term energy (from palmitic, oleic and stearic fatty acids).
- Marrow has trace amounts (~1% in total) of all the very-long-chain omega-3 fats, including ALA, EPA and DHA. It is difficult to synthesize these powerful contributors to brain health on our own; it’s best to eat them in food!
- Marrow can be enjoyed raw, in sauces and broth, roasted with salt and herbs, in braised osso buco shanks or hidden in custards and ice cream (see “Simple Marrow Recipes for All Ages”).

NUTRIENT ANALYSIS

The only sample of marrow in the USDA Standard Reference Legacy database, last published in 2018, is a sample of raw caribou marrow from 2004.⁶ It contains nutrient values for protein, fat, carbohydrates and ash. Vitamins and minerals listed include iron, phosphorus, thiamin, niacin and vitamin A. Is this a comprehensive list of nutrients in marrow, or is this caribou marrow data incomplete?

To answer this question, the Weston A. Price Foundation sponsored a laboratory nutrient analysis of beef marrow at the Eurofins Nutritional Analysis Testing Center in Des Moines, Iowa. We obtained our marrow sample from Parker Pastures, which raises grass-fed, grass-finished beef in Gunnison, Colorado. The samples used in testing were extracted from nearly thirty pounds of femur bones, yielding nearly three and half pounds of raw marrow.

All the nutrient values are per 100 grams (g). For reference, we calculated an average of 45 grams of marrow in one pound of marrow bones. One hundred grams of marrow could be obtained from 2.2 pounds (35 ounces) of marrow bones. On average, a store-bought 32-ounce bag of marrow bones yields about 90 grams of marrow.

FAT AND PROTEIN

The USDA lists 84g fat and 7g protein in the 2004 caribou sample, with no carbohydrates or moisture noted. Our 100g sample of beef marrow consisted of 86g of fat and 1g of protein, with cholesterol (152mg) and moisture (9g) making up the difference. The sample also had a trace amount (0.35g) of carbohydrates that are likely from matrix sugars called glycosaminoglycans; this contradicts the assumption that marrow is purely fat and protein.

As our analysis shows, bone marrow is very low in protein but shines nutritionally because it delivers a unique profile of healthy fats—predominantly long-chain fatty acids—that serve critical roles far beyond calories (Table 1). These anti-inflammatory fats support nearly every organ of the body and promote cell communication.

Most of marrow's fat is in the form of long-chain monounsaturated and saturated fat (long-chain fatty acids [LCFAs] C14–C22), making it stable, nourishing and highly bioavailable. These are the structural fats for cell membranes, hormone precursors and long-term energy. In addition, marrow includes small amounts of medium-chain fatty acids (MCFAs, C6–C12)—quick-burning fats that are rapidly absorbed and used for energy—and trace amounts of very long-chain fatty acids (>C22) that are important for building specialized tissues in the brain and retina.

Our data show that marrow is an important source of omega-3 fatty acids—nearly 1 percent (0.85 percent)—including ALA (alpha-linolenic acid), EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Omega-3s play a crucial role in heart health, as well as building brain cells, increasing cognitive function and reducing inflammation. ALA, typically found in nuts and seeds, is an “essential” fatty acid—a type of fat that your body needs but cannot synthesize on its own. EPA and DHA, considered “conditionally essential” because they are hard for the body to make, come from seafood, organ meats and egg yolks.

The dominant oleic acid (Omega-9) is the same fat (Table 2) that makes olive oil “heart-healthy”—without the high omega-6 burden that many vegetable oils bring. Saturated palmitic and stearic acids are preferred fuels for many tissues, and stearic acid, in particular, may support mitochondrial fat burning and even metabolic flexibility. These long-chain fats are needed for building brain tissue, skin, hormones and immune cell membranes. Ruminant trans fats like vaccenic acid have neutral or even beneficial effects compared to synthetic trans fats; some convert in the body to CLA (conjugated linoleic acid), which is anti-inflammatory and has anti-cancer properties.

AMINO ACID PROFILE

Due to the high fat content of marrow, the building blocks of protein—amino acids—appear only in small quantities (Table 3). Yet, marrow does contain glycine, proline and glutamic acid, which together form the backbone of cartilage and gelatin.

Additionally, marrow and connective tissues are rich in building blocks (like glycine and proline) that naturally include glucosamine

Table 1. Fatty acid profile (analysis of beef marrow)

Fatty Acid	Common Name	Type	Amount (% of marrow weight)	Relevance / Benefits
C16:0	Palmitic Acid	Saturated	24.46%	Energy source, structural fat, supports immune function.
C18:0	Stearic Acid	Saturated	17.63%	Stable fat, neutral on blood lipids, important for mitochondrial membranes.
C18:1 (Omega-9)	Oleic Acid	Monounsaturated	24.14% (total 27.71% w/ isomers)	Anti-inflammatory, heart-healthy (like olive oil).
C16:1	Palmitoleic Acid (Omega-7)	Monounsaturated	1.42%	Anti-inflammatory, supports skin health.
C18:2 (Omega-6)	Linoleic Acid	Polyunsaturated	1.08% (total 2.17% w/ isomers)	Essential fatty acid, but needs to be balanced (excess can promote inflammation).
C18:3 (Omega-3)	Alpha-Linolenic Acid (ALA)	Polyunsaturated	0.50%	Anti-inflammatory precursor (can convert to EPA/DHA poorly).
C20:4	Arachidonic Acid (Omega-6)	Polyunsaturated	0.06%	Important for brain and muscle function, inflammation signaling.
C22:5 (Omega-3)	Docosapentaenoic Acid (DPA)	Polyunsaturated	0.19%	Precursor to DHA, supports brain and immune health.

and chondroitin. Marrow likely contains these compounds, but we did not specifically test for them. They matter because they are major players in joint lubrication, cartilage maintenance and anti-inflammatory pathways; they are the reason why bone broth and marrow have reputations as “joint foods.” This suggests that marrow—especially slow-cooked or in broth—will release glycosaminoglycans like glucosamine and chondroitin.

VITAMIN AND MINERAL PROFILE

Marrow is low in most vitamins and minerals compared to organs such as liver or heart and muscle meat. Compared to the USDA’s legacy data on caribou marrow, however, our beef marrow sample had higher values of most fat-soluble vitamins, including vitamins D, E and K₂ (Table 4).

Vitamin D was not reported at all in the caribou sample, but our sample had a meaningful quantity. One cup (264g) of vitamin-D-fortified whole milk has 2.39 µg of vitamin D,⁷ which is slightly less than we found in 100g of marrow (2.95 µg). Our analysis also found trace amounts of vitamin K₁ and K₂. Analysis confirmed small amounts of vitamins A and E in both samples.

Our sample had trace amounts of several

minerals not previously reported; however, it had a lower value for iron (Table 5). This may be due to the type of marrow used in testing. A higher-than-expected value for calcium may be due to microbone content in the marrow sample.

Bone marrow comes in two forms: red marrow and yellow marrow.⁸ Red marrow is responsible for producing blood cells and is rich in iron and other minerals, giving it a deep red color. Yellow marrow, by contrast, is primarily composed of fat cells and serves as an energy reserve, appearing pale and creamy. As animals (and humans) age, much of their red marrow naturally converts to yellow, especially in the long bones like the femur and tibia. This shift reflects a reduced need for rapid blood production and a greater emphasis on energy storage.

While the caribou sample location is undisclosed, this distinction may explain the low iron content seen in our testing of beef bone marrow. The marrow commonly harvested from beef femurs and shanks—the types typically sold for roasting—is mostly yellow marrow. Because yellow marrow contains very few blood-forming cells compared to red marrow, it has significantly less iron. In contrast, marrow from bones like the vertebrae, ribs near the spine, pelvis and ends of long bones (near joints) retains more red marrow in adulthood and would naturally have a higher iron concentration.

The best source of iron will be liver or red meat. If you are seeking marrow with a richer iron profile, younger animals and marrow ends may be best. The vertebrae, neck bones, ribs close to the spine or pelvic bones may also have more red marrow. Look for bones that are more porous and reddish inside—visual cues that signal red marrow content—rather than the dense, creamy-fat center seen in typical marrow bones.

Choline is essential for brain function, liver health, the integrity of cell membranes and proper nervous system development. Bone marrow

Table 2. Key fatty acids (analysis of beef marrow)

Fat Type	Approximate % of Total Weight	Key Fatty Acids	Primary Benefits
Saturated Fat	47%	Palmitic (C16:0), Stearic (C18:0)	Energy, cellular structure, stability under heat
Monounsaturated Fat	29%	Oleic (C18:1), Palmitoleic (C16:1)	Anti-inflammatory, supports heart and skin health
Polyunsaturated Fat	2.80%	Linoleic (C18:2), Alpha-Linolenic (C18:3)	Essential fats, minor anti-inflammatory effects
Natural Trans Fats (Ruminant)	3.50%	Vaccenic acid (C18:1 trans)	Supports CLA production, neutral to beneficial effects
Short/Medium Chain Fats	Minimal	Very little	Quick energy

Table 3. Amino acid results (analysis of beef marrow)

Amino Acid	Amount (% by weight)	Relevance
Glycine	0.06%	Major collagen amino acid; critical for connective tissue, skin, joints.
Proline	<0.05%	Core amino acid in collagen and elastin; skin, ligaments.
Glutamic Acid	0.13%	Structural role in cartilage; precursor for glutamine.
Alanine	0.06%	Minor role in energy metabolism, collagen support.
Arginine	0.06%	Supports wound healing, nitric oxide synthesis.
Aspartic Acid	0.09%	General amino acid for tissue structure.
Histidine	0.04%	Important in repair processes.
Lysine	0.09%	Crosslinks collagen fibrils; essential for strong connective tissue.
Cystine & Methionine	0.02% + 0.01%	Sulfur amino acids needed for tissue strength and flexibility.

does contain choline, but only in small amounts compared to liver, eggs and meat. Our sample recorded 5.1 mg of choline per 100g of marrow. This compares with a choline content in eggs of 680mg/100g and 15mg/100g in whole milk.

SUMMARY

Our recent analysis of marrow nutrients mostly confirmed and expanded the limited data available. Confirming that marrow is predominantly fat, we gained new insights into the fat profile. Marrow contains mostly long-chain fats but also has trace amounts of omega-3s—very-long chain fats that are essential for brain and immune health.

The sample of beef marrow had a small amount of carbohydrates (likely from glycosaminoglycans)—contrary to the assumption that marrow is purely fat and protein. The protein content was lower than previously thought but still included a robust profile of amino acids that balance muscle meats and support cartilage and gelatin.

Our analysis captured more vitamin information than previously—especially vitamin D₃, vitamin E and vitamin K₂ (MK-4)—and some minerals, making marrow more valuable nutritionally than the older data suggest. Higher than expected calcium values and lower than expected iron values may be due to the specific samples used for testing.

A BODY-BUILDING NUTRIENT

After Dr. Price returned from his travels, he used his nutritional knowledge to reverse dental cavities, support healing of broken bones and boost immunity in local children. Having documented that a diet low in body-building nutrients was responsible for dental decay, Dr. Price provided one supplemental meal each day to the children participating in a nearby mission. These meals often included marrow-based stews.

The following passage describing these meals is so important that I am quoting it in its entirety, even beyond its reference to marrow:

“The diet provided these children in the supplemental meal was as follows: about 4 ounces of tomato juice or orange juice, and a teaspoonful of a mixture of equal parts of a very high vitamin, natural cod liver oil, and an especially high-vitamin butter oil was given at the beginning of the meal. The child then received a bowl containing approximately a pint of a very rich vegetable and meat stew, made largely from bone marrow and fine cuts of tender meat. The meat was usually broiled separately to retain its juice and then chopped very fine and added to the bone-marrow meat soup, which always contained finely chopped vegetables and plenty of very yellow carrots. The next course consisted of cooked fruit, with very little sweetening, and rolls made from freshly milled ground whole wheat and spread with high-vitamin butter. The wheat for the rolls was ground fresh every day in a motor-driven coffee mill. Each child was given also 2 glasses of fresh whole milk. The menu varied from day-to-day by substituting for the meat stew, fish chowder or organs of animals... Clinically, this program completely controlled the dental caries of each member of the group, as determined by x-ray and explorer examination... [W]ith regard to the special nutritional program on this group of mission children[,] two different teachers came to me to inquire as to what had been done to make a particular child change from one of the poorest in the class in capacity to learn to one of the best. Dental caries is only one of the many expressions of our modern deficient nutrition.”⁹

Table 4. Vitamin content of caribou versus beef marrow

Vitamin	USDA (Legacy)	Eurofins Lab (2025)	Comments
Vitamin A	240 IU	30.7 µg RAE + 6.55 µg β-carotene/100g (or 113 IU)	Small amounts confirmed.
Vitamin D	Not reported	2.95 µg/100g (mostly D3) (or 118 IU)	Modest, but meaningful Vitamin D3 detected.
Vitamin E (Alpha-Tocopherol)	0.2 mg/100g	0.587 mg/100g	Small amounts confirmed.
Vitamin K (K1 + K2)	Not reported	9 µg K1 + 3 µg MK4 (K2) / 100g	Trace amounts detected.
B Vitamins (general)	B1 (0.4 mg) B3 (0.2 mg)	B6 (0.011 mg), B12 (<0.44 µg), Folate (8.15 µg DFE)	Marrow is low in most B vitamins compared to liver/muscle.
Vitamin C	Not detected	<0.44 mg/100g	Same. Essentially negligible.

Table 5. Mineral content (analysis of beef marrow)

Mineral	USDA (Legacy)	Eurofins Lab (2025)	Comments
Iron	4.5 mg/100g	0.6 mg/100g	Different than USDA; generally low compared to muscle/liver.
Zinc	Not reported	0.12 mg/100g	Trace amounts detected.
Selenium	Not reported	<25 µg/100g	Trace amounts detected.
Calcium	Not reported	95 mg/100g	Higher than expected — possibly some microbone content in sample.
Magnesium	Not reported	2 mg/100g	Trace amounts detected.
Phosphorus	107 mg/100g	None	Trace amount not detected.
Potassium	Not reported	9 mg/100g	Trace amounts detected.
Sodium	Not reported	29 mg/100g	Trace amounts detected.

Without sufficient calories and animal fats, we cannot communicate abundance to our bodies; abundance to our organs, tissues and cells; and abundance to our hormones or chemical messengers. Indeed, fats play an important role in nutrition, carrying vitamins and minerals throughout the body. Marrow is a nutrient-rich and delicious animal fat that we can bring back to our kitchens to facilitate this work. Indeed, animal fats do more than provide energy; they transport vitamins and minerals throughout the body. Marrow is unique because of its fatty acid profile and the presence of special fat-soluble vitamins, and because it's so easy (and delicious!) to bring it into the modern kitchen. 

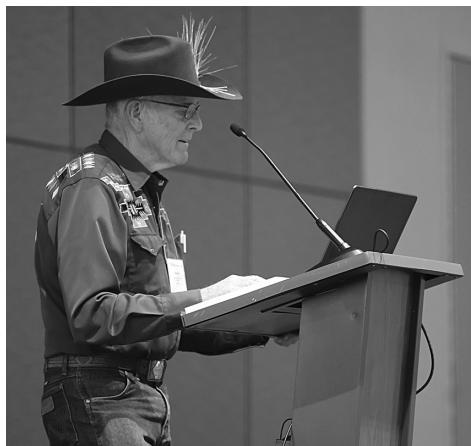
Janine Farzin loves optimizing health with the most nutrient-dense foods. Since 2012, she's been serving organ meats to anyone who will try them. She is the founder of Offally Good Cooking and The Liver Lover Challenge, and a WAPF chapter leader in Grand County,

Colorado. Find her on social media @offallygoodcooking or offallygoodcooking.com.

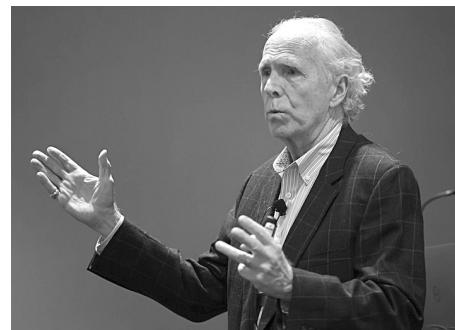
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MANY WONDERFUL SPEAKERS AT WISE TRADITIONS 2025



TOP ROW: Bob Quinn (left) explains the advantages of organic grain farming; Morley Robbins (right) teaches the importance of copper in human metabolism.



BOTTOM ROW: Samantha Bailey (left) deconstructs the viral theory of disease; Nina Teicholz (right) talks about the importance of saturated fat in human diets.



SIMPLE MARROW RECIPES FOR ALL AGES

It is no exaggeration to say that nearly every meat-eating culture in history prized bone marrow. From the Arctic to Africa, Australia to Asia, marrow was either eaten directly or used in preparations. There are dozens, even hundreds, of delicious preparations—from the most humble dishes to the most refined!¹⁰ Marrow can be found in a variety of cuts and may be called “soup bones,” “shanks,” “osso buco,” “marrow bones” or “canoe cut marrow bones.” What follow are some ideas to get you started.

RAW MARROW: Dr. Price found that all traditional people cooked animal foods but also ate some of their animal foods raw. To enjoy raw marrow, first freeze the marrow bones for at least fourteen days. Then defrost them and—giving a well-placed tap on the narrow end—pop the marrow out from the bone. (Alternatively, use a long, skinny utensil like the handle of a spoon, a crab picker or a tiny espresso spoon to extract it.) Enjoy raw or add to compound butter, smoothies, mayonnaise, ice cream or custard. Find base recipes for any of these ideas online or in *Nourishing Traditions*.

MARROW BROTH: Add marrow bones to shiny knuckle bones and meaty neck bones. Cover with cold water, bring to a boil, skim and keep at a simmer for several hours. Add one teaspoon salt per quart of broth. Use in soups or stews.

WARM MARROW WITH SALT AND HERBS: Saturated and monounsaturated fats are resistant to oxidation. This means that marrow fats are typically stable, even when cooked at high temperatures (like roasting). However, the glucosamine in marrow (which repairs cartilage, decreases joint inflammation and improves gut lining) may be heat-sensitive above 374°F in dry heat.¹¹ For this reason, we prefer to roast marrow longer at a slightly lower temperature. Roast marrow bones at 350°F for forty minutes until edges are brown and fatty center is soft and tender. Let cool slightly and enjoy! Sprinkle with salt and herbs and eat with a spoon. A variation is to serve plain marrow (or marrow mixed into a sauce) over steaks, lean meats, warm vegetables or fresh-milled sourdough bread.

SLOW-COOKED MARROW SHANKS: Put meaty marrow shanks into a casserole dish or heavy pot, add water to cover the meat two-thirds of the way up. Add some salt, peppercorns, dried herbs to taste, bay leaves and a sprig of rosemary. Cover and cook in the oven for five to six hours at 275°F. About forty to fifty minutes before mealtime, add your choice of vegetables.

Variations: Instead of marrow shanks, use any lean roast cut (like round roast or heart); roast marrow (as described above) and garnish with the extracted marrow.¹² Another variation is to use warm spices (a few allspice berries, cloves and a cinnamon stick) instead of herbs. Add onion, garlic and bacon to the casserole base.¹³

MARROW CUSTARD OR ICE CREAM: Roast two to five pounds of marrow bones at 350°F for forty minutes until edges are brown and fatty center is soft and tender. Extract all marrow. Add to a bowl with three egg yolks, two cups of cream, a pinch of salt and your favorite flavorings (see below). Blend with an immersion blender. Add to ramekins or casserole to bake custard, or add to your ice cream maker to churn.¹⁴ Flavoring options:

- Savory herbs and sour cream
- Five-spice powder and peppercorns
- Turmeric, ginger and pepper
- Apple or pumpkin pie spices, vanilla extract and maple syrup
- Star anise, ginger and fennel (with or without sweetener)
- Any sweet or savory spice/herb combination

FARMER OF THE YEAR

Shayn and Kristen Bowler of Utah Natural Meat receive the Farmer-of-the-Year Award.

Left to Right:
Pete Kennedy, Sara Patterson,
Symbria Patterson, Shayn Bowler,
Kristen Bowler and Sally Fallon Morell.



DELICIOUS FOOD AT WISE TRADITIONS 2025



A full dining hall of satisfied attendees.



Head Chef Ryan Olivas (second from left) and his team receive a standing ovation for the wonderful meals.



Organ meat shepherds pie with mixed greens and sauerkraut, the perfect luncheon meal.

Conference attendees consumed 500 pounds of whipped grass-fed butter.



Delicious banquet meal of braised leg of lamb from Northstar Bison, with white bean tomato ragout, Swiss chard and polenta.

Mike Mudrak serves raw milk from Redmond's dairy.



Banquet dessert of old-fashioned sour cream butter cake with chantilly cream and fruit puree.



All About Vitamin A

VITAMIN A FOR LACTATION: ITS IMPORTANCE AND MODERN CHALLENGES

By Pam Schoenfeld, MS, RDN

NOTE: We are pleased to introduce a new column by Pam Schoenfeld, MS, RDN on vitamin A—a critical but often neglected, even demonized, nutrient. Dr. Price found very high levels of vitamin A in nonindustrialized diets.

Breastfeeding is generally preferable to bottle feeding. Historically, mothers not able or not desiring to breastfeed had another lactating woman feed their babies. This practice largely declined by 1900 with the use of milk-based formula. When needed, animal-based formula can be fully nourishing, as evidenced by the health and vitality of thousands of babies successfully bottle-fed with the Wise Traditions raw-milk and liver-based formula recipes.¹

International consensus holds that breastmilk is nutritionally superior to commercial infant formula. What goes unrecognized is the suboptimal nutritional status of many women (even in more “developed” nations) who choose to breastfeed and how this affects the nutritional quality of their breastmilk. Breastmilk is reflective of the mother’s dietary intake of several important nutrients, including vitamin D, choline, essential fatty acids and B-vitamins; in particular, vitamin A is one of the most critically important nutrients that infants need to get from their mother’s milk in optimal quantities.

The reader will learn why both the breastfeeding mother and breastfed baby require the animal form of vitamin A. True, preformed vitamin A, called retinol, is the animal form, as distinct from the vitamin A precursors—carotenoids including beta-carotene. The best source of true vitamin A is liver; good sources are egg yolks, butter and full-fat dairy. Previous articles in this journal have explained why women should not rely on carotenoids from plant foods to meet their vitamin A needs.²

IMPORTANCE OF VITAMIN A BEFORE AND DURING LACTATION

A newborn’s stores of vitamin A are dependent on its mother’s intake of vitamin A both during pregnancy and after delivery. Small amounts of vitamin A accumulate in the fetal liver, mainly during the last three months of pregnancy, and are directly related to maternal blood levels of vitamin A. Yet, even a full-term infant’s stores last only for a couple of days—according to one report, “Although the stores are somewhat higher in the full-term newborns of well-nourished mothers than of undernourished mothers, most available data suggest that the difference is small”³—and quickly run out if a mother’s breastmilk is insufficient in vitamin A. In utero, the transfer of vitamin A to the fetus is highly regulated and the amount transferred increases with gestational age. Because of this, premature infants are at higher risk for vitamin A deficiency and associated problems including bronchopulmonary dysplasia. However, a good prenatal intake of vitamin A by the mother will improve even a preemie’s vitamin A status.⁴

An insufficient intake of vitamin A by women during pregnancy not only poses a risk for fetal development but also during the infant’s early life. Because a pregnant woman’s vitamin A stores are progressively depleted due to fetal requirements, pregnant women with marginal vitamin A reserves are at an increased risk for vitamin A inadequacy as their pregnancy progresses.⁵ Ideally, vitamin A from the diet accumulates in the mother’s liver and breast tissue in preparation for lactation.⁶ As a result, vitamin A intake during pregnancy influences the vitamin A content of the breastmilk—if a woman has a low prenatal intake of vitamin A, her milk will also be low.⁷

Babies with low levels of vitamin A in the early months of life can have slowed growth and

Vitamin A is one of the most critically important nutrients that infants need to get from their mother’s milk in optimal quantities.

In dairy animals, supplementing with vitamin A increases milk production and also reduces the incidence of mastitis. It is probable that vitamin A provides similar benefits to lactating women.

development⁸ and an increased susceptibility to respiratory infections,^{9,10} including those attributed to measles¹¹ and respiratory syncytial virus (RSV).¹² Low levels of natural antibodies and compromised intestinal microbiota and immunity can be a direct consequence of vitamin A deficiency in infants. It is important to note that postnatal vitamin A intake cannot fully compensate for inadequate intake during pregnancy. Women who have short spacing between pregnancies or twin or triplet pregnancies are even more at risk for low vitamin A status at delivery.⁴

The earliest milk, colostrum, contains twice as much vitamin A as transitional milk and three times as much as mature milk,¹³ serving as a newborn's vitamin A "boost" to support optimal growth, lung maturation, resistance to infections and gut health. In the first six months of life, infants receive sixty times the amount of vitamin A than during the entire nine-month gestational period.¹⁴ Well-nourished mothers transfer about 71,500 mcg (240,000 IU) of vitamin A to their babies during lactation, compared to about half of this amount in mothers who are vitamin-A deficient.¹⁵ A breastfeeding mother's intake needs to be sufficient in vitamin A since much of the vitamin A in her breastmilk comes from her diet. If her dietary intake is low, her milk can be lower in vitamin A as well. Fortunately for the infant, maternal hormones produced during lactation redirect dietary vitamin A to the milk-producing cells in the breasts (reducing the amount normally sent to the mother's liver and fat cells), which helps when the mother's dietary intake is low.¹⁶

CAROTENOIDS VERSUS RETINOL SOURCE OF VITAMIN A

A 2021 systematic review of twenty-six research trials on maternal vitamin A supplementation and breastmilk levels of vitamin A found that in the majority of the trials, retinol supplements (most frequently given as a single dose of 200,000 IU after birth) significantly increased retinol levels in breastmilk at several points in time, including in colostrum, when given immediately after delivery.¹⁷ In the majority of trials, an equivalent dosing (of retinol

equivalents) from beta-carotene supplements had no effect on retinol levels in breastmilk although it did increase beta-carotene levels. Trials that used daily lower-dose supplements of retinol generally showed no effect on retinol concentrations in breastmilk. The populations studied were living in lower-income countries and were at high risk for vitamin A deficiency.

Note that in the above review, all of the trials used higher-dose vitamin A or beta-carotene in the postpartum period. Earlier studies looked at the effect of higher-dose vitamin A given late in pregnancy; a 1965 study in the *American Journal of Clinical Nutrition* discussed these.¹⁸ In one, women received vitamin A at daily doses of 50,000, 100,000 or 200,000 IU in their last trimester; all three doses increased the vitamin A content of the women's breastmilk during days two through ten of lactation, with non-significant increases between the highest- versus the lowest-dose group. In another, a small group of women received vitamin A at a dose of 30,000 IU daily during the last trimester of pregnancy and daily for ten days after delivery; a control group of pregnant women did not receive vitamin A supplements. The vitamin A content of the colostrum rose in the supplemented group to more than double that of the control group, but results were not presented with statistical analysis. The women in these studies lived in countries where low vitamin A intake from diet was endemic. High-dose vitamin A supplements are no longer administered during late pregnancy due to fears of fetal malformations; however, the risk for malformations is limited to the first trimester.

To my knowledge, only a single paper, published in 1950, has described the effect that liver consumption during lactation has on the vitamin A content of women's breastmilk. This report stated that "a good helping of liver" could double or quadruple the vitamin A, similar to a daily dose of 50,000 IU of vitamin A in oil.¹⁹ A single study published in 1934 on three women given fifteen milliliters of cod liver oil daily showed no increase in the vitamin A content of their breastmilk, which the authors attributed to their already having "an abundant and well-chosen diet."²⁰

EFFECTS ON BREAST FUNCTION

In dairy animals, supplementing with vitamin A increases milk production and also reduces the incidence of mastitis. This is due to vitamin A's role in maintaining the epithelial lining of the mammary ducts and alveoli to protect against invading pathogens. It is probable that vitamin A provides similar benefits to lactating women. Healthy epithelial cells support healthy milk production and secretion.

In rodent studies, vitamin A deficiency decreases the activity of iron and zinc transporter in the mammary gland and lowers milk iron levels.²¹ Iron and zinc are very important minerals which, like vitamin A, compromise a baby's growth and development when supplies are inadequate. Iron and zinc are also at-risk nutrients for infants.²²

The weaning phase also requires adequate vitamin A. A woman's breast tissues undergo a process of remodeling called involution, where breast tissue no longer needed gets broken down and gradually rebuilt. This process depends on vitamin A as a signaling molecule within the breast tissue. Finally, vitamin A signaling is required for mammary gland formation in the embryo and its development both before and during puberty.¹⁶

WOMEN'S NEEDS FOR VITAMIN A AFTER LACTATION

The demands of breastfeeding often deplete women of several essential nutrients, especially if they have extended lactation periods. Vitamin A stores will become depleted if a woman does not have a diet replete with vitamin A. I suspect that this is a cause of secondary infertility for some women I see, although I've not seen any research into this possible connection.²³ Delaying the next pregnancy, following a Wise Traditions diet and using a good vitamin A supplement like cod liver oil can help a woman restore what she passed on to her baby. These precautions will help support her own health and wellness and also ensure that she has abundant reserves for her next baby.

VITAMIN A INTAKES IN "DEVELOPED" COUNTRIES

Even in countries historically considered not at risk for vitamin A deficiency, there is a markedly increasing percentage of the population with subclinical vitamin A deficiency. One-fifth of the population in developed countries does not get the recommended intake of vitamin A, with liver and blood concentrations lower than normal.^{16,24}

In the U.S. between 1999-2000 and 2013-2018, national surveys show that the proportion of pregnant women who consumed below the Estimated Average Requirement of vitamin A (550 mcg/1830 IU, an amount that is estimated to meet the needs of only 50 percent of women during pregnancy) increased by 10.9 percentage points to almost 20 percent. In that same time period, the proportion of nonpregnant women with inadequate intake of vitamin A increased 19.9 percentage points to almost 40 percent. In both pregnant and nonpregnant women of reproductive age, vitamin A intakes have decreased over the past two decades, compromising nutritional adequacy with probable negative effects on maternal and fetal health outcomes.²⁵ Smaller studies have confirmed these findings.²⁶

Medical "authorities" state that vitamin A deficiency in the U.S. is "extraordinarily rare" because Americans consume foods fortified in vitamin A,²⁷ a claim that is questionable at best since so few foods other than milk and margarine are now fortified with vitamin A. These same "authorities" warn against cod liver oil being "too high" in vitamin A. In fact, CDC data indicate that 44 percent of the adult population does not meet the dietary reference intake for vitamin A from diet, even including intakes of plant carotenoids.

A study of reproductive-age German women showed that they did not meet vitamin A recommended intakes, with beta-carotene from plant foods supplying only about 10-15 percent of the recommended intake.⁴ Furthermore, according to the available data, 20 percent of German breastfeeding mothers did not have adequate levels of vitamin A in their milk to meet their infants' needs. The authors of this study note that a serving of liver every other week

The authors of this study note that a serving of liver every other week would close this nutrient gap, describing liver as "the only relevant dietary source for vitamin A."

It is very important for a woman to have an increased vitamin A intake during the preconception period, during the entire lactation period and also in the last few months of pregnancy.

would close this nutrient gap, describing liver as “the only relevant dietary source for vitamin A.” Unfortunately, German government advisories for pregnant women to avoid liver have resulted in “an insufficient supply of vitamin A in pregnant and breastfeeding women who are therefore reliant on beta-carotene as a source of vitamin A.” Despite acknowledging that warnings against liver consumption are “based on unsupported scientific findings,” these authors recommend beta-carotene supplements and fortified foods.

In my nutrition practice, focused on helping women with reproductive problems, more than half have physical signs of vitamin A insufficiency. Besides prevalent low intakes of true vitamin A, genetic polymorphisms along with other health and nutrition-related problems are drivers of vitamin A insufficiency. Perhaps frank vitamin A “deficiency” is rare, but vitamin A insufficiency definitely is not!

HISTORICAL PRACTICES AND RECOMMENDATIONS

In the 1940s, optimal daily requirements of vitamin A during pregnancy and lactation were set at 6000 IU and 9000 IU, respectively. To meet these needs, a weekly meal of liver and one to two teaspoons of cod liver oil daily (or other fish liver oil) were recommended for the mother from the onset of pregnancy throughout the lactation period.²⁸ Reproduction and lactation were known to depend upon vitamin A—the health of both mother and child needed a daily intake of vitamin A in adequate amounts.²⁸ Fish liver oils, known to be high in vitamin A, were considered the “only natural concentrated medicinal preparations in use.”¹⁹

Traditional societies that Weston A. Price studied strongly valued foods rich in vitamin A for successful reproduction—animal liver and other offal, butter from cows grazing on rapidly growing pasture, deep orange eggs from a variety of birds and a wide range of seafoods. Note that even in relatively modern times, an “old belief” was “a dark yolk meant a good egg” (pastured eggs are higher in vitamin A) and “the vitamin A content in milk could be doubled” by the pasture feeding of cows.¹⁹

Consuming natural sources of vitamin A rarely results in toxicity. Intakes of animal liver in traditional dietary patterns have never resulted in excessive intake of vitamin A. Toxicity has resulted from abuse of vitamin A supplements for several months.²⁶

PRACTICAL INFORMATION TO SHARE

It is very important for a woman to have an increased vitamin A intake during the preconception period, during the entire lactation period and also in the last few months of pregnancy to prepare for lactation and ensure that her baby is born with optimized vitamin A stores. The U.S. RDA for vitamin A during lactation is almost double the pregnancy RDA, but neither derive from populations with the best infant outcomes. Unfortunately, most women who follow the U.S. Dietary Guidelines (or even worse, eat predominantly plant-based) and take a prenatal vitamin do not receive the optimal amount of true vitamin A during pregnancy, much less the additional amount required during lactation. The typical low intakes of most women during pregnancy may have minimal effect on the vitamin A content of even the earliest breastmilk, whereas abundant vitamin A provided during late pregnancy and lactation does increase the vitamin A content of the milk.

At least three months before her due date, a woman is wise to include more vitamin A-rich foods in her diet, liver being the most reliable source.^{7,29} In this way, she will ensure that even in the event of an early labor and delivery, her colostrum and early milk will be rich in vitamin A with all of its benefits. Additional benefits include the association of vitamin A with a longer gestation period (a very good thing!) and lower risks for detachment of the placenta and pre-eclampsia.⁷ Vitamin A may also help ease delivery—animal studies show that deficiency is associated with difficult parturition.³⁰

It is becoming clear that many women in “developed nations” are at risk of becoming deficient or borderline deficient in vitamin A as their pregnancy progresses to term and into the breastfeeding period. Vitamin A shortfalls in this population of women are a global problem not restricted to developing nations and merit

the highest attention of our medical and public health communities. The wisdom of a nourishing traditional diet surpasses modern guidance for all stages of life, and especially during pregnancy and lactation. 

Pam Schoenfeld, MS, RD, is a registered dietitian-nutritionist whose practice in Raleigh, North Carolina, focuses on the nutritional needs of women and their families. She credits WAPF for restoring her own health and giving her the energy to become a dietitian at the age of fifty, in part due to her resuming the consumption of liver and other high-vitamin-A foods. A member of the WAPF honorary board, Schoenfeld has represented WAPF via written and oral commentary to the U.S. government regarding the critical deficits in the Dietary Guidelines and the FDA food labeling requirements, both of which have contributed to the simultaneous epidemics of malnutrition and obesity in the U.S. and across the globe. A frequent presenter at Wise Traditions conferences and author of articles for the Wise Traditions journal, she embraces a common-sense approach to food and nutrition and is not afraid to question dietary dogma. She is the author of The Collagen Diet.

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Reading Between the Lines

By Merinda Teller

Slow Fashion and the Fabric Wisdom of the Past

It goes without saying that the history of fabrics and their manufacture is “interwoven” with other historical, economic and cultural developments.

Once upon a time—and for millennia—people wore clothing made from a handful of time-honored natural materials: linen, cotton and hemp from plants, and leather, wool and silk from animals and insects. Using gradations of technique, color and embellishment, civilizations from Mesopotamia to ancient Greece had no trouble creating garments that spanned the gamut from everyday wear to luxurious “elite display.”¹

If visitors from those times were to time-travel to the present day, they would likely be astonished by the complexified twenty-first-century textile landscape. Beyond merely synthetic fabrics—polyester, nylon, acrylic, rayon, spandex and more—and beyond 1970s-era innovations such as waterproof Gore-Tex² or the polyester fleece made from recycled plastic water bottles that outdoor companies rolled out in the 1990s,³ there are now “biofabricated”⁴ materials (produced using the same bioreactor technology as lab-grown “meat”) and—generating considerable buzz—invasive “smart” fabrics that use “conductive yarn” and “digital knitting” technology to embed pressure sensors that “recognize [the] wearer’s activities, like walking, running, and jumping.”⁵

One of the forces both driving and benefiting from the continued development of newfangled chemical fibers is “fast fashion”—fashion characterized by “ultralow prices and condensed production cycles.”⁶ The global clothing industry produces one hundred billion new garments each year—roughly fourteen items “for every person on the planet.”⁷ The “disposable” mindset encouraged by fast fashion has many consumers discarding clothing items after as few as seven wears,⁸ and the “equivalent of a garbage truck full of textiles” gets dumped in landfills every second.⁹ According to strategy firm McKinsey, fast fashion encouraged a 60 percent increase in per capita clothing purchases

between 2000 and 2014, with consumption of apparel predicted to rise another 63 percent over the next five years.¹⁰

Fortunately, fast fashion and non-natural fabrics may contain the seeds of their own eventual demise. As Rebecca Burgess and Courtney White documented in their 2019 book *Fibershed*,¹¹ and as organizations like the related nonprofit Fibershed are working to support,¹² there is a growing movement of “farmers, ranchers, designers, sewers, weavers, knitters, felters, spinners, mill owners, and natural dyers” inspired to create a new textile economy—one that emphasizes high-quality, locally grown materials.¹³ Studies also indicate that more consumers are becoming interested in turning their back on unhealthy and environmentally destructive artificial fabrics in favor of natural fabrics.¹⁴

FROM HOMESPUN TO MASS-PRODUCED

It goes without saying that the history of fabrics and their manufacture is “interwoven” with other historical, economic and cultural developments. In the eighteenth-century American colonies, for example—and particularly before and during the Revolutionary War—it was both common and strategic for family farms to be fabric self-reliant, planting flax and processing, spinning and weaving their own linen. According to one account, “the Daughters of Liberty would hold spinning bees in town squares to not only display their skill but also their independence.”¹⁵

This practical homespun ethos took a significant hit with the late-eighteenth-century invention of the cotton gin in 1793, which not only set cotton on the path to becoming “the go-to inexpensive fabric”¹⁶ but set the stage for some of the economic realities embedded in the Civil War and Reconstruction. As many historians have documented, though the cotton

gin was labor-sparing as concerned the process of separating cotton fibers from seeds, by dramatically lowering the cost of cotton production, it led to more large-scale cotton plantations, thereby increasing the demand for slave labor. From seven hundred thousand slaves before the invention of the gin, the Southern slave population increased to over three million as of 1850.¹⁴ Less often acknowledged is the inconvenient fact that the North's textile mills—as well as textile manufacturers across the pond in Britain—fueled the plantation boom with their seemingly insatiable demand for Southern cotton. Over the twenty-year period from 1790 to 1810, Southern cotton production went from one and a half million pounds to eighty-five million pounds.¹⁵

By the time of the Civil War, cotton had become the South's most valuable export and the second most significant source material for clothing other than wool.¹⁶ In a fascinating two-part examination of the complex “geopolitical-financial” interests that drove the War Between the States and Reconstruction, author Joseph P. Farrell emphasizes, “Our contemporary perceptions of the war tend to downplay the importance of cotton as a commodity in the financial and economic world of the mid-nineteenth century, so it is important to recall that cotton formed the absolutely necessary basis of virtually *all* clothing manufacture in the industrialized nations,” and, Farrell adds, “Southern cotton constituted the bulk of that world market. It was thus, by the standards of that day, an *essential* and *life-sustaining* commodity. Everyone needed clothes, and cotton was the means to it” [emphasis in original].¹⁷

THE RISE (AND FALL?) OF SYNTHETICS

The late-nineteenth-century discovery of the first “semi-synthetic” fabric—made from chemically processed cellulose and marketed as “artificial silk”—represents another milestone in the history of textiles, changing the clothing landscape in dramatic ways. Rayon came about as the inadvertent result of a collaboration between “Father of Rayon” Count Hilaire de Chardonnet and none other than “Father of Germ Theory” Louis Pasteur.¹⁸ The French silk industry had called on Pasteur to solve its silkworm disease problem, and wealthy

chemist-industrialist Chardonnet joined Pasteur in the investigation. A fortuitous laboratory accident led Chardonnet to develop and later commercialize rayon—reportedly given that name “because it seemed that the sun’s rays frolicked gayly on its surface”—although it turned out that the earliest versions of the fabric were also highly flammable.¹⁹ Subsequent generations of rayon have included viscose, modal and lyocell.

The next man-made fabric to make major waves was DuPont’s fully synthetic nylon, which revolutionized polymer chemistry and claimed for itself “a novelty no other product could match.”²⁰ Synthetic fibers combine chemicals and petroleum products into a “viscous substance that is forced through a ‘spinneret’ to make the thread.”²¹ DuPont began generating publicity about its novel creation in 1938, and when nylon hit the national market in the form of ladies’ stockings on May 15, 1940, most of the inventory sold out by noon.²⁰ According to Philadelphia’s Science History Institute, DuPont chose not to trademark the name “nylon,” cleverly seeking “to encourage consumers to think of nylon as a generic preexisting material, like wood or glass.”²⁰

Although chemist-made synthetics have experienced steady success—with natural fibers falling from half of global textile production in 1990 to just 27 percent today²²—the appeal of synthetics seems to be dwindling as public awareness grows about the harmful effects of the microfibers that are permeating the air and the world’s waterways. According to one estimate, 35 percent of the microplastics found in oceans come from synthetic textiles.²³ Once in our waterways, microfibers absorb other pollutants, meaning that when humans or animals ingest the fibers in food or water, they are ingesting those pollutants as well.²³

Synthetic clothing releases microfibers during the manufacturing process as well as the wearing and the washing.⁷ In a study commissioned by Patagonia—one of the companies most responsible for the proliferation of plastic-derived fleece—a research team found that a new synthetic garment, when washed, releases more than 0.3 percent of its mass, or up to two grams of microfiber shedding; as a result, the company “encourages not washing artificial clothes too frequently.”²⁴ Estimates of the number of microfibers released into wastewater from

The appeal of synthetics seems to be dwindling as public awareness grows about the harmful effects of the microfibers that are permeating the air and the world’s waterways.

Author-homesteader Tara Couture describes dressing in polyester and other synthetic fabrics as akin to “encasing the magical marvel of creation, known as ‘the body,’ in a ziplock bag.”

one full load of synthetic laundry range from seven hundred twenty thousand²⁴ to eighteen million.²³ The Public Interest Network (PIRG) recommends using external microfiber filters attached to a washing machine’s drain hose or laundry bag filters; though only partially effective, they are “better than doing nothing.”²³ Unfortunately, microfibers break down over time into even smaller nanosized pieces, and “the smaller they get, the more difficult they are to remove from the environment.”²⁴

BACK TO BASICS

To date, polyester remains the world’s most popular textile. Communicating what this means for the wearer, author-homesteader Tara Couture describes dressing in polyester and other synthetic fabrics as akin to “encasing the magical marvel of creation, known as ‘the body,’ in...a ziplock bag.”²⁵ Still worse, research published in 2023 described the “dermal bioaccessibility” of chemicals like phthalates and bisphenols,²⁶ which are some of the chemicals present in synthetics like polyester, nylon and spandex; the oil in sweat “encourages the chemicals in plastic to dissolve and diffuse,” making them available for absorption through the skin.²⁷ Polyester fabrics also use a family of dyes known to be skin irritants.²⁷

For similar reasons, Couture shuns cotton clothing unless it is certified organic. She describes conventional cotton as “one of the most toxic, environmentally disastrous fibers in the

worldgenetically modified and absolutely saturated with chemicals that remain in the fibers that get wrapped around and absorbed by the bodies of your children and you.”²⁵ The clothing industry concedes that those chemicals—pesticides, chlorine bleach, solvents, perfluorinated chemicals and ammonia—“remain in the cotton fibers for an indeterminate period of time.”²⁸

From an environmental standpoint, conventional cotton is “the world’s ‘dirtiest’ crop—using more chemical pesticides than any other major crop.”²⁹ As of 2023, 25 percent of all pesticides—pesticides that “tend to be stronger than those used on food crops”—went to conventional cotton crops, even though cotton occupies only 3 percent of global farmland.²⁸

One solution is organic cotton, which uses no pesticides and requires just 10 percent of the water used to grow “thirsty” conventional cotton.²⁸ However, while organic cotton production increased by 31 percent from 2018 to 2019,³⁰ it still accounts for just 1 percent of global cotton production. Organic Pima cotton—the “softer, stronger, and longer-lasting” type of cotton favored by some organic clothing manufacturers—represents a tiny 0.05 percent of the cotton produced annually.²⁸

What is a consumer interested in non-synthetic fabrics to do? The biotech industry is hoping that public disillusionment with artificial materials and concerns about fast fashion’s destructive environmental impact will drive customers toward nanocellulose clothing cre-

WHAT ABOUT HEMP?

Like linen and wool, hemp fabric dates back to ancient times (by some estimates, as early as 8,000 BC), but textile watchers say that it is ready to make a serious comeback. Many consider hemp ideal for clothing because it is lightweight, breathable, biodegradable and softens with washing, yet it is also strong and extremely durable—two to three times more durable than cotton. Moreover, hemp is not just for textiles—its properties also make it highly suitable for rope, paper, canvas and more.

To make hemp fabric, hemp stalks are harvested and bundled; in a process called “retting,” the bundled stalks are left in the field for four to six weeks, letting bacteria and moisture separate the inner layer (the stem) from the outer layer (the fibers). Next, the retted stalks must be smashed to further separate the fibers, which then are combed (this is called “scutching”). After the fibers are carded to draw them into strands, they are ready for spinning and weaving.

Growing hemp organically can be genuinely sustainable. Because it is fast and grows densely, it does fine without herbicides, nor are pesticides necessary (the plant does not appeal to most pests). At the same time, the hemp plant encourages biodiversity and makes a good rotation crop, attracting pollinators. In addition, its deep root system lessens water loss and erosion. However, buyer beware—the same is not true for non-organic hemp, which can be just as reliant on industrial fertilizers as any other conventionally grown crop. Moreover, when it comes time to turn hemp into fabric, many companies are taking shortcuts and using toxic chemicals that differ little from those used in “dirty” cotton. For hemp as well as other natural fabrics, it pays to investigate the chain from seed to fabric to clothing. Make sure that what you are purchasing is the real deal rather than the clever result of greenwashing.

ated with synthetic biology, but startups in this space acknowledge that it may be a tough sell.³¹ Moreover, “[a]lthough the commercial exploitation of nanocellulose has already commenced, little is known as to [its] potential biological impact.”³² Nanotoxicology researchers admit that “human health studies remain scarce,” with “significant uncertainties remaining” and some evidence that bioengineered nanocellulose materials pose pulmonary risks.³³

Couture recommends a return to the basics of wool, linen and silk, with linen being at the top of her list. When cultivated in cooler, temperate European climates (such as in northern France, Belgium and the Netherlands), flax “grows well without synthetic fertilizers, pesticides, or irrigation.”³⁴ For the wearer, linen is “light and breathable” in the summer and also works as an inner layer in wintertime.²⁵

Historical accounts describe linen as a “sacred” fabric, with “a unique crystalline structure” that provides a “purity and high frequency believed to protect and uplift the wearer, enhancing spiritual clarity.”³⁵ Other special properties of linen include the fact that it is hypoallergenic, antibacterial, radiation-resistant and retains moisture without feeling damp.³⁵ Couture recommends avoiding Chinese linen and sticking with European linen that comes with Oeko-Tex certification (also available for organic cotton), which means that the textile has been tested against over one thousand harmful substances and is certified to be “harmless to human health.”³⁶ Others agree that Chinese linen may be more likely to be of

inferior quality.³⁷

Couture also has interesting comments to share about the “intangible” qualities of linen and other natural fabrics as opposed to the “hollow, lifeless, disregarding” feeling of “cheap products meant to meet the demand of mass consumption.” She writes:

“There is an energy that all things carry, a message we can’t hear or see, but is delivered all the same. When our bodies are wrapped in the energy of life’s creation, there is resonance. Harmony. When we encase ourselves in manmade extractions made as quickly and cheaply as possible, the messages create static. [W]hen we are in environments, and that most certainly includes what’s closest to our skin, made of natural materials, we feel calm and enveloped.”²⁵

As it happens, a few researchers willing to swim against the tide of mainstream science—figures like Dr. Royal Raymond Rife, Bruce Tainio and Dr. Heidi Yellen—developed or used devices to measure the bio-frequency or vibrational energy of the human body and different substances, and their findings have been extended to fabrics (see Table 1).³⁸ This work suggests that “certain frequencies could disrupt the balance of the body, while others could enhance it.” From an energetic perspective, linen and wool have the highest vibrational frequency (5,000 MHz), facilitating physical comfort, temperature regulation, emotional and mental well-being and “energetic harmony,” whereas synthetics like polyester and rayon vibrate at or

From an energetic perspective, linen and wool have the highest vibrational frequency.

TABLE 1. Fabric frequencies

TYPE OF FABRIC	VIBRATIONAL FREQUENCY (MHz)
Linen	5,000
Wool	5,000
Organic cotton	100
Conventional cotton	40
Rayon	15
Silk*	10
Synthetic fibers (polyester, nylon, acrylic, spandex, viscose, etc.)	0-10

*The low score for silk apparently refers to chemically treated silk, with some suggesting that unprocessed silk may vibrate at the same frequency as linen and wool.⁴⁰

below 15 MHz, creating “a sense of stagnation or heaviness.”³⁹

Couture has a ready answer for those who object to the higher pricetag of natural and organically grown garments: Buy less! She says, “We don’t need 50 shirts, we need a couple so we can take all those dollars and streamline them into a few, well made, timeless items we won’t need to throw away.” This approach, she adds, is not only pocketbook-sustainable but “fun” and “liberating”: “The sustainable benefit of this approach is obvious, building a wardrobe of what we love, clothing made with care of quality materials, means we don’t have to keep buying like slaves in a turn-style.”²⁵

If one adopts a big-picture perspective, fast fashion and related mass production represent mere blips—and perhaps aberrations—in a human history timeline in which textiles have often woven “stories of cultural richness and craftsmanship.”⁴¹ As people become more aware of the tradeoffs of fake fabrics, traditional fabrics look poised to experience a renaissance. Those who are optimistic about the renewed interest in traditional textiles suggest that values of “cultural preservation, sustainability, and ethical fashion” are motivating consumers to value “quality over quantity, favoring garments that stand the test of time both in style and environmental impact.”⁴¹ Each of us can make choices that support these favorable trends. 

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Homeopathy Journal

HOMEOPATHY FOR ACUTE CARE: TEN REMEDIES THAT EVERYONE CAN USE AT HOME

By Desirée Brazelton of the National Center for Homeopathy

Disclaimer: The information shared by Desirée Brazelton on behalf of the National Center for Homeopathy is not intended to replace the attention of a medical professional.

Many parents, often mothers, discover homeopathy when they start looking into natural medicine as a way to support their children's health and healing. That was the case for me. I was overmedicated as a child (my parents didn't know any better in the 1970s and 1980s), and I wanted something different for my daughters. Fortunately, homeopathy literally fell in my lap, and I quickly decided that this was something that I not only wanted for my family but wanted to do professionally.

I have found that people have varying experiences with and degrees of understanding of homeopathy. In this article, I'm going to provide an overview of homeopathy and then introduce ten homeopathic remedies that all parents should have in their at-home toolkit. I will describe some indications for knowing when to use the remedies, giving examples of how I have used them so that you get a sense of what they can do. Hopefully, this will give you more confidence in using homeopathic remedies at home.

A COMPLETE SYSTEM

Homeopathy is a complete system of medicine, created in 1835 by German physician Samuel Hahnemann. Homeopathy is holistic in the sense that homeopaths pay attention to the person's mental, emotional and physical state, taking the whole person into consideration at a given moment in time. In practice, homeopathy is fairly simple. After considering a person's individual picture, a good homeopath will give him or her a well-indicated homeopathic remedy intended to stimulate the body's own healing response.

Homeopathic remedies are created in a

special way, which allows us to use the healing energy of a substance without any negative side effects. This is true even for poisonous substances that, if taken in a material dose, would kill or cause incredible suffering. Remedies are prepared by diluting and "succussing" (shaking) them; depending on the homeopathic potency, that process may be repeated hundreds or even thousands of times. What remains is the energetic essence of the original substance, which is why remedies prepared from poisons are completely safe.

I like the way one of my colleagues describes homeopathy as being more similar to physics than to chemistry. Humans are energetic beings, and homeopathy is energetic medicine. Think about the last time you got angry: Did your emotions produce a physiological response? That illustrates the interaction between our energy body—our vital force—and our physical body. Homeopathy "tunes" the vital force within us so that our physical body can be well.

Let me briefly comment on what homeopathy is not. After I tell someone that I'm a homeopath, I've often had people proceed to tell me all about the essential oils they have in their medicine cabinet. Essential oils—as well as things like supplements, herbs, dietary recommendations, meditation and mindfulness—can be supportive, but they're not homeopathy! Those other modalities tend to work more on a chemical level, changing something in the body's chemistry. Homeopathy works on an energetic level.

The good news is that it's not one or the other—you can use homeopathy in addition to anything else that you're doing, including taking pharmaceutical medications. I start with where someone is at—I don't want to take away the supports that their body may currently need. Instead, my goal is to give them a remedy that

Homeopathy "tunes" the vital force within us so that our physical body can be well.

If an acute illness keeps coming back around, it should be viewed as more of a chronic situation.

helps stimulate their body's own healing response, and then, as they become stronger, we can assess whether they still need those other supports to the same extent or perhaps at all. I have worked with wonderful practitioners of other healing modalities for my own health, but in my personal experience and in my experience with clients, it is homeopathy that offers the deepest healing. In terms of overall wellness, I have not experienced or witnessed any other modality capable of providing such profound healing.

Years ago, I worked with a boy whose parents had tried just about everything to heal his excruciatingly painful head-to-toe eczema. He would rest during the day and then be up all night long, screaming and crying in pain, with his skin sloughing off and pus coming out. I was their last resort. Over the course of about six months, I gave him three or four different remedies, and by the time school came around that year, his skin was clear. That is the power of homeopathy. The parents had literally tried everything, but the homeopathic remedies stimulated something deep inside of him that allowed for complete healing.

I often work with children who are in the throes of an acute illnesses. Not infrequently, the families have waited a bit too long before contacting me and, again, they turn to homeopathy as a last resort. By the time they call, their child can barely breathe or has croup or a suffocating cough—and the anxious parents are just about ready to go to the emergency room. After I take the case and understand the symptoms, I will recommend a remedy, but because I know that waiting for a remedy to kick in can be stressful for the parents, I don't dissuade them from going to the ER if they think they should. In many of these situations, the parents give their child the homeopathic remedy on the way to the hospital, and by the time they arrive in the parking lot, their child has stopped coughing and has fallen asleep. So, they turn around and go home!

One day the mother of a boy I had worked with for sometime called me and said that her son had a horrible stomach ache; it had been going on for a few days, and he was doubled over in pain and debilitated. After finding out what remedies she had immediately on hand,

I recommended a remedy and then didn't hear back from her. When I saw her months later, she said, "By the way, I wanted to tell you that when I put those pellets on my son's tongue, his stomach ache instantly went away." There are no promises that this will always happen, but often in these types of acute situations, homeopathy can make a difference very quickly.

ACUTE VERSUS CONSTITUTIONAL CARE

As these stories should make apparent, homeopathy can be used for both acute care and chronic conditions. The latter form of care is called constitutional care, and it considers the whole person—the mental and emotional layers as well as the physical body. In this article, I am focusing on acute conditions that you can treat at home.

An easy way to distinguish between acute and chronic is to think of acute illness as something that has a beginning, middle and end, whereas chronic conditions go on and on. However, if an acute illness keeps coming back, it should be viewed as more of a chronic situation. For example, someone might ask me for help with a sinus infection. If they say, "It happens every two months" or "I've been stuffed up like this for eight months straight" or "I've had sinus issues my entire life," then we are clearly looking at a chronic situation. In that case, the person needs constitutional care, and we will need two hours—not twenty or thirty minutes—to properly take the case and understand what is going on.

Another common example of acute versus chronic scenarios are childhood ear infections. As a parent, if your child has a one-time ear infection, you might be able to get a book on homeopathy and figure out how to treat it, but if your child is getting an ear infection every three months, I would recommend seeking out a homeopath. A good homeopath will take a 360-degree view, taking a history that looks at the pregnancy, experiences during infancy and even factors such as adoption, in order to figure out what needs to be healed and how to end the recurrent pattern of ear infections.

In homeopathy, we don't have "first aid remedies" and "acute remedies" and "constitutional remedies"—we just have remedies, and we use

them in varying situations. As a practitioner, I have around eight thousand remedies to choose from, and I am also part of a team of people who are creating or testing new remedies. But for home use, my goal is for you to feel confident in using ten specific remedies, each of which can be taken in a wide variety of situations. Whatever remedy you choose, it is either going to work or it's not, but because there are no side effects, it is worth a try. If a particular remedy does not do what you want it to do, you can always revert to caring for your loved one in whatever other ways you are accustomed to.

By the way, homeopathic remedies basically last forever. In the U.S., the FDA regulates homeopathic remedies and requires an expiration date, but they don't actually expire. I bought a remedy from one of the original homeopathic pharmacies in a French antique store; it was from 1905, but it's still completely viable.

ARNICA MONTANA

I think of Arnica montana as the homeopathic “gateway drug” (though it is not a drug), or, perhaps more aptly, the “light bearer” for homeopathy. Arnica has become a very well-known remedy for injuries, bruises, sore muscles, other types of physical trauma (such as injuries from car accidents) and surgery. I have also used it for jet leg. Think of all the stressful aspects of air travel—packing, feeling tense about the flight, getting dehydrated, sitting in a tight space for hours—it's no wonder that we often can't sleep afterwards. Arnica in a 30C or 200C potency can help the body to relax.

People for whom Arnica is a good fit will often say “I'm fine,” even when they are not. Many years ago, my husband was hit by a car while riding his bicycle. A bystander came over and asked, “Are you okay?” He clearly was not okay—he had a severe concussion and a compound fracture with bones sticking out of his arm—but he answered, “Yeah, I'm fine.” That is an indication that Arnica may be appropriate.

Arnica can also be indicated if someone is worse from touch or pressure. This makes sense, because if you're saying, “I'm fine” when you are not, you typically don't want anyone to touch you. Or think about what your body does when

you have an injury such as a sprained ankle—it swells and immobilizes that area. Your body is saying that in that moment, it doesn't want to be touched or moved.

As an example of how I have used Arnica in constitutional care, I have a patient who has congestive heart failure. Arnica is her constitutional remedy because her way of being in the world is to be tense; she is always bracing for the next thing, waiting for the next shoe to drop. As a result, she tightens up energetically and sometimes physically and emotionally, and this has affected her heart. When she has chest pain, she takes a really high potency of Arnica, and it calms down. That is a situation ripe for Arnica.

APIS MELLIFICA

Apis mellifica is made from honey bees, and it is a great remedy for bee and other insect stings and any kind of intense stinging and burning pain. Apis is indicated if the affected area is hot, red and swollen, and gets better from cold applications—that is, it feels soothing to apply something cold.

Even if the person hasn't been stung by a bee or other insect, Apis is the remedy to try first if he describes the sensation of a bee sting. Apis is also one of our “go-to” remedies for sudden-onset anaphylactic or histamine reactions and hives. In those situations, most practitioners would probably recommend it in at least a 200C potency or possibly even a higher 1M or 10M potency in severe cases of anaphylaxis.

ARSENICUM ALBUM

Arsenicum album is another really well-known remedy. Made from arsenic, it is one of the remedies that is derived from a poison but offers healing in homeopathic form. For home use, it is a good remedy to consider for food poisoning, where the person is experiencing vomiting and watery diarrhea. If no diarrhea or gastrointestinal issue is present, then you would probably want to choose a different remedy.

One of the keynotes for Arsenicum is extraordinary restlessness. No matter what the illness, the person cannot be still. Even if they're in bed with the flu or some other acute illness, they're perhaps moving their foot or tossing and turning in bed. They have an internal feeling of restlessness.

Burning is another hallmark sensation for Arsenicum—for when everything burns. The burning sensation might be felt with a runny nose, cough or sore throat, or the person might feel burning in their rectum when passing stool. (If someone simply has a runny nose that won't stop running, but without the burning sensation, I would probably recommend Allium cepa instead.)

Another key indication pointing to Arsenicum is fear, and notably, fear (even if irrational) of impending illness. For that reason, it was a really popular remedy during the pandemic. I worked with a lot of people who were very afraid and were tapping into the collective fear of that time. One woman contacted me who had some nondescript symptoms. I hadn't worked with her before and didn't know her constitution, but as I asked more questions and I learned that her husband was a trucker. He

was about to come home, and she had exhausted herself because she was afraid that he was going to get sick when he got home. She was cleaning the house and disinfecting everything, and she planned to quarantine herself in her bedroom upon his arrival. This is the *Arsenicum* picture. Often, there are compulsive or perfectionistic tendencies that support the fear.

BELLADONNA

Homeopathic Belladonna derives from the deadly nightshade plant (*Atropa bella-donna*). As a side note, there is a Poison Garden in Northumberland in the UK where all of the plants are poisonous, added to the larger Alnwick Garden in 2005 by the Duchess of Northumberland to educate schoolchildren about dangerous plant compounds. The garden, accessible only by guided tour, houses a deadly nightshade relative called *Hyoscyamus niger* (“black henbane” or “stinking nightshade”) and provides a fainting bench for people who get overwhelmed by the plant’s odor!

Keynotes for homeopathic Belladonna include high fever, a red face and dilated pupils or glassy eyes. A classic Belladonna fever may be as high as 104°F or 105°F. Children in this state may look like they are in an alternate universe and may even hallucinate. They have dry skin—they are not sweaty—and often describe the pain as “throbbing” or “pulsating.” If a child says, “Mama, I can feel my heart beating in my legs,” that is a Belladonna symptom.

When my middle daughter was a few months old, around 5:00 pm she started becoming lethargic. I knew something was not right. I was newly enrolled in homeopathy school and still quite inexperienced, so I took her to the ER. As soon as I learned that she had an ear infection, I treated her homeopathically on our way out of the hospital, declining any medications. It was a quintessential Belladonna ear infection—right-sided, with a fever that came on quickly, and onset between 4:00 pm and 7:00 pm. If you administer Belladonna right away, your child could be well—or on their way—by bedtime!

BRYONIA ALBA

Bryonia alba is useful for sprains or headaches. The top indication for *Bryonia* is that the symptom is worse from motion. The person may have sharp stitching pains and will feel better from heat and pressure. With a *Bryonia* headache, the person might say, “My head hurts right here, and if I just press it, it feels better,” or they may feel better if they wear a tight hat or head wrap. I also regularly use this remedy for flu-like illness, where the symptoms include body aches and headache so intense that the smallest movement hurts. The sensitivity to movement means that even if someone just moves his big toe or eyes, the whole body hurts. He may not even want to open his eyes, because the mere movement of the eyes makes the head hurt.

Another giveaway for *Bryonia* is if the person’s primary concern is that he is missing work. I don’t always need to see this mental picture when I give this remedy, but it is a dead giveaway. The mental and emotional picture of this remedy is, “I have to keep producing.” If I ask, “What is the worst thing about your situation?” the person’s answer might be,

“I’m missing a big presentation” or “I can’t see my clients” or, if it’s a student in school, “I’m missing my exams.”

CANTHARIS VESICATORIA

A somewhat more obscure remedy is *Cantharis vesicatoria*. It is for burns with fluid-filled blisters that are better from cold applications. Whether it is a kitchen burn or a sunburn, there is a burning and itching sensation, and the skin is bright red.

Here is an example of how one might use both *Cantharis* and *Belladonna*. My daughter went on exchange for a year in Brazil, and for Christmas she spent the day at the beach with her best friend, a pale blonde from Holland. Afterwards, I got a frantic message from my daughter, asking, “Mama, what do we do for a really bad sunburn?” because her friend was in a bad way. We started with *Belladonna*, because her friend was dehydrated and lethargic, with dry, red skin. The next day, we switched over to *Cantharis*, because by then the skin had started to blister and had pustules. This illustrates the fact that sometimes, as symptoms progress, you may need to give a different remedy.

RHUS TOXICODENDRON

Like *Cantharis*, *Rhus toxicodendron* is a remedy for rashes and fluid-filled pustules. *Rhus tox* is made from the poison ivy plant and works very well for rashes that are similar to poison ivy (“homeopathy” means “similar suffering”). If you are treating actual poison ivy, I would say that it works about 50 percent of the time. The other remedy for poison ivy that I have success with is *Anacardium orientale*, which is in the cashew family.

Rhus tox is also useful for sprains, strains, sports injuries or soreness. Unlike *Bryonia*, the condition is better from continued movement. When you first get up, you feel stiff, but if you move and get things flowing, you feel better.

HYPERICUM PERFORATUM

Hypericum perforatum is a good remedy for nerve pain, sharp or shooting pain, numbness and tingling, often used in whiplash and dental care. One time, one of my young daughters cut her finger, and I had to take her to the

emergency room for stitches. As we sat there for several hours, I was alternately dosing her with Hypericum and Arnica. At some point, she said, “Mama, my finger doesn’t hurt anymore. Can we go home?” Unfortunately, we still had to get her finger stitched up, but Hypericum had taken care of the pain. Hypericum also works well when someone is having the kind of dental work that produces shooting pain in the head, jaw or neck.

LEDUM PALUSTRE

Ledum palustre is a remedy suited for puncture wounds, stings or tick bites. Unlike Apis-type stings, which are hot, Ledum wounds are cold to the touch. Oddly enough, however, they are better from cold applications and worse from heat. Ledum is the go-to remedy if someone steps on a nail. I love to hike and backpack in Minnesota, so I keep Ledum in my bag, and it would be the first thing I would turn to for a tick bite, puncture wound or other accident.

NUX VOMICA

Nux vomica is a great remedy for overindulgence—symptoms that result from eating or drinking too much, such as nausea, cramping, belching or ineffectual vomiting. You feel like you want to vomit, but you wait and nothing happens. It is the feeling of, “I would feel so much better if I could just throw up or belch or pass a stool, but I can’t.” Both Nux vomica and another remedy called Carbo vegetabilis are good for constipation, especially constipation related to travel.

POTENCIES AND DOSING

People often have questions about which homeopathic potency to use. In homeopathy, “potency” refers to the depth and intensity of a remedy, which derive from the dilution and succussion process. The number (for example, “6” or “30” or “200”) indicates the number of times the substance has been diluted, and the letter (for example “X” or “C” or “M”) indicates in what ratio the dilution has been prepared.

Remedies in the 6X potency (six rounds of 1:10 dilution followed by succussion) are called “cell salts” or “tissue salts.” Cell salts are homeopathic remedies formulated to restore min-

eral balance at the cellular level and stimulate the body’s natural healing process. There are twelve primary cell salts: three calcium cell salts (Calcarea fluorica, Calcarea phosphorica and Calcarea sulphurica), three potassium cell salts (Kali muriaticum, Kali phosphoricum and Kali sulphuricum), three sodium cell salts (Natrums muriaticum, Natrum phosphoricum and Natrum sulphuricum), and iron (Ferrum phosphoricum), magnesium (Magnesia phosphorica) and silicic acid (Silicea) cell salts.

Cell salts can be great for tooth remineralization. I also use a twelve-in-one cell salt remedy called Bioplasma when I travel if I feel like I’m coming down with something but I don’t have any distinct symptoms. I should note that other than Bioplasma, I don’t use or recommend homeopathic combination remedies, because there is no way to determine what’s helping or not helping.

The 6X remedies are different on the potency scale from remedies in the 6C potency. A 6C (six rounds of dilution and succussion at a 1:99 ratio) is best for long-term processes. I will use these in conjunction with constitutional remedies for organ, lymph or hormone support.

The 30C potency (thirty rounds of dilution and succussion at a 1:99 ratio) is the “gold standard” for the first-aid situations that I’ve just described—the conditions that you are going to treat yourself at home. For certain remedies like Arnica and Belladonna, I would also make sure to have 200C potencies on hand, but beyond those two remedies, keeping it at a 30C level for home use is fine. (Belladonna is an intense remedy used to treat intense fevers, so we often use it in the higher 200C potency.)

Another common question is, how often should a remedy be taken? In the acute situations that I am describing, the answer is, it depends. With something like a bone break where the person is in extreme pain, you might initially give Arnica every fifteen minutes. In the example I gave of my husband’s bicycle accident, if I had been there, I would have been dosing him every five to fifteen minutes for his pain. You want to pay attention to your symptoms and slow the dosing down as you are recovering. If someone is experiencing something that is really debilitating, I might dose them every two hours, and

The 30C potency is the “gold standard” for first-aid situations—the conditions that you are going to treat yourself at home.

People often ask how they should take homeopathic remedies. Importantly, you don't want to touch the pellets.

if a person is sick in bed, perhaps four times a day. And if you're going about your regular life but you have a nagging condition like a sinus infection, then it might be once a day. I often tell people, if a remedy is helping, keep doing it; if it doesn't help, then stop.

In the higher potencies, Dr. Samuel Hahnemann recommended that people not take the same potency multiple times, because doing so can sometimes elicit "proving" symptoms—symptoms common to the individuals that need that remedy. (In general, proving symptoms quickly resolve if one discontinues the remedy.) The dosing I am referring to here is for acute situations where you are giving a remedy over a succinct amount of time. You would not want to keep taking a 30C potency long-term. However, for slow processes like bone healing, you could safely take a 6C potency for months. As a trained homeopath, I may give a patient remedies in the LM (Q) potency (fiftieth millesimal), but in those cases, we modify the potency slightly each day so that it continues to gain energy or potency as the patient is healing.

For something like migraines, which are an expression of deeper illness, Bryonia could be the indicated remedy but might not help in a 30C potency. A 200C or higher potency might be needed, and it might take time, even years, to fully resolve the migraines. If someone has had migraine headaches for a long period of time, we would first watch for other changes, such as less frequent headaches.

People often ask how they should take homeopathic remedies. Importantly, you don't want to touch the pellets. You can pour them into the cap of the container and simply dump them under your tongue. The remedy is actually coated on the outside of the small sugar pellets, so you don't want that to come in contact with your hand—you want it to come in contact with your mucous membranes under the tongue.

As for how many homeopathic pellets to take, the frequency of dosing is more important than the number of pellets. For the biggest pellets, two to five is fine. With the smaller pellets, it might be five to eight or even up to fifteen. You want to take enough pellets so that your mucous membranes have an experience with that remedy.

AND SO MUCH MORE

I am on the board of the National Center for Homeopathy (NCH), which has a first-aid guide that goes over everything in this article and more. NCH also publishes a wonderful *Homeopathy Today* magazine offering articles about everything from treating kids to animals.

At the Prometheus Homeopathic Institute, which I co-founded in 2021, we offer kits that include the remedies described in this article as well as other remedies described in the NCH's first-aid guide. We also offer various training courses, including our "Acute IQ: Mastery in Homeopathic Acute Care" course, a once-a-month, twelve-session course that will help you hone your acute-care skills and build your confidence in using homeopathy in your home. We also have a low-cost, virtual "Magni-PHI" clinic for those who are seeking constitutional care. Students take the cases, overseen by our faculty.

In my homeopathic practice, I specialize in cancer care. But when people ask me what else homeopathy can help with, I have a simple answer: everything! 

Desirée Brazelton is a Minneapolis-based classically trained homeopath who has a passion for deep, meaningful and sustained healing through homeopathy. With a specific interest in cancer care, she is pursuing her certification in cancer coaching through the Simonton Institute. In 2021, she cofounded the Prometheus Homeopathic Institute, a revolutionary hybrid training program for homeopathic practitioners. In her role as CEO, she leads the Institute in development and growth. She is a board member of the National Center for Homeopathy and also serves on the board of the Fifth Force Foundation, an organization that works to support homeopathic outreach programs, both at home and abroad.

The Wise Traditions Pantry

THE OATMEAL THAT HOLDS US TOGETHER: ANCIENT WISDOM FOR MODERN MORNINGS

By Cristina MacArthur

A Scottish proverb tells us that “Wisdom is in the morning porridge.” Before breakfast came in boxes or bars, it came from a pot on the stove. Oatmeal was once the quiet workhorse of the morning, the meal that carried farmers through fields, children through lessons and families through long winters. It was never instant or fat-free. Each steaming bowl was finished with butter, cream or milk, because people knew what modern labels have made us forget: nourishment is not about calories, it is about endurance.

Oats used to sustain life. In the Scottish Highlands, where wheat and barley often failed, oats thrived in thin, rocky soil. Their resilience made them a lifeline, a poor man’s grain that kept families alive when other crops could not. In small cottages, porridge simmered over peat fires, filling the home with the scent of cream and smoke. The stirring itself was ritual: always clockwise, never counterclockwise, for luck and blessing in the day ahead. When cooled, leftover porridge was poured into tins, sliced, and packed for travel—an early form of meal prep, no mason jars required.

In Gaelic folklore, oatmeal was not just sustenance; it was protection. A bowl in the morning was said to guard against melancholy and chill, strengthening body and spirit before one went out to face the cold. Centuries later, we would learn why: oats contain avenanthramides, rare antioxidants that soothe inflammation and calm the nervous system, what folklore once called “the warming of the heart.”

WHY OATMEAL NEEDS FAT

Butter once symbolized vitality and abundance, yet it became a casualty of modern “health” campaigns. In its place came skim milk, margarine and refined seed oils engineered for long shelf life, not long human life. The result was meals that filled the stomach

while quietly inflaming the body, robbing energy and resilience over time.

Our great-grandparents knew better. They stirred butter into porridge without guilt or confusion. Fats were sacred—nature’s way of transforming a simple meal into lasting nourishment. Modern research now echoes what tradition never forgot: the vitamins and fatty acids in butter and cream stabilize hormones, improve mood and help the brain produce serotonin, the “happiness molecule.” A buttered bowl of oatmeal is not indulgence; it is emotional steadiness disguised as breakfast.

Oatmeal is wholesome but incomplete on its own. Without fat, it digests quickly and leaves us hungry again by midmorning. When oats meet butter, cream or whole milk, chemistry comes into harmony. The fat slows digestion, stabilizes blood sugar and extends energy. It also helps the body absorb vitamins A, D, E, and K₂, the nutrients that support mood, hormones and immunity. Traditional cooks did not know these mechanisms; they simply knew it worked.

In oatmeal, whole milk and cream are not just liquid—they are vehicles of nourishment. Raw milk and cream are unparalleled. They deliver enzymes, probiotics and bioavailable vitamins as nature intended. A splash of cream or a knob of raw butter turns ordinary oats into a rich, balanced meal, the way our ancestors enjoyed them. A spoonful of butter adds richness and balance that no “light spread” can replicate. Grass-fed butter, deep yellow from pastured cream, is especially rich in vitamins A, D, E and K₂. For those sensitive to dairy solids, ghee is a gentle, lactose-free alternative prized for its digestive calm.

Here is a Wise Traditions tip: off the heat, whisk one to two pastured egg yolks into hot porridge for extra choline, vitamin A and a silky texture.

Oatmeal was once the quiet workhorse of the morning, the meal that carried farmers through fields, children through lessons and families through long winters.

THE ROLE OF SWEETNESS AND SALT

Traditional sweeteners like raw honey or maple syrup bring vitality and minerals, not the crash of refined sugar. Raw honey offers enzymes and friendly bacteria. Maple syrup comes with minerals like manganese and zinc. Together they represent the two halves of the ecosystem: honey from blossoms and bees, maple from bark and sap.

Real, unrefined sea salt like Celtic or Baja Gold offers trace minerals that support hydration and nerve balance. Its use was once sacred—preserving food, blessing homes and symbolizing connection.

Science meets symbolism here, too. Minerals like magnesium and sodium are key for nerve transmission and emotional regulation. The morning bowl of porridge does not just feed the body, it tunes the circuitry.

THE BEAUTY OF LOCAL LIVING

If you can, sweeten your oats with local, raw honey from a beekeeper near you. Local honey carries traces of pollen from your region, acting like a gentle microdose that helps the body adapt to seasonal allergens. Over time, it can ease sensitivities to the very blooms that make you sneeze in the spring. Unlike commercial honey, which is often filtered, heated or blended from multiple sources, local raw honey preserves enzymes, probiotics and antioxidants that support immune resilience and respiratory health. It is also a quiet act of environmental stewardship: every spoonful supports bees, pollination and the farms that feed your community.

Avoid heating honey. Raw honey is alive, and high heat destroys its delicate enzymes, pollen, probiotics and antimicrobial compounds. Heating honey beyond body temperature changes its beneficial structure and diminishes its healing power. Ayurveda considers heated honey toxic to the system, creating *ama*—sticky residue that slows digestion. Drizzle the raw honey on warm oatmeal after serving, never while cooking. That is when its sweetness becomes medicine and not just flavor.

Just as local honey reflects the song of the flowers, local maple syrup carries the voice of the trees. The sap that becomes syrup rises from the roots each spring, drawing trace minerals from the very soil you walk on. When you put maple syrup on your oats, you are tasting the minerals of your region—the forest’s heartbeat made sweet. Whereas honey teaches the immune system to adapt, maple syrup nourishes the bones, blood and nerves with its quiet mineral power.

The same admonition about local goes for the oats, butter and milk. Local food carries the imprint of your own soil and season. It is fresher, more mineral-rich and energetically in tune with the land that sustains you. By eating this way, you join the natural rhythm of your community, strengthening your health and the invisible web between people, animals and place. With that said, if you can only obtain one thing locally, let it be the honey. Bees travel where we cannot, gathering the medicine of the land into something golden and sweet enough to heal.

ACID AND THE GENIUS OF SOAKING

Sweet and salty foods dominate modern diets, but the old ways always included sour. In every traditional diet, a touch of sour was a sign that food had come alive. Before refrigeration and food labels, people relied on fermentation and natural acids to make meals safer, tastier and easier to digest. That bright tang from lemon, kefir, vinegar or yogurt meant that the food had been transformed and made more nourishing through time and friendly bacteria. A little acid in your day—lemon in the morning, kefir or vinegar with lunch, yogurt at night—keeps the body’s chemistry alive and digestion humming, just as nature intended (see sidebar).

Our ancestors noticed that soaking oats overnight in warm water with a spoonful of yogurt, whey or apple cider vinegar made them creamier and

A LITTLE ACID EACH DAY

LEMON: A squeeze of lemon in warm water or over porridge gently wakes the liver and digestion. It helps the body absorb minerals, provides vitamin C and supports healthy bile flow. Simple as it is, lemon water in the morning has long been one of the best ways to “turn on” the body’s natural cleansing system.

APPLE CIDER VINEGAR: Raw apple cider vinegar, with its cloudy mother, is one of the oldest digestive tonics in the world. Hippocrates, the father of medicine himself, used vinegar mixed with honey as a healing elixir for strength and vitality. A teaspoon in a little water before meals steadies blood sugar, aids mineral absorption and sharpens digestion.

KEFIR, KING OF PROBIOTICS: Among all cultured foods, kefir reigns supreme. Its tartness comes from a powerful community of more than thirty strains of beneficial bacteria and yeasts, far more than yogurt or any capsule on a shelf. These living organisms strengthen the gut lining, calm inflammation and build natural immunity from the inside out. Even half a cup of raw milk kefir a day is enough to reseed your internal garden and keep it flourishing.

YOGURT: If kefir is the lively spark, yogurt is the calm and steady flame. Its gentle acidity cools and soothes the system, helping to digest proteins and fats while delivering beneficial bacteria to the gut. For the most nourishment, always choose whole-milk, live-culture yogurt.

easier to digest. Modern science later confirmed this wisdom: soaking activates enzymes and reduces phytic acid, improving mineral absorption and nutrient availability. Oats, like most grains, contain enzyme inhibitors and small amounts of oxalic acid—natural compounds that protect the seed but can block mineral absorption and irritate digestion when consumed unneutralized. The gentle acidity of soaking helps break down these defenses, transforming the grain from dormant to digestible, from survival food to true nourishment.

Before soaking or simmering, many traditional cooks began with a small but powerful ritual, toasting the oats in butter or ghee. Just a few minutes over gentle heat releases their natural aroma, deepens flavor and starts to neutralize enzyme inhibitors. Toasting enhances digestibility and unlocks antioxidants like avenanthramides, the same compounds that calm inflammation and soothe the skin. Think of it as the grain's morning stretch, a gentle awakening before the soft simmer to come.

EMOTIONAL ALCHEMY

Beyond nutrients, oatmeal carries a quiet psychology. The smell of warm oats releases oxytocin, the same hormone released during hugging or nursing, calming the body and softening the mood of an entire household. For centuries, mothers have served oatmeal not just to fill bellies, but to steady hearts. Perhaps that is why in ancient herbal medicine, oats were prescribed not only as food but as medicine for the nerves. A cup of oatstraw tea or a bowl of oats was believed to “cheer the sad

and restore the weary.” Today, we know that B vitamins, magnesium and avenin compounds in oats genuinely nourish the nervous system. Food and mood, it turns out, are never separate.

Real food is often simpler and more affordable than its packaged replacements. A bag of oats, a stick of butter and a quart of milk can feed a family for days. Meals like this steady blood sugar, reduce cravings and create calm.

When we eat in rhythm with nature, we reclaim balance. Replacing synthetic spreads with butter, refined sugar with honey and table salt with mineral salt restores not only flavor but connection—to the earth, to tradition and to one another. And if you ever doubt whether a humble bowl of oatmeal can change your day, remember this: food that steadies the body steadies the mind. 

Cristina MacArthur is a writer, mother and holistic homemaker in upstate New York. A forever student of ancestral wisdom and natural living, she celebrates the simple rituals that keep a home and a heart alive.

MAPLE CINNAMON BUTTERED PECAN OATMEAL (serves 2-3)

Ingredients:

- 4 tablespoons butter, preferably grass-fed
- 1/2 cup chopped pecans
- 1 teaspoon ground cinnamon
- 2 teaspoons pure maple syrup, to taste
- 1 teaspoon local raw honey (for drizzling, not cooking)
- 2 cups filtered water
- 1 cup soaked oats (prepared as described below)
- 1/2 teaspoon of sea salt
- 1/2 cup cream
- more maple syrup or reserved pecans for topping

To prepare the oats (traditional method):

Spread 1 cup rolled oats on a baking sheet and toast at 350°F until lightly golden and fragrant. Process the toasted oats to a medium grind in a home grinder or food processor. (The result should be part flour, part small bits.) Place the ground oats in a bowl and add 2 cups warm water plus 2 tablespoons whey, yogurt, kefir or buttermilk. (Those with dairy sensitivities may use 1 tablespoon lemon juice or apple cider vinegar instead.) Soak in a warm place for 7-24 hours. The fine flour particles will rise to the top and may be lifted off carefully with a spoon.

Directions:

1. In a medium saucepan, melt 2 tablespoons butter. Add the soaked oats and gently warm, stirring until aromatic.
2. Pour in water and salt. Bring to a gentle simmer. Cook until creamy, about 8–10 minutes, stirring often.
3. In a small skillet, melt the remaining 2 tablespoons butter. Add pecans and cinnamon, toasting until fragrant and lightly browned, about 2–3 minutes. Stir in maple syrup to glaze, then scoop out a spoonful for topping.
4. Stir the remaining buttered pecans into the oatmeal. Add cream and more cinnamon or maple syrup to taste.
5. Spoon into bowls, top with reserved pecans, a drizzle of maple syrup and finally raw honey (added after serving to preserve its enzymes and healing properties). Finish with a splash of cream if desired.

Wise Traditions Podcast Interview

INTERVIEW WITH DR. ALEXANDRA MUÑOZ

STOP THE BILL THAT LETS PESTICIDE COMPANIES OFF THE HOOK



Hilda Labrada Gore is the host and producer of the Wise Traditions podcast for the Weston A. Price Foundation. Hilda is a certified integrative nutrition health coach who has traveled extensively—to Mongolia, Peru, Ethiopia, Ecuador, Kenya, Australia and many other countries—to continue uncovering ancient health practices. Besides WAPF podcast interviews, she shares information from experts, experiences and epic adventures on her Holistic Hilda YouTube channel, social media platforms and in person as a speaker at conferences and retreats. Hilda has energy to spare in part because she keeps her feet on the ground and her face to the sun.

Note: This interview took place at the end of July 2025.

HILDA LABRADA GORE: Provisions included in federal bills sometimes slip through practically unnoticed, even when they will have a major impact on the American public. This is the case for Provision 453 and the House Appropriations Bill for fiscal year 2026. The provision would, in effect, create a liability shield for pesticide companies, protecting them from lawsuits. This means that if you are made sick by their products, you would have no legal recourse, even though scientific evidence points to harm caused by the products. Molecular toxicologist Dr. Alexandra Muñoz helps us understand what's at stake.

ALEXANDRA MUÑOZ: Farmers have been using pesticides for a long time without a liability shield. The companies that sell them are looking for a legal form of immunity so that they're not liable for any lawsuits for harmful impacts from their products.

HG: Why are they looking for that now?

AM: That's an important question. It's because Bayer, which purchased Monsanto in 2018, is receiving so many lawsuits for cancer caused by Roundup. They're paying out millions to people who have been harmed by this product. Instead of changing the label on their product, they're looking for a liability shield. They're looking for a way out so that they don't have to pay anyone anymore.

HG: What would happen if they just relabeled it?

AM: If they just changed the label and put a cancer warning on it, then they wouldn't be liable for any of these failure-to-warn lawsuits because they would have warned the people. They don't

want to do that because they know that if they put a cancer warning on their product, people are going to be less likely to buy it, and it's going to affect their sales. If you saw something that said, "If you get this on your skin, it could lead to non-Hodgkin's lymphoma," would you buy it?

HG: No. They are lobbying to get this liability and immunity protection in place. Why is this a secret vote?

AM: Some language was slipped into an appropriations bill. In the appropriations committee, an amendment was proposed to remove Section 453, which contains this immunity provision. Instead of doing a roll call vote where we could see how everyone voted on that amendment to remove it, they did a voice vote. We don't know exactly who was opposed to it and who was in support of this amendment to remove it.

HG: Does that mean that politicians don't want it to be known which way they voted?

AM: That's exactly what's going on here. They are realizing that people are very angry about this. They've had moms calling all week saying that they don't want this. Instead of standing up for their own position, they're hiding it so that it doesn't become a voting issue when it comes to the primaries in 2026.

HG: I heard that the vote was evenly split and that the Republicans were for this pesticide liability and immunity.

AM: That's what we're seeing. I've been working on this in Tennessee and North Carolina, where this kind of legislation was proposed earlier in the year. In both states, all of the Democrats initially were opposed to the liability shield, and all of the Republicans were in support of it. It is falling out on partisan lines.

HG: Why would any party support this?

AM: I can't understand it myself, but it seems like they want to protect businesses, and they want to protect farmers. They're hearing from the company itself that has been proposing this legislation that if they don't give them this immunity and liability shield, they're going to go out of business, and that their favorite farming chemicals are not going to be available anymore and they are saying there might even be a global food shortage.

HG: Some farmers have gotten accustomed to using glyphosate with certain crops. If this goes through, maybe they think they will be sunk.

AM: I don't think that's the case because this type of legislation has already failed two years in a row in Iowa, and they're still selling their chemicals there. This legislation isn't trying to ban any chemicals. It's leaving things the way they are. The only risk is that Bayer may decide that it's not worth it for them to sell these chemicals here because of all the lawsuits that they're facing financially. Here's the catch. Glyphosate isn't patented. There are other companies selling glyphosate. The farmers who want to use that will still have access to it even if Bayer goes out of business.

They've run this massive fear campaign with ads and so much lobbying. They've gone to all the farmers directly and told them that we need this piece of legislation or we're going to go out of business. They have genuinely convinced people across the country about their narrative. That's why they're pushing it, and that's why they're having success in some places.

HG: I understand that this immunity clause in the appropriations bill would protect both foreign and domestic companies. I'm bringing this up because paraquat, another widely used herbicide, is banned in China, but a Chinese company sells it here.

AM: That's true. It's wild when you think about that. They're selling something in the U.S. that they've banned in their own country. Paraquat is known to cause Parkinson's disease, which

is a neurodegenerative disease. They're asking for immunity to do that as well because they're also facing lawsuits.

HG: To reiterate, you are not even talking about banning paraquat or glyphosate—you're saying that these companies need to be held accountable for the consequences. Whereas if this gets passed, someone who gets cancer or some degenerative health condition wouldn't have a leg to stand on in court against these companies.

AM: That's right. We're not trying to ban anything by being in opposition to this piece of legislation. This legislation has nothing to do with taking any pesticides on or off the market. What it does impact is how those things are labeled and whether those labels are considered sufficient to warn people about the actual risks of the products. The way that they've structured the language and these different types of legislation give them immunity from lawsuits.

HG: How did they get this in an appropriations bill?

AM: This is so tricky. They're getting sneakier in how they're trying to sneak this language through. At the beginning of 2025, they ran it as its own bill in different states, and they lost in a lot of states.

I'm not sure exactly how things happen, but they have started to be sneakier. I watched it happen in North Carolina, where they snuck it into the Farm Act there. It's a lot harder to fight something like this when you have to get it removed from a big piece of legislation. It's pretty clear that they don't even want anyone to know what they're trying to do. The language of Section 453 is so confusing in terms of how it creates immunity. When you first read it, it doesn't sound like it's giving a liability shield or immunity at all.

HG: What does it sound like?

AM: It's pretty unclear. If you've never read anything like this, it sounds like they're doing something to the labels, and you don't even know what it means.

This legislation has nothing to do with taking any pesticides on or off the market. What it does impact is how those things are labeled.

HG: I heard a doctor say that the label language sounds very benign, but she said, “They were aware that glyphosate was harmful thirty years ago, and here we are now, still trying to get the product labeled.” This shows how slowly the wheels of the EPA turn. It makes it hard for consumers to know what they’re using or what’s being used on the soil and on their food.

AM: Exactly. The label is so important. That’s why there’s this big fight over the label on pesticides and food products. Who can put what on the label is what these big industries are trying to control. They want the EPA to be the only one putting information on the pesticide labels because they’ve captured the EPA. They figured out how to game the system so that when they submit their own data to the EPA, they can structure and then write their own label. They’ve gotten it so that their product, which does cause cancer, has no cancer warning on it.

This piece of legislation blocks the obligation. It blocks their ability to voluntarily update their own label with a cancer warning. The reason that’s important is that when they still have the ability to voluntarily update their label—and they don’t do it and don’t properly warn people—they can be held liable in court for that. That’s when they lose these lawsuits. If they block the funding to update labels voluntarily, they can go to court and say, “It was impossible for us to update the label. There’s no funding to do it through that mechanism. We can put on the label only what the EPA tells us to put. Therefore, our hands are clean.”

HG: If this passes, they don’t have a legal obligation to voluntarily update the label, but why would they?

AM: They still would have a legal obligation to warn under the state product liability code, but under the federal law, it would be impossible for them to comply if this goes through. That creates a special situation called “impossibility preemption” [in which federal law preempts state law] that gets them off the hook in these lawsuits. That’s what they’re after here.

HG: What happens if this passes? Will more people get sick without recourse? Will life continue as it has, and we won’t even notice? What do you expect the ramifications to be?

AM: There are some serious ramifications of this legislation. The first thing that’s going to happen is that we are going to know that the labels that are on the products can’t be updated to reflect the most recent science through this voluntary pathway of label updating. That means that when new science emerges, it’s going to take even longer to get it onto the label to warn people about it. This is an industry that is known to sell dangerous chemicals. These are known toxins. There are known carcinogens, known neurotoxins and known endocrine-disrupting chemicals. There is going to be more harm to people if this goes through because they’re already selling things that they know are dangerous without the proper warnings. What are they going to sell when they know they can’t be sued?

HG: Let’s say the legislation gets shut down. What happens then?

AM: We’re just back at the status quo. They’re still selling all these dangerous chemicals, and there’s still a fight over what’s on the label, but at least in some states, they potentially can mandate additional warnings. And, you can still sue them, which is more important than it might sound. Being able to sue a company like this is an important mechanism of accountability. During those lawsuits and the discovery process,

MOST DOWNLOADED WISE TRADITIONS PODCAST EPISODES

The Wise Traditions podcast launched in January 2016! We’re so thrilled that we’ve been able to offer 10 years of content to a broad audience. In celebration of this milestone, below we highlight some of our most downloaded episodes of all time! Give any of these a listen on our website westonaprice.org or on the podcast platform of your choice! And share your favorites with friends and family! Enjoy!

- WT 246 Vaccine Facts Few Know About with Robert F. Kennedy Jr
- WT 263 The Hateful Eight with Dr. Cate Shanahan
- WT 284 How to Have a Healthy Pregnancy with Sally Fallon Morell
- WT 292 It’s Gene Therapy, Not a Vaccine with David Martin
- WT 325 Transhumanism: Humanity 2.0 with Dr. Carrie Madej
- WT 332 Sunlight: The Greatest Multivitamin with Matt Maruca
- WT 346 Homesteading: The Rooted Life with Justin Rhodes
- WT 352 Protect Your Health & Wealth with Catherine Austin Fitts

they have to hand over all of these internal documents. That's so important here. That's where we've seen the fraud and collusion that has happened within Monsanto and also Syngenta related to paraquat. We see these emails where they lay out the fact that they don't want to do toxicology testing because it's going to lead to results that they know they don't want to see. They say that they can't use that toxicologist. They need to find someone who wants to work with them their way. They're going to stop this test. All of that information about how they're acting fraudulently is available when we can still sue them. It allows for the transparency and accountability that is so important for this industry and everybody's health and safety.

HG: When I spoke with regenerative agriculture activist Kelly Ryerson, she expressed concern that if glyphosate were ever to be pulled from the market, companies would put another even more dangerous and unhealthy toxic pesticide on the market.

AM: That's what they have done. They've changed the Roundup formulations that are available for home and garden use and commercial use, and have replaced glyphosate in some of those with four other compounds. Some of them are seemingly more acutely toxic than glyphosate. Two ingredients are banned in other countries as well. There's clearly no motivation in this industry to make choices that protect people's health. That's the most concerning thing here. They don't care, and we can see that from an array of choices that they've made. They will likely start selling something more dangerous.

HG: Let's talk about what we can do. You and others—without any compensation, and you're not professional lobbyists—are raising awareness on the Hill. Can we do that wherever we live?

AM: You can raise awareness. It's so important that we get the word out about what's going on. Share information with your community, family and state legislators. This could be coming to a lot of states again in 2026. It doesn't look like they're giving up yet. Raising awareness

online and in person that this industry is trying to achieve this and that we all need to work together to stop it is important.

HG: Are PFAS "forever chemicals" involved in this legislation?

AM: This piece of legislation regulates twelve hundred active ingredients that have been registered at the EPA and are regulated under FIFRA: the Federal Insecticide, Fungicide, and Rodenticide Act. It includes all kinds of things: pesticides, herbicides, fungicides and rodenticides. Some of those products do contain PFAS. They are not necessarily the active ingredient—they could be contaminants in those products. There are also other uses of PFAS that are not part of chemicals regulated under FIFRA. It won't affect all of them. Flame retardants wouldn't be in this group of chemicals, but there are some things that do include those chemicals. Those types of things would get immunity under this provision if it goes through.

HG: In other words, if our family were to get sick because we have exposure to some of these forever chemicals, no one would take our case.

AM: They have a perfect legal defense if they get this. The lawyers are unlikely to even try to take a case. That's part of what's so sneaky here. You can still technically sue. It's not blocking you from suing. That's what they like to emphasize when they're getting the legislators to talk about it. They tell them that you can still sue. We heard that so many times in North Carolina and Tennessee. That may be true, but you can't make it very far with that action. It might get dismissed at the first motion to dismiss, or the lawyer might not even take it up because they know that there's this defense already there for the companies.

HG: What do you say to the naysayers who say, "You're anti-farmer," or "It's easy enough for you to say you're against these pesticides and forever chemicals, but we need these products to keep farming the way we're doing it."

AM: I would say that having this or not having

There's clearly no motivation in this industry to make choices that protect people's health. They don't care, and we can see that from an array of choices that they've made.

Toxins accumulate, and their impact also accumulates.

this legislation isn't banning any chemicals. That's important to keep in mind. The company can still sell what it wants to sell. All we're saying is to leave things the way they are. These companies still need to be accountable, even if an important industry depends on them, and probably more so, because do they want to be potentially poisoning the people who are their biggest customers?

HG: It always boggles my mind when I think of the people who work at these companies. They are people, like you and me, who are trying to feed their families and ostensibly do good for the world. Do you think some of them are unaware?

AM: I do. I've spoken to a number of farmers and legislators in the last several months while I've been working on this. I've had multiple people sit across from me and tell me, "I'm a farmer. I use glyphosate or 2,4-D. I've been using it my whole life. It's my favorite pesticide, and I've never gotten sick from it." That's the cognitive dissonance we encounter. People have the experience of using the chemicals and not getting cancer, so it's hard for them to understand that they do cause cancer. That's the tricky thing about cancer. Something can be a carcinogen and, in some cases, it will cause cancer, and in others, it won't. That is to be expected.

HG: When you say the person says, "I haven't gotten cancer," I'm imagining in my mind an ellipsis: "I haven't gotten cancer yet." These toxins accumulate.

AM: You're right. Toxins accumulate, and their impact also accumulates. That's what a lot of people don't understand about cancer. I'm a molecular toxicologist, which means that I've taken a lot of time to study the molecular mechanisms at the level of the cell of how these toxins lead to cancer. What's interesting about this process is that there are a lot of steps to it, and it usually takes a lot of time. There's a delay between the exposure and the development of cancer. During that process, these long-term, low-dose exposures can lead to the progressive development of cancer. Sometimes, it can be hard to put two and two together because you

could have been using it for a number of years and not gotten cancer until one day, it shows up. That's part of it. There also needs to be a deeper understanding of what causes this process, what promotes it, and what that looks like. It can be an acute exposure, and it can also be an acute exposure combined with low-dose exposures or a low-dose, long-term exposure.

HG: People who have studied glyphosate say that it can be found in our urine. It's because it's in the air, the water and the food, right?

AM: It's showing up in all types of biomonitoring that people are doing—in their urine and in their blood. The exposure can happen through drift exposure and other pathways as well. We are in a moment where there are a lot of exposures in a lot of ways. Everyone is impacted by the presence of these chemicals.

HG: As a toxicologist, what would you recommend in terms of lowering our everyday exposure?

AM: There are a lot of ways that you can make an intervention in your daily life to reduce your exposure. Especially if you have kids, you want to take some time to think about that. What I teach parents about in my course is how to think like a toxicologist. You have to start thinking like a toxicologist to reduce your exposure because it's so tricky. It can be in anything. You have to start recognizing that this type of material might have toxins in it that leach out and can affect your kids. You can start changing out the materials that you use. Plastic, for example, leaches so many endocrine-disrupting chemicals. Reduce your family's exposure to plastic as much as you can.

Everything is coated with something. What's that coating made of? More importantly, is that coating leaching and releasing its chemicals into whatever your thing is? A lot of times, it's hard to answer that question without measuring something. Even the manufacturers who say that they're being "green" and taking precautions may use a new chemical and say it is safe. But how much have they tested it? Who tested it? Is it simply that there are not yet any

data that say that it's dangerous? We also have to look out for these false claims about things being "green" or "nontoxic." It's hard for me to believe that it exists. It might be that they haven't tested it yet, and that there are no data yet. That is a dangerous deception that's happening.

HG: This is why the Wise Traditions lifestyle espouses so many things that are natural, including the fabric of the clothes that we wear and our cookware. We're looking for what our ancestors used as much as possible.

AM: There are so many things we have to look out for. It can be so overwhelming for people when they start to see the landscape of toxins, and they want to implement changes, especially when they've got young kids. They suddenly have to change certain routines and the way they are doing things. That's what I try to help with in my course for parents. Focusing on simpler solutions in a lot of cases, like less processed things (because we still don't always know what's in something), is usually a good way to reduce a lot of exposure.

HG: It's also important to raise our voices at the macro level about things like this immunity legislation.

AM: It's so important. We're at a moment where the piece of legislation that we are watching passed the Appropriations Committee in the House with Section 453 in it, which contains the immunity provision. There's a chance that it could be brought to the House for a vote after the summer break. That could happen quickly, or it could take a couple of months. We don't know. It's important to contact your representative and tell them that you do not support this provision, and that you want it completely removed from the Federal Interior Appropriations Bill.

HG: If you just cut and paste an email, that gets less attention and has less pull with the legislator than if you make a personal call and use your own words about your concerns.

AM: Exactly. It's so great if you can write your own email from the heart, letting legislators know that you are genuinely concerned about this as a parent or as a constituent. Make it personal about your life. Why don't you want this? Why are you close to it? It's so that they know that they're

hearing directly from their own constituents that this is an important issue that they're aware of, and the constituents don't want it. Ultimately, it might be a voting issue for these representatives during the next election.

HG: If you take off your molecular toxicology hat for a moment, what is one thing the reader could do to improve their health and get them started in the right direction?

AM: Focusing on having good water is critically important because we drink so much water every day. If you're drinking tap water and you've never had it tested in your home, you might want to consider doing that and getting a filter for it. If you're drinking bottled water from plastic containers all the time, then you might want to move away from that because it has a high microplastic exposure. Anything you can do to improve your water so that you know you're drinking water that doesn't have toxins in it all the time would be an important first step for people to take.



We at WAPF wish you a happy holiday season and healthy 2026! (Photo taken at our 2026 conference hotel in DC!)



GARDEN GODDESS FERMENTS

Booth of Garden Goddess Ferments, a gold sponsor at Wise Traditions 2025 and producer of sauerkraut and beet kvass. The company donated fifty-five gallons of delicious sauerkraut for the meals at Wise Traditions! Located in Phoenix, Arizona, their website is ggferments.com.



All Thumbs Book Reviews



A Bold Return to Giving a Damn: One Farm, Six Generations, and the Future of Food

By Will Harris

Penguin Random House

[Note: This review was first published at Solari.com on Jan. 29, 2024 at <https://solari.com/book-review-a-bold-return-to-giving-a-damn/>.]

One of the more impressive accomplishments in regenerative agriculture has been what fourth-generation cattle farmer Will Harris has done with White Oak Pastures, a farm he owns and operates in Bluffton, Georgia. In *A Bold Return to Giving a Damn*, Harris describes the transition he made from industrial to regenerative farming and how that benefited land, animal welfare, human health and community.

Harris's great-grandfather and grandfather both ran a diversified farm, producing meat, poultry, vegetables and other crops; sales were local and direct-to-consumer. During their time, farmers were rewarded for producing quality foods through good land stewardship, animal husbandry and standards of production. When Harris's father took over the farm, however, the era of industrial agriculture was well underway, with government subsidies for crops like corn and wheat and the mass production of inputs like chemical fertilizers, herbicides, pesticides and fungicides. These developments led to the commodification of agriculture and the onset of the monoculture farm. As a result, Harris's father ran a commodity beef operation and sold most of the cattle he raised to feedlots in the Midwest and the Great Plains, rather than keeping them on the farm from birth to slaughter like his father and grandfather had. That model paid commodity farmers not for quality but only for weight—creating incentives to ply the cattle with drugs, grain and corn to fatten them up. A sign of the times was that when Harris went to the University of Georgia in 1972, he elected to major in animal husbandry; by the time he graduated in 1976, that major was called animal science.

Harris took over running the farm in 1990, and like his father, he was successful in the commodity beef business. By 1995, however, he began realizing the damage that the compartmentalized, reductionist system of industrial agriculture was doing to his land and animals. As Harris says, “This new, science-based approach to farming took one of the most necessary cyclical systems—the never-ending cycle of birth, growth, death and decay—and made it a linear factory-line process to achieve plentiful food for the consumer.”

To rehabilitate his land, by now degraded by industrial practices, Harris changed to farming in accordance with the cycles of nature. In *A Bold Return to Giving a Damn*, he discusses six of those cycles: energy, carbon, microbial, mineral, water and grazing. He defines regenerative agriculture as an approach that “is restarting the cycles of nature that the industrial, monocultural, input-heavy methods of modern land management broke, so that land naturally produces the abundance that a farmer can turn into products they can sell, that helps to finance the good farming practices they follow, that ensures the cycles keep spinning.”

Harris makes the important point that you can't rehabilitate land damaged by monoculture farming without livestock grazing. Grazing can also help prevent damage to the land; he tells a story about how he convinced the owners of a soon-to-be installed solar farm to let him graze sheep on their land to mitigate any potential environmental harm caused by the solar operation. The expansion of solar and wind farms in the U.S. and elsewhere has been a troublesome development, taking productive farmland out of commission and adversely impacting the environment and land.

Industrial agriculture is a race to the bottom with negative effects on food quality, human health and well-being, animal welfare and environmental impacts; for many, however, selling into the commodity system is still easier to do and less risky than direct marketing. What

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All Thumbs Book Reviews

Harris has done to respond to the challenges of direct marketing (and other obstacles to making a living from a sustainable farm) is to gradually build a vertically integrated regenerative operation. White Oak Pastures has gone from a monoculture cattle farm to a farm that raises, processes and sells ten species of livestock and poultry: cattle, hogs, sheep, goats, rabbits, chickens, turkeys, guineas, geese and ducks. It has two USDA slaughterhouses—one for livestock and the other for poultry. A commissary produces value-added products such as broth and tallow as well as foods from the farm's organic vegetable garden. The farm's fulfillment center ships about one thousand orders a week around the U.S. Harris's courage, drive, work ethic and vision have created an operation that draws thousands of visitors each year.

The farm is close to zero waste. It uses meatpacking waste as compost for fertilizer on its pastures, and there is a dehydrator taking scraps (such as ears and tails) and processing them into thirty different kinds of pet chews. There is both a farm store and restaurant in Bluffton selling White Oak Pastures foods. Tours of the farm, farm-stay cabins and an RV park bring in agritourism revenue. The farm holds educational workshops throughout the year. White Oak Pastures is also home to the Center for Agricultural Resilience (CFAR), a nonprofit Harris founded to teach "thought leaders on the environmental, economic and social benefits of building resilient animal, plant and human ecosystems that can nourish our communities."

All of White Oak Pastures' activities have combined to create one hundred eighty jobs and revive the town of Bluffton. Harris said that around 2016, the only thing you could buy in Bluffton was a stamp—and that, from a post office open one hour a day. Bluffton was typical of rural communities across America turned into ghost towns by the centralization and commodification of agriculture. Only a few dozen farms outside the industrial system produce food on a significant scale and employ a significant

workforce; CFAR is working to change that.

The White Oak Pastures business model aims to control as many inputs as possible; Harris mentions the inputs he has to go outside the farm for—insurance, utilities, shipping and feed costs (cattle and sheep are species feeding on only grass). He is a risk-taker and hasn't been afraid to go into debt; when he knew that local slaughterhouses were not going to be able to process enough of his animals to enable him to meet the demand from national supermarket chains for White Oak Pastures meat, he borrowed over two million dollars to build his own slaughterhouse for beef and pork processing, even knowing that USDA does not approve a facility until after construction. Rather than taking cash out of his operation, he is more interested in building a resilient farm and maintaining closed herds, soil health, the diversity of grasses and water-carrying capacity—along with the return of insects, predators and scavengers to the farm, food quality, customer loyalty, community revival and children staying to work on the farm instead of leaving.

Harris asked an appraiser to compare the value of a property he wanted to buy that had infertile soil due to monoculture farming to a parcel of similar size he owned that was teeming with life; the appraiser said the two properties would appraise the same. To accurately determine a farm's true worth, appraisers need to consider a farm's biological capital. The Savory Institute has created a valuation method, Ecological Outcome Verification, that measures the health of the farm's ecosystem; maybe in the future this will become an essential part of assessing a farm's balance sheet. Poor human, animal and soil health, corporate monopolies and emptying of the countryside are all part of the industrial ag balance sheet.

White Oak Pastures does around twenty-five million dollars in sales; Harris doesn't see that figure increasing, saying, "When you run a circular farm, your priority is closing the loops and building the health and wealth inside your own system, not achieving infinite growth" (that is, not scaling up and up). When he transitioned to regenerative farming, initially more of his sales were to chain stores like Whole Foods and Publix. Due to factors such as greenwashing, toothless Country of Origin Labeling laws for beef and pork, and Covid, a higher percentage of his sales today are direct-to-consumer.

Ultimately, consumers will determine the success of regenerative agriculture. Will the consumer be more willing to eat nose-to-tail? Will the consumer be willing to cut out or reduce household expenses less conducive to well-being and put that savings toward purchases direct from the farm instead? How much more of their dollar will they spend on buying from regenerative farms? With the benefits to human, animal, environmental and community health, the answer should be "considerably more." Regenerative food is more expensive than conventional food, but Harris's experience and his book show why the rewards of producing and consuming regenerative food far outweigh the cost. Review by Pete Kennedy, Esq.

All Thumbs Book Reviews



The Germ in the Dairy Pail: The 200-Year War on the World's Most Amazing Food—Milk By Forrest Maready Independently Published

This captivating book tells of milk and its relationship to history and human health, starting with the blockade of New York Harbor in 1812. Denied access to rum, determined folks transported corn and other grains into the cities and fermented them into liquor. They disposed of the fermented remains (also known as swill) by feeding it to cows. This was much cheaper than grass and far easier because the swill was right at hand and piling up anyway.

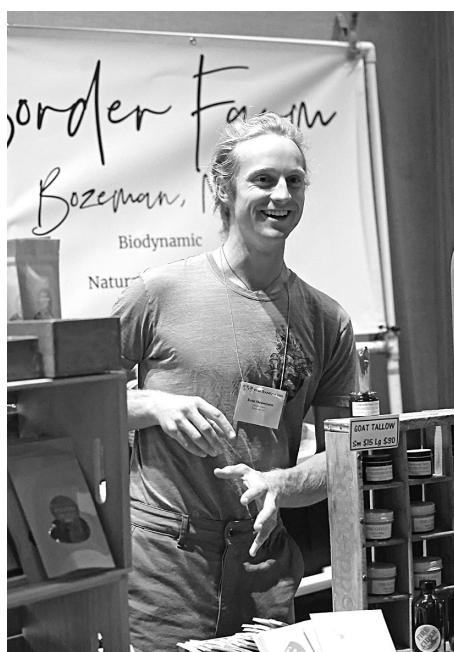
To the severe misfortune of both cows and people, this change disrupted their gut flora, and the cows and people consuming the city swill products got sick. So many babies died that losing a child in infancy became common enough to eventually be written into statistical expectations. (As a side note, an MD speaking at a nutrition conference related how he'd been

criticized as a resident because not enough of his patients died. Evidently, his applied knowledge of nutrition led to too many recoveries, which messed up the hospital's odds ratios.)

Ancient practices such as Traditional Chinese Medicine and Ayurveda describe how seasonal rhythms afford subtle but significant changes in physiology, which in turn relate to similar shifts in nutritional needs. Dr. Price's decade of on-site studies reflects the same awareness: living in accord with nature is fundamental to health. Health (an adjusted pronunciation of "wholeth") is a matter of being at one—whole—with the world around us.

When families got their milk directly from a trusted farmer, they did so based on seasonal flow. In contrast to today's blustering protests that "milk is just milk," people in earlier times could sense the difference between milk from cows savoring the lush renewal of grass in the spring and that from less contented cows munching dry hay in the darker days of the year. However, when cows went from grazing on pasture to getting standardized feedstuff in tight, dark, confined enclosures, seasonal variations no longer mattered.

Government regulations replaced farm-to-consumer relationships.



EXHIBITORS AT WISE TRADITIONS 2025

This year's conference hosted 92 exhibitors selling WAPF-approved products.

Border Farm of Bozeman, Montana is a biodynamic farm providing raw goat milk, duck and quail eggs, produce and herbs.

Oyster Max of Ireland sells oyster extract and always offers raw oysters at Wise Traditions.



All Thumbs Book Reviews

As the awareness of wholeness and its importance was forgotten, consumer choices became more influenced by cost, convenience, promotion and sometimes outright deception. Possibly encouraged by their increasing anonymity, expedient producers devised ingenious ruses to improve the appearance of the thin, bluish, often toxic substance from sick cows on urban pavement passed off as “milk.” Dilution with water—not necessarily from clean sources—or “whitening” with lime were common.

In addition to making people sick, these devious measures prompted the presumed necessity of legal intervention. After all, if you don’t threaten people with punishment for wrongdoing, what’s the incentive to do right? Thus, the stage was set for standardization and uniformity of the end product, regardless of seasonal or circumstantial aspects of production—fabrication rigged to meet fabricated needs. Government regulations replaced farm-to-consumer relationships, engendering major economic and social changes. Gradual at first—and of course fully intended for the health and well-being of the populace (“yeah, right”)—the regulations soon burgeoned into numerous agencies with

newfound importance and authority.

Eventually, this regulatory momentum had an enormous impact on how we think and conduct our lives, sadly increasing our disconnection with the seasonal and rhythmic changes inherent in the original life design. Political accommodations and rules gerrymandered to fit every situation (while actually suiting none) took precedence over common sense and trusted relationships.

At the same time, discoveries of microbes and specific nutrients, and other “scienterrific” developments, promoted quantification and measurement of pretty much everything, along with grand assumptions about germs’ roles and broader impacts. Satisfying official standards necessitated investment in increasingly elaborate high-tech equipment, pushing small farmers off the land while encouraging crushing monopolies. This further increased urban populations, while imposing Mephistophelian deals on large-scale producers who needed to keep increasing production to order to afford the equipment, and then had justify that purchase by producing more—and on and on.

The engaging descriptions in *The Germ in the Dairy Pail* create a vivid sense of being on the scene, amplified by well-documented technical and historical details. Author Forrest Maready already has a well-established track record in bringing to light the truth that “culture” is based on “agri-culture.” Even if you aren’t interested in the story of milk, this book will help you understand how seemingly unrelated events have shaped how we think and brought us to our current political state. I highly recommend this book and easily give it a thumbs-up.

Review by Karen Lyke

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 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



Homeopathy Primer: Getting Started with Homeopathy

**Compiled by Abby Beale
Homeopathy Educator Press**

For the past few years, I've been part of a weekly homeopathy study group. The running line—besides "There's a remedy for that!"—is "What!! A book I don't have?" At long last, we've found a book that allows replacing several books on the shelf with *one* comprehensive volume. (Full disclosure: I've yet to meet anyone interested in natural health who isn't interested in another book.)

Homeopathy Primer is a compilation by thirty-five experienced users of homeopathic remedies, ranging from professional homeopaths to well-practiced moms on the home front. My guess is that its contributing authors learned from the volumes on my shelf, accumulated over the past four decades, because it covers pretty much everything in those wonderful and practical handbooks for the DIY natural healer, and more.

After first laying out the history and fundamental tenets of homeopathy, *Homeopathy Primer* leads the reader through topics like cell (tissue) salts, first aid measures, common ailments, digestive issues, concerns specific to men and to women, musculoskeletal difficulties, problems likely to occur with different stages of childhood and adolescence, mental and emotional challenges and preparation for and recovery from surgery. Just when you think there couldn't be anything further to cover, there's also a chapter on applications of homeopathy for plants and pets.

In addition to discussions of particular conditions, the chapters contain charts to compare the relevant remedies—more than one hundred such charts in the entire volume. There is also a quiz at the end of each chapter to reinforce learning, and full offerings of additional clarifications and resources in the appendices. My study group uses the charts to process our understanding of

different remedies, rearranging them according to particular features such as temperature, the nature of what the body is eliminating (as a way to rid itself of useless and potentially toxic substances), inclination or aversion toward foods or motion or clothing, what makes symptoms feel better or worse, mental and emotional qualities, and peculiar features that distinguish one remedy from another.

Lest the reader feel overconfident from this wealth of information, each chapter also provides clear indications for what constitutes an emergency and when to seek professional support.

Despite its well-warranted subtitle, "Getting Started with Homeopathy," this is the perfect book for all levels, from beginner to experienced, serving both as a study guide and a wonderfully practical acute care reference. There is no more reason to fret that the introductory text to homeopathy your older relative used to learn this amazing healing art is no longer in print. *Homeopathy Primer* essentially provides that foundation and elaborates on it.

That said, I'm still hanging on to my stash of those earlier treasures (but maybe make me an offer). *Homeopathy Primer* fully warrants my two thumbs up. It's the perfect complement for anyone who appreciates the legacy granted to us by Dr. Weston A. Price.

Review by Karen Lyke



Baby Nora greeted people at registration at our 25th annual conference!

All Thumbs Book Reviews

Natural Remedies for Kids, 2nd Edition

By Kate Tietje and Bob Zajac, MD
Earthley Wellness

Natural Remedies for Kids, 2nd Edition was written by a mother of six and the founder of Earthley Wellness. Kate Tietje collaborated with pediatrician Bob Zajac, MD (a father of eight) to successfully create a guide for parents that is easy to follow, even for those who have no knowledge or experience with natural remedies.

Tietje and Zajac begin the book by defining natural remedies and explaining the benefits of choosing them. They also discuss how to set up your “medicine cabinet” and describe basic preparation techniques for water-based and oil-based remedies, as well as remedies using other liquids such as vodka, vinegar and vegetable glycerin.

The remainder of the book is organized by symptom categories—for example, respiratory ailments, digestive ailments, emotional needs or skin and hair issues. The authors are wise enough to know that a specific diagnosis isn’t needed to treat what is occurring in the body. In their words, it “matters more what the child is presenting.”

Each symptom has a brief description, including understanding what causes it, determin-

ing when it is serious, knowing what to expect, and learning how to help it. This layout makes it easy for a parent to find what they need very quickly—something that is extremely important when caring for a sick child!

What I appreciate most about this guide is that it offers a variety of solutions rather than only one way to approach a given ailment. For example, for bumps and bruises, the authors present options such as arnica salve, epsom salt baths, raw honey, selenium and topical use of banana peels! For parents looking for ways to provide respiratory relief, the authors include recipes for several different herbal syrups, herbal cough and throat drops, as well as an ear oil. This way, parents—who know their child—can pick the type of remedy they think may work best for their child. This approach also ensures that parents have more options in case the first attempt isn’t as effective as they had hoped.

The book concludes with a handful of recipes. They are all at least 90 percent WAPF-compliant, with the only exceptions being the use of cacao as well as flour that has not been properly prepared. However, parents aren’t going to purchase this book for the recipes—they will buy it because of the fantastic natural healing options it presents in such an easy-to-use format. Thumbs up!

Review by Anya Adams



This guide offers a variety of solutions rather than only one way to approach a given ailment.

CONFERENCE ATTENDEES

This year’s conference hosted 1300 attendees from the U.S. and seven other countries.



All Thumbs Book Reviews



***Turtles All the Way Down:
Vaccine Science and Myth***
Edited by Zoey O'Toole & Mary Holland
Children's Health Defense

One of the most common problems with scientific debate today is that it is not scientific. It is just childish name-calling. One side makes an assertion based on data. The other side says you don't have the proper credentials, you don't have enough PhDs or MDs or other fancy letters after your name, or you're ugly and your mama dresses you funny, so you're stupid. So shut up.

The authors of this book are anonymous, thereby taking this silly game off the table. If you want to argue with the points in the book, you're going to have to address the real issues and not just change the subject and resort to *ad hominem* attacks. Those kinds of attacks are a dead giveaway that the critics don't know the subject and have no science backing them up.

If you carefully look through the literature, you will find vaccine studies that say they are "placebo-controlled." If you dig a little deeper, you will find that the "placebo" is another vaccine that has already been approved. The very shaky assumption is that an approved vaccine must be safe, so it is an acceptable placebo. That approved vaccine, in turn, played the same game with another approved vaccine, and so on. When you eventually get to the first vaccine at the bottom of the stack, you will find that its claims to safety are based on nothing. It really is "turtles all the way down."

A very long time ago, someone asked, "What holds up the earth?" The quaint answer back in the day was, "a giant turtle." That, of course, led to the question, "What holds up the turtle?" Naturally, the answer is, "another turtle." It's turtles all the way down. (Don't ask, "down to what?" The awkward answer is, down to nothing.) And there you have it. Vaccine safety claims are based on nothing.

Before you get any grand ideas about taking

Big Pharma to court over this fraud, the authors have some bad news. This is all legal. They don't say it is okay or good or even remotely acceptable—but it is legal. Welcome to Planet Earth. Lock and load.

When you hear that there is no evidence of adverse effects from vaccines, you understand that it is hard to find what you are very deliberately not looking for. But aren't these studies published in peer-reviewed scientific journals? The *British Medical Journal* tested reviewers by inserting serious errors in studies that were then submitted for review. To put it nicely, the reviewers flunked the test with flying colors.

The authors conclude that peer review is almost worthless. As an engineer who has been through many design reviews, I can attest to that. Reviewing someone else's work is never easy or fun. Scientists and engineers have their own projects and little time to review other projects. Reviews often degenerate into meetings where typos and other nitpicks are pointed out and not much more. However, engineers still have to test a prototype and make it actually work. In contrast, every time we hear that mRNA vaccines are "safe and effective" reminds us that Big Pharma has found a way to foist its products on the public when they are not safe and even kill people. But trust the science.

It is widely known and accepted that drug interactions can cause severe adverse effects, including death. How do they test every possible drug combination? They don't. They have not even pretended to test all combinations of vaccines on the schedule. But trust the science.

One last story to boost your faith in science. Ward and others tested the theory that fly-infested food placed near polio patients might transmit polio. Feeding it to chimps had no effect, so they injected the chimps' poop into rhesus monkeys, paralyzing a third. Their conclusion: a virus in fly-contaminated food caused polio. Spotting the flaw in this reasoning is not hard. The thumb is UP. Review by Tim Boyd

**Big Pharma
has found a
way to foist
its products
on the public
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are not safe
and even
kill people.
But trust the
science.**

All Thumbs Book Reviews

CHARGED: The Unexpected Role of Electricity in the Workings of Nature
By Gerald H. Pollack
Ebner & Sons Publishers

In 2013, Dr. Gerald Pollack published a groundbreaking book titled *The Fourth Phase of Water*, which revealed a whole new perspective on how water works at a molecular level and how it relates to human health. One of the things he focused on was how electrical charge influences the structure of water. In *Charged*, Pollack launches into how electrical charge can explain a wide range of physical phenomena.

This review is a little outside our normal orbit of health and nutrition, but I think the lines between different scientific subjects are artificial and should be crossed much more often than they are. (If you're looking for just another health or nutrition review, you've been warned.)

In his previous book, Pollack explained how solar-powered electrical charge drives blood through thousands of miles of capillaries. In *Charged*, he expands his study of the interplay between charge and water to explain weather events, from rain to wind to hurricanes to tornadoes. How does rain, in at least some cases, fall faster than gravity can account for? He even goes on to explain how charge has to do with Earth's rotation and revolution around the sun. He questions whether momentum alone could keep the Earth moving the way it does for billions of years (assuming it has been billions of years, but whatever).

Then it really gets interesting. I am always greatly entertained and fascinated when someone starts pulling at the loose threads of anomalies that establishment science has tried to sweep under the rug. Take gravity, for example. For a long time, we thought Newton had it figured out. Then Einstein came along with his curved space—which, I must admit, never made sense to me. Pollack cites studies that neither Einstein nor Newton can explain.

We have been led to believe that the force

of gravity is a constant. Newton's equation for gravitational attraction includes a fudge factor called the gravitational constant or big "G" in the equation. Awkwardly, studies indicate that the force of gravity varies by a very small but measurable amount, both daily and seasonally. If you think you feel slightly lighter in winter than in summer, or during the night versus the day, you are right (though I'm pretty sure no one is sensitive enough to feel it). Sooo, that gravitational constant is well, um, heh heh, not so constant. *Charged* puts forth a theory of gravity based on electrical charge that makes a lot more sense to me than Einstein's curved space, and it accommodates these anomalies nicely. If he is right, this is a breakthrough in physics that even Einstein couldn't really figure out. I'm tempted to lay that all out—the beauty of it is that it is not all that complicated—but if you really want to know, buy the book.

Pollack wraps up this subversive tome with an excellent summary of how establishment science really works and why. He starts off with a great quote from old Ben Franklin: If everyone is thinking alike, then no one is thinking. We get a review of the trials and tribulations of Galileo, Semmelweis and Frenchman Jacques Benveniste (a friend of Pollack's), along with other modern examples like Velikovsky, Mary Enig and all those anti-vaxxers. These days, we may not burn them at the stake literally, but we do our best to censor them and ruin their careers. Humans do not respond well to having their belief systems challenged. We tend to invest heavily in the status quo. Real science opposes the status quo.

Inside the box, no real thinking is going on, only sheeplike groupthink. There are certainly way-out-there ideas that I don't agree with, but I encourage people to keep thinking outside the box; that is where all the fun is. If you are curious about physics, astronomy, weather, how ships sail against the wind or how planes or birds fly, this book is gold.

Review by Tim Boyd



**In Charged,
Pollack
launches
into how
electrical
charge can
explain a
wide range
of physical
phenomena.**

Vaccination Updates

KENNEDY AT HHS: REFORM, RESISTANCE AND THE BATTLE OVER AMERICA'S HEALTH
By Kendall Nelson, Director, *The Greater Good*

Since the start of President Trump's second term, few appointments have stirred as much optimism—or controversy—as that of Robert F. Kennedy, Jr. as Secretary of Health and Human Services (HHS). To his supporters, it felt like a long-awaited reckoning: a fierce critic of the health establishment stepping inside the very system he had spent years exposing. To his detractors, it was a perilous experiment, placing a skeptic of federal health orthodoxy in charge of the agencies he had so often accused of corruption and deceit.

From the outset, Kennedy made no secret of his mission. He hadn't come to tinker with a broken system; he intended to break it open. His promises—transparency, accountability and a realignment of public health priorities with the people's trust—resonated deeply with millions who had lost faith in the very institutions charged with protecting them.

Yet as 2025 draws to a close, we must ask the question: how much has truly changed? Inside Washington, resistance and sabotage run deep. For decades, interests both hidden and overt have steadily built up an infrastructure to poison—and, as we saw during Covid, kill—the

American people; those entities and the corporate alliances that have facilitated the poisoning will be hard to unwind.

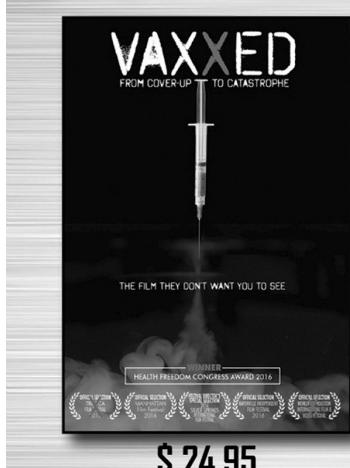
Within the health freedom movement, opinions are divided. Some believe Kennedy is moving at lightning speed, while others suggest he is playing a long game, working from within to loosen the machinery he seeks to transform. Some are restless, yearning for clearer proof that the poisoning infrastructure is being dismantled. For many of us who have been involved in this movement for years, the moment feels both promising and fraught. The tension between patience and urgency is unmistakable. Remaking a system this vast is unlikely to be quick work—but for families whose lives have been shaped by the systemic corruption, every delay feels achingly personal. As Kennedy approaches one year in office, let's take a look at what has transpired in 2025.

THE CONFIRMATION FIRESTORM

From the moment his nomination was announced, Kennedy faced an unrelenting barrage of attacks. In late January 2025, he appeared before the Senate Finance Committee and the Health, Education, Labor and Pensions (HELP) Committee for his confirmation hearings.^{1,2} Senators questioned whether his views about issues like vaccination and regulatory capture could align with the existing culture of federal health leadership. The tone was sharp from the outset—more trial than dialogue—foreshadowing months of political and media hostility to come.

By May, Kennedy was back before Congress for his first central budget and oversight hearings. During the Senate HELP Committee's review of the FY2026 HHS budget, he outlined an ambitious plan to

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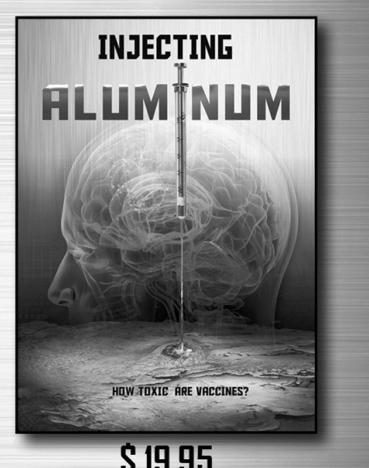
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restructure the agency, pledging to cut waste, redirect funds toward preventive health and expand independent research.³ Before an Appropriations subcommittee, he defended new funding priorities at the National Institutes of Health (NIH).⁴ Meanwhile, in the House Energy and Commerce Health Subcommittee, members grilled him on scientific integrity and his sweeping personnel changes.⁵ Together, these hearings created a public record that his critics weaponized to paint him as reckless, ideological and unfit for the role of HHS Secretary.

The Senate Finance Committee's review of the administration's 2026 health agenda on September 4 marked a low point for civility.⁶ The session quickly devolved into open hostility, with senators seizing the opportunity to attack Kennedy's overhaul of entrenched leadership, his redistribution of authority within the Centers for Disease Control and Prevention (CDC) and his insistence on greater vaccine oversight. The hearing stood out for its sheer antagonism; committee members repeatedly interrupted Kennedy and denied him the courtesy of being able to complete his responses, seeming less interested in hearing Kennedy's testimony than in performing outrage for the cameras. What could have been a civil exchange of ideas became a spectacle and public inquisition.

COORDINATED ATTACKS

For decades, federal health policy has been shaped by a tight-knit circle of insiders—agency officials, corporate lobbyists and grant-dependent academics—who attend the same conferences, speak the same institutional language and quietly safeguard one another's interests. Kennedy arrived at HHS with the potential to disrupt that ecosystem and reengineer health governance to serve the public rather than powerful corporate patrons. His critics understand the stakes: even partial success could mean exposure of the long-standing alliance between regulators and industry.

Not surprisingly, that threat mobilized a well-coordinated backlash—what Sayer Ji (founder of GreenMedInfo and chairman of the Global Wellness Forum) describes as an orchestrated, multi-front campaign to discredit

Kennedy. Seven concurrent petitions—organized by emergent front groups such as Stand Up for Science, Physicians for a Healthy Democracy and the scientific advisory board of a journalism institute—have reportedly gathered over one hundred thousand signatures demanding Kennedy's removal.⁷ Open letters dated August 20 and September 3, launched through a "Save HHS" campaign, garnered thousands of signatures from current and former HHS employees.^{8,9} Around the same time, a coalition of medical organizations announced a march on Washington, echoing the call for Kennedy's dismissal.^{10,11}

Beyond partisan opposition in Congress and predictable condemnation from the legacy press, Kennedy has also faced rebuke from six former U.S. surgeons general—Jerome Adams, Richard Carmona, Joycelyn Elders, Vivek Murthy, Antonia Novello and David Satcher—who co-authored a joint op-ed claiming that his leadership "endangers the health of the nation."¹² The statement underscored the deep institutional hostility and resistance to Kennedy's stated agenda.

On September 12, Senator Bernie Sanders published an op-ed in Britain's *The Guardian*,¹³ mocking Kennedy's appointment and calling for his resignation. In concert, media outlets and allied lawmakers amplified the message, casting Kennedy as "anti-science." Ji's documentation shows the reinforcement of these narratives through selective leaks, synchronized talking points and congressional theatrics designed to erode public confidence.¹⁴ Leaked minutes from an April 2025 meeting of the Biotechnology Innovation Organization's (BIO's) Vaccine Policy Steering Committee reveal that industry lobbyists committed two million dollars to pressure Congress against Kennedy's agenda.^{10,15} According to those minutes (page 3, section 5a), the committee urged members to "go to The Hill and lobby that it is time for RFK Jr. to go."¹⁵

In October 2024, prior to Kennedy taking office, Ji had already reported on internal documents from the UK-based Center for Countering Digital Hate (CCDH) outlining proposed "black-ops" media strategies aimed at Kennedy and his allies.¹⁴ According to Ji, a Freedom of

Federal health policy has been shaped by a tight-knit circle of insiders who attend the same conferences, speak the same institutional language and quietly safeguard one another's interests.

Information Act (FOIA) release showed overlap between CCDH's network and Western intelligence, including the UK's National Security Unit and cooperative arrangements across multiple countries.¹⁶ [Editor's note: On November 13, *The Defender* reported that the U.S. may deport CCDH's CEO for its targeting of public figures, including Kennedy, for statements about vaccines.¹⁷]

INITIAL ACCOMPLISHMENTS

From his first days, Kennedy made clear that his HHS leadership would not be symbolic, taking immediate steps toward structural and leadership changes, advisory committee replacements, grant reallocations and policy resets. Within hours of his swearing in, for example, he launched the Make America Healthy Again (MAHA) initiative—an executive-level commission tasked with investigating the root causes of chronic childhood disease, overhauling nutrition and preventive health policies and lessening the institutional inertia that has tolerated widespread poisoning.¹⁸

Also almost immediately, Kennedy ordered sweeping internal audits—an unprecedented move requiring agencies under the HHS umbrella to disclose conflicts of interest, funding relationships and communications between regulators and pharmaceutical executives. The message was unmistakable: transparency was no longer optional.^{19,20} Next, Kennedy approved a major departmental reorganization that reduced the HHS workforce by roughly ten thousand positions, consolidated overlapping divisions and established a new entity—the Administration for a Healthy America—under the MAHA umbrella.²¹ The restructuring alters how the Food and Drug Administration (FDA), CDC, NIH and other HHS branches operate on a daily basis and embeds the MAHA framework across HHS's core functions.

Kennedy also influenced leadership appointments at the highest levels of federal health oversight. The Senate confirmed his picks of Dr. Martin "Marty" Makary as FDA Commissioner and Dr. Jay Bhattacharya as NIH Director—two medical insiders who have strategically cultivated a reputation as being reform-minded and patient-centered. The most

optimistic observers viewed their confirmations as signaling a modest shift in federal priorities away from pharmaceutical influence and toward scientific independence.^{22,23} Others were more skeptical.

In June 2025, in perhaps his most consequential policy decision, Kennedy reconstituted the CDC's Advisory Committee on Immunization Practices (ACIP),²⁴ replacing the existing membership in a move framed as necessary to "restore public trust in vaccine decision-making."²⁵ Soon after, he oversaw major leadership changes at the CDC, including removing several senior officials and agency director Dr. Susan Monarez in August 2025.²⁶ During a Senate hearing the following month, Monarez faced intense scrutiny over the CDC's continued endorsement of Covid-19 shots for children and healthy adults, despite data pointing to elevated rates of myocarditis²⁷ (620 percent) among young men who received the shots. Monarez was unable to explain why approximately seven hundred eighty-two thousand "vaccine" injury reports from the CDC's V-Safe system had not been released to the public.²⁸ The exchange became a flashpoint in national coverage of Kennedy's actions.

Kennedy also directed new research investments under MAHA. In May 2025, the MAHA Commission released a report on the rise of childhood chronic disease, exploring connections between diet, chemical exposure and environmental risk.²⁹ That same month, Kennedy unveiled the fifty million dollar NIH-funded Autism Data Science Initiative.³⁰ Kennedy argued that federal research dollars should no longer be dominated by entrenched biomedical interests and called for a shift aligned with the MAHA philosophy focused on prevention, nutrition and environmental risk factors.³¹ Kennedy also proposed adding autism-related symptoms to the National Vaccine Injury Compensation Program—acknowledging families long ignored by federal health authorities.³²

WHAT THE NEW ACIP HAS—AND HASN'T—DONE

ACIP is the body responsible for developing vaccine recommendations in the United States. Composed of medical experts, researchers and public health officials, ACIP's guidance shapes the national vaccination schedule and directly influences which vaccines are recommended for both children and adults. Once the CDC director formally endorses the ACIP recommendations, they become official policy—affecting millions of Americans and the broader public health landscape.³³

With Kennedy at the helm of HHS, the new ACIP has undertaken broader discussions than in the past, but no substantive policy shifts have resulted from those discussions. For example, following Kennedy's announcement in May that the CDC would no longer universally recommend Covid shots for healthy children (but would still perversely recommend them for immunocompromised children),³⁴ ACIP at its mid-September meeting reclassified Covid-19 shots for both children and adults as "shared clinical decision-making" products.³⁵ That designation essentially made explicit what should have already gone without saying, namely that decisions about whether to accept the shots are up to the individuals or parents concerned, with input from their health care providers.³⁶ In May, Kennedy also asserted that CDC would no longer recommend the shots for healthy pregnant women, but for months afterwards, the agency's

webpage titled “About Vaccines and Pregnancy” continued to state that “COVID-19 vaccines are not harmful for pregnant women and their babies.” As of October 22, 2025, that webpage stated that its content was being updated “to align with recently revised ACIP vaccine recommendations.”³⁷

In September, reports circulated that Michigan Congresswoman Haley Stevens was drafting articles to impeach Kennedy, citing “health care chaos,” “reckless cuts” and the modified Covid-19 shot recommendations.³⁸ However, constitutional restrictions make impeachment unlikely—particularly in a Republican-controlled Congress. Public records show that Stevens receives campaign contributions from health care professionals and major pharmaceutical and medical industry interests,³⁹ raising questions about conflicts of interest.

A second September decision by ACIP involved discontinuing the combined MMRV (measles-mumps-rubella-varicella) vaccine for children under age four,⁴⁰ due to a higher risk of febrile seizures in young MMRV recipients compared with children receiving separate MMR and varicella shots.⁴¹ This move was a nod to evidence known to—but largely ignored by—regulators since 2008.⁴² ACIP members also discussed whether to recommend delaying the birth dose of hepatitis B (HepB) vaccine to one month, while some argued for a full reevaluation of universal infant HepB vaccination; however, they tabled the motion pending “more data.”

The mixed-message tone of the new ACIP was apparent a few months earlier at the committee’s first meeting in June,⁴³ when it expanded CDC’s recommendations related to respiratory syncytial virus (RSV), endorsing the new monoclonal antibody clesrovimab⁴⁴ (alongside the already-approved nirsevimab) for infants and broadening RSV vaccine coverage to adults aged fifty to seventy-four “at increased risk of severe RSV disease.”⁴⁵ At that June meeting, ACIP also reaffirmed the long-standing recommendation that everyone over six months of age receive an annual flu shot—while departing from precedent to affirm Kennedy’s call to eliminate the mercury-based preservative thimerosal from influenza vaccines administered to children, pregnant women and

other adults.⁴⁶ Kennedy remarked, “Injecting any amount of mercury into children when safe, mercury-free alternatives exist defies common sense and public health responsibility.”⁴⁶

For other long-standing vaccines—such as polio, DTaP (diphtheria-tetanus-acellular pertussis) and human papillomavirus (HPV)—little has changed. In June, ACIP quietly backed off from a vote to expand HPV vaccination to younger children. Thus far, it has left the broader childhood immunization schedule, which has nearly tripled since the 1990s, largely unexamined.⁴⁷ Nor has the ACIP workgroup examining vaccines during pregnancy recommended any substantial changes.

Kennedy’s reshuffling of ACIP has at least opened new avenues for scrutiny and debate. Overall, however, ACIP’s early actions reflect cautious and largely token recalibration rather than sweeping overhaul. Fundamental questions of safety, transparency and conflicts of interest remain unresolved.

AUTISM HEARINGS

On September 9, 2025—just days before ACIP convened—Senator Ron Johnson led a Senate Homeland Security and Governmental Affairs subcommittee hearing on vaccine safety, scientific corruption and transparency.⁴⁸ The session contrasted sharply with a September 4 hearing of the Senate Finance Committee, at which was present Senator Bill Cassidy, one of the figures identified in the leaked BIO reports as playing a role in the apparently politically motivated campaign against Kennedy.¹⁰ Commenting on the hearing’s belligerent tone, Alabama Senator Tommy Tuberville spoke on the Senate floor in defense of Kennedy:

“Mr. President, what the American people saw last week in the Finance Committee with Health and Human Services Secretary Robert F. Kennedy Jr. was not a hearing on oversight. It was a dogpile by politicians who are scared to death of questioning the status quo. It was Washington at its worst—a full-on blitz against one man for the simple crime of telling the truth and refusing to play ball with the swamp.”⁴⁹

Thus far, ACIP has left the broader childhood immunization schedule, which has nearly tripled since the 1990s, largely unexamined.

At Johnson's hearing, which emphasized evidence and proceeded with a spirit of inquiry, attorney Aaron Siri, Esq.,⁵⁰ and researcher Toby Rogers, PhD,⁵¹ testified on the corruption of science and its influence on public perception and vaccine policy. Siri presented an unpublished 2020 study analyzing the health records of over eighteen thousand children, showing that vaccinated children experience chronic illness at rates two and a half times higher than their unvaccinated peers, including significantly more asthma, allergic disorders, autoimmune diseases and neurological conditions.⁵² Rogers highlighted the rise of autism, methodological flaws in mainstream research and the absence of vaccinated-versus-unvaccinated comparisons (whether government or pharmaceutical company-funded), citing a 2021 study by Brian Hooker and Neil Miller showing a fivefold increased autism risk associated with vaccination in certain contexts.⁵³

Although Johnson's hearing generated optimism, we have only to look at historical precedent to temper our expectations. Similar hearings in the past—while exposing agency failures and raising awareness—have not produced meaningful change. In her analysis of the Johnson hearing, Peggy Hall of the Healthy American noted the delayed public release of the 2020 study discussed by Siri, pointedly asking why it was “tucked away for five years.”⁵⁴ Suggesting that various hearings held by Senator Johnson may be serving a purpose of deflection, Hall raised several practical questions: “What products have been pulled off the market? What warnings have been given to Americans? And what justifications are being given that the government actually has a say in telling you that you should be injected anyway?”

The truth is, we don't need more studies to prove vaccine harm—hundreds of peer-reviewed papers have already documented the risks. Kennedy and Brian Hooker's book *Vax-Unvax: Let the Science Speak* highlights more than a hundred of these studies. On October 27, the McCullough Foundation published a report on the determinants of autism spectrum disorder (ASD) that concluded with the obvious: “Combination and early-timed routine childhood vaccination constitutes the most significant modifiable risk factor for ASD.”⁵⁵ Calling for additional research only delays accountability and leaves more children vulnerable.

AUTISM/TYLENOL PRESS CONFERENCE

On September 22, Kennedy, President Trump and Dr. Mehmet Oz held a press conference that captured national attention and shifted the conversation around autism.⁵⁶ For many parents and advocates, having high-level leaders publicly question long-held assumptions about what is “safe and effective” for their children and acknowledge concerns long dismissed by mainstream medicine was a watershed moment. Kennedy said,

“For too long, families have been left without answers or options as autism rates have soared. Today, we are taking bold action—opening the door to the first FDA-recognized treatment pathway [leucovorin—a treatment for cerebral folate deficiency in children with autism-related symptoms], informing doctors and families about potential risks, and investing in groundbreaking research. We will

follow the science, restore trust, and deliver hope to millions of American families.”

The press conference, which focused particular attention on acetaminophen (Tylenol), was not without controversy. Some critics denounced the emphasis on prenatal acetaminophen use as unfairly blaming mothers, even though the concerns raised about the over-the-counter drug were grounded in science. Pediatricians often recommend acetaminophen to manage post-vaccination fever or pain, and studies have linked prenatal or early-life acetaminophen exposure to neurodevelopmental changes, including increased risk of autism and attention-deficit/hyperactivity disorder (ADHD).^{57,58} Research also suggests that acetaminophen may interfere with masculinization,⁵⁹ reduce empathy and increase risk-taking behavior. Internal emails from Tylenol manufacturer Johnson & Johnson reveal that the company was aware of the potential risks long ago; FDA had even reviewed the concerns following a 2014 *JAMA Pediatrics* study.⁶⁰ On the same day as the press conference, FDA announced that it would be updating acetaminophen labeling.⁶¹

Beyond the discussion of acetaminophen, President Trump introduced several additional and seemingly off-the-cuff bombshells into the conversation, suggesting that taking measles, mumps and rubella vaccines separately rather than in a combined MMR formulation might be preferable; commenting on the potential removal of aluminum from vaccines (“Who the hell wants that pumped into a body?”); and suggesting that “There's no reason to give a baby that's almost just born” the HepB vaccine.⁶²

“TRUMPRx”

One week after the autism press conference, President Trump took health policy in the opposite direction, announcing the “TrumpRx” initiative: a partnership with Pfizer (and possibly other pharmaceutical companies) positioned as a program to lower drug costs. Critics immediately pointed to the lack of disclosure—ironic given Kennedy's emphasis on transparency—and the potentially lucrative profits that could accrue to the president through royalties or licensing fees tied to Trump's name.^{63,64} With numerous legal

and ethical questions surrounding the TrumpRx deal, entities like Public Citizen are submitting FOIA requests to clarify the contracts, conflicts of interest and financial flows.⁶⁵

In announcing TrumpRx, the president also publicly praised Pfizer CEO Albert Bourla,⁶⁶ not mentioning either Bourla's or his own role in Operation Warp Speed. For families whose loved ones were killed or disabled by Pfizer's high-risk Covid shots, the Pfizer and Bourla endorsements felt untethered from accountability. "Pfizer rewarded, America backstabbed" is how epidemiologist Nicholas Hulscher put it, pointing out that Pfizer, operating like a "criminal enterprise," has incurred one hundred seven documented penalties—and over eleven billion dollars in fines—for fraud, false marketing and bribery.⁶⁷

As much as we may criticize pharmaceutical industry excesses, the TrumpRx deal also reminds us that we must be cautious about replacing corporate control with government control. Do we really want to live in a world where the government becomes the nation's pharmacist? At a time when we are facing the very real threats of centralized digital IDs and programmable money, the implications are chilling: "Have you taken your prescribed drug?" could one day determine whether you receive your universal basic income or maintain your social credit score. It's a dangerous precedent—especially amid emerging discussions about embedding chips in medications.⁶⁸

As the Trump Administration's and Kennedy's "Rx" for reform increasingly veers toward AI-enabled wearables and other high-tech health tools,⁶⁹ it is essential to recognize the uses

of "innovations" as a cover term for control. Catherine Austin Fitts has long warned about digital systems that offer "convenience" on the front end while quietly expanding surveillance, behavioral monitoring and financial leverage on the back end.⁷⁰ Kennedy himself once acknowledged that digital IDs can "make you a slave,"⁷¹ yet his HHS is spearheading the push for wearables—tracking devices—for tens of millions of Americans and is embracing AI-driven analysis of federal health-care data. Publicly, Kennedy frames this effort as "harnessing technology to deliver personalized, real-time insights that empower better health decisions," but the reality is that the players and the systems are little different from those about which he used to issue warnings. AI, data integration and biometric monitoring create the architecture for unprecedented centralization of power and control.

IT'S UP TO US

Kennedy's leadership marks a turning point—a long-awaited crack in the machinery that has driven decades of unaccountable and harmful public health policy. For the first time in a generation, a national figure has been willing to confront the sacred cows of the medical-pharmaceutical-industrial complex. Kennedy deserves credit for his courage and discipline—reportedly working fourteen-hour days to unwind a deeply embedded system.

At the same time, the months of hearings and press conferences since Kennedy's nomination and confirmation as HHS Secretary reveal not just the promise but also the peril of this new chapter in American health reform. On one hand, topics once dismissed as "controversial" or "conspiracy theory" have opened up at the highest levels of government. On the other hand, true leadership demands clarity. The health freedom movement cannot afford double-speak or gestures that lend legitimacy to the very system that has produced a poisoned population. When Kennedy agreed with Senator Cassidy that President Trump deserves a Nobel Prize for Operation Warp Speed,⁷² he undermined the experiences of those injured—a constituency that he proudly spoke on behalf of before taking office. When he announced that HHS is "winding down" mRNA vaccine development activities but will proceed full steam ahead with other "novel" vaccine platforms and "better solutions,"⁷³ his willingness to question the vaccine enterprise as a whole also came into question.



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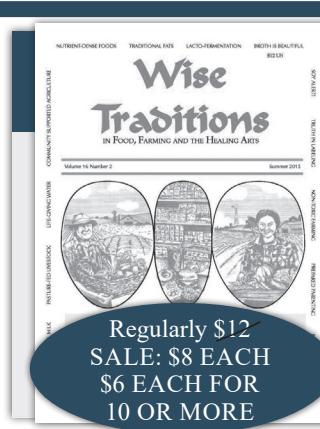
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True reform begins when we, as individuals and communities, take responsibility for our own health.

Political pressure will always tempt even the most principled reformers to compromise—but truth requires consistency. The millions of families who have suffered and continue to suffer vaccine injury and other forms of medical poisoning deserve unwavering honesty, not political calibration.

Kennedy has opened a door, but it is up to us to walk through it. No single man or woman, however devoted, can rescue us from the consequences of our own complacency. True reform begins when we, as individuals and communities, take responsibility for our own health—when we stop hoping someone else will fix the system and instead begin to live differently, think critically and refuse to comply with policies that violate conscience and common sense. Hope, untethered from action, becomes a kind of surrender. We wouldn't pour the ingredients of a vaccine into a baby's bottle—so why should we accede to government demands that we inject those ingredients into our children? The time for hoping is over. The time for sovereignty has begun. 

As a documentary filmmaker, Kendall Nelson directs, produces and distributes media that matter. With over thirty years of television and film experience, her commitment is to bring about awareness through her work, including advocating for health freedom, simple living and real food. She is a member of the International Women's Forum and holds certifications in health coaching, Simplicity Parenting and yoga instruction, reflecting her lifelong dedication to wellness, conscious living and the wellbeing of children. She also serves as a consultant for the Weston A. Price Foundation.

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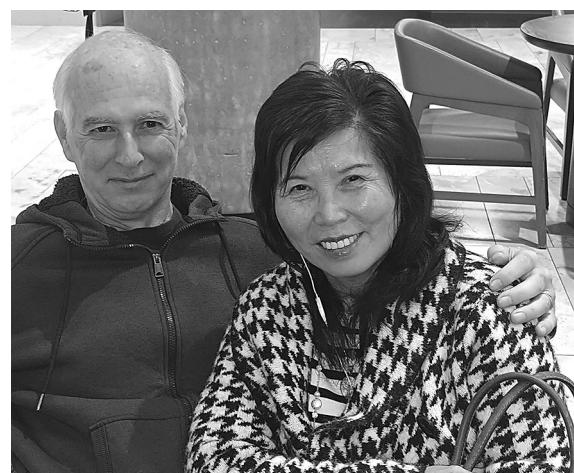
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Galia Kleiman, Kathy Kramer and Spanish podcast team Alberto Medina and Anette Ruiz enjoyed the conference farm day.

Tim Boyd and wife Tao enjoy a moment together at Wise Traditions 2025.



WISE TRADITIONS 2025 FARM TOUR



Dr. Price's food goals in action! Here is proof it can be done. Healthy, regenerative livestock right up against the city. Just a few miles out of Salt Lake City, these pioneers, Shayn and Kristen Bowler of Utah Natural Meat, show that real and regenerative farming can be done right on the outskirts of a city. Note what is in the background... miles of suburban housing! Many city people have no idea where milk comes from. What a treat for the locals to have delicious and nutritious milk, eggs and more right in their backyard.



The group was spoiled with a beautiful and delicious lunch prepared by Chef Shon Foster.



In a parched, arid desert Stanford and Kristi Jensen and family, of Sunnyside Up Pastures, have created an oasis of happiness and health. They reside on the farm in a rammed-earth house built by Stan and his crew. Here Stan explains his operation to us—healthy soil, healthy plants and healthy animals. The Jensen pastured hogs graze and root alongside the beef herd. The Jensen family make it look easy, and the results are visible here.

WISE TRADITIONS 2025 FARM TOUR



Stan's sister, Megan Hutchinson, explains how they raise cattle. Contented cattle graze green, nutrient-dense grass. All animals on the farm fatten and finish and remain pasture-based. In this case, the farmers (and their customers) are healthy because of the great food they raise. It's incredible to see beauty alongside farm and ranch efficiency.

Across the U.S., Redmond's is primarily known for mining, harvesting and providing their natural earth salt. We were lucky to see their own organic dairy where they feed and milk a full herd of Jersey cattle. The farm is also open to the public and their raw milk is for sale on site.



How can one possibly feed dairy cows in the desert? This is the secret weapon at the Redmond Farm: Cereal grasses (rye, barley, oats and wheat) are sprouted and raised in a massive "fodder system". Even though Utah is the sunniest state in the U.S., here indoors, there are huge ultra-violet lamps that provide the "sunshine" for good chlorophyll production. Organic grain sprouted in this manner lose all of the bad nutritional problems in feeding grain, mainly the anti-nutrient phytic acid, and then develop all the desirable characteristics of grass. It actually IS grass. Animals love it! In a short time it becomes a powerful nutrient for all livestock. Empty trays are loaded daily, then four-day-old sprouted trays are delivered to the dairy herd. Excess mats of sprouts can be given to pigs or poultry for additional value. Any livestock production facility can master feeding with a fodder system, in addition to the equipment, it just takes devotion, excellent timing, good hygiene and the desire to make a quality ration for nutrient-dense and healthy animals.

Written by farm tour guide, Will Winter.

REAL MILK UPDATES by Pete Kennedy, Esq.

MICHIGAN – BILLS TO LEGALIZE RAW MILK SALES

In 1948, Michigan became the first state to require mandatory pasteurization laws for all raw milk sold to consumers. Since that time, as far as is known, the legislature has not come close to reversing that freedom-robbing mandate and legalizing raw milk sales in the state. That could be changing. A trio of bills to legalize the sale of raw milk and raw milk products has been introduced in the legislature. It looks like the bills—House Bill 5217 (HB 5217), House Bill 5218 (HB 5218), and House Bill 5219 (HB 5219)—have some traction. Each of the bills has thirty-seven cosponsors. All three bills have been referred to the House Committee on Government Operations.

Currently, raw milk distributed through herdshare operations is legal by written policy in the state; the Michigan Department of Agriculture and Rural Development (MDARD) has stated that it won't enforce the mandatory pasteurization law for the distribution of fluid raw milk through a written herdshare agreement. In issuing the written policy in 2013, MDARD adopted the recommendations in *Report of the Michigan Fresh Unprocessed Whole Milk Workgroup* (for sale at WAPF), a report worked on by people from MDARD, the dairy industry, academia, shareholder dairies and raw milk consumers. MDARD limited the policy to fluid raw milk and maintained the ban on other raw dairy products, except for raw cheese aged sixty days (which, unlike the herdshare operation, required licensing and inspection). In spite of a subsequent court ruling holding that a herdshare dairy's distribution of raw butter, raw cream and other dairy products to shareholders did not violate either the state dairy laws or Food Code, the department has still maintained that distribution is limited to raw milk despite the legal precedent against MDARD's stance.

The three bills amend the Grade A Milk Law of 2001, the Manufacturing Milk Law of 2001, and the Food Law of 2000. Michigan legislative rules require a separate bill for amendment of each law. All three bills must pass for raw milk sales to be legal in the state.

The bills collectively legalize unlicensed sales by “direct farm-to-consumer producers,” or the producer’s “designated agent,” if the producer is in compliance with labeling and testing requirements for the raw milk or raw milk product sold. Sales under the bills must be direct-to-consumer only and can take place at farmers markets, farm stands, private food clubs, buyers clubs or cooperative distribution hubs; sales at retail stores are prohibited. Producers selling raw milk and raw milk products must file a notice with MDARD not less than ninety days before starting sales.

So far, Arkansas is the only state with a statute waiving liability for raw milk producers. HB 5219 creates a partial waiver of liability. That bill provides, “A member of the private food club shall sign a waiver that states the member understands and assumes the health risks of acquiring food outside the traditional commercial framework.” For other transactions, HB 5219 requires that the producer or designated agent provide the final consumer with a waiver stating, among other things, that “the raw dairy product is not regulated; a statement that the consumer accepts the risk of consuming the raw dairy product; [and] an affirmation that the final consumer is making an informed, voluntary purchase.” The consumer is not required to sign any waiver. In foodborne illness lawsuits, courts do not favor waivers of liability (if they are not codified in statute); with the strong language favoring waiver in HB 5219, it will be interesting to see what happens if the bill becomes law.



ONLY THREE STATES REMAINING!

2000 Raw milk available in 27 states

2024 Raw milk available in 47 states
(thanks to the efforts of A Campaign for Real Milk)

Our Goal

Raw milk available in all 50 states! **Help farmers provide raw milk legally in all 50 states.**



A challenge for the bills' proponents is that the Michigan legislature has little or no history of passing any kind of food freedom legislation. The legislature, unlike most legislatures, meets year-round; for alternate-year-meeting legislatures in states like Massachusetts, New Jersey and New York, there is also little track record of passing local food legislation. Traditionally, in Michigan, there has been a strong alliance between leadership in the legislature and agribusiness, which does what it can to stop any local food initiative from getting traction. Still, with a slowdown to the booming demand for raw milk nowhere in sight, now is a good time to end the prohibition on raw milk sales in Michigan.

OHIO – HOUSE BILL 406

A bill that has received considerable media attention is Ohio House Bill 406 (HB 406), the Farm-to-Consumer Access to Raw Milk Act, a bill that would legalize the licensed sale of raw milk from producers direct to consumers on the farm and at registered farmers markets. Currently, the distribution of raw milk only through herdshare agreements is allowed in Ohio via a state policy that has been in place since 2007.

HB 406 calls for heavy regulation of raw milk producers. It mandates that the Secretary of Agriculture "adopt regulations governing the sanitary production, storage, transportation, manufacturing, handling, sampling, testing, examination, and sale of raw milk to the ultimate consumer and for animal feed." The rules must include a requirement that a raw milk producer "enroll in a quality milk production service program."

The bill prohibits any sales unless the customer signs a liability waiver developed by the Ohio Department of Agriculture (ODA). HB 406 calls for the waiver to contain language acknowledging the risks of consuming raw milk.

Under Ohio's current herdshare policy, raw milk dairies have been pretty much left alone; there have been few, if any, enforcement actions against herdshare operations. The question is why would any herdshare farmer want to get a license to sell raw milk, with all the requirements ODA will be mandating under its broad rule-making power HB 406 and with the high cost of compliance with HB 406 regulations.

HB 406 has received considerable media attention, but any favorable publicity the bill receives means nothing in the face of the regulatory obstacles before raw milk producers. In recent years, the raw milk bills that have passed in states like Arkansas, Iowa, Louisiana, North Dakota and West Virginia have all called for little or no regulation of raw milk producers with no license requirement. If Ohio were to legalize raw milk sales, the legislature there should pass something similar; otherwise, the herdshare dairies will continue on with their same operations.

YOUNG ATTENDEES AT WISE TRADITIONS 2025



Leona Vrbanac offered a lesson in making hydrating drinks to teens.



Baby Joy enjoyed the food at her first Wise Traditions conference, and especially the yogurt!



Baby Joy, one of more than two dozen babies at Wise Traditions 2025, gets a toss up from mom.

BACK ISSUES OF *Wise Traditions* AND OTHER INFORMATIVE LITERATURE

Summer 2015	Vaccination Dangers Issue.
Spring 2016	Folic Acid and Glyphosate; Why We Need Saturated Fats; Cod Liver Oil Testing; Flint, Michigan Cautionary Tale.
Winter 2017	The HPA Axis; A Primer on the Thyroid; Recovery from Bioidentical Hormones; WAPF in Peru.
Summer 2018	Treating GERD; Gallbladder Health; Herbal Bitters; Hidden Histamine Problems; Constipation.
Spring 2019	Surviving in the Aluminum Age; The Cannabis Craze; Fluoride Dangers; Risks from Tablet Use.
Fall 2019	Why We Cook; Mitochondria and Health; Prenatal Ultrasound, Not So Sound; Dissecting Fake Burgers.
Winter 2019	Dietary Support for the Alcoholic; Vitamin B6 and Nutritional Dependencies; Switzerland's Sourdough Bread.
Spring 2020	Vitamin A-Mazing; Sunlight and Vitamin D; Vitamin K2 MK-4, Dr. Price's X Factor.
Summer 2020	Is Coronavirus Contagious? Air Pollution, Biodiesel, Glyphosate and Covid-19; The Current Health Crisis.
Fall 2020	Toxic Iron, Arsenic and Anthrax, Traditional Foods of Morocco; Modified Food Starch.
Winter 2020	Chlorine Dioxide Controversy; Coconut and Encocados; Infant Constipation; The Elder Plant; Arsenicum.
Spring 2021	Bringing Up Baby; MSG-Glyphosate Connection; Advice for the EMF-Sensitive; Colonoscopy Risks.
Summer 2021	Hidden Food Ingredients; Glyphosate and the Gut; Questioning Covid; Foodways of the Australian Outback.
Fall 2021	Sound Frequency Therapy; Covid Vaccine Shedding; Outlawing Meat in India; The Batwa Pygmies of Uganda.
Winter 2021	Money and Public Health Policy; Cell Phones and Thyroid Cancer; DIY Covid Treatment; Low-Fodmap Diet.
Spring 2022	The Great Virus Debate; Solving the Mystery of TB; RFK, Jr. Speech; Covid and Mechanical Ventilation.
Summer 2022	Devil in the Garlic; MSG and Obesity; Sunscreen Dangers; Reducing EMF Exposure; Mediterranean Diet.
Fall 2022	Salt, Dopamine and Health; Gallbladder Health; Lung Health; A Soy Prison Saga.
Winter 2022	Optimal Hormonal Development in Your Child; Living in the Plasticene; Gender Surgery; Scottish Porridge.
Spring 2023	What Makes Us Sick?; Transcending the Narrative; The Kazakh Eagle Hunters; Medical Testing.
Fall 2023	Vitamin A for Fertility; Vitamin K ₂ , MK-4; Dr. Price's Remedy; Weight-loss Drugs; Adrenal Fatigue.
Winter 2023	An Update on GAPS; A Cannabis Suicide; The Lyme Disease Lie; Dangers of Stevia.
Spring 2024	The Gut Microbiome, Oxalate and Your Kidneys; Reducing Anemia in India; Snapshots from Omo Valley Tribes.
Fall 2024	Effects of Glyphosate; Dental Metals and Neurodegenerative Diseases; Kayaking the Greenland Coast.
Winter 2024	Blood Pressure Scam; 5G Survival; School Kids and Sardines; Cost of Climate Change Measures.
Spring 2025	U.S. Dietary Guidelines; The Oyster Is Our World; Chlorine Dioxide; Bioremediation.
Summer 2025	Measles; Dietary Practices in India; Blood Thinners; Germ Theory; Raw Milk for IV Infusions.
Fall 2025	Demystifying Heart Attacks; The Helical Heart; Aluminum Dangers; Wireless Exposures.

HEALTHY BABY ISSUE: Traditional Remedies for Childhood Illness; Baby Food and Formula; Vitamins for Fetal Development; Wrong Advice in Baby Books; Vaccinations; Baby Food; Gut and Psychology Syndrome.

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Order online at westonaprice.org or by phone (703) 820-3333 OR send checks to The Weston A. Price Foundation.

Healthy Baby Gallery



Baby Evie was born at home on July 12 this year. Mom Kayleigh Jean has been following Wise Traditions principles for her personal nutrition for many years, since she discovered *Nourishing Traditions* as a teenager at a house where she babysat.

Throughout her pregnancy, she took cod liver oil and high-vitamin butter oil, drank local raw milk every day, and got chickens and started getting eggs from the same farm during her pregnancy. She ate as many as she wanted, with runny yolks and homemade sourdough toast and lots of butter. She experienced no morning sickness and very little nausea throughout her first trimester and none after that. She gave birth at home at forty-one weeks exactly, her husband catching baby Evie in the birth pool, weighing nine pounds and two ounces. From birth, she was a very alert and relaxed baby, following with her eyes and holding her head up from very early on. Since her birth, she has averaged a gain of two pounds per month—she is a delightful squish to behold! So healthy and happy, and the Wise Traditions diet of her gestation and now breastfeeding has everything to do with that.

Thank you from the bottom of our hearts for all you do!

D and T were adopted by their WAPF foster parents in 2025, after having lived with them for two years. D took to the WAPF diet immediately, even though his last meal before arriving in his new home was McDonalds! T was a newborn, and was given homemade baby formula until about nine months old, when he transitioned to raw goat's milk. His first foods at around four months old were liver and egg yolks, which he still loves to this day. Shortly after D's sixth birthday, he received dental expanders which have widened both his smile and his whole face. T is a very joyful two-year-old, who was potty-trained by his second birthday. Everybody who meets him comments on how happy he is. Both boys take cod liver oil and drink raw milk from the family's cow and goats. Last year D was the only student in his class who didn't miss a single day of school due to sickness!



Teen Gallery: If you want to share a photo of your teen whose good health you attribute to the WAPF principles, send to info@westonaprice.org.

Healthy Grandparents Gallery: Do you have healthy grandparents in their 80s, 90s and even 100s brought up on a traditional diet? Please share their photos with us! Send to info@westonaprice.org.

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.

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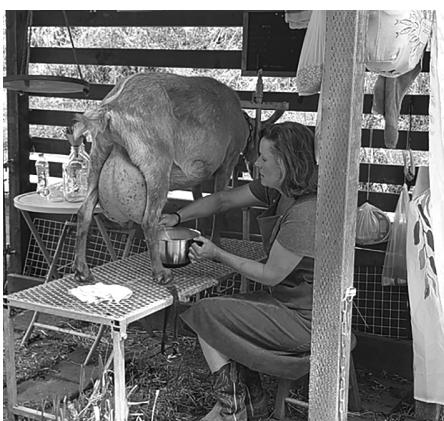
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CONTRA COSTA TRI-VALLEY, CALIFORNIA



LEFT: At a summer gathering, farmer Bevyn at West-creek Farm in Alhambra Valley demonstrated milking a goat. The chapter visited to learn how to milk goats and make goat cheese.

RIGHT: This fall, member Martha Apaza invited the chapter to her home to demonstrate making traditional Peruvian *anticuchos* (grilled beef heart).



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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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WEST RIVER/W TOWNSHEND, VERMONT CHAPTER MEETING

While visiting Vermont, Sally Fallon Morell and Kathy Kramer had the pleasure of attending the September meeting of the West River/W Townshend Chapter. It was an impressive meeting with fifty people in attendance for an interesting review of the journal where each article was summarized by a different person followed by a short group discussion. Afterwards, all enjoyed a delicious potluck. Many participants are pictured here with chapter leaders Leigh Merinoff and Raquel Master (third and fourth from the left, second row).



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CHAPTER RESOURCES

Resources for chapter leaders can be accessed at westonaprice.org/local-chapters/chapter-resources, including our trifold brochures in Word format, the chapter handbook, PowerPoint presentations, business cards and more.

The Weston A. Price Foundation currently has 459 local chapters:
404 serve the District of Columbia and every state in the U.S.
except Delaware West Virginia and 55 serve 17 other countries.

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.

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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.

Providence Pastures produces and shares pasture-raised, regenerative, nutrient-dense food through long-term relationships with customers. We raise grass-finished beef, pasture-raised poultry and organic eggs, pasture-raised sheep and Mangalitsa lard pigs, organic maple syrup, produce, wheat and fruit. Sullivan, Indiana (812) 572-4293. providencepastures.org.

KS

Prime Grass Farm: NE Kansas. Grass Fed + Grass Finished Beef + Hormone Free for life. Taking orders for 2025, processing included,

whole beef \$5.50/lb/hanging weight. Halves + Quarters available. Also, organic red winter wheat is available. Eli (785) 206-0350 or Steve (785) 294-0823.

KY

BEEF! Grass Fed/Grass Finished beef shares, bulk bundles and sides. Nourish your way back to health with farm fresh beef raised on pasture, sunshine, spring water and fresh air. Locally available in South-Central Kentucky. (606) 235-1473 www.FireflyFieldsKY.com or Monica@FireflyFieldsKY.com.

River Bend Farm Cerulean, Kentucky. 100% Grass fed herd shares for raw milk. Family based operation. Raymond Hoover 10488 Cerulean Road, Cerulean, KY 42215.

MA

Pasture Lane Farm Market, our community of family farms produces raw dairy products, pastured meats, fresh fruits and veggies, baked goods and preserves. Open year around. Visit our farm store at: 2 Pasture Lane, Livermore Falls, Maine (207) 897-2516.

MD

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 **Buckystown 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 and Friday 10-6, Saturday 10-4 and 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, [farm_on_wheels@live.com](http://farmonwheels.net).

MO

1984Farms.com - Regenerative farm in Atlanta, Missouri, providing pastured-raised/finished beef, lamb and pastured corn/soy-free pork. Shipping weekly nationwide. No synthetic or toxic chemicals used. Order online and read more information on our values and methods. Kerissa info@1984farms.com, (435) 224-4593.

NC

Little Way Farm in central North Carolina offers food as it should be: wholesome, simple, and without all the junk you're trying to avoid. We believe that buying natural food should bring you peace of mind, nourish your body, and offer long term health for all of nature, including you! Our natural farming practices honor the cycles of nature. We offer local farm-pick up and home delivery in North Carolina as well as shipping to all lower 48 states. Shop 100% grass-fed and grass-finished beef and lamb, and non-GMO, pasture-raised poultry, pork, and eggs. Plus, you'll find raw honey, 100% organic and sprouted flour, rendered lard, and lard dish soap in our online store. We also offer ways to save through our subscribe & save model, or our multi-pack bulk options. Order online at littlewayfarmnc.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.

100% Grass-fed beef, pastured non-GMO pork and eggs, pure NY maple syrup, goat's milk soap. Visit our farm stand. Also 100% whole grain sourdough bread (pre-order only) (315) 651-6862. Walnut Hills Farm 440 Pleasant Valley Road Lyons, NY 14489.

Wyndfield Acres: diversified organic family farm in the Adirondack foothills overlooking the Kuyahoga. We offer 100% grassfed/finished beef, lamb; pastured, non-GMO Mangalitsa pork; pastured, organic-grain-fed

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poultry/eggs. Visit our farm store: healthful ingredients, herbal tinctures, salves, more. Little Falls, NY (315) 823-0171.

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.

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.

PA

Raw A2/A2 butter – salted or unsalted – grassfed. \$16 per lb. Raw, unsalted, never-frozen butter. Packed in glass, 4 lb jar, \$17 per lb. 1 pint ghee \$18. **Shipping available** across the states. Creamline Acres 109 Stovers Cross Rd, Mill Hill, PA 17751. Voicemail (570) 660-6250. Email creamlineacres@ibyfax.com.

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.** Visit our farm store. 694 Country Lane Paradise, PA. (717) 442-9208 info@dutchmeadowsfarm.com – DutchMeadowsFarm.com.

Enjoy eggs from ducks that are on better pastures. Safe nutrition, direct from the wilds of God's creation. Call or text Cleason Weaver at (717) 385-2410 to order or visit: 501 Shippensburg Rd. Newville, PA 17241.

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.

Hobby Ag LLC: Your Homesteading Neighbor. We offer 100% grass-fed: beef, yogurt, raw milk & cheese; pasture-raised, corn & soy-free chicken & eggs; Alumi-Coops. Located in Lykens, PA. We offer pick up & delivery! Visit hobbyag.com, call (717) 805-9815, or email raymond@hobbyag.com.

Choose from our selection of grassfed beef and pastured soy-free pork, chicken and eggs. **We ship.** Open Monday through Saturday. Closed on Sunday. Locust Grove Farm, 619 Locust Grove Road, Port Trevorton, PA 17864.

Quackin' Egg Hollow, New Holland, PA produces pastured, chemical-free duck eggs and quail eggs, corn and soy free. Now offering Einkorn cereal, gluten free ancient grains, sprouted flour and oats, plus our own baking mixes. **We ship.** Call or text (717) 656-0423. Michelesmixins.com.

Raw, unheated HONEY from grass-based PA farm, **free shipping.** Bees not moved for pollination. Seasonal varieties. 5 lb jug \$49, 10 lbs \$92. Order at www.owensfarm.com, send check, or stop by. Owens Farm, 2611 Mile Post Rd. Sunbury PA 17801 info@owensfarm.com 570-898-6060. Continental US only.

Stone Meadow Farms offers raw milk cheese from our grass-fed dairy. 100% grass-fed beef and pastured pork. Everything is raised outdoors and rotated on pasture with no antibiotics, hormones, GMOs or soy. **We ship cheese.** Woodward, PA (814) 349-5182.

TN

Martin Family Farm, nestled in the rolling foothills of the Smokies, offers a wide variety of fresh in-season food. From our pastured meat chickens, grassfed beef, organic, soy-free pork and grassfed lamb, to our several acres of intensively managed, permanent-bed gardens, and our 100% grassfed raw milk, 10-cow Jersey dairy, we find great fulfillment in providing nourishing foods produced in a healthy, diverse, vibrant and flourishing ecosystem. Come see us at: Martin Family Farm, 959 Country Road 423, Athens, TN 37303.

Raw A2A2 Goat Milk: Experience the delicious health benefits! We supplement our pastured dairy goats, laying hens and meat chickens with organic grains. Purebred LaMancha breeding stock available. Come visit: Littlefield Farm 1841 County Road 423, Athens, Tennessee 37303.

VA

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.

RUCKER FARM, Flint Hill, Virginia. We're Isabelle and Garrett, raising nutrient-dense food on our family farm. We offer grassfed beef, pastured pork, and non-GMO chicken and turkey. Order online for farm pick-up or delivery. Learn more and join our newsletter at ruckerfarm.com.

Salatin family's Polyface Farm has salad bar beef, pigaerator pork, pastured chickens, turkeys and eggs, and forage-based rabbits. Near Staunton. **Nationwide delivery available.** Call (540) 885-3590, polyfacefarms.com.

WI

Glyphosate-free farm offers high quality 100% chemical free spelt berries and spelt puffs. Our products are grown on our organic farm and tested glyphosate free. **We can ship** our products to your doorstep. We offer a wholesale discount to retail stores. For information write to: William Yoder 17334 County Highway D, LaFarge, WI 54639.

Try our handcrafted 100% lard soaps, tallow balms, herbal infusions, tallow sugar scrubs and lip balms. We render our own lard & tallow. Soy-free Gloucestershire Old Spot pastured pork available as halves or wholes. Pricing starts at \$5. Shop <https://kortearces.square.site>.

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

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 thisisdennis@startmail.com.

Seeking remote job! Career path in food systems, tribal health, chronic disease prevention and philanthropy. Background in project management, administrative operations, client services and event logistics. Also open to part-time or project-based opportunities. Please reach out: angelabonne@gmail.com or <https://www.linkedin.com/in/booneangela/>.

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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. 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 **Free shipping!**

The Power of One-Third (1/3 sleep, 1/3 daily activities, 1/3 me), a 52-week prescription for a **Balanced Life**. Embark on a journey to trust your body-mind-spirit, make lasting life changes and meet a NEW YOU. Curious? Contact mariola@powerofonethird.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/LEASE/SALE

Christian homesteading couple in their 30s with two children, seeking connection with a senior farm couple who needs a family to continue working the farm. Willing to relocate. Miller Family 15564 Hemlock Point Road, Chagrin Falls, Ohio [44022] miller.irene48@proton.me (440) 321-0935.

Dairy for sale in Serbia. The Pirot dairy facilities cover an area of 5.700 m², and the land is 11.400 m². See video: https://www.youtube.com/watch?v=_MwIX5cG0o Contact: direktor@pakpromet.com.

Have you ever dreamt of owning a farm school and teaching cooking, butchering, farming, ceramics and blacksmithing? Now you can. High in the mountains of southern Vermont we are selling a stunning working farm in our farming community. Text (917) 363-1946.

SEEKING INVESTORS!! SAVE FARM FROM BEING SOLD! 46 acres on river in Coeur d'Alene, Idaho. Have two sisters to buy out. Need someone to invest in it as a health retreat. Could be a remarkable destination health lodge/organic farm!

Approved for 10 room BnB. Brenda Pendergast (208) 682-3003, brenda.suspendergast@gmail.com.

RESEARCH/OUTREACH

Do you have a child with a chronic health or developmental condition? Documenting Hope invites you to join **Healing Together**, a private online community where parents and caregivers can connect, support one another, find resources, and embark on a healing journey together. <https://healing-documentinghope.com/register/>.

SERVICES/SUPPLIES

Free Gorgeous Scobies while supplies last! These scobies have only known Just Panella sugar for the extra nutrient content. The only reimbursement is the cost of shipping/handling (they will be coming from Texas). The scobies will be freshly vacuumed pack from the "hotel" the day of shipping with freshly brewed tea. Text to order and if you need a successful recipe: Toni Russell, RN, (469) 337-3799.

HELP NEEDED TO SAVE a small regenerative family farm. Farmer and chapter leader (with first baby) in rural farmland of SW Virginia are being harassed and sued by nearby wealthy vacationing landowner. We have milk herdshare, meatshare, and LGDs. The lawsuit, begun in 2023, has been nonsuited and refiled in an attempt to remove our insurance attorney support. FTCLDF is unable to assist. Need legal help, pro bono attorney, or can pay limited \$ for support while pro se. Email hello@grasstotable.com.

Intended parent in need of a surrogate gestational carrier. Please contact Justin Allen at justin.allen4email@gmail.com.

Urgently Needed: Dental Help. Woman 75 years old with a very small fixed income. Amalgam tattoo inserted 50 years ago. Decay, missing teeth, chronic sickness. I stay in Texas and CA with family. Could Airbnb near dentist. Magathy88@yahoo.com.

TRAVEL/LODGING

Alpine Hiking and Culinary Seven-Night Summer Retreat in Switzerland: Bettmeralp, the Lötschental Valley in the footsteps of Dr. Price, and Kandersteg, with chef-author Tania Teschke July 4-11, 2026. We will be hiking and cooking together in the spirit of the WAPF. Join us, and revitalize your senses! Contact Tania at info@bordeauxkitchennaturals.com More info at: <https://bordeauxkitchen.com/hike-switzerland-2026/>.

Book your stay at Mulberry Lavender Farm and B&B in Tennessee to experience a simpler life and watch heritage animals thrive. Visit the farm store or stay in the Historic Farmhouse or Cottage, with all-organic farm breakfast. Book online at mulberrylavender.com.

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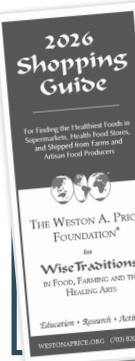
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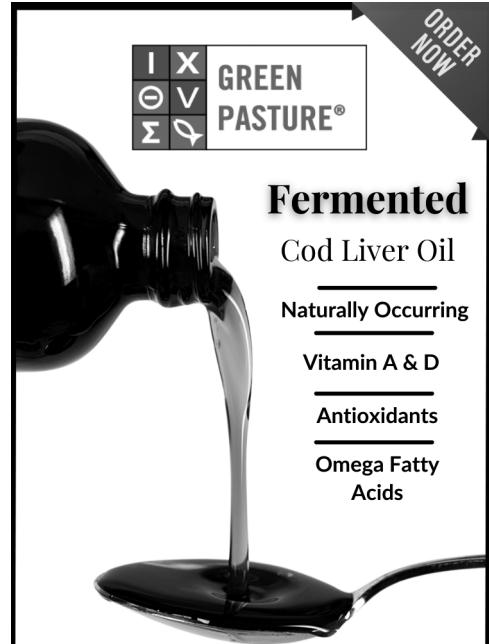
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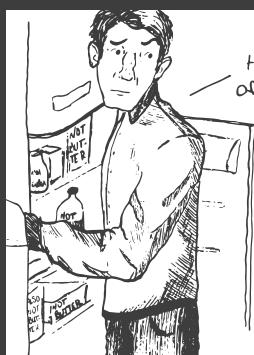
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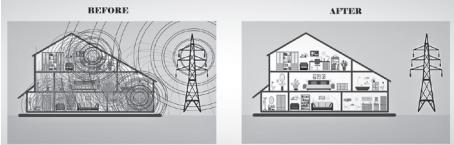
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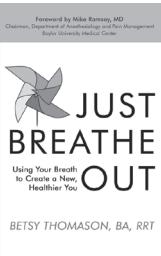


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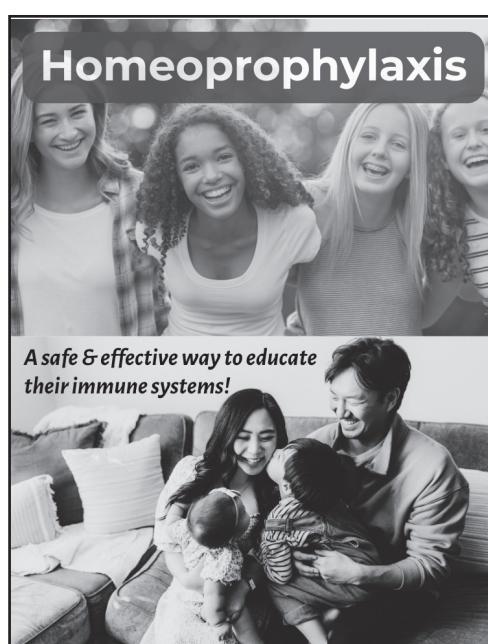
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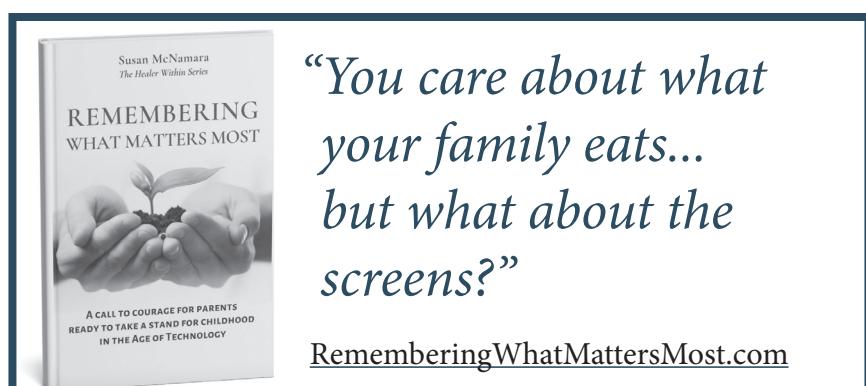


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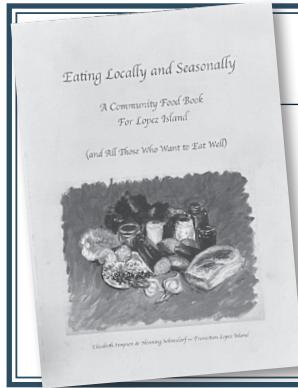
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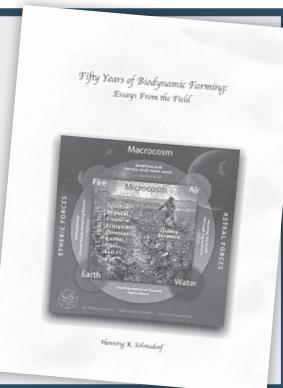
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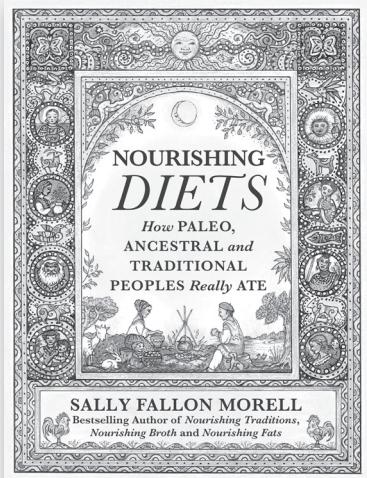
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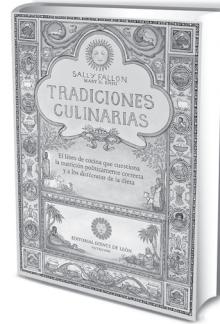
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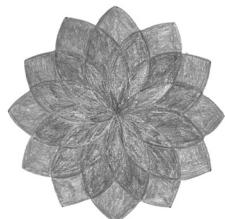
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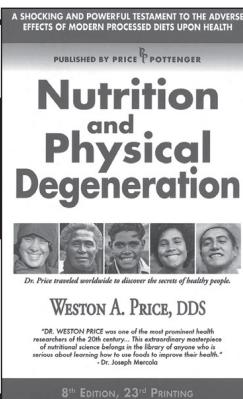
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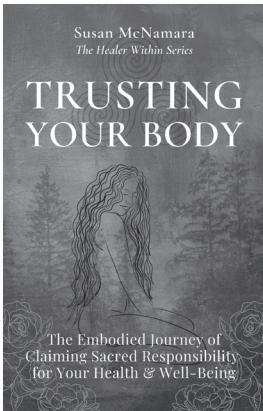
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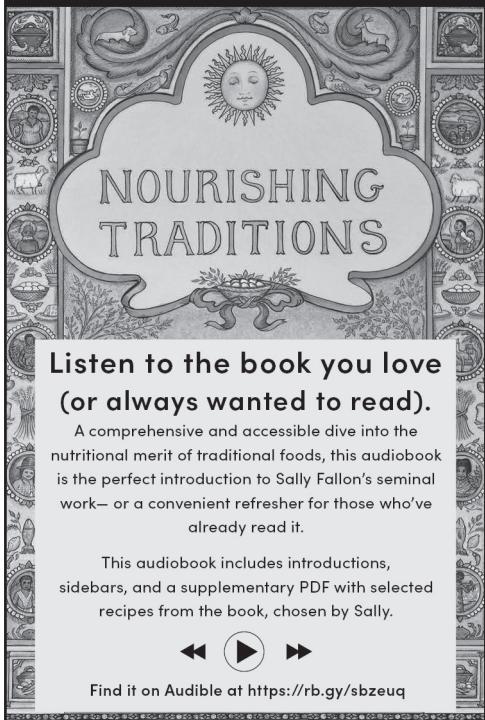
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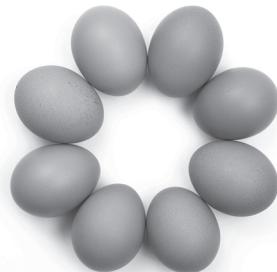
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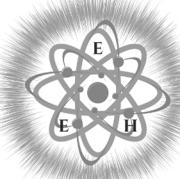
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The Weston A. Price Foundation

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Calendar

2026

April 17-18 **Wooster, Ohio:** Whole Health conference featuring Sally Fallon Morell, Alex Clark, Dr. Bob Sears, Dr. Ben Edwards, Hilda Gore, Maureen Diaz and many other fine speakers on nutrition and health. **CONTACT:** seekingwholehealth.com/conference/

June 17-18 **Walnut Creek, Ohio:** Food Independence Summit featuring Sally Fallon Morell, Joel Salatin, Justin Rhodes, Del Bigtree and many other fine speakers on farming and health. **CONTACT:** seedtospoon.life/about/

June 26-28: **Coeur D'Alene, Idaho:** Modern Homesteading Conference featuring Sally Fallon Morell, Joel Salatin, Dr. Patrick Jones, Daniel Salatin, Carolyn Thomas and many other fine speakers on homesteading and health. **CONTACT:** modernhomesteading.com/.

Aug 3-4 **San Marcos, Texas:** Farm and Ranch Freedom Alliance annual conference. **CONTACT:** farmandranchfreedom.org.

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October 16-18, 2026

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You teach, you teach, you teach!

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



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