

Wise Traditions

\$12 US

IN FOOD, FARMING AND THE HEALING ARTS

A PUBLICATION OF THE WESTON A. PRICE FOUNDATION®



Education • Research • Activism
westonaprice.org



Volume 20 Number 4

Winter 2019



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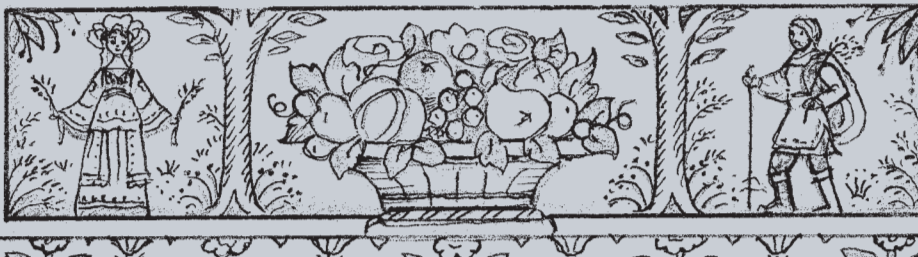
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WiseTraditions

IN FOOD, FARMING AND THE HEALING ARTS
Volume 20 Number 4
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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


At our conference awards banquet, we officially launched a new directive—designed to increase support of our farmers and ensure we are all eating a healthy diet. It is called the 50 Percent Pledge. We are asking all members to pledge to spend at least 50 percent of their food budget in direct purchases from farmers and artisans. Foods you purchase direct include raw milk, raw cheese and other raw dairy products; pastured meat, poultry and eggs; artisan foods like sourdough bread, ferments and broth; and even prepared foods like soups, stews and casseroles.

It's not hard to do! Contact your nearest local chapter or visit realmilk.com to find a farm near you. Nothing close by? Then look into a buyers group or delivery service—there are hundreds of them, all over the U.S., and your chapter leader can tell you where they are near you. Still nothing that is convenient? Then consider banding together with a group of friends to set up your own food drop—we have many farmers who are glad to oblige. And there are always farmers markets—just make sure that the vendors you purchase from are growing the food that they sell.

So, please renew your efforts to make direct farm purchases, but don't think you have to do without some of your favorite foods like rice, pineapples and bananas. I like to say that with the part of your food budget that you are not using to support local farms, you can celebrate how small the world has become. I recently learned that almost every commercial airplane carries a delivery of fresh produce—coming from California, or South America or even New Zealand. These planes would be flying anyway, so the cornucopia of fresh produce that we find in our local stores has a very small footprint. What's more, a lot of produce coming from overseas is organic. So it's no problem to support your local farmer and also enjoy strawberries in December.

We had a wonderful conference in Texas—the speakers were the best, and we will be presenting some of the talks in future issues of *Wise Traditions*. You can also order conference recordings from Fleetwood through a link from our home page.

Wise Traditions 2020 will be located in Portland, Oregon, November 13-15. Mark your calendars!

We wish all of you a new year filled with good health and meaningful work—and lots of local and artisan food! 

Letters

ALS AND ELECTRICITY

Mainstream medical literature has finally confirmed that workers in certain occupations are more at risk of Lou Gehrig's disease (amyotrophic lateral sclerosis or ALS). The full article can be read at: newscientist.com/article/212626. Roel Vermeulen at Utrecht University in the Netherlands and his team found that people whose jobs exposed them to high levels of very low frequency (VLF) magnetic fields were twice as likely to develop ALS as those who have never had this kind of occupational exposure. These jobs include electric line installers, welders, sewing machine operators and aircraft pilots. Vermeulen said, "These are essentially jobs where workers are placed in close proximity to appliances that use a lot of electricity."

Dr. Samuel Milham, author of the book *Dirty Electricity*, was far ahead of mainstream medicine when he postulated that athletes come down with ALS far more often than the general population because of their exposure to TENS machines. This is a small electrical device that is used extensively by athletes and others when they injure themselves. It is used for pain relief. Milham knew of a twenty-three-year-old athlete who had ALS.

This reminds me of a minister who worked at a nearby

church and died of ALS. He often mentioned that he owned a motorcycle and that he rode it extensively. When I heard about his death from this disease, I was not surprised. When you are sitting on a motorcycle, you are sitting on a large motor absorbing large amounts of EMFs, no doubt! At least in a car, the driver is a fair distance from the motor and so the EMF levels are somewhat lower. There are no regulations about how much EMFs can be given off by motorcycles, cars, trucks, etc.

It behooves us to keep our EMF levels down and to measure them once in a while. There are various meters on the market that measure magnetic fields, radiofrequency (RF) microwaves and electric fields. The price of these meters is coming down as more people are using them. Or you can hire a building biologist who will take measurements in your home and workplace.

To read more about the link between disease and electricity exposure, a good book is *The Invisible Rainbow* by Arthur Firstenberg.

Julia Hattori
Kingston, Canada

The TENS machine is a modern invention, but other electrical stimulation devices for pain existed in earlier times, including one called the Electreat. It is entirely possible that the New York Yankees had such a machine in the mid-20th century, when Lou Gehrig was playing for the team.

FAST HEALING

Our family has been incorporating Wise Traditions principles for about seven years now. Last year, our three-year-old daughter was unfortunately injured while playing with her older sisters. Her cry was different this time,

and we knew she needed medical attention, but as a first stop we went to the chiropractor to see whether she had dislocated her knee. The chiropractor felt her leg and said that the muscles on one side of her lower leg were stiff in one location. He said that there was most likely a fracture and that we should seek out



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50% Pledge!

Spend at least 50% of your food dollars on direct purchases from local farmers and artisans; with the remainder of your food dollars, you can celebrate how small the world has become!

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x-rays and medical attention at the local clinic. We followed his advice, and two hours later we found out that our three-year-old had a complete fracture of her tibia and a hairline fracture of the fibula. She was put in a splint and the next day a cast on her leg.

We returned eight days later for a recheck and more x-rays to make sure the bones had stayed stabilized. During this appointment, the pediatric orthopedic surgeon pulled up her x-rays and could not believe his eyes! He exclaimed, “How many days has it been? Only eight! I’ve never seen a bone heal this fast!” The hairline fracture in her fibula was completely healed, and the complete fracture in her tibia was 75 percent healed! He said that he normally wants children to be in a cast for at least four weeks, as the bone needs all that time to heal. After much discussion, the doctor agreed to allow removal of the cast at three weeks as long as the x-rays showed that the injury was completely healed. Well, on day fourteen, our three-year-old was up and running in her cast, chasing chickens and playing in the sun! I had no doubt that her leg had indeed healed. We still had another week in that cast, though (a very long week for a three-year-old)!

We returned in week three, and after one x-ray she was cleared for cast removal! The doctor couldn’t believe it. He said, “I don’t know what you did.” I promptly interrupted him and told him what we had done—a diet consisting of emu oil, cod liver oil, raw milk, raw yogurt, raw cheese, homemade bone broth, while avoiding sugars and processed foods. I also handed him a Weston A. Price brochure! Like most

doctors, he just chuckled, told me to have a good day and left the room.

Our three-year-old is our first child who is 100 percent Weston Price—as I ate properly before conception and during pregnancy—and she has been well-nourished since birth. I have no doubt that God heals through food. He created our bodies to heal themselves with the right nutrition. His master blueprint for our bodies is so very perfect that our skin regenerates, cuts heal and bones can be healed! There is a *huge* difference between being merely fed and being well nourished! Thank you, Weston A. Price Foundation, for spreading the word about true nourishment!

Crystal La Brake
Co-Chapter Leader
Tyndall, South Dakota

MEASLES AMNESIA

Recently, a study by Michael J. Mina and others made news because it stated that following a measles infection, antibody levels to other viral and bacterial infections drop during the following three to six months. This means, according to these authors, that not only is the actual measles infection itself a grave danger to the child, but also that having a measles infection causes a global immune suppression, making the child susceptible to other potentially deadly infections in the period after the measles have cleared.

This same immune suppression is not caused by the MMR vaccine, they assert, thereby creating an even stronger argument that we must vigorously push for full acceptance of the measles vaccine so that we can achieve “herd immunity,” which they claim happens

when 95 percent of the population is immune from measles because they received the required measles vaccines.

For very important reasons, however, the Mina paper should lead us to exactly the opposite conclusion.

First, antibody levels are not predictive of immunity. In fact, there is significant research showing that the drop in antibodies following measles infection is a protective response, as it means that the level of cell-derived transfer factor, the substance in the blood most linked with resistance to viral diseases, has gone up. This phenomenon is the most likely explanation for the results of the biggest study ever done on what actually happens to children after they have a measles infection. Dr. Peter Aaby’s research showed that even though the levels of antibodies went down, the death rate of children following measles infection was four times *lower* than the death rate for children who didn’t contract measles. Here is the quote from Aaby’s paper: “Exposed children developing clinical measles had lower age-adjusted mortality over the next four years than exposed children who did not develop clinical measles.”

In addition, I have to mention that the idea of vaccine-induced “herd immunity” to measles is pure fiction. According to published CDC data, the primary failure rate for measles vaccines is 4.7 percent. In other words, 4.7 percent of children who receive a measles vaccine never develop immunity to measles. If we need to have 95 percent immunity, then the figure the CDC uses for effective herd immunity if we vaccinated 100 percent of the



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people is at best 95.3 percent.

However, we must consider the “secondary failure rate.” This term refers to the percentage of people who lose their immunity over time after vaccination. This happens because without the working together of the cellular and humoral immune systems, most people will not develop lifelong immunity. In fact, peer-reviewed studies show that between 0.5 and 1 percent of vaccinated people lose immunity to measles for each year that passes. In other words, for thirty-year-olds, whose last vaccine was at age ten, they have between a 10 to 20 percent chance of no longer having immunity to measles. If you do the math and average this all out, one finds that the maximum level of immunity to measles that can be achieved through vaccination is about 65 percent in the entire population—far, far below the level we are told needs to occur to achieve effective herd immunity.

Herd immunity is a make-believe concept, used to “herd” unsuspecting people into a behavior that they wouldn’t choose otherwise. As Dr. Albert Sabin noted, official data have shown that large-scale vaccination in the U.S. has failed to obtain any significant improvement of the diseases for which the vaccines are supposed to provide immunity. In essence, vaccinations were and are a failure.

Thomas Cowan, MD
San Francisco, California

DYEING TO LOOK GOOD

Regarding the article “Dyeing to Look Good” (Fall, 2019), there is a global movement concerning the dangers of sensitization associated with

PPD (paraphenylenediamine) found in the traditional box hair color products. Catherine Cartwright-Jones, PhD, has championed the path to safe hair coloring with plants that have been used for centuries.

I first became aware of Dr. Cartwright-Jones’ work when doing my own research to find a better way after experiencing an itchy scalp every time I used box hair dye. The natural henna and other plants finely ground, mixed and applied to even stubborn grey hair result in lustrous, shiny, healthy hair in a wide variety of shades. The mehandi.com website not only educates against PPD and fake henna, but also provides videos, boxed or bulk plant hair products and all of the history and scientific research available. They also have a Facebook page.

I highly recommend reading the information on the site, even if you are not interested in coloring your hair!

Betty Armbricht,
DNP APRN, FNP-BC, CEN
Richmond, Texas

CHICKENS AND CABBAGES

With each passing issue of *Wise Traditions*, my affinity increases for the ideas and events discussed. No sooner had the Fall 2019 copy arrived when I read Nenah Sylver’s “Mutant Cabbages” letter, which reinforced the experience I have had with chickens.

For ten years I have raised chickens, primarily for their eggs, selling most of them through a CSA. My *modus operandi* was to buy a cohort of twenty-five-day-old chicks of the same variety. Six months later I would buy another cohort of a different variety. Sequenc-

ing cohorts in this manner made it easy to tell the ages of the birds and to track the productivity of certain varieties. Over the years, I have had Wyandottes, Barred Rocks, Buff Orpingtons, Rhode Island Reds and New Hampshires. After two years of a cohort, egg productivity would begin to drop off and I would process the cohort for meat.

Each new cohort required six months of tending before I got the first egg, and within a couple of weeks, they all were laying. It was like clockwork. That pattern was well-established for all of the chickens, except the last batch.

I was astounded to have some of the chickens laying eggs within three and four months. I could barely believe it. When their egg-laying rate started to taper off in less than two years, I also was surprised—but not so much. I figured that “normal growth and metabolic signals [had] been dramatically interfered with”—using Nenah’s words—but I suspected a different cause. I was buying the same heritage lines from the same supplier and using the same feed and forage. I could understand how through selective breeding, the supplier, remaining true to heritage lines, chose to select for a more rapid maturity to enhance marketability.

Nenah’s cabbage might be mutant. I have no doubt that our changing biological (viruses), chemical (pesticides) and physical (radiation) environment may be the culprit for Nenah’s inferior cabbage. It might also be an overlooked side effect of aggressive breeding by the seed supplier seeking any of a myriad of “preferred attributes” such as a higher germination rate; greater disease, heat and drought resistance; or faster



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growth. This can all take place without violating any organic or heritage standards. Even as “purists,” we must realize that a seed supplier’s preferences do not always match perfectly with the consumer’s preferences.

For me, I face a daunting task. If I want, for example, Barred Rock chickens to mature more slowly and to lay for a longer period of time, I need to consider raising my own line so that they will conform to my definition of what a Barred Rock chicken is.

Bill Hyde, PhD
Happy Farm
Henderson, Colorado

PEA PROTEIN

I just watched a deceptive, misleading movie (infomercial) called “Game Changers” (see p. 63) on Netflix by James Cameron in which he poo-poops eating meat and tries to convince everyone that eating any animal product including cheese, eggs and milk is disease-producing, unhealthy and far inferior to eating vegan. The film is vague, full of half-truths or wrong on almost all aspects. I looked up James Cameron and found he is invested in a one-hundred-forty-million dollar enterprise to produce pea protein, which I suspect he sells to veggie-burger makers and other vegan companies. This is another example of a self-serving infomercial trying to appear objective.

Robin Hood, DC
Concordia, Kansas

Actually, pea protein is the main ingredient of the Beyond Burger!

TRY ALTERNATIVES FIRST!

The other day I found an article about afib (atrial fibrillation) and low potassium—and yesterday found a plethora of articles about the “well-known” connection between potassium deficiency and hypertension. Nobody mentioned that to me when, starting in 2012 (taking care of my dying parents), my blood pressure started going up and up. I was never told to eat more potassium-rich foods nor to supplement! What is this world coming to?

This is my philosophy now, said before but bears repeating: for chronic conditions (including aging), try alternatives first. If they don’t work, you still have strong options left. But, if you go in guns blaring and remove body parts or permanently alter stuff and wreck physiological pathways, you cannot go back and explore the gentle “cures.” Also, prevention is number one.

I look for safe, cheap, effective, easy, simple-elegant, mechanistically plausible, ancient practice, accessible to many, not irreversible and quick. Western emergency care is spectacular, but acute! For example, consumption of apple cider vinegar as a remedy is very old, about twenty-five hundred years!

Vaccination is in no way “prevention.” It’s a Frankenstein-injecting, money-making, disease-inducing technology which bypasses crucial immune system checks and evolved mechanisms. Using these chemical cocktails first is a thoroughly bad idea.

Laurie Lentz-Marino
Belchertown, Massachusetts

HOMEOPATHY WORKS

After years of reading the homeopathy column in the WAPF journal, mainly out of academic interest, and because I like to read your journal cover to cover, I have finally waded into homeopathy.

It’s been like a miracle for the vaccine-injured pets we inherited. Travis’s multi-year-old fluid-filled cyst (tumor?) has shrunk by 40 percent, and Roxy’s perpetual river of morning brown eye gunk, that drained in three-inch-long rivulets each day, has evaporated with *Thuja Occidentalis* 30C. She is also much better adjusted mentally. She has become a much more loving dog and is better engaged with other dogs. That is, she does not emit blood curdling howls at them, followed by a “raised hackles” diarrhea. I chose *Thuja* 30C because it fit all their symptoms perfectly, and it has worked for many an autistic child.

Early this summer, while gardening, a big wheelbarrow filled with dirt tipped on my calf and gave me a giant bruise that hurt abominably. I was writhing in pain on the lawn. I developed a five-inch by five-inch black-and-blue, blunt trauma bruise on the underside of my calf. I hobbled to the kitchen cabinet and took *Arnica Montana* 30C (only because I had absolutely nothing else to treat it with), and the pain disappeared like magic.

It started hurting again in thirty minutes. I took another dose and it disappeared again. Sometimes, and definitely in my case, you have to be hurt really badly to see the light. I was able to walk the dogs a couple of miles on my injury. The injury also healed beautifully.

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I have no idea how homeopathy works. As a matter of fact, for years I have wrestled with all the theories of homeopathy and found them to be inexplicable, yet I am now a firm believer in the magic and miracle of homeopathy. I don't need randomized controlled trials, and I don't need proof positive, because for this sample of one, it has been amazingly restorative medicine. And I know it's not placebo, because it works on pets. I can actually measure tumor shrinkage. And I know it's not toxic.

Thanks to your persistence in educating the general public over a long period of time, through all sorts of mental blocks (to wit mine), my family now have a way of administering medicine that is in keeping with our philosophy. I am deeply saddened that I forgot that my mother routinely took us to old Dr. Banerjee, the homeopath in Delhi. I had relegated these memories to the back of my mind as really drudgerous

things mums do to torture you. My only recollection of those events is sitting in his office fidgeting restlessly, while he took long case histories and made everybody wait for hours. Sometimes you have to be very, very old to respect and admire what your mom did for you. The WAPF has been a lifesaver for me. Like the universal mother (and grandmother) really, without the intergenerational receptivity gap.

Truly, knowledge is power. Even subliminal knowledge! I have now been reading through many of the eighteen hundred or so studies that were trashed by the Australian epidemiological analysis on homeopathy and am finding fascinating nuggets of research that have been simply dismissed by mainstream allopathic medicine—a horrendous state of affairs we must correct. *Similia similibus curentur*—like does indeed cure like. Hippocrates was right, as was old German folk medicine. I am reading the Banerji protocols and

their stunning results for cancers—all without chemotherapy and radiation.

I am so glad my grandson is growing up in Europe where MDs and pediatricians routinely prescribe homeopathics. I am starting a homeopathic study circle in my town. All parents who are trigger-happy with Tylenol and amoxicillin need this information. All American mums need this information. Actually, all mums worldwide need this information.

Sushama Gokhale
Sebastopol, California

HIGH TUNNELS?

The article about growing fruit and vegetables in high tunnels (Summer, 2019) did raise some general doubts in my mind. Obviously, it is helpful to provide reliable warmth and shelter in climates that can otherwise pose a problem, but what research has been done—none I suspect—on plants and their nutritional quality grown under



Dr. David Diamond received the Mary G. Enig Integrity in Science award at the 2019 Wise Traditions conference banquet.



Uncle Sam endorses the work of the Weston A. Price Foundation and its support of raw milk and small family farms!

Letters

either semi-opaque or dark material? For instance, I have read that here in the UK cherry growers now grow their fruit under cover—clear for the early fruit, then semi-opaque and then dark plastic roofs.

More and more is being discovered about the subtle effects of the full spectrum of radiation from the sun on the human body, and plants are probably no different.

The author writes that the four requirements for plants are water, air (he does not mention the sun here), an amicable temperature and nutrients. How is the soil going to be kept healthy? He implies that you test for nutrients and put in what is missing, but that only tests for what you think is important! Good soil, and one that continues to be good, is far more complex than that.

No doubt the resulting crops from tunnels will be market-fresh with

much reduced food miles and will look healthy. But I do wonder whether there will be a long-term decline in the nutritional quality of produce grown like this.

Diana Ratzer
London, United Kingdom

PERSONAL SOVEREIGNTY

Recently I wrote a letter to our prime minister, Boris Johnson, which I want to share with fellow WAPF members:

Dear Mr. Johnson: I consider it wholly inappropriate to find a conservative leader claim at the United Nations that consumer choice and personal sovereignty have a negative impact on the development of any technology or product. How come all conservatives agree that personal consumer choice in, say, shoes and socks or bread is the very force, nonexistent in the Soviet Union,

that drives innovation, yet somehow, if we remove these things and agree with Karl Marx with regards to vaccination, that it will somehow result in technological innovation?

Conservative voters will not accept the doublethink in this speech, which claims that repression, censorship and control and an Orwellian state are repulsive in the areas where our dear leader seeks liberty, but not in those that he seeks to repress.

You stated: “A whole movement called the anti-vaxxers, who refuse to acknowledge the evidence that vaccinations have eradicated smallpox, and who, by their prejudices, are actually endangering the very children they want to protect. And I totally reject this anti-scientific pessimism.”

Surely, it is by government stepping out of the way, forcing the pharmaceutical industry to have to engage their



Recipients of the Twenty-Year Service Award with Sally Fallon Morell:
Tom Cowan, Will Winter, Pete Kennedy, Paul Frank,
Maureen Diaz, Sandrine Perez and Jill Nienhiser.
Not present: Mary Memminger, Michelle Bielovitz and Carolyn Graff.



Maureen Diaz and hard-working chefs who crafted the delicious awards banquet dinner.

Letters

marketing departments with those who have concerns about their products, be it vaccines, thalidomide, socks and shoes or loaves of bread, that we can allow Adam Smith's invisible hand and not the whip hand and boot of government to drive technological innovation?

If you genuinely believe in vaccination, you should focus on persuasion, debate, possibly reverse psychology and certainly free-market principles, not the Orwellian boot-on-the-face that you rejected on the one hand, supported on the other. If you continue to demonize sovereign individuals for their consumer choice in regards to medical products, you transfer the debate from whether these are good products to a matter of principle about personal choice. This is not the sort of debate that is easily won against the British, who tend to reject tyranny in principle regardless of its intention.

Philip Ridley
WAPF Honorary Board Member
London, United Kingdom

A LITTLE BIT OF LIGHT

I just wanted to write to say thanks for being a little bit of light in this crazy time. When my daughter was born in the 1990s, I knew several moms who questioned the safety of vaccines and were interested in diet. We read *Mothering* magazine and had a whole community. Now, I constantly see people being crucified online if they even dare to question vaccines! They are called anti-vaxxers and labeled as insane. So much change has come about in the last twenty-two years, and it scares me to death.

I found a pamphlet about you in my local Amish health food store (I live in Lancaster, Pennsylvania), so I felt compelled to write. I will be donating.

And I just subscribed to your podcast as well.

Tracey McCarriar
Lancaster, Pennsylvania

COOKBOOKS FROM THE PAST

I'm in Switzerland and in my small amount of spare time, I check out many second-hand shops looking for cookbooks showing the history of food from countries like Italy, Spain, Greece, France, Germany and Russia. I even have one called *Das römische Kochbuch des Apicius* (From the Time of the Romans) with half the book written in Latin. I also have two or three military cookbooks from Switzerland.

In Europe during and after the Second World War, there was famine everywhere (because streets were bombed, roads broken, businesses disrupted, stores empty) and most folks were on food stamps in order to



Chef Boy-Hardee and his assistant Luigi (Will Winter and his wife Rebekah Leonhart) entertain guests at the Thursday evening Raw Milk Fundraiser.



Farmer of the year Sarah Patterson addresses a festive crowd at the Raw Milk Fundraiser.



Letters



distribute food equally. But these people were not vegetarians. Arnold Schwarzenegger, who just made a movie promoting vegetarianism, grew up on a farm in Austria and had raw milk! Has he forgotten?

Every one of my newly-obtained books include fatty meats of all kinds, with more fat than you ever see in any American supermarket. I have pictures from our past visits in Ukraine of an open farmers market having huge tables filled with a slab of fat and more fat, organ meats and more organ meats—and all this in ninety-plus-degree summer heat, sitting there all day!

These people wanted meat, and that includes the Swiss military cookbooks—they even cooked with bone broth!

Tomorrow morning early I'm out hunting for a special spoon or needle that butchers here use to thread fat strips into roasts. One can find roasts here wrapped in fatty bacon strips. Hello Dr. Ancel Keys!

Judith Mudrak
Bern, Switzerland

A JOURNEY TO WELLNESS

I found out a lot about vaccines when we lived in Pennsylvania for a brief time. I ended up getting the Tdap and then feeling horrible. The doctors (two of them) just said I was homesick. I was homesick, but not so homesick as to feel suicidal, as the shot made me feel. Anyway, I went to a place called the Well of Life in Bethlehem, Pennsylvania. It was the first time I had heard of natural healing. It truly changed my life. It was the first time I heard of muscle testing and asking the body.

I have Hashimoto's and had my thyroid taken out in 1999. I had been doing trial and error with diet and exercise to keep myself feeling better.

I found out about eggs from soy-fed hens because my hands would hurt when I ate them. My joints would feel arthritic. We love eggs. We were buying organic eggs at Costco. So I stopped eating the eggs and then tried again. It was definitely the eggs. I got online and found lots of information about Costco and their practices and the Environmental Working Group gave them a very low score. I went to Mom's Market and started experimenting with eggs. I noticed the eggs with soy weren't my friend. What I find bothersome is you don't know what they are feeding the chickens and many times it's a gamble. Even the dozen (Vital Farms) I have in the fridge now say they are pastured and the Environmental Working Group gives them a very high rating. And I've not had a reaction from them but I don't know what they are fed.

But I think producers should be required to list what they feed the chickens. Same with the beef.

We had been buying organic meat and poultry from Costco, and I just wouldn't feel great. But I blamed it on my Hashimoto's. But then my husband would get sick to his stomach with the chicken and it started to raise a red flag. And I looked into it.

Now we have found soy-free eggs and beef and feel so much better. Now, we're sticklers about whether the meat is grass- or grain-finished because it really makes a difference. Some grass-finished is a bit tougher to chew but we're not getting questionable grain.

My husband has chronic aspergillosis and has lost most of his left lung. Together we have learned food is medicine or it can be poison. It's up to you to choose.

Celeste Behsmann
Annapolis, Maryland

WISE TRADITIONS ROCKS!

I want to take this opportunity to let you know that I think that the *Wise Traditions* journal is written factually, truthfully and very professionally. It should be required reading in every high school in the U.S. It should be a required course in every university too. I am so proud of everyone involved in the creation of this publication. I love the information and education it provides and I love reading every word of it. It's worth the price and if the price was raised, I would pay without complaint. Thank you for the wonderful irreplaceable information you provide. It's a treasure. I've saved every issue.



Christina Enderle
Keystone, South Dakota

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

MAD SCIENCE

Food chemists consider their greatest achievement to be the transformation of the black, smelly gunk that comes out of soybeans or corn into a clear vegetable oil, then to manipulate the oil into a hardened fat; they bleach, de-odorize, dye yellow and flavor it to make margarine or spreads. But now the food chemists have more ambitious plans: to make a butter substitute out of water! The new spread is made up of around 80 percent water and 20 percent vegetable oil, with a smidgen of butter thrown in. Food chemists from Cornell claim it will have the consistency, creaminess and mouthfeel of butter. And they are already into their sales pitch claiming it is healthier—a tablespoon of the spread will contain just 2.8 grams of fat and 25.2 calories, compared to butter, with 11 grams of fat and 100 calories. The product still needs some tweaking. “We can add milk protein or plant-based protein, and since water acts like a carrier, we can adjust for nutrition and load it with vitamins or add flavors,” says Alireza Abaspourrad, senior author of a study describing the spread. The spread is made using a new emulsifying process involving high-internal phase emulsions (HIPE)—pronounced “hype.” The abstract to Abaspourrad’s paper claims the emulsion demonstrates “high resistance to gastrointestinal pHs” (*ACS Appl. Mater. Interfaces* 2019, 11, 29, 26433-26441). Does that mean the new spread will be indigestible?

VINDICATION OF MEAT

For decades, calls for reduced red meat consumption have formed the cornerstone of U.S. nutritional policy. Red meat causes heart disease, claim the “experts;” red meat causes colon cancer; red meat production is causing global warming and destroying the planet. In recent years we have seen campaigns for less meat in school lunches and even proposals for a ban on meat consumption. But on September 30, 2019, the

Annals of Internal Medicine published six papers about red and processed meat that have put a monkey wrench into plans for a meatless planet. The first paper summarized the dietary guidelines; the second provided a systematic review of randomized controlled trials; three papers described systematic reviews and meta-analyses of observational studies; the final paper discussed attitudes toward eating meat. The paper examining randomized controlled trials reported no significant

findings for intake of any kind of red meat from the twelve studies that met their criteria. Just a few weeks later, *Critical Reviews in Food Science and Nutrition* (November 5, 2019) published a similar critique: “Mainstream dietary recommendations now commonly advise people to minimize the intake of red meat for health and environmental reasons. Most recently, a major report issued by the EAT-Lancet Commission recommended a planetary reference diet mostly based on plants and with no or very low (14 grams per day) consumption of red meat. We argue

that claims about the health dangers of red meat are not only improbable in the light of our evolutionary history, they are far from being supported by robust scientific evidence.” The authors noted that diets without meat will lack iron, zinc, vitamin B₁₂ and important fatty acids needed for our brains. The report was especially critical of vegetarian groups such as the Seventh-Day Adventists and animal rights activists, which have unduly influenced nutrition policy. Pushback, of course, was immediate. “Irresponsible and unethical” said Dr. Hu of Harvard, in an online commentary (*NY Times*, September 30, 2019). Harvard’s nutrition department is a major player in the campaign to get Americans to eat a low-fat, low-meat, plant-based diet. According to Marion Nestle, the most famous of food industry hacks, “Their strictly science-based approach seems unrealistic.” Do the authors really believe, she asks, that meat eaters are healthier than vegetarians (foodpolitics.com, November 30, 2019)?



Caustic Commentary

ROUNDUP AND NAFLD

Hospitalizations for non-alcoholic fatty liver disease (NAFLD) increased tenfold between 1998 and 2010—from just under two thousand to almost twenty thousand per year. What could be causing such a dramatic rise? In a new (2019) study with rats, the glyphosate-containing herbicide Roundup emerges as a culprit. Rats were exposed to varying doses of Roundup over fourteen days and then subjected to analysis. Inflammatory markers went up, especially in those exposed to higher doses, and liver histological studies showed the formation of vacuoles, fibroid tissue and glycogen depletion in the liver. Said the researchers, “These observations suggest progression of fatty liver disease in Roundup-treated adult rats. In summary, our data suggest progression of multiorgan inflammation, liver scarring and dysfunction post short-term exposure of Roundup in adult male rats” [<https://doi.org/10.1177/1559325819843380>]. The doses causing the rapid liver degeneration were high (up to 250 mg per kilogram of body weight) but an earlier study found that over time, low doses caused the same effects—the generation of biomarkers for non-alcoholic fatty liver disease “and its progression to steatohepatosis,” which the researchers took as confirmation that liver dysfunction can result from “chronic ultra-low dose [glyphosate] exposure” [*Scientific Reports* volume 7, Article number: 39328 (2017)].

STATINS AND HEART FAILURE

Heart failure is a common side effect of cholesterol-lowering statin drugs. Statin drugs interfere with the production of CoEnzyme Q10, needed for muscle function, and the heart is a muscle. In a three-year study, one hundred forty-two patients with statin-induced heart failure were taken off statin drugs and given supplementation with CoQ10. Over half showed normalization or improvement in heart function. Statin-attributable symptoms such as fatigue, muscle weakness, myalgias, memory loss and peripheral neuropathy also improved (*Perm J.* 2019; 23: 18-257). The authors concluded that patients can safely discontinue statin treatment—but of course, they should never even start statin “therapy” at all!

ANTIBIOTICS AND RHEUMATOID ARTHRITIS

It’s estimated that around 30 percent of all patients receive at least one antibiotic prescription per year. As antibiotics wipe out gut flora, it’s no surprise that antibiotic use is a major risk factor for increased susceptibility to infections

and inflammatory bowel disease. Recent studies indicate that antibiotic use increases the risk of autoimmune conditions, including type 1 diabetes and autoimmune liver disease. Now a population-based case-control study links antibiotic use with rheumatoid arthritis (RA). Over twenty-two thousand RA subjects were matched with up to five control subjects each and followed for ten years. The odds of developing RA were 60 percent higher in those exposed to antibiotics than in those not exposed. All classes of antibiotics were associated with higher odds of RA. Antifungal and antiviral prescriptions were also associated with increased odds of RA (*BMC Medicine* 17;154 2019). These findings should serve as a wake-up call to anyone offered a prescription for antibiotics!

HEAVY METALS IN BABY FOODS

Tests commissioned by Healthy Babies Bright Futures of one hundred sixty-eight baby foods from major manufacturers in the U.S. found that 95 percent contained lead, 73 percent contained arsenic, 75 percent contained cadmium and 32 percent contained all four heavy metals. One in five of the baby foods tested contained over ten times the 1 ppb (parts per billion) limit considered safe by public health advocates. Foods with the highest risk for neurotoxic harm were rice products, sweet potatoes and fruit juices. Infant rice cereal and rice-based snacks were the most toxic, containing not only high levels of arsenic but often all four toxic metals. Exposure to arsenic, in particular, is associated with lowered IQ scores in children (cnn.com, November 1, 2019). How to protect your baby? Don’t buy commercial baby food! Baby’s first foods should be puréed liver and meat, and soft-cooked egg yolk, all from pastured animals. Wait until baby is at least one year old to introduce grains, all grains, but especially rice, and then give him only organic grains that are properly prepared. Instead of fruit juice give baby puréed cooked organic fruit mixed with butter or cream.

MENTAL PROBLEMS

A startling new report reveals that 50 percent of millennials (ages twenty-three to thirty-eight) and 75 percent of Gen Zers (ages eighteen to twenty-two) have quit their jobs because of psychological issues. By contrast, only 10 percent of baby boomers (ages fifty-five to seventy-three) reported leaving a job because of mental illness. Other studies have corroborated these findings of more mental health issues in the younger generations (thenewamerican.com,

Caustic Commentary

October 14, 2019). Commentators blame the increasing burnout on trends like “rising workloads, limited staff and resources, and long hours.” However, many would argue that the current workplace environment is a lot more pleasant and comfortable than former factory production lines. The more likely explanation is poorly nourished brains due to abysmal dietary advice and typical eating patterns based on junk food and coffee. Neurological and emotional biochemistry require animal fats for optimal performance, but most millennials and Gen Zers have fallen for the propaganda that cholesterol and saturated fat are toxic. Another explanation: the dozens of neurotoxic vaccinations foisted on the younger generations, which poison the brains and sap the energy of our young people.

PESKY VACCINE FACTS

In the current hysteria to get everyone fully vaccinated, health officials are blaming unvaccinated children for causing disease. Yet an outbreak of whooping cough (pertussis) in March of 2019 was not caused by unvaccinated children. Of the nearly fifty children who contracted pertussis at a private high school in Los Angeles, *all* had been vaccinated, while none of the unvaccinated got the illness. Rather than state the obvious—that the vaccine doesn’t work and unvaccinated children are not to blame—officials blamed the new DTaP vaccine, which has fewer side effects than the old vaccine, but doesn’t last as long (*LA Times*, March 16, 2019). It happened again in December, when a Catholic high school in Houston, Texas closed early for the holidays due to seven confirmed cases of pertussis, some of whom were hospitalized. According to school officials, *100 percent* of the students were vaccinated against pertussis (thevaccine-reaction.com, December 26, 2019). According to the Centers for Disease Control (CDC) website, the pertussis vaccines “typically offer good levels of protection within the first two years after getting the vaccine, but then protection decreases over time.” Of course, if you contract pertussis without getting the vaccine, you will have immunity for life.

EUROPEAN FARMS GOING UNDER

If we think agriculture in America is in trouble, just have a look at Europe. The new EU Agriculture Commissioner recently stated that Europe loses one thousand farms per day and that the EU is losing four hundred thousand farms per year. Strict regulations to “stop climate change” is a primary

reason for farms going out of business. According to the European Environmental Agency, adapting to climate change must be a top priority for the European Union’s agricultural sector. Unfortunately, the obsession with climate change is destroying the EU’s agricultural economy and even its ability to grow food. Many are concerned about the possibility of starvation. Even without this worst-case scenario, prices for food are expected to rise (armstrongeconomics.com, October 25, 2019).

BREAKFAST CEREAL DECLINE

The product with the biggest markup in the whole world is dry breakfast cereal; the ingredients for a box of cereal cost pennies and the box sells for something like three dollars. So naturally producers are concerned about the decline in sales of this golden goose. In 1990 consumers ate a bowl of cereal about ninety-two times per year, while in 2018, that number had slipped to seventy-eight. Cereal manufacturers say they are “stepping up spending by retooling marketing campaigns, ramping up product investments and developing new flavors to try to keep shoppers engaged.” Gimmicks abound: Kellogg is developing new cereals, including a brand focused on gut health, and adding new flavors of older brands such as Wild Berry Froot Loops and strawberry-flavored Rice Krispies. General Mills recently hired rapper Travis Scott to design boxes for its Reese’s Puffs cereal. Its newer products include a cereal that lists almonds as its first ingredient and blueberry-flavored Cheerios (*Wall Street Journal*, August 21, 2019). Will any of these new products provide the remedy for the growing consumer recognition that these products just ain’t good for you? We don’t think so! ☹☹☹

FOR SCIENTISTS AND LAY READERS

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

Dietary Support for the Alcoholic

By Sally Fallon Morell

I recently learned that near the end of his life, Bill Wilson, the founder of Alcoholics Anonymous (AA), went to his board of directors and urged them to add nutritional therapy to the AA protocols. The board turned him down.

Wilson had found that coffee and sugary treats—often served at AA meetings—worsened his hypoglycemia symptoms and depression. When he removed these foods from his diet, his blood sugar stabilized and his depression cleared. He also became interested in the use of vitamin B₆ for treating alcoholism. The board's decision prevented the widespread sharing of these discoveries, although his wife published a pamphlet on vitamin B₆ after his death.

Today, we know a lot more about how alcohol affects the neurotransmitters that determine our outlook and moods. This knowledge indicates that vitamin B₆ can indeed support the alcoholic in his recovery, but it is not the only nutrient that can help with the resolution of cravings.

Recently, a number of therapists have looked at nutritional therapy for alcoholism, including Julia Ross, author of *The Craving Cure*.¹ Preliminary studies indicate that a high-protein, high-fat diet, often in conjunction with vitamin or amino acid supplements, gives a success rate of 70-80 percent, compared to about 20 percent for conventional therapy and participation in AA.²

However, none of these therapies has focused on the principles of the Wise Traditions diet, which contains unique foods that can help the body balance the various neurotransmitters and feel-good chemicals—without drugs and perhaps even without supplements.

NEUROTRANSMITTERS

New research indicates that alcohol affects the levels of many hormones and neurotransmitters in the body and brain. Chief among these are dopamine and cortisol—important stress-reducing, feel-good chemicals. Alcohol can boost these neurotransmitters temporarily, but often in ways that create imbalances and end up depressing our ability to form them naturally.

It should come as no surprise to readers of *Wise Traditions* that the fat-soluble vitamins play an important role in the production and regulation of dopamine and cortisol. The three key nutrients in this regard are the fatty acid arachidonic acid and vitamins A and D. Our body makes endocannabinoids (feel-good, calming chemicals similar to those in marijuana) out of arachidonic acid, an omega-6 fatty acid found in animal fats, liver and egg yolks—the very foods the medical establishment tells us not to eat. Vitamins A and D serve as key regulators for this process. From the endocannabinoids, the body makes dopamine and cortisol, again with the help of vitamin A. In a well-nourished individual, the body regulates the production of these compounds to relieve anxiety, lift the mood and support motivation—that is, the kind of focused, goal-oriented behavior that creates true happiness and reduces the need for stimulants and drugs.

Another key neurotransmitter affected by alcohol is serotonin. Low serotonin results in numerous conditions that can predispose to alcohol-

ism, including anxiety, depression, impulsive behavior, irritability, low self-esteem, sleep problems and post-traumatic stress disorder. The production of serotonin requires the amino acid tryptophan, vitamin D, iron, magnesium and calcium, vitamin C and B vitamins. Alcohol can temporarily raise serotonin levels, but at the same time it depletes the nutrients (like B₆ and folate) needed to produce serotonin naturally.

Trauma can affect natural serotonin levels. For example, a 2009 study³ found that participants who had experienced childhood abuse had lower brain serotonin transporter binding potential than those who were not abused, meaning that they had lower serotonin activity than needed to maintain a happy and optimistic mood. Other traumatic experiences, such as the danger of war or loss of a job or loved one, can be expected to trigger similar disruption of endogenous serotonin production.

Let's look at the components of the Wise Traditions diet to ascertain how they might help the alcoholic discover that he doesn't actually need to drink anymore.

COD LIVER OIL

A naturally produced cod liver oil⁴ will provide natural vitamins A and D. Unlike other dietary treatments for alcoholism, the Wise Traditions diet always begins with a focus on vitamin A, for two reasons. First, the lowfat, high-carb diets that most Americans follow can lead to widespread vitamin A deficiencies; second, vitamin A is crucial to the formation of a variety of adrenal hormones that the body needs to deal with stress, including dopamine and cortisol. In addition to cortisol and dopamine,

WHAT IS THE WISE TRADITIONS DIET?

The pioneering work of Dr. Weston A. Price determined that the basic characteristic of optimal human diets was nutrient density. The diets of healthy human beings—free of dental problems, degenerative disease and mental illness, and highly resistant to infectious disease—contained minerals at levels at least four times higher than the American diet of his day and fat-soluble vitamins (vitamins A, D and K₂) at levels at least *ten* times greater than the American diet of his day. “Sacred” foods rich in these fat-soluble vitamins included liver and other organ meats; whole raw dairy foods, especially butter, from ruminant animals on pasture; egg yolks from pastured poultry; animal fats; fish eggs; fish livers and fish liver oil; and shellfish. In addition, preparation techniques such as fermentation, cooking of gelatinous bone broth and long soaking and souring of grains transformed hard-to-digest foods into foods from which the nutrients were readily available.

The Wise Traditions diet—one that incorporates these principles in modern times—should always serve as the preliminary therapy for every type of health problem, including alcoholism.

When the body is replete with vitamin A, we can manage stress with humor and grace.

vitamin A supports the adrenal glands in the conversion of cholesterol into stress hormones. Trauma and stress rapidly use up vitamin A, however, with the result that every little thing can become stressful. After a traumatic experience or period of anxiety, the temptation to imbibe may be great, and people may turn to alcohol for comfort. When the body is replete with vitamin A, we can manage stress with humor and grace.

Vitamin D—the body’s main feel-good chemical—is a cofactor for vitamin A. We need them both together. A well-known function of vitamin D is the enhancement of serotonin uptake. Although this is something that alcohol does as well (at least temporarily), vitamin D can regulate serotonin without causing a hangover!

Replenishment of vitamin A stores should be the very first step in the treatment of alcoholism, and cod liver oil is the best way to achieve this. The most efficient and economical way to take cod liver oil is as a liquid. To make a “cod liver oil cocktail,” place one to two teaspoons of natural cod liver oil in a glass, mix with a little hot water, stir—and down the hatch! If you prefer, you can take capsules.

The quickest way to heal from trauma and stress is to use Dr. Price’s remedy. This consists of putting alternating drops of cod liver oil and

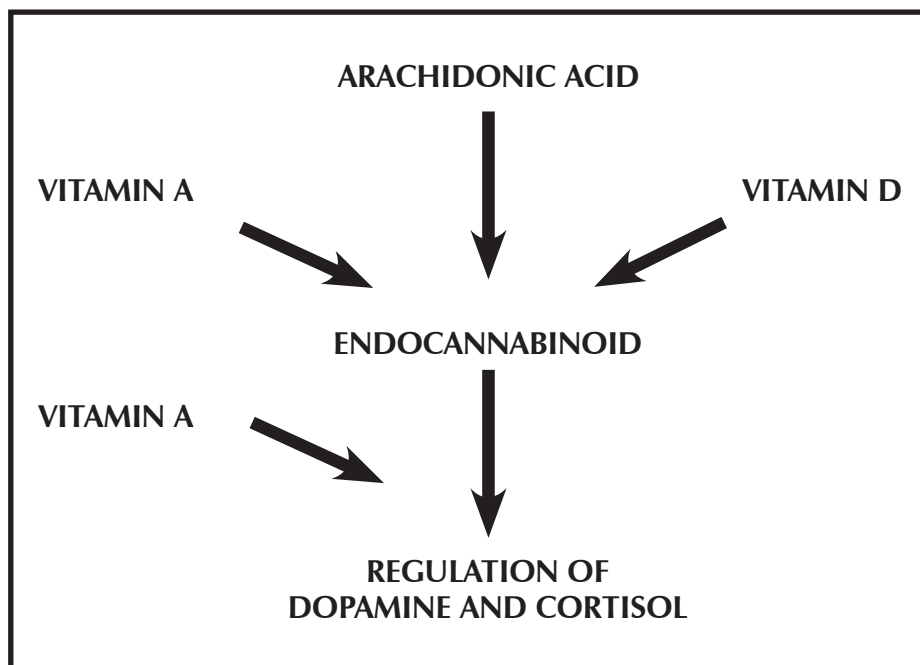
high-vitamin butter oil or emu oil under the tongue, several times per day. High-vitamin butter oil and emu oil provide vitamin K₂, a cofactor for vitamins A and D and a key factor for a healthy brain and nervous system.⁵ Applied under the tongue, they are immediately absorbed, bypassing the digestion, which may be compromised after a long period of alcohol abuse and serotonin deficiency. (It’s also a good idea to add a little high-vitamin butter oil or emu oil to the cod liver oil cocktail.)

EGG YOLKS

Egg yolks are the best source of cholesterol in the human diet. All adrenal hormones are made with cholesterol, with the help of vitamin A. Egg yolks are not only a great source of vitamin A but also of vitamins D, K₂, B₆ and B₁₂, along with iron and sulfur as well as arachidonic acid, from which the body produces endocannabinoids.

BONE BROTH

Alcohol increases dopamine levels—sometimes called the body’s natural cocaine—but in a way that can cause a serious imbalance. Alcohol can provide a temporary pep-up, but as the mechanism for dopamine regulation becomes exhausted, that pep-up may be harder to achieve.

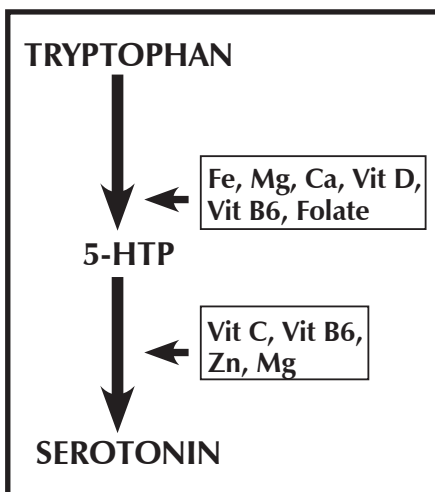


In the words of Brick, the famous alcoholic son of Big Daddy in Tennessee William's play *Cat on a Hot Tin Roof*, that pep-up becomes "dilatatory."

Gelatin-rich bone broth provides a natural way to regulate dopamine,⁶ bringing it up to a healthy level while preventing dopamine from becoming too high (in which case we become manic). Bone broth also provides glutamic acid, which the body uses to produce GABA, the "calming" amino acid often recommended in supplement form by Julia Ross and others.

A mug of genuine bone broth morning and evening can serve as the alcoholic's best friend, providing key nutrients for neurotransmitters and calming feel-good chemicals. However, beware of substitutes—broth made from bouillon cubes, cheap soup made from powdered "bases," broth in cans or aseptic packaging and any processed food to which MSG in all its guises is added—in other words, all processed foods. MSG works very differently in the body compared to the natural glutamic acid in real broth.

By the way, another—and surprising—source of GABA besides glutamic acid is putrescine,⁷ a stinky amino acid that occurs in fermented meat and fish products (popular in Asia) and stinky cheeses (popular in Europe). Fermented cod liver oil also contains small amounts of putrescine.



RAW ANIMAL FOODS

People in traditional cultures consumed some animal foods raw, a practice that is rare in modern cultures and especially in America. Raw animal foods provide our best source of vitamin B₆, necessary for the formation of the various neurotransmitters affected by alcohol consumption. Alcoholics tend to be deficient in B₆, in part because this vitamin is involved in clearing alcohol from the body through the liver.

Vitamin B₆ is rapidly destroyed by heat but is fully intact in raw animal foods such as raw meat dishes like steak tartare or carpaccio, or raw dairy products—raw milk, raw kefir, raw yogurt and raw cheese. In addition to B₆, raw dairy foods provide calcium in highly assimilable form, a mineral that is critical to the formation of serotonin and dopamine. The recovering alcoholic needs to consume raw animal foods every day.

LIVER

Liver is the most nutrient-dense food in the human diet and provides a host of compounds

ALCOHOL'S COMPLEX EFFECTS

Because alcohol is a small molecule, it interacts with many neurotransmitter systems in the brain and nervous system; this makes the action of alcohol more complex than that of large molecules such as opiates or amphetamines, which tend to stimulate only one specific neurotransmitter.

GABA: *gamma*-Aminobutyric acid (GABA) is the chief inhibitory neurotransmitter in the central nervous system. Its principal role is reducing excitability. Alcohol affects the GABA system in a manner similar to valium, leading to relaxation and drowsiness.

DOPAMINE: Alcohol is a particularly lethal toxin to the dopamine system, one that attaches itself to the dopamine neurotransmitter and triggers compulsion.

ENDORPHINS: Alcohol affects the endorphin system in a manner similar to opiates, acting as a pain-killer and giving an endorphin "high."

GLUTAMATE: Alcohol's effects on the glutamate system lead to staggering, slurred speech and memory blackouts.

NOREPINEPHRINE: Alcohol causes a release of norepinephrine (also known as noradrenalin) in the brain, which is one reason why alcohol acts as a stimulant and not just as a depressant. As a stimulant, alcohol peps you up, but as a depressant alcohol can trigger depression.

ADRENALINE: Alcohol causes the adrenal glands to release adrenaline. This is another reason why alcohol has stimulant properties. The release of adrenaline stimulates the "fight or flight" response, which then calls for the calming "rest and digest" adrenal cortex hormones. Constant stimulation of adrenaline—which happens in spades when alcohol is combined with coffee—can lead to adrenal exhaustion.

The biggest failing of AA is the fact that the organization does not provide information on diet and alternative therapies to alcoholics.

that help us deal with stress, produce important neurotransmitters and nourish every system in the body. Poultry liver is best because of its great balance of A, D and K₂. The best way to eat liver is as paté or liverwurst several times per week. For those who can't learn to like liver, desiccated liver capsules are a good substitute. Another way to consume liver is to cut organic or pasture-raised chicken liver into pea-sized pieces, freeze them and swallow them like vitamin pills. Desiccated or frozen liver to provide one-half to one ounce of liver per day is a good maintenance dose.

ANIMAL FATS

Even those who recommend a high-fat diet for alcoholics tend to shy away from advocating animal fats. Instead, they suggest loading up on olive oil and coconut oil. But these oils do not contain the key nutrients we get exclusively from animal fats, namely arachidonic acid and the fat-soluble vitamins A, D and K₂. As already noted, arachidonic acid serves as a precursor for endogenous cannabinoids (the calming, feel-good neurotransmitters). There is only one source for the body to get adequate arachidonic acid and that is from fatty animal foods like butter, lard, egg yolks, liver and meat fats.

There is another reason to eat animal fats: they supply 18-carbon saturated fatty acids, which support hormone production and cell-membrane integrity. The body needs these saturated fats and needs a lot of them. If we refuse to eat animal fats, the body has a back-up plan: it makes them from refined carbs. The best way to get rid of cravings for refined carbs and avoid the blood sugar roller coaster that often also leads to cravings for alcohol is to eat plenty of animal fats. So eat your meat with fat, load up on eggs (especially the yolks), enjoy full-fat

cheese, eat bacon for breakfast and put butter on everything!

UNREFINED SALT

The adrenal glands require salt, especially in times of stress. Chlorine from salt is needed for protein digestion and is involved in the production of many neurotransmitters, including GABA. Further, unrefined salt contains a wealth of trace minerals, all with important roles to play in maintaining optimal health and freedom from cravings.

FERMENTED FOODS

Fermented foods like sauerkraut supply beneficial bacteria to the digestive tract, and these bacteria produce many of the same feel-good chemicals that originate in the brain.⁸ In addition, fermented foods are a great source of vitamin C—raw sauerkraut is ten times richer in vitamin C than raw cabbage. Vitamin C supports the adrenal glands in times of stress and assists in the production of serotonin.

ADDITIONAL HELP

There are many homeopathic remedies that can help the alcoholic resist alcohol and even develop an aversion to beer, wine and distilled liquors (see page 47). Herbal remedies can also be effective. It may require some trial and error to find the right remedies, but the effort can pay off with important benefits.

Even allopathic medicine has a role to play. Going off alcohol cold turkey can provoke serious reactions, such as seizures. Anti-seizure medications are available to lessen the danger. Before attempting to withdraw from alcohol, it is essential that you consult a medical professional. Alcohol withdrawal can be life-threatening.

INSTEAD OF ALCOHOL

What does the recovering alcoholic drink with meals? What does he take that is more refreshing and more enjoyable than beer, wine or whiskey? Why, kombucha, of course! Therapists may warn against kombucha because it contains a small amount of alcohol—0.5 percent or less—but the same is true of fruit juices. And if the recovering addict continues to eat sugar and refined carbs, he will make small amounts of alcohol out of those. Kombucha may indeed be a problem if it is too sweet, so look for brands that contain less than five grams of sugar per serving. Even better, make your own⁹ to ensure that it is sufficiently sour.

Another great beverage with meals is a vinegar drink made with raw apple cider vinegar plus sparkling water, and maybe a squeeze of lemon or lime.

DOPAMINE BALANCE—BROTH TO THE RESCUE

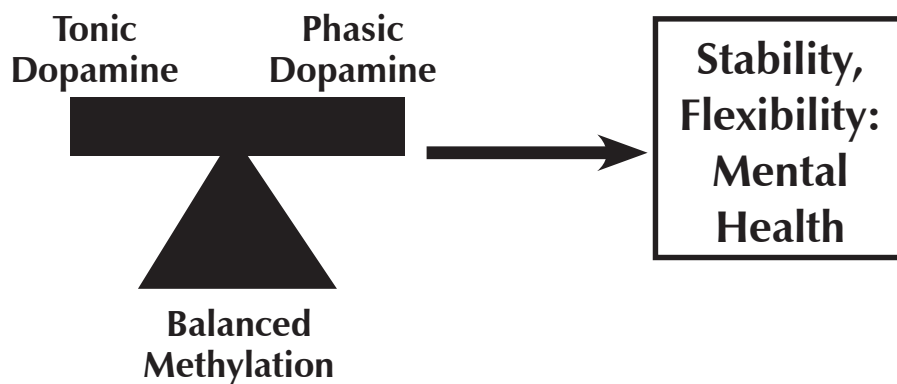
Dopamine is an important “feel-good” neurotransmitter. In well-adjusted individuals, two types of dopamine—tonic and phasic—work together in balance to provide both stability (tonic) and flexibility (phasic) to our mental processes. In addition to the arachidonic acid and vitamins A and D required for the production of dopamine, we need various nutrients for the activation and balance of its tonic and phasic forms.

Alcohol disrupts the delicate dopamine balance. In the long run, heavy consumption of alcohol can lead to overproduction of tonic dopamine, resulting in an even greater need for alcohol to achieve a calming effect and a temporary lift in mood. In other words, the increase in tonic dopamine levels leads to cravings for alcohol to restore production of phasic dopamine.¹⁰

The process of methylation is involved in the activation of tonic dopamine. A methyl group is simply one carbon attached to three hydrogens (CH_3); this tiny molecule can act as a switch, turning chemicals on or off in the body. The methylation of dopamine results in the production of tonic dopamine, which provides mental stability. However, too much methylation can cause a higher level of tonic dopamine than required, leading to a state of distractibility and hyperarousal. Hypermethylating individuals often tend to be highly creative and energetic, but also display symptoms that may include anxiety, depression, panic attacks, attention-deficit/hyperactivity disorder (ADHD), sleep disorders, restlessness, histamine intolerance, sensitivity to environmental toxins and schizophrenia. The flexibility supported by phasic dopamine allows us to deal with difficult situations with patience and calm, but hypermethylation blocks the production of phasic dopamine.¹⁰

Because the amino acid methionine and animal-food vitamins B_6 and B_{12} are required for dopamine methylation, practitioners may advise those suffering from symptoms of hypermethylation to switch to a plant-based diet—even though many plant foods, especially legumes, also contain methionine. While a meatless diet may help temporarily, it can lead to deficiencies in the long run and even symptoms of undermethylation, including pathological inflexibility and brittle mental states.

The key in helping alcoholics restore balance between the tonic and phasic dopamine systems is the amino acid glycine, which blocks hypermethylation. Although pharmaceutical companies have proposed a number of drugs to dampen down hypermethylation, why not just use bone broth, our best food-based source of glycine? Those treading the difficult path of alcoholism recovery will find a true friend in bone broth, known for its calming effect. A cup of warm bone broth (seasoned with unrefined salt) should accompany every meal—especially meals containing meat—or serve as an ingredient in gravies and sauces.



WHAT ALCOHOLICS ANONYMOUS OVERLOOKS

AA's stated purpose is to enable its members to "stay sober and help other alcoholics achieve sobriety." Since 1935, when alcoholic Bill Wilson founded the organization, AA has grown into an international self-help group with over two million members.

To share their method, Wilson and other members wrote *Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered from Alcoholism*, from which AA drew its name. It outlines a twelve-step program in which members admit that they are powerless over alcohol and need help from a "higher power." They seek guidance and strength through prayer and meditation from God or a higher power of their own understanding; take a moral inventory with care to include resentments; list and become ready to remove character defects; list and make amends to those harmed; continue to take a moral inventory; pray and meditate; and try to help other alcoholics recover. The goal is to create enough change in the alcoholic's thinking "to bring about recovery from alcoholism" through a spiritual awakening. AA meetings are "quasi-rationalized therapeutic sessions run by and for alcoholics."

Does AA work? Certainly, the meetings provide companionship and support for alcoholics, but studies of AA's efficacy have produced

inconsistent results. While some studies suggest an association between AA attendance and increased abstinence or other positive outcomes, others do not. Reports have varied from a 75 percent success rate to negative outcomes. Researchers are hampered by the difficulty in measuring success rates.

The biggest failing of AA, however, is the fact that the organization does not provide information on diet and alternative therapies to alcoholics. Typical offerings of donuts and coffee at AA meetings are the worst possible snacks for the recovering alcoholic. Nor does AA keep abreast of all the modern research on alcoholism and its effects on neurotransmitters.

At the same time, despite what recent research has revealed about the association of alcoholism and neurotransmitters, it is incorrect to imply that alcoholism is merely a problem with brain chemistry. There is also an emotional

HERBAL TREATMENTS FOR ALCOHOLISM

The use of herbs to treat alcoholism dates back thousands of years. Those in the process of renouncing alcohol can determine their effectiveness on a trial-and-error basis. However, exercise care when buying extracts, tinctures and essences to ensure that they do not contain alcohol. Alcohol is commonly used as an aid to extract the active elements of an herb. Be sure to read labels carefully!

KUDZU, an Asian root, is attracting considerable interest for the treatment of alcoholism. Studies have indicated that test animals drink less alcohol than controls when given kudzu root. Studies with humans give mixed results. Kudzu seems to lessen the amount that non-alcoholic people drink, but it does not reduce cravings in alcoholics. And a word of caution: the active ingredients in kudzu are diadzin and daidzein—estrogen-like compounds similar to those in soy.

ST. JOHN'S WORT can help alleviate depression, as shown in many studies. Because alcoholism and depression often go hand in hand, St. John's wort is a natural choice for supporting those struggling with alcoholism. As with kudzu, those who take St. John's wort tend to drink less than they otherwise would.


MILK THISTLE can be helpful in the treatment of liver dysfunction. The seeds contain a compound called silymarin, which helps to cleanse the liver of poisons. Those undergoing alcoholism detox often receive milk thistle to help rid the liver of alcohol. However, silymarin is not effective with severe liver damage, such as alcoholic hepatitis or alcoholic cirrhosis.

PASSION FLOWER is the herbal treatment of choice for opiate withdrawal, helping to relieve nausea. Research indicates that the herb can also help with alcoholism detox and the associated withdrawal symptoms.

GINSENG is valued for its revitalizing and energizing qualities. Its main effect is to increase the metabolism, thus helping the body break down alcohol more quickly and aiding in detox. Be sure to purchase pure ginseng—many products contain fillers that greatly dilute its effects.

CAYENNE PEPPER is a great tonic for the stomach. Those who drink too much alcohol tend to suffer from stomach problems and, in particular, gastritis. Cayenne pepper relieves the pain and reduces the inflammation of the stomach lining that is caused by excessive alcohol consumption. Be sure to purchase cayenne pepper powder that is organic.

SOURCE: www.the-alcoholism-guide.org/herbal-treatment-for-alcoholism.html

and spiritual component to alcoholism, and it is the alcoholic who must take the first step—who must say, “I want to change.” But once that step is taken, the Wise Traditions dietary recommendations can be of immense help along the path to sobriety. 

Sally Fallon Morell is the author of the cookbook Nourishing Traditions (1996) and many other titles, including her latest book Nourishing Diets (2017). She is the founding president of the Weston A. Price Foundation.

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SOME OF THE WONDERFUL SPEAKERS AT WISE TRADITIONS 2019



Kendall Nelson exposes corruption in the vaccine industry.



Neil Miller shares the real science of vaccines.



Monica Corrado shares her enthusiasm for broth!



Esther Gokhale explains how traditional peoples walked and worked.



Dr. Joe Tarantolo shares his experience as a drug-free psychiatrist.



Board member Pam Schoenfeld, RD, explains why vitamin A is A-mazing.

Epigenetics, Vitamin B₆ and Nutritional Dependencies

By Richard M. Dell’Orfano

On the January day I was born in 1942, two ships were sunk and thirteen people drowned in a frigid ocean as part of the most horrific war in all recorded history. Hundreds of German U-boats were busy torpedoing merchant ship convoys along the Eastern seaboard. My birth certificate notes that, at 5:20 AM, I was already the seventy-fourth baby born at that hospital that day.

None of the ugly implications of what was happening in the world concerned me in the least. At long last, I had air to breathe and a warm nurturing breast to suckle. By all appearances, I was a healthy child.

Our family lived far from the front lines, in Brookline, Massachusetts, where the hazards of a world war seemed distant. Little did we know that U.S. rationing of food supplies was having a sinister effect on the American population. Rationing for bacon, butter and sugar began on January 8, 1940, followed by successive ration schemes for meat, tea, jam, biscuits, breakfast cereals, cheese, eggs, lard, milk and canned and dried fruit. Although fresh vegetables and fruit were not rationed, supplies were limited.

On January 30, 1942, the Emergency Price Control Act granted the Office of Price Administration the authority to set price limits and to ration food and other commodities to discourage hoarding and ensure equitable distribution of scarce resources. My mother's restricted daily diet not only affected the quality of her breast milk but likely was a major factor impairing my proper fetal development.

EARLY CHILDHOOD

As a young adult, I was six inches shorter than either of my younger brothers, who stood over six feet five inches tall. I later learned that poor bone growth is an unheralded effect of mineral deficiencies or imbalances in the first two years of childhood, which can result from famine, wartime food rationing or crops grown on poor soil.

My mother was not able to breastfeed me for more than a month, so—like many other new mothers of the era—she resorted to condensed cow's milk mixed in a sweetened Pablum cereal. This mixture weakened my immune system, with the result that a serious tubercular lymph gland infection (scrofula) developed on my neck when I was just two years old. Called the “king's evil” back in medieval times, folklore had it that only the king's touch could work a cure.

In addition to nutrition, genetics does play a role in the development of this disease; both my maternal grandmother and maternal uncle had scrofula. Given that penicillin was not readily available until 1945, a muscle-eating staph infection nearly killed me. Fortunately, after trial and error, a nurse discovered that hydrogen peroxide worked, although the experience left me with a long scar on my neck (and consider-

able self-consciousness).

METABOLIC IMBALANCES

In puberty, I had two convulsive seizures, first fainting in a soap-carving class in the seventh grade and later in my father's arms. At the time, my doctors and parents did not know (as Adele Davis described in her 1965 book *Let's Get Well*) that seizures and convulsions could yield to high-dosage vitamin B₆ and magnesium.¹

Later, as a graduate student at Yale, I ate a steady diet of packaged junk food—inadequate for all the academic stress that I endured (and JFK's assassination). At age twenty-one, I experienced an acute nervous breakdown, which dashed my hopes for a graduate engineering degree and drastically changed the course of my life. Medically discharged from my Army ROTC commission, I spent four months recovering on my mother's good home cooking. However, repeated blood work at Massachusetts General Hospital showed I was still anemic, despite my mother's good food and the fact that I was eating iron-rich liver every week. Apparently, I had a problem processing heme iron for red blood cell formation.

Reflecting now on all those symptoms, it has become obvious to me that I suffered epigenetic defects causing metabolic imbalances that later affected every aspect of my life—even my decision to remain single and somewhat reclusive. All my siblings were strong, vigorous and married with children—but not me. Something was seriously wrong. Maybe the machinations of what we call destiny are predetermined by our genetic program.

DEFICIENCY VERSUS DEPENDENCY

Having contemplated suicide during my breakdown, I was left with an interest in understanding the causes of frequent student campus killings and suicides. In 2002, my research prompted me to write an article for *Wise Traditions* entitled “Childhood violence: Is malnutrition the cause?”² In that piece, I referenced scientific studies implicating chronic malnutrition as a major cause. It was tempting to conclude that a natural diet with adequate B₁₂,

Poor bone growth is an unheralded effect of mineral deficiencies or imbalances in the first two years of childhood.

When
environmental
or lifestyle
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epigenetic.

protein and fat—especially at breakfast—would have prevented the mental aberrations triggering most of the madcap school massacres. But now I have come to realize that making sure kids are getting a good breakfast is only part of the story. There's much more to this puzzle than meets the eye.

In San Diego during the 1980s, I volunteered at the Price-Pottenger Nutrition Foundation (PPNF) and did a lot of reading in PPNF's extensive library. Studying *Nutrition and Mental Illness*³ by Dr. Carl C. Pfeiffer, PhD, MD, I learned about effective disease treatments using his orthomolecular approach and about the distinction that Dr. Pfeiffer drew between “deficiencies” and “dependencies.” According to the *Merck Manual*, “Vitamin dependency results from a genetic defect involving metabolism of a vitamin. In some cases, vitamin doses as high as one thousand times the DRI [dietary reference intake] can improve function of the altered metabolic pathway.”⁴ Could it be that students who commit suicide (or carry out a massacre

that gets them killed) have this type of genetic dependency, and that eating poorly for weeks or months on end short-circuits their brain?

According to Pfeiffer's book, casual deficiencies can be remedied with a wholesome diet and perhaps a few low-dose supplements. These will help a person feel better in a relatively short time. People with genetic nutritional dependencies, on the other hand, will require specific high-dose nutrients for life to function normally. At the time that I encountered Pfeiffer's book, this idea was not popular among whole-food advocates, and it still is not embraced by a mindset that says that everything must be “natural.”

In my family tree, the history of mental illness included not just my nervous breakdown but also a cousin with chronic schizophrenia. Moreover, heart failure appears to be chiseled in our genes. My youngest brother had an EKG at ten years old, all my siblings have heart arrhythmias, my paternal aunt and a nephew had valve replacements and my parents both died of heart disease. Other relatives in our extended

NUTRIENTS EMPHASIZED IN CARL PFEIFFER'S BOOK

VITAMIN B₆: Vitamin B₆ (or pyridoxine) is a group of six compounds. Vitamin B₆ has a wide variety of functions and is particularly involved in protein metabolism. It is a key component in the formation of hemoglobin (the substance in red blood cells that carries oxygen around the body). The predigested form of B₆ is called P5P, which is usually available in sublingual form. B₆ is critical for addressing a host of illnesses, including convulsions, schizophrenia, muscle spasms and postpartum depression. Along with iodine, it is also crucial for producing thyroid hormone. An overactive thyroid gland will require more vitamin B₆; muscle weakness is very common in people lacking B₆. The normal intake of B₆ should be adequate in a well-constructed diet, especially if consuming raw dairy products and bananas daily. Usual supplementation is two milligrams, but all the major B vitamins—like B₁, B₂, B₃, PABA (called vitamin Bx), pantothenic acid, B₁₂, choline, biotin and inositol—need to be kept in balance with one another, lest other B deficiencies develop over time. Dr. Pfeiffer's typical dosage for pyroluria (see box on p. 25) is thirty milligrams twice a day. Long-term high doses over one hundred milligrams per day can be toxic and may result in nerve damage. This can become irreversible if hypersupplementation persists for more than a few months. A high-dosage B₆ dependency allows waiving this concern. However, proper lab testing is required to ascertain such a lifetime dependency.

ZINC: Zinc plays important roles in the immune system, wound healing, development and growth. It is also important for preventing leaky gut syndrome and allergies. Zinc deficiency affects an estimated two billion people worldwide. In children, zinc deficiency can cause growth retardation and an impaired immune system, resulting in an increased risk of infections (such as scrofula). However, taking high doses of zinc over a long period reduces the amount of copper that the body can absorb. This can lead to anemia and the weakening of bones. The dietary zinc-to-copper ratio should be kept at about ten. The typical therapeutic dosage prescribed by Pfeiffer is in the range of twenty-five milligrams twice a day, gradually lowering the dosage to a daily intake of ten milligrams if symptoms abate.

MANGANESE: Manganese is a trace element that is involved in metabolizing food to produce energy. It also has pro- and antioxidant properties. Manganese toxicity is partly attributable to its pro-oxidant activity, which can cause oxidative stress that the body cannot cope with. Toxicity via ingestion is very rare compared to inhalation and is likely to occur only by consuming supplements over a long period. The typical dosage recommended by Pfeiffer is twenty milligrams per day, with a gradual lowering to a normal intake of two milligrams of daily supplementation if symptoms abate.

family have a susceptibility to cancer lurking in a defective gene. My maternal aunt married a fellow who died of cancer, as did three of their four children. My maternal uncle had five children who all needed hip replacements because that disease runs in his wife's family. These modest examples point to inherited genetic fault lines that high-dosage nutrients might have remedied, if only we had known enough. As the Bible states in Hosea 4:6, "My people suffer for lack of knowledge."

EPIGENETICS AND NUTRIENTS

During pregnancy, food shortages or mineral imbalances can damage the growing embryo. When environmental or lifestyle factors cause such defects, it's called epigenetic. During the war, for example, copper was in short supply for bullet shells and for wiring ships, tanks and planes. As a result, it was restricted from soil amendments, which affected the quantity and quality of food crops. Epigenetic defects can carry on through subsequent generations,

a phenomenon called epigenetic inheritance.

As another example of an epigenetic influence, certain regions have soil high in selenium; foods grown and eaten there will provide humans and livestock with protection for the liver and from cancer. However, generations born on soil that is low in selenium may require much higher supplemental levels of selenium than food normally supplies. This can lead to a selenium dependency for life and susceptibility to cancer.

In my case, the wartime food shortages may have caused irreparable damage *in utero*, making me highly dependent on certain nutrients. And as I learned about nutritional dependencies, the question arose: which nutrients could remedy my specific and long list of symptoms? These included poor dream recall, paper-thin fingernails, odor and light sensitivity, noise intolerance, convulsions and schizophrenia. These are just some of the signs and symptoms associated with a common yet underrecognized condition called pyroluria—which is linked to

During pregnancy, food shortages or mineral imbalances can damage the growing embryo.

PYROLURIA

Pyroluria is a condition where the body manufactures excess pyrroles. These chemicals are a byproduct produced when the body makes hemoglobin for red blood cells. The body usually removes these compounds through the urine. People with pyroluria are unable to get rid of pyrroles effectively and as a result they accumulate in their body.

The root cause of pyroluria is the production of excess amounts of "kryptopyrrole" also known as "hemepyrrole" in the blood. Pyroluria happens when pyrroles attach to zinc and vitamin B₆ (pyroxidine). This binding causes large quantities of vitamin B₆ and zinc to be flushed out of the body, leading to a deficiency of these vital nutrients and a very high dietary requirement.

Vitamin B₆ helps in the metabolism of amino acids, carbohydrates, lipids, heme and nucleic acid. Insufficient amounts of vitamin B₆ can cause seborrheic dermatitis, cheilosis (inflammation and fissures in the corners of the mouth) and peripheral neuropathy, among other serious conditions.

Zinc is a vital mineral needed to support manufacture of cells and fight infections. It is also required in sexual development and reproduction. When large amounts of zinc are excreted through the urine, it leads to zinc deficiency affecting the body's ability to build healthy cells.

Both zinc and vitamin B₆ deficiency can cause depression, anxiety, nervousness and poor memory.

Risk factors for pyroluria include prolonged stress, alcoholism and autism. Studies estimate that 50 percent of people with autism develop pyroluria.

Signs and symptoms associated with pyroluria include frequent infections, anxiety, poor memory, joint pain, acne, eczema, mood swings, frequent allergies, lack of appetite in the morning, frequent nausea and motion sickness.

Pyroluria is diagnosed through a kryptopyrroles urine test. When the test results show numbers above 20 ug/dl, it indicates a positive test. Lab tests for zinc status can also be helpful.

With so much emphasis on omega-3 fatty acids in modern practice, it's interesting to note that people with pyroluria need food rich in omega-6 fatty acids found in animal fats, grass-fed beef, pastured eggs and grass-fed butter. These foods are also good sources of zinc.

In addition to vitamin B₆ and zinc, vitamin C, manganese and magnesium supplements may be helpful in the treatment of pyroluria.

Generations
born on soil
that is low
in selenium
may require
much higher
supplemental
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selenium
than food
normally
supplies.

deficiencies in vitamin B₆ and zinc.⁵

It was the strong odors from my soap-carving class in the seventh grade that triggered my first convulsion, and to this day, I have to hold my breath when I walk through the soap aisle in a supermarket. On leaving a dark room and entering bright sunlight, I always sneeze. Sensitivity to light is a hallmark of systemic lupus erythematosus (SLE), which thrives in those with a weak immune system. My paternal aunt died of SLE, and the same gene might be lurking in my genome waiting for an ultraviolet trigger. However, SLE improves with high doses of vitamin B₆, even though it is deemed “incurable.”⁶ In fact, according to Pfeiffer, paper-thin fingernails and various symptoms will respond within six months to upward of two thousand milligrams daily of B₆—where the normal intake is two milligrams—along with high-dosage zinc. Such nutrient levels, impossible to obtain from food, must be maintained for the life of the patient. (P5P is the preferred predigested form of vitamin B₆, as it bypasses a dysfunctional liver.)

If I had fathered children never having addressed this nutrient dependency, my offspring would surely have inherited it and might have been worse off. However, if I had achieved adequacy in B₆ (and zinc) six months prior to insemination, theoretically my offspring would have been born normal. Somehow the ancients knew this without fancy lab instruments: “The Lord. . . visiting the sins [mistakes] of the fathers unto the third and fourth generation” (*Numbers 14:18*).

There are other examples. We know that Alzheimer’s disease improves with high-dosage vitamin B₁₂. And manganese dependency may

well explain the irrational, unnatural behavior of a mother who cannot bond with (or may even abandon or kill) her offspring; this mother would require upward of thirty milligrams of manganese a day, whereas the intake from a normal diet is typically less than five to ten milligrams.⁷ Research by veterinarians has amply validated this mother-love effect.

As another example, high daily doses of choline (upward of one thousand milligrams per day versus the three hundred milligrams furnished by a typical diet) are key to recovering from non-alcoholic fatty liver disease (NAFLD),⁸ which is now epidemic due to the lower choline content of “adequate” diets. NAFLD can lead to steatosis (build-up of fats in the liver), cancer, type 2 diabetes and atrial fibrillation—a heart condition now widespread that used to afflict the elderly more frequently.⁹ One might also ask, could autism, attention deficit hyperactivity disorder (ADHD), panic attacks and disabling post-traumatic stress disorder (PTSD) also reflect hidden, inherited nutritional dependencies?

THE FUNCTIONAL MEDICINE APPROACH

Composting, proper soil conditioning and eating a wide variety of whole foods are good ideas, but they are inadequate for addressing deep-seated genetic dependencies. Nor can the inborn hidden defects that are becoming more and more prevalent in our industrialized society be remedied solely by organically grown, non-GMO foods, grass-fed beef and butter, or pure water and air.

Achieving optimum mental, physical and spiritual health is no longer simply a matter of eating a wholesome diet grown on rich soil. The

EPIGENETIC INHERITANCE

“The field of epigenetics is quickly growing and with it the understanding that both the environment and individual lifestyle can also directly interact with the genome to influence epigenetic change. These changes may be reflected at various stages throughout a person’s life and even in later generations. For example, human epidemiological studies have provided evidence that prenatal and early postnatal environmental factors influence the adult risk of developing various chronic diseases and behavioral disorders. Studies have shown that children born during the period of the Dutch famine from 1944-1945 have increased rates of coronary heart disease and obesity after maternal exposure to famine during early pregnancy compared to those not exposed to famine. Less DNA methylation of the insulin-like growth factor II (IGF2) gene, a well-characterized epigenetic locus, was found to be associated with this exposure. Likewise, adults with prenatal exposure to famine conditions have also been reported to have significantly higher incidence of schizophrenia.”

SOURCE: *Epigenetics and the environment: How lifestyle can influence epigenetic changes from one generation to the next.*¹⁰

economic cycles of war (with accompanying famines), variations in soil mineral conditions around the globe, destructive weather patterns and the synthetic mass production technologies relied on by profit-motivated agribusiness have riddled our genome with crippling lifetime defects that may call for remedies that go beyond garden-variety strategies. Pharmaceutical doses of key nutrients may be required for life, preferably under the guidance of a practitioner of functional medicine. As stated in *Ecclesiastes (11:5, NIV)*, “As you do not know the path of the wind, or how the body is formed in a mother’s womb, so you cannot understand the work of God, the Maker of all things.” ☯☯

Dr. Richard M. Dell’Orfano spent ten years on a cross-country pilgrimage following Christ’s instruction to minister without possessions. He is completing his autobiography, titled Path Perilous, My Search for God and the Miraculous. He welcomes queries at rmdellorfano@gmail.com. A listing of physicians trained in functional

medicine is available in the book Nutrient Power, by Dr. William J. Walsh, PhD, or at walshinstitute.org/william-j-walsh-phd-facn.html.

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SCENES FROM WISE TRADITIONS 2019



All ages welcome at Wise Traditions!



Andrew Gardner explains why tallow makes the best base for skin care products.



Elissa Hirsh, co-chapter leader for San Mateo County, California, collects meal tickets.



Joe Tarantolo and Tom Cowan receive a commemorative mug from WAPF president Sally Fallon Morell for twenty years of membership.

Switzerland's Sourdough Breads: Revival of the Fittest?

By Merinda Teller

On Swiss tourism websites, it is not uncommon to see reference made to Switzerland's centuries-old bread-baking traditions and the two-hundred-plus types of bread the country offers to the modern-day visitor.¹ "Centuries" is no exaggeration, as the oldest evidence of bread—dating from 3500 BC—reportedly comes from Switzerland.²

Nor are Swiss breads just for tourists. According to one website, the average Swiss resident consumes over one hundred eight pounds (forty-nine kilos) of bread per year,³ compared to about one-third that amount annually (seventeen kilos) for the average American.⁴ (Americans help make up for their inadequate bread intake—by European standards—by keeping over thirteen thousand doughnut shops in business.⁵) Unfortunately, much of the Swiss consumer's bread consumption appears to be in the form of variations-on-a-theme yeast breads made solely or primarily from refined white flour. Enticingly displayed in grocery store bread aisles and bakeries and even promoted in "traditional food" museums,^{6,7} breads such as the braided Zopf and raisin-studded brioche—once intended only for Sunday or special occasion use⁸—now seem to be easier to obtain than formerly "everyday" breads such as traditional sourdough rye.

BREAD THEN. . .

As members of the Weston A. Price Foundation know, hearty and nutrient-dense sourdough rye bread was a dietary staple for the villagers Dr. Price encountered when he visited Switzerland's Lötschental in the early 1930s. The Lötschental is located in the upper reaches of the Valais, which is one of Switzerland's twenty-six cantons (comparable to U.S. states). The Valais contains some of the Alps' most famous mountain peaks, including the Matterhorn.

Evoking what the Lötschental would have been like in Dr. Price's day, a modern blogger asks readers to imagine an isolated village surrounded by steep mountains—with “no paved roads, no hospitals, no dentists, no doctors, and no electricity”—subject to “long and cold winters” and reliant on “what [villagers] could harvest and produce for themselves.”⁹ Despite this bleak-sounding picture, Dr. Price found villagers who were radiantly healthy on a diet of rye bread, raw dairy products and occasional mutton. To this day, visitors describe the valley as a “secret” and “magical” place to experience “unspoiled Swiss rural villages.”¹⁰

Rye bread was a natural fit for the Lötschental and other mountain valleys in the European Alps because rye is more robust than other grains,¹¹ with a track record of adapting to extreme climatic conditions, including “the cold of winter, heavy snowfalls, summer heat and drought and high altitudes.”¹² Due to its starch profile—quite different from wheat—sourdough rye bread also had the advantage of having a shelf life that could be as long as a few months.^{11,12} Because villagers baked their bread in communal ovens that they fired up every couple or few months, the bread's longevity was crucial. Breadmaking required a lot of strength, so it was a task for the village men—and an occasion for wine and beer drinking! The villagers made the bread with a hole near the edge so they could hang it on a hook to cure; they considered two weeks the minimum for well-cured bread.

. . . AND BREAD NOW

The Valais's written records of rye bread date back to the early 1200s.¹² Perhaps due to this history, the Valais is the only region in Switzerland to have a bread with the special “AOP” quality label.¹³ The AOP designation—awarded not just to the Valais's rye bread but also to regional cheeses, meats, wines and other products throughout Switzerland—is intended to “help consumers to take a stand against standard and

mass-produced products” by guaranteeing that a product is “produced, processed and refined in a clearly defined region.”¹⁴ The Valais touts the AOP protection as “help[ing] preserve the landscape by ensuring the continuing cultivation of rye.”¹⁵

Notwithstanding the AOP label's anti-mass-production philosophy, the Valais churns out more than one million loaves of “traditional Valais rye bread” annually.¹² Promoters say that the bread “still looks the same today as it did 100 years ago,”¹² but would Dr. Price's Lötschental residents find that it tastes the same?

Probably not. According to the Slow Food Foundation for Biodiversity, the AOP rules permit the bread's producers to add up to 10 percent wheat flour as well as baker's yeast “for faster and easier preparation.”¹¹ In contrast, the handful of artisan bakers who remain true to rye bread's “simple ancient recipe” use only pure rye, water and salt—with the all-important sourdough starter (and up to eighteen hours of resting the dough) being the critical factors that imbue the final product with its characteristic sourdough flavor.¹¹



Beautiful Swiss artisan sourdough breads.

PORTRAIT OF AN ARTISAN BAKER

The substitution of baker's yeast for the sourdough process began in the nineteenth century, when the “rapid and simple leavening process” facilitated by yeast as well as new methods of mechanized bread production appeared preferable to the lengthy fermentation and time-honored skills required for sourdough bread.¹⁶ For some twenty-first century consumers, however, the pendulum has begun to swing in the other direction. For this food-aware subset (whether in the U.S., Switzerland or elsewhere), traditional sourdough bread offers superior flavor, nutritional value and shelf life—without any additives.

An enthusiastic customer base has learned to appreciate the fact that artisan bread is not “uniform.”

Baptiste Dujardin (whose fortuitous last name means “of the garden”) is one of the new generation of bakers in Switzerland participating in the movement to revive artisan food and bread production. Originally from the south of France, Baptiste came to Switzerland following a life-changing stint in his late teens in an intentional community in the United Kingdom. There, he discovered an “alternative” world that spurred an enduring interest in health, traditional foods and the biodynamic (beyond-organic) model of agriculture launched in the 1920s by Austrian philosopher Rudolf Steiner.

After moving to the town of Vevey in the canton of Vaud (the Swiss canton just northwest of the Valais), Baptiste supported himself as a caterer while learning about artisanal food production and breadmaking. He attended local workshops and embarked on extensive experimentation. He also spent three years studying Ayurvedic medicine but later decided that his purpose would be better served by helping build the canton’s budding local and traditional food networks. The canton of Vaud is one of Switzerland’s top agricultural regions, known for its wines and fruits but also leading the country in production of grains suitable for bread-making.¹⁷

Around 2015, under the rubric of *Le Pain Holistique* (“Holistic Bread”), Baptiste hung out his shingle as a small-scale producer of artisan breads—all made using traditional sourdough methods. From the beginning, Baptiste has been strict about obtaining grains, seeds and legumes directly from small-scale biodynamic farms that mill the grains on the premises. Benefiting from Switzerland’s geographic compactness, Baptiste only has to drive fifteen minutes to reach the handful of farms with which he partners. Baptiste describes them as permaculture-savvy, “Salatin-style” farmers who integrate livestock, vegetables, grains and fruit trees into

their diversified landscapes and, crucially, are willing to innovate and experiment. From these farmers, he is able to obtain rye and several heirloom forms of wheat—spelt, einkorn and emmer—as well as buckwheat and chickpeas. Each of his bread recipes features one of these as the “star ingredient” to highlight the grain’s unique flavor.

In the beginning, Baptiste baked about sixty-five pounds (thirty kilos) of bread per week, but “because people were not used to this type of bread,” he could not always sell all of it. The higher cost of his bread (compared to conventional bakery bread) impeded business growth initially until people began to understand the value of the high-quality biodynamic ingredients and the time-consuming sourdough production process. Over time, Baptiste’s integrity, word of mouth and the breads themselves began to produce many converts. He now has an enthusiastic customer base—who have learned to appreciate the fact that artisan bread is not uniform, and which buys over three hundred and thirty

pounds of bread weekly (about one hundred fifty kilos). Baptiste also sells pastured eggs and—true to his Ayurvedic training—a golden ghee “harmoniously prepared” from pastured organic butter. Keeping his overhead low, his primary sales outlet is the local farmers market, which operates twice a week; other outlets include a local health food store (which sells, among other things, kombucha and raw milk), and a foundation that is carrying forward the ideas of Rudolf Steiner.

Baptiste rents space and a 1980s-era bread oven from a commercial bakery, but his long-term goal is to bake in wood-fired ovens—just as the Lötschental residents used to do. Plans are in the works to combine forces with other farmers and food producers to establish a farming community in a small municipality above the town of Vevey. Baptiste envisions the day when



Breadmaker, Baptiste Dujardin

all components of the process—grain growing, milling, breadmaking and sales—can unfold in a single location.

REVITALIZING SWISS AGRICULTURE

Baptiste notes that Swiss agriculture is at a crossroads and full of contradictions. On the one hand, businesses like his—partnering with innovative small farmers focused on regenerative agriculture—are at the forefront of efforts to revive Switzerland’s historically prominent role in the organic farming movement. Back in the 1920s, Swiss farmers were among the first to use biodynamic methods; Switzerland continued to refine “organic-biological” farming methods in the 1940s and, in the 1970s and early 1980s, established a Research Institute of Organic Agriculture and the Association of Swiss Organic Agriculture Organisations (Bio Suisse), along with organic growing standards.^{18,19}

At present, small conventional farms in Switzerland are not faring well, in part due to national agricultural subsidy policies that favor “fewer but larger farms.”²⁰ In addition, the technocratic Organisation for Economic Co-operation and Development (OECD) has taken sides against small family farms—pushing for “the emergence of larger farms” and advocating “changing current inheritance rules that favour intergenerational farming.”²¹

Organic farms, however, are booming. Following a decline in the proportion of Swiss farm land dedicated to organic growing in the

2000s, chemical-free agriculture has been trending back upward since 2010.²² At present, one in seven Swiss farms (14.4 percent) is organic, double the proportion in the year 2000.²³

The growth in organic farming may be driven in part by increased awareness that Switzerland has a far-reaching pesticide problem. Studies are documenting “scary” and “worse than feared” contamination of waterways in agricultural catchment areas, with seventy to ninety active pesticide ingredients detected per site.²⁴ In 2018, the government even increased the maximum allowable concentration of micropollutants in Swiss lakes and waterways, including establishing a thirty-six hundred times higher limit for glyphosate!²⁵

On farm properties, the pesticide problem is not confined to conventional agriculture. A study publicized in April 2019 reported “frighteningly” high pesticide residues on 93 percent of organic farms sampled in the Swiss midlands—a densely populated area of the country that includes parts of the canton of Vaud.²⁶ (Most of the French-speaking cantons, including the canton of Vaud, embraced the organic farming revival later than German- and Italian-speaking cantons.²²) In 2020, citizens will vote—without the government’s endorsement—on an unprecedented initiative to “ban the use of all synthetic pesticides in Swiss agriculture and the importation of food or animal feed used commercially that is produced using pesticides.”²⁷


Swiss agriculture also presents other paradoxes. For example, notwithstanding its pleasing agrarian landscape and strict regulation of imports,²⁸ Switzerland is far from enjoying food self-sufficiency, with food imports per capita that are among the highest in the world.²⁹ The imports are not just for people; despite the country’s evident strengths in milk and meat production, Switzerland imports extensive amounts of animal feed (especially soy)—an estimated 1.2 million tonnes annually.^{29,30} Government agriculture researchers report that Switzerland “could be self-sufficient in the case of an emergency,” but only if citizens sacrifice pork, poultry and eggs in favor of “more baked goods and potatoes.”²⁹ (Unfortunately, climate change propaganda and vegan zealotry already appear to be making headway in that direction, with 14 percent of the

THE HISTORY OF SOURDOUGH BREAD

Sourdough bread is made through fermentation by lactic acid bacteria and wild yeast—with no added commercial yeast. Tracing sourdough bread’s history, a website (sourdough.co.uk/the-history-of-sourdough-bread/) states: “Wild yeast is used in cultures all over the world in food preparations that are so steeped in culture and history that they have been made long before any form of written words. [. . .] *Until the time of the development of commercial yeasts, all leavened bread was made using naturally occurring yeasts – i.e., all bread was sourdough, with its slower raise [emphasis in original].* Indeed, one of the reasons given for the importance of unleavened bread in the Jewish faith is that at the time of the exodus from Egypt, there wasn’t time to let the dough rise overnight. From Egypt, bread-making also spread north to ancient Greece, where it was a luxury product first produced in the home by women, but later in bakeries; the Greeks had over seventy different types of bread, including both savoury and sweetened loaves, using a number of varieties of grain. The Romans learned the art of bread from the Greeks, making improvements in kneading and baking. The centrality of bread to the Roman diet is shown by Juvenal’s despair that all the population wanted was bread and circuses (*panem et circenses*).” Noting that sourdough recipes from seventeenth century France called for feeding the starter three times before adding it to the dough, this website comments that “the French were obviously far more interested in good tasting bread over an easy life for the baker.” With the introduction of commercial yeasts in the nineteenth century, however, speed and consistency of production won out over sourdough’s flavor and artisan characteristics.

population reporting a meat-free diet in a 2019 survey, and another 17 percent self-identifying as “flexitarians” who are trying to be “conscious of their meat consumption.”³¹⁾

A sizeable segment of the Swiss populace—apparently dissatisfied with the status quo—is tackling agricultural issues at the ballot box. As the “undisputed world champion” of direct democracy, “more than one third of all referendums ever held at the national level worldwide have taken place in Switzerland.”³² And many recent referendums have pertained to agriculture—although with somewhat contradictory results. On the one hand, Swiss voters overwhelmingly endorsed an amendment to the constitution in 2017 intended to “better define the kind of agriculture the Swiss people would like to see more of: local and sustainable.”³³ On the other hand, a 2018 food sovereignty initiative designed to address the same types of issues—such as “the decreasing number of farms. . . the pressure of international competition on farmers, [and] the power of large agro-food companies”³⁴—went down to defeat.³⁵

In 2018, over half (56 percent) of all Swiss consumers bought organic products daily or several times a week, and organic sales increased by 13.3 percent over the previous year.³⁶ Although the country’s two large supermarket chains (Coop and Migros) obtained 75 percent of the organic market share between them, direct-to-consumer vendors such as Baptiste and *Le Pain Holistique* managed to capture 5.2 percent.³⁷ It is hoped that this share will grow as more Swiss people experience the palpable difference that sets artisan food production apart from both conventional and “big organic” farming. 

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Reading Between the Lines

By Merinda Teller

Keep Your Organs Healthy—and Safe

Steven Soderbergh's 2019 Netflix release, *The Laundromat*, uses a variety of Hollywood tactics to spice up the financial story of offshore tax havens and shell companies first revealed in the 2016 data dump called the Panama Papers. The darkest vignette in the film sketches the sordid tale of a murder committed by the wife of Bo Xilai, a former Chinese Communist Party Politburo member now serving a life sentence for corruption.

According to numerous reports, Bo Xilai and his wife Gu Kailai presided over one of the early “epicenters” of China’s “widespread, outrageous and lucrative” organ-harvesting industry, sinisterly famous for its “pillaging of vital organs from still-living prisoners.”¹ The Chinese power couple also operated gruesome “corpse factories” engaged in the plastination of human bodies later exhibited internationally in museums and viewed by an estimated thirty-five million.²

China claims that it has halted the practice of forced organ harvesting, but a European Parliament report published in 2016 asserted that “live organ donation is taking place on an involuntary basis” and that European citizens travel to China “to profit from stolen organs.”³ In June 2019, an independent tribunal initiated by the International Coalition to End Transplant Abuse in China provided evidence supporting these assertions,⁴ with the tribunal counsel stating that “Victim for victim and death for death, cutting out the hearts and other organs from living, blameless, harmless, peaceable people constitutes one of the worst mass atrocities of this century.”⁵ In January 2019, Australian researchers called for the retraction of over four hundred research papers covering organ transplantation in China due to the studies’ failure to disclose how the organs were obtained, stating that the large body of “unethical research” raises

“issues of complicity and moral hazard” within the transplant community.⁶

Notorious as China’s forced organ harvesting and cadaver trade may be, China’s is far from the only game in town. According to the World Health Organization (WHO)⁷ and anti-money-laundering professionals,⁸ business models such as “transplant tourism” and an illicit organ trade (a subset of human trafficking) are thriving in many corners of the world.⁹ Even within the U.S., Baltimore’s mayor recently warned the city’s residents—in a televised news conference—to watch out for white vans “snatching up young girls for human trafficking and for selling body parts.”¹⁰ These activities flourish because there are individuals desperate for organs who are willing to enter the black market to get what they need—and dispassionate profiteers (both local and transnational) who are only too willing to oblige.³

AN ASCENDANT MEDICAL PRACTICE

Over the past six decades, solid organ transplantation has gone from an iffy experiment to a “standard-of-care” procedure performed on a “near-routine” basis.¹¹ However, a leading Brazilian neurologist and professor recently furnished some historical context for the rise in transplantation that should give pause. Discussing the origins of “brain death” as a concept and diagnosis, the professor notes that the term came into use in the 1960s immediately “after the first successful human heart transplant” triggered a demand for transplantable vital organs to be harvested from patients’ who were considered to be “hopelessly comatose” according to medical knowledge at that time.¹² Calling such patients brain dead “enabled the medical community to overcome all of the legal hurdles associated with removing [their] vital organs,” but, the Brazilian neurologist contends, “In a very large

“Transplant tourism” and an illicit organ trade (a subset of human trafficking) are thriving in many corners of the world.

As the most transplanted organ, kidneys are also by far the most trafficked.

number of those patients, they have no [brain] damage at all.”¹²

For the first few decades, transplantation met with mixed results, plagued by problems of organ rejection and other complications. Subsequent advances in organ preservation and management of infections improved success rates to the point where many clinicians now celebrate solid organ transplantation as an “established and practical definitive treatment option.”^{11,13} However, this rosy summary neglects to mention that failure rates are still substantial—or that the transplant system is a powerful and profitable system (worth twenty-five billion dollars in 2016) that brooks little dissent.¹² How many recipients of transplanted kidneys know, for example, that one in six U.S. kidney transplants (17 percent) fails within three years?¹⁴ By ten years, only about half (54 percent) of transplanted kidneys are still working—and one-fifth of the kidney transplants performed each year are repeat transplants.¹⁴

Nonetheless, the mainstreaming of transplantation has allowed the United States to set a record six years running for the number of organ transplants performed compared to the previous year—with over thirty-six thousand carried out in the U.S. in 2018.¹⁵ WHO’s global database (available for 2017) reports nearly one hundred forty thousand transplanted organs that year—or sixteen transplants an hour—representing a 7.25 percent increase compared to 2015.¹⁶

Both domestically and internationally, kidneys are by far the leading solid organ transplanted—representing roughly 58 percent of U.S. organ transplants and 65 percent of transplants around the world (see Table 1). Liver and heart transplants hold second and third place,

respectively, representing 23 and 9 percent of U.S. transplants.¹⁷

DEMAND. . . AND SUPPLY

An estimated one hundred sixteen thousand Americans are waiting for a transplant,¹⁸ and European countries have similarly lengthy waiting lists.¹⁹ This may be why experts cite “supply, demand and distribution” as some of the “biggest hurdles to overcome”¹¹—and also why the purveyors of transplant tourism and the illicit organ trade are coolly filling the void by connecting individuals from wealthy nations (or more affluent segments of society) with the “small but growing number of the world’s poor people [who] are offering their body parts for transaction.”²⁰ In open-ended interviews with transplant physicians and organ donation specialists in the Netherlands, Dutch researchers found that virtually all of the professionals had indirect experience with transplant tourism and were concerned about its reliance on organs procured from “impoverished, exploited donors” through “unregulated, black market transactions.”²¹

As the most transplanted organ, kidneys are also by far the most trafficked. WHO estimates that traffickers transact more than one black market kidney every hour.²² Over a third (36.5 percent) of the world’s transplanted kidneys come from living donors.¹⁶ In 2015, *Al Jazeera* reported on South Asia’s “ever-expanding multimillion-dollar black market” for kidneys, pointing out that the market is flourishing, in part, due to entrepreneurial brokers’ adept use of social media.²³ The Indian and Sri Lankan brokers profiled in the *Al Jazeera* report target healthy, non-smoking men in their twenties

TABLE 1. SOLID ORGAN TRANSPLANTS: UNITED STATES (2018) AND WORLDWIDE (2017)

ORGAN	UNITED STATES (2018)	WORLDWIDE (2017)
Kidney	21,167 (58%)	90,306 (65%)
Liver	8,250 (23%)	32,348 (23%)
Heart	3,440 (9%)	7,881 (6%)
Lung	2,530 (7%)	6,084 (4%)
Pancreas	1,028 (3%)	2,243 (2%)
Small bowel	104 (0.3%)	162 (0.1%)

SOURCES: <https://unos.org/data/transplant-trends/> and <http://www.transplant-observatory.org/>.

or early thirties as the “ideal” living donors, while the typical clientele (the “buyer”) is North American, European or from the Middle East. More and more, however, transplant seekers also come from the wealthier social strata of the same country as the donor.²³

The Indian press is full of stories about struggling farmers offering up their kidneys for sale in a last-ditch effort to solve their financial problems.²⁴ In one recent story, a thirty-year-old farmer put up posters “seeking buyers for one of his kidneys” after failing to obtain a bank loan and experiencing pressure from relatives to return money—“with interest”—that he had borrowed to buy cattle.²⁵ A dozen years ago, writers described it as “worrisome that some in the medical profession argue that regulated organ sale provides subsistence to those who have nothing to sell but their body parts.”²⁶ These authors also cited follow-up studies of paid donors showing that “most were financially worse off and their health had worsened as well.” A 2008 study likewise reported that poor Filipinos selling kidneys received substandard post-procedure medical care, “experience[d] no long-term economic benefits, suffer[ed] a decline in self-assessed health status and [did] not receive the sums they were promised in exchange for selling a kidney.”²⁷

Organ brokers are just one of the many stakeholder groups involved in transplant tour-

ism. Other players include health care providers and officials—including immigration officials and embassy staff.^{7,23} Doctors, according to some observers, “feel no compunction in being part of the racket,” and hospitals also do their part.²⁶ Hospitals in Sri Lanka’s capital city reportedly offer foreigners hassle-free package deals that cover the hospital bill, doctor’s fee, travel and luxury accommodation, payment to the donor and the broker’s commission—for anywhere from \$53,000 to \$122,000.²³ In comparison, the average amount billed for a kidney transplant in the U.S. is \$415,000, while a liver transplant is almost twice that amount (\$813,000), and a heart transplant is \$1.4 million.¹⁸ Whether conducted in an above-board or shady manner, organ transplantation appears to grease many wheels.

Transplant tourism occupies a fuzzy legal terrain that does little to curb the practice. A 2004 World Health Assembly resolution urged governments to protect the vulnerable but did not prohibit the purchase of organs abroad, while a non-binding document elaborated in 2008 (the Declaration of Istanbul on Organ Trafficking and Transplant Tourism) defined and condemned transplant tourism yet legitimized “travel for transplantation.”²¹

MORE DONORS?

For many decades, non-commercial organ

The Indian press is full of stories about struggling farmers offering up their kidneys for sale in a last-ditch effort to solve their financial problems.

THE TRANSPLANTATION INDUSTRY’S BRAVE NEW WORLD

The human transplantation landscape is changing. In addition to solid organ transplantation—generally promoted as a “life-saving” measure—new forms of transplantation are emerging that involve “non-life-saving organs.” Bioethicist-for-hire Art Caplan (who regularly shills for the pharmaceutical and vaccine industries and says, “A bioethics that is disconnected from industry is a bioethics that flies blind”⁴⁰), reverently says of these new procedures, “Unlike heart, liver, kidney and lung transplants, they are being done to enhance the recipient’s quality of life—to restore their quality of life to the level it once was, or even to a level not previously enjoyed. Some are being done not to save lives but to allow individuals to create new ones.”⁴¹

Although these new procedures, technically called vascularized composite allografts (VCAs), are “localized at the border between tissue and organ transplantation,” the U.S. Department of Health and Human Services (HHS) classifies VCAs (including the face, arms, hands, larynx and abdominal wall) as organs.⁴² Caplan notes that surgeons in the U.S. and other countries have already carried out “full and partial face transplants,” hand transplants and penis transplants.⁴¹ In addition, “Plans are in the works to use deceased individuals as sources of uteri,” and “Surgical teams are gearing up to transplant the testicle, ovary and fallopian tube.”⁴¹

Caplan also comments that what he calls “life-improving” transplantation “brings the issue of trade-offs into high relief, because it is likely to involve an even greater risk of death than reconstructive surgery.” Risks include death from anaesthesia, postsurgery infection and adverse consequences associated with the reliance on immunosuppressives (such as cancer and organ failure). He advises paying “special attention. . . to ensure that the expected improvements in quality of life are sufficient to outweigh [the risks].”⁴¹

Living donors get pats on the back for their noble action but may not be fully aware of the potential risks to their own health.

transplants have originated either from deceased individuals registered as organ donors or from carefully screened living donors (primarily kidney or liver). However, in the face of rising demand and shrinking supply (due to factors such as population aging and obesity), some interested parties are dropping hints that they would like to get more aggressive about enlarging the pools of both deceased and living donors.

When it comes to deceased donors, strategies suggested in reputable publications include using organs selected on the basis of “expanded criteria”—even though these are “of lower than average quality, coming from a donor with characteristics known to be associated with suboptimal transplant outcomes.”²⁸ Another proposal is to implement a “presumed consent” policy that makes “willingness to donate the default option unless an individual explicitly opts not to be an organ donor.”²⁹ A number of European countries, including France, have already gone that route; French citizens who object to donating their organs must sign up with a National Register of Refusal or leave a written document

with their next-of-kin, who in any case “will no longer have carte blanche veto power” after their loved one dies.³⁰

Among the claims for an expansion of living organ donation is that it is less “resource-intensive.” According to a surgeon writing in *The Lancet*:

A motivated individual and a single institution can successfully drive living donation, while deceased donor transplantation requires a dialysis program, tissue typing and cross-matching facilities, an organ procurement program, an on-call surgical team, capacity to fund this infrastructure and the appropriate legislative framework.³¹

Living donors get pats on the back for their noble action but may not be fully aware of the potential risks to their own health. Research shows that kidney donors face an increased risk of end-stage renal disease compared to matched healthy nondonors.³² Unfortunately for prospective donors, the U.S. has “no national

KIDNEY-DAMAGING FOODS

The standard American diet (SAD) represents a tragic challenge to kidney function in young and old—rancid industrial oils, modified starches, high fructose corn syrup, additives, glyphosate, pesticides and a host of other unnatural ingredients contaminate the diet of anyone who eats processed food, and lack of key nutrients, especially vitamin A, make it especially difficult for our overburdened kidneys to deal with these toxins. Three food items in particular, which almost define the modern diet, represent a serious threat to normal kidney function.

COMMERCIAL ICE CREAM: Americans average over four gallons of ice cream per year, with many consuming much, much more, to which the phalanxes of supermarket ice cream freezers can testify. Commercial ice cream contains “food-grade” antifreeze, called propylene glycol, added to ensure that the product is soft and creamy immediately on removal from the freezer. (Propylene glycol is used in the production of many other processed foods as well.) Antifreeze is toxic, especially over the long term, as it causes the accumulation of crystals in the kidneys. Kidney pain and reduced urine output are signs of antifreeze damage. Americans trying to adhere to lowfat diets often crave ice cream, because it supplies them with the components of butterfat that their bodies need. How much better to avoid ice cream cravings by eating real butter every day, and by treating yourself to the occasional homemade ice cream dessert.

PROTEIN POWDERS: Those receiving kidney transplants are warned not to consume any protein powders as they put a heavy strain on kidney function—how much better to warn everyone not to consume these unnatural products before kidney problems develop. Not only are protein powders—made from whey, casein, soy, peas or rice hulls—unnaturally high in protein, but the proteins are damaged by the desiccation processes—both high heat drying and freeze drying (see pages 80-81). To make matters worse, the high levels of protein in protein powders deplete the body of vitamin A, a key nutrient for healthy kidney function.

MICROWAVED FOODS: As delineated in *Wise Traditions* (Fall, 2019), microwaving not only decreases the nutritional value of foods but also causes structural breakdown, toxic byproducts, destabilized protein compounds and cancer-causing free radicals. Your kidneys have to deal with all of these. Be kind to your kidneys and cook the old-fashioned way, not with a microwave oven!

systematic long-term data collection on the risks associated with living organ donation.”³³

Scientists are in a fever pitch of excitement about another potential solution “to counteract the shortage of available human organs for donation”: xenotransplantation, or the transplantation of animal (porcine) organs into humans.¹³ These researchers are counting on gene editing (CRISPR) technology to “knock out” and “knock genes into” the pig genome so as to mitigate such risks as the transmission of pig retroviruses. (Never mind that scientists have been busy debating “what went wrong and what could go wrong” with gene-edited babies ever since a Chinese researcher used CRISPR to gene-edit twin baby girls last year.³⁴)

OR BETTER HEALTH?

Absent from all of these discussions is a basic question: Why are so many people in need of organ transplants to begin with? Why do over thirty million Americans have chronic kidney disease, and six hundred eighty thousand have end-stage renal disease requiring either dialysis or a transplant?³⁵ The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) explains the epidemic of chronic kidney disease in circular fashion, listing other health conditions—diabetes and high

blood pressure—as the most common “causes,” followed by other causes such as heavy metal poisoning and autoimmune conditions like lupus and Henoch-Schönlein purpura.³⁶ The NIDDK is silent about the underlying factors that could be driving these other conditions to become so prevalent.

Readers of *Wise Traditions* are smarter than that. They know that a nutrient-dense diet that includes plentiful animal fats, does not eschew salt and sticks to the dietary principles elucidated by Dr. Weston Price will go a long way toward keeping modern afflictions such as diabetes and high blood pressure at bay. And avoiding vaccines³⁷⁻³⁹—full of heavy metals and associated with the very autoimmune illnesses listed as possible causes of chronic kidney disease—will help the organs and immune system to stay focused on the jobs that nature intended them to do. ☯

KIDNEY-TOXIC DRUGS FOR KIDNEY DISEASE?

In July 2019, the Centers for Disease Control and Prevention (CDC) reported that one out of every seven American adults has chronic kidney disease (CKD). The National Kidney Foundation estimates that one out of three adults is at risk. Chronic kidney disease “means both kidneys are damaged and losing their ability to keep an individual healthy,” and progression to kidney failure (also called end-stage renal disease or ESRD) leads to either dialysis or a kidney transplant.¹ CKD and ESRD are not exclusive to adults—almost ten thousand U.S. children and adolescents are living with ESRD.²

One would expect the medical community to be circumspect, therefore, about prescribing nephrotoxic (kidney-toxic) drugs to adults and children who are already showing signs of kidney difficulties. Au contraire—two population-based studies published in December 2019 show that it is quite common for both children³ and adults⁴ with CKD to receive prescriptions for medications with potential or proven nephrotoxicity. In the pediatric study, in fact, “nephrotoxic drugs were prescribed much more often to children with CKD than to those without”!⁵ Among U.S. adults with CKD, researchers found that the proportion taking any “potentially inappropriate medication” exceeded 50 percent.⁴ Leading offenders for kids with CKD included non-steroidal anti-inflammatory drugs (NSAIDs), penicillins and cephalosporins;⁵ adults with CKD likewise had frequent recourse to NSAIDs as well as proton pump inhibitors (typically—and wrongly—prescribed for reflux),⁶ opioids and diabetes drugs.⁴ The Mayo Clinic authors of the adult study acknowledged that the frequent use of kidney-inappropriate medications “may lead to adverse outcomes or hasten CKD progression.”⁴

As the National Kidney Foundation states on its website, all drugs put into the body pass through the kidneys. Discussing over-the-counter medications such as aspirin and ibuprofen, the Foundation observes that “thousands of Americans have damaged their kidneys by using these medicines regularly for too long.”⁷

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UPDATES TO THE FIND REAL FOOD APP!

Find Real Food App – The Weston A. Price Foundation's Online Shopping Guide to the Highest Quality Food Available

UPDATE! Check out the NEW features requested by subscribers:

- Search by grocery store name, brands, keyword AND zip code
- Search for approved local farms or see where their foods are sold
- "Favorites List" - Add foods/brands you want to try and print a list
- "Highlights & Features" to learn why each food/brand meets quality standards for inclusion in the guide! (Coming soon)

Currently, new features are available only on the WEBSITE and not the mobile phone app. Learn more at: FindRealFood.INFO



In His Footsteps

LESSONS FROM THE (AB)ORIGINAL PEOPLE

By Hilda Labrada Gore

I was sitting at a worn wooden table in an extraordinary place. It was September 2019 and I had taken on the adventure of following in the footsteps of Dr. Price. I was a long way from home and a long way from civilization.

I was a guest in the home of Suzanne Thompson, an Aboriginal elder of the Iningai people. Suzanne had welcomed me to visit the land that had once been occupied by her people, her ancestors, for hundreds and thousands of years.

She told me I could spend several nights with her at Gracevale Station, outside of Barcal-dine, Queensland. In April 2019, Suzanne had been given custodianship of the land—acres and acres of it—and she sat next to me at this wooden table on this particular night to tell me how this came to be.

By candlelight, she told me of the calling she felt which brought her back to the land of her people. She told me that she considered herself an ancestral whisperer because of her ability to listen deeply and to heed her inner “knowing.” I leaned in, captivated by her wisdom and storytelling.

At one point as we spoke the candle at the center of the table flickered out. The thin plume of smoke wafted toward the ceiling. It seemed strange to me that the candle went out because there was still plenty of wax and there was no wind. Nevertheless, Suzanne didn’t miss a beat and continued our conversation. About forty seconds later, the candle spontaneously reignited. Suzanne and I looked at each other in astonishment and burst into nervous laughter. It was clear that we were not alone.

Our take-away? Her ancestors wanted their story to be told. Ancestral wisdom is meant to be rediscovered and uncovered.

This is why I went to Australia in the first place. I wanted to speak about wise traditions. I went to speak about the work of Dr. Price and the Weston A. Price Foundation, of course. But

most importantly, I went to learn from those still practicing wise traditions, and to thank them for sharing their wisdom with the world.

And just to be clear, this was a very ambitious trip. I didn’t take it on alone. Chapter leader Sally Walsh took the lead when it came to shaping the itinerary. Chapter leaders Lorraine Pratley, Kelly Abeleven, Elspeth Haswell-Smith, and Tina Taylor organized meals, talks, interviews and events to reach the greatest number of people. Thanks to their efforts and generosity and some crowd-funding support, it all came together and allowed me to spend an entire magical month Down Under.

I visited farmers, individuals committed to zero waste, dentists, doctors, authors, chapter leaders, podcast listeners and more. I spoke to groups large and small. The itinerary was full and there is truly too much to tell. For brevity’s sake, I am going to focus on three encounters with Aboriginal people that shaped my experience and that offer practical ideas for all of us on how we can live more ancestrally.

DADIRRI (DEEP LISTENING)

AND RETURNING TO THE LAND

One of the wonders of my visit was exploring Gracevale Station with Suzanne Thompson. She opened up her home to a small group of us—her friend Marianne Stewart (a board member of the Australian Native Foods and Botanical organization), Eve White (of Wandana, an Aboriginal education group), Francis Thompson (my videographer) and me.

At the outset, she took us to a spring on the property. She told us that we guests had to make ourselves known to the ancestors present by washing our face and underarms with the spring water. She said it was a way to let them know who we were and to allow them to welcome us.

She pointed out rock art on the walls of a nearby cliff. There were etchings depicting the Rainbow Serpent and the Seven Sisters, part

Hilda Labrada Gore, host of the Wise Traditions podcast, had a successful one-month tour Down Under in September 2019. In Hilda’s words, it was “wonderful to fan the flames of excitement about WAPF and to expose new folks to the work of Dr. Price.”

of the creation story of her people. There were stencils of hands and feet made by mixing blood, ochre and urine, and spitting them to create the outline around the body part. This paint mixture then penetrated the porous rock, enabling the stories to remain, essentially unfaded, thousands of years later.

To see such ancient artifacts in real life was profound. And to have Suzanne point them out was a gift. She also made note of a variety of herbs and shrubs, detailing their medicinal and nutritional qualities. She is the chair of the Australian Native Foods and Botanical Group. At the end of one day, she took the time to bless us with a special, sacred ceremony, using a bundle of burning sagebrush, herbs and plants.

You would think that she had lived this way connected to her land and customs her entire life, but this was not the case. Suzanne told me it was never her intention to be “on country,” as she put it. She was going to make a living cutting and styling hair. But her ancestors had other ideas. The shift that changed the trajectory of her life occurred as she developed the practice of *dadirri* or deep listening. This is a time of inner and external stillness, a time to cultivate awareness, sit on the ground, observe the flora and fauna, and listen for ancient stories and wisdom. Suzanne heeded the call to return and is now convinced that to understand ourselves fully we need to both practice deep listening and return to the land of our ancestors.

Now that Suzanne has done both, she has new responsibilities as the custodian of her ancestral land. She told me of plans to create a garden alongside the singular home at Gracevale and of her desire to establish a learning center and build lodging for archeologists and others who want to explore and preserve the beauty and history of the place. She sees great potential for living in harmony with the land and helping others do the same.

Unfortunately, she is facing off with local civic officials who want to build a man-made lake for a jet ski park in a nearby town. A more wrong-headed proposition would be hard to find in such an arid part of the world. Suzanne is unabashedly opposed and is mobilizing others in her town to fight this. *Dadirri* doesn't simply reconnect us to the land, flora, fauna and community, it is a starting point, a launching pad for purposeful action.

FRESH SEAFOOD AND A SPIRIT OF GENEROSITY

Leweena Williams was the first Aboriginal woman I met. Those indigenous to Australia currently make up less than 5 percent of the Australian population. A bit of history can explain what happened. In the 1700s, the English sent explorers to find a land where they could set up a penal colony.

When Captain James Cook arrived in Botany Bay in 1770, he declared Australia *Terra Nullius*. This was a bold statement which in Latin means “no one occupies this land.” This was far from the truth, of course. It is estimated that seven hundred fifty thousand Aboriginal people inhabited the island continent at that time, representing at least four hundred different nations.

Captain Cook and those who came to colonize weren't blind, but it's as if they were. They declared Australia *Terra Nullius* because they didn't consider the Aboriginal or First Nation people to be actual people. Rather they were looked upon as “illiterate natives,” which justified to the colonists their lack of respect for the Aboriginal culture, language



Gathering in Maleny on a farm with host Cyndi O'Meara (of the film *What's with Wheat?*). Attended by numerous chapter leaders and inspired one young woman to become a chapter leader. From left to right: Elspeth Haswell-Smith, Sally Walsh, James Cutcliffe (Sunshine Coast chapter leader), Sven and Karen Tonisson (Connondale chapter leaders), Hilda Labrada Gore and Jillaine Williams (Hobart and Huon Valley chapter leader, traveling all the way from Tasmania!).



Ooray Plum Festival Gala Dinner (from left to right): Samantha Martin (Chef and Bush Tukka Woman), Dr. Geraldine McGuire (Rainforest Bounty), Auntie Syb (indigenous elder), Hilda, Uncle Laurie (indigenous elder) and Shaun Creek (didgeridoo player).

and humanity. What followed reads like a U.S. history book. First Nation people were massacred, purposely infected with diseases, removed from their land and separated from their children. They were oppressed and their language, food and customs suffered as a result.

I dove right into this complicated history and current situation when I decided to retrace the footsteps of Dr. Weston Price. This is one reason it was more difficult than I expected to connect with Aboriginal people.

Leweena is of the Bundjalung Nation. I met her in Tweed Shire New South Wales, just outside a Tweed Shire regional cultural museum. She welcomed me with a broad smile. Her broad smile was proof positive that she grew up eating a traditional diet. She confirmed that indeed she was raised on the food that her ancestors ate, including a lot of seafood.

She recounted stories of being woken up by her grandmother at three in the morning to go out to catch the mackerel that were in season. The family would go out to the bay, along with some of the strong fisherwomen that Leweena so admired. Many were over ninety years of age, yet were still able to row boats out to the ocean for the catch.

Those who weren't able to participate in the harvesting of the fish would still get their share, Leweena explained. Her clan had a culture of sharing their catch—whether it was mackerel or “pippies” (cockles)—with the infirm and the elderly. Dr. Price noted this generosity of spirit in his book *Nutrition and Physical Degeneration*. He remarked that the Aboriginal people “. . . had fulfilled the great motivating principle of their religion, which is that life consists in serving others as one would wish to be served.”

Leweena took time by the water to teach me the “pippie” twist. She and her family would search for the cockles by twisting on the sand until their feet would go deep below the surface. If their toes touched a hard shell, they knew they had succeeded in finding one.

Being raised on such a quantity of seafood had clearly served Leweena well, as Dr. Price had observed so many years before. Of the Aboriginals he wrote, “In their native life, where they could get the

foods that keep them well; they had no need for dentists.”

I asked Leweena about her diet and whether she had ever eaten fast food. She tried McDonald's food for the first time at age seventeen. She didn't like it. She thought it tasted “plastic-y.”

But she also admitted that it isn't easy today to eat the way she ate growing up. Life is fast-paced and Westernized foods and trends are creeping into her town. She expressed the feeling that she and her son have a foot in both worlds—that of her ancestors and the world of today. But in a spirit of generosity that her people are known for, she is working hard as part of a team of elders in her community to preserve the wisdom of her people and impart it to the younger generation.

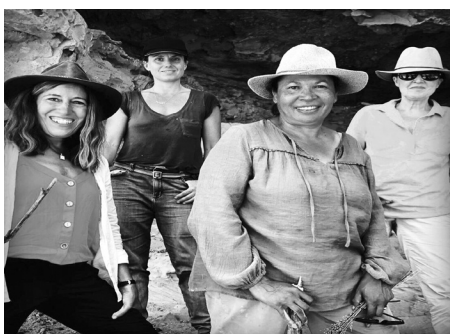
DISCONNECT AND PERSPECTIVE

Dr. Price reported that the indigenous people in Australia knew that their own food would keep them well, but they were forced to eat the food from the government. The result? Sickness, of course, and the physical degeneration that Dr. Price so carefully documented. On top of that there was a depressed spirit exhibited in a loss of optimism and hope.

Maningrida epitomizes what Dr. Price witnessed so long ago. Maningrida is an intentional Aboriginal community in the Northern Territory, Arnhem Land. It was established after World War II to encourage Aboriginals to live



Hilda and Sally Walsh with mums and “bubs” (babies) in Sydney.



Suzanne Thompson (front center) giving a tour of Gracevale Station to a small group of friends. Left to right: Hilda, Eve White (WANDANA staff, aboriginal education group), Suzanne and Marianne Steward (ANFAB-Australian Native Food and Botanicals board member).



Leweena Williams, of the Bundjalung Nation, shows Hilda the bay where she and her family have gathered and fished for generations.

there, a trading post village of sorts, designed to help make the Aboriginals less dependent on welfare.

I can't speak to its success, in terms of economics, health or happiness, as I was there for only one day. But I can speak of my experience and the perspective I gained from it.

When I first arrived, on a small propeller plane, I felt as though I had been plopped down in the middle of a completely different world. It was like Mars—dry, desolate and apparently unpopulated. A worker at the airport (which was simply an airstrip) pointed out the nearby museum and cultural art center. When I entered the single room, it quickly became evident to me that my presence was unwanted.

Out of respect for the people in the town, I do not want to go into great detail about what I encountered on this day. I will say this. The permission I was granted to visit Maningrida was conditional. I was not allowed to visit most areas or interact with the people to a large extent. I found this appropriate. I got the sense that this was set up to protect the people living in this community from objectification or exploitation.


I did find the center of town, which consisted of a community center, a grocery store and the “Hasty Tasty” (a convenience store, not unlike a Seven Eleven). I picked out some warmed-over fish and chips and made my way to the register. When I fumbled around with my coins trying to figure out the correct change, the clerk said to me, “First time in Australia?” “Yes,” I replied. “Why didn't you go someplace nice?” she inquired sincerely.

Right next to the Hasty Tasty was a grocery store. The displacing foods of modern commerce lined the shelves: canned and boxed processed foods, industrial seed oils and sugary drinks galore.

The people whom Price met in this part of the world were at one time “happy, contented people” with “nearly perfect bodies” who exhibited a great measure of “peace and health.” My interactions with the people on this day led to me believe that this was not the fortune of those in this community.

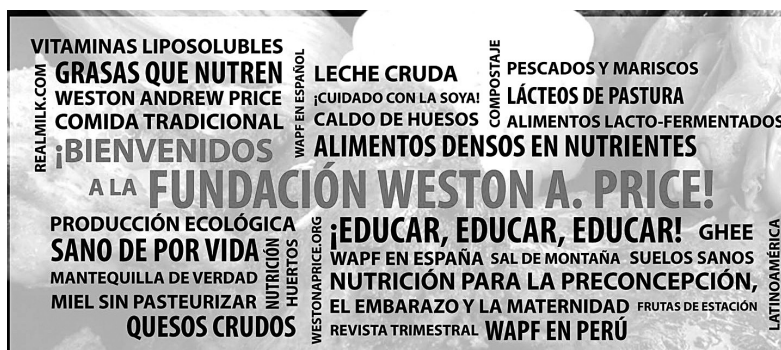
I was grateful for my day in Maningrida though because I felt like an outcast—a person overlooked and disregarded. And it came to me that this was but a small taste of what the Aboriginal people have experienced in their own land.

Some call the Aboriginal people the “original” people because the “ab” prefix connotes something outside the norm. Would that we all could be the “happy, contented people” with “nearly perfect bodies” as the original people were at one time.

To achieve this for any of us will require a shift to reconnect with the wisdom of the past: the antidote to physical and emotional degeneration. For this reason, I am sincerely grateful to Dr. Weston A. Price for his work that sheds light on this path for health and happiness. And I am also indebted to the Foundation established in his name for continuing his work, lifting up the wisdom of ancient ancestral health practices. 

Hilda Labrada Gore is the producer and host of WAPF's Wise Traditions podcast and DC co-chapter leader. An enthusiastic communicator, Hilda is passionate about wellness on every level, which is why she is known as Holistic Hilda. Subscribe to her Holistic Hilda YouTube channel for videos on her experience in Australia and for other adventures. You can find her at holistichilda.com and on Instagram at [@holistichilda](https://www.instagram.com/holistichilda). Hilda attributes her energy to wise traditions and plenty of liverwurst. “The Wisdom of Traditional People” video includes conversations with Suzanne Thompson and Leween Williams, in addition to footage captured all over Australia. <https://www.youtube.com/watch?v=Z3iiGA7H7h0&t=409s>.

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The Wise Traditions Pantry

RENDERING ANIMAL FATS, MADE EASY

By Andrew Gardner

Anyone who is familiar with the research of Weston A. Price and the Weston A. Price Foundation (WAPF) knows that animal fats were a prominent dietary feature of all healthy traditional cultures and are just as essential today for truly vibrant health. The consumption of animal fats is one of the most important features of WAPF's dietary guidelines—a cornerstone without which the whole edifice of good nutrition falls apart! Not only are the saturated fats extremely important, but so are the other nutrients in animal fats, such as the fat-soluble vitamins and, yes, cholesterol. The WAPF journals and website provide ample information and research covering the reasons why animal fats are important to every single cell, tissue and organ of the human body.

For optimal nutrition, any fat found along with meat (including organs) should be eaten with the meat and not trimmed or discarded. In addition, most animals have much more fat that we should be saving and using for its nutritional value and for its many uses in cooking and even in skin care. This is where the rendering of animal fats comes in.

WHAT IS RENDERING?

Rendering is the process whereby one separates animal fat from the fat tissue by heating, thereby converting it into a more usable or palatable form.

Animals whose fat is typically rendered are ruminants (grass-eating animals) such as cows (beef), sheep (mutton) and many others, resulting in tallow; pigs (pork), which results in lard; and poultry (chickens, ducks and geese), which produce schmaltz. The fat tissue that remains after rendering all of the fat is called cracklings. Pork rinds, a popular snack, are the cracklings that result from rendering lard.

Tallow can be rendered from suet, which is a large, thick, stiff mass of fat in the interior of the ruminant, attached to the kidney. Its hardness

indicates its high degree of saturation. Although some butchers refer to all of a ruminant's fat as "suet," this term technically only applies to this interior "kidney fat." It is also possible to render tallow from other fats, such as the fat tissue just under the skin, generally referred to as "trim fat." Trim fat is readily identifiable because it comes in relatively thin strips and often has some meat attached to it. This softer fat will result in a softer, less saturated tallow.

Lard is less saturated than tallow and, therefore, softer at room temperature. As with tallow, there are two types of lard: leaf lard and fatback lard. Leaf lard comes from the interior fat around the kidneys and loins, whereas fatback, as the name implies, comes from the fat under the skin on the back of the pig. Leaf lard has a more neutral taste than fatback lard.

RENDERING POULTRY FAT

The easiest and most sensible way to render fat from poultry is simply to roast the bird and catch the drippings. The fat that you are not going to use when eating the bird can then be poured off the top of the drippings. With chicken, chances are that there will not be any fat left over unless you are eating your meat very lean, which is not recommended. With duck, there will likely be some left over and with goose, you will end up with a lot of extra fat. The other way to render poultry fat is to remove the fat (and the skin if so desired) from the uncooked bird and use one of the following rendering methods.

RENDERING METHODS

I am about to share with you the best and easiest way for the home cook to render any animal fat, and it is surprisingly little known. I will also describe other common methods so you can decide for yourself which is best. *Do not use a lid on the pot with any of these methods.*

Regardless of the rendering method, cut up

Most animals have much more fat that we should be saving and using for its nutritional value and for its many uses in cooking and even in skin care.

The second dry method allows you to render fat in the oven without using any water and with no risk of scorching!

the fat into bite-size pieces, excluding anything that is not fat. For lard, it is best to grind the fat or chop it in a food processor; this will maximize the amount of lard produced since pork fat tissue does not release its fat as readily as others. This is more easily done if the pork fat is partially frozen.

First, there are methods I do *not* recommend because they are more difficult—and needlessly so. With the wet method, the fat is simmered in boiling water and stirred, causing the rendered fat to separate and rise to the top. This is a useful method for very large commercial rendering batches and is often referred to as “kettle rendering.” (Note that when you remove solid fat from the top of refrigerated broth for use elsewhere, you are also rendering fat using the wet method.) The purpose of the water is to prevent scorching because boiling water does not get hot enough to scorch the fat. However, the fat must then be separated from the water and cracklings and allowed to solidify.

This is no easy task for the home cook, as it requires either continuing to render until all of the water has evaporated off—which is time-consuming and risks scorching—or skimming the fat off the top of the water, which is a painstaking job and impossible to do completely without also skimming out some water. The cracklings must then be filtered out of the fat. Most of the water that remains in the skimmed fat goes to the bottom again as it cools; then, the hardened fat must be removed from the water, melted again and poured into an airtight container. Even with this last step, some water will usually remain in the fat when the home cook uses this method, and this will affect how long the rendered fat will keep without going rancid. Rendered tallow produced this way should be refrigerated.

The other fat-rendering method is the dry method. Here, there are two options, the first of which I do not recommend. (There is one exception: When you cook bacon and pour off the fat, you are actually rendering lard using this method.) With this method, one places the fat on its own in a pot on the stove, in the oven or in a slow cooker. When the rendered fat has sufficiently separated from the cracklings, the cook strains it through a cloth to separate the

cracklings. The disadvantage of this method is that you need to stir the pot frequently and monitor it so that it does not get too hot and scorch the fat.

The second dry method is the one I recommend for the home kitchen, which allows you to render fat in the oven without using any water and with no risk of scorching!

1. Place the fat in a vegetable steamer, colander or pasta strainer over an oven-safe saucepan or pot. Make sure that there is plenty of space between the bottom of the strainer and the bottom of the pot to allow the rendered fat to collect without touching the bottom of the strainer. If you are making a small amount, a small but deep saucepan with matching vegetable steamer insert will do. If you would like to render up to a gallon of fat, you can use a large pot with a pasta strainer insert, but the insert will need to be from a pot the next size down.
2. Place the pot in the oven at 220°F (105°C). This temperature will ensure that any water in the fat tissue will evaporate so that the rendered fat will keep longer.
3. Leave the pot in the oven until all of the fat has melted out of the cracklings, mashing and stirring the fat a few times. The rendered fat will drip out into the pot.
4. The more fat you are rendering, the longer it will take. For eight pounds (four kilos) of fat—which will produce about a gallon (four liters) of rendered fat—the rendering may take up to twelve to sixteen hours. For this amount, you may want to render the fat overnight, starting around dinner time; mash and stir the fat before bed time and then again first thing in the morning. Otherwise, start early in the day.
5. When the cracklings are relatively dry of fat, filter the liquid fat that is in the pot by placing a layer or two of (preferably organic) cloth in a new colander over a new pot and pour the tallow or lard through the cloth. Your rendered fat can then be poured into jars and sealed airtight. Chilling quickly in the fridge will result in a smoother, less grainy end product.

STORING RENDERED FAT

Rendered fats eventually go rancid, resulting in an unpleasant taste and odor. You can recognize rancid fat by its smell, even if you have never smelled it before. Because of their free radical content, rancid fats should be discarded, not consumed.

Five factors determine how quickly rendered fat will go rancid: how unsaturated the fat is and exposure to heat, light, air and moisture. Tallow from suet, for example, will keep longer than tallow from trim fat because the former is more highly saturated. For the same reason, any tallow will keep longer than lard. In fact, because of how saturated it is, tallow is the only rendered fat that you can store well at room temperature. All other rendered fats should be refrigerated—or frozen for long-term storage—which will also keep the rendered fat away from the light. Moisture is the reason why wet rendered fats often do not keep as long. Finally, because of air and moisture issues, you should keep your rendered fat tightly sealed for the longest shelf life.

Kept in a cool, dark place in an airtight container, tallow can keep for years without going rancid. Lard can keep for around a year in the refrigerator in a well-sealed container. Because rendered poultry fats are lower in saturated fats than tallow and lard, you should consume those within a few months.

OBTAINING FATS

Rendering fats gives you complete control over the source of the fats and the method of rendering—and you will save money. The best source for nutritious and non-toxic fats is a local farmer whom you trust. Getting your fat from growers who use best practices is important because many toxins are stored in fat. Beef should be grass-fed and grass-finished, and pork should be pasture- or woodlands-raised. Growers often discard the fat when an animal is butchered, so you can let the farm or ranch know of your desire to purchase the fat, particularly if you are purchasing all or part of a butchered animal. In this way, you are also helping to use the whole animal rather than letting good food go to waste.

If you choose to purchase rendered fat

rather than rendering it yourself, it is important to know your source; however, it may be difficult to determine how the rendering was done and with what type of fat. As with all foods, unrefined is best. When the fat is refined or highly filtered to remove some or all of its natural scent, it will not contain its optimal innate nutrition. In other words, tallow should smell like tallow! That is why it is important to obtain rendered fat from a trusted local farmer (or use the “Best” category in your WAPF Shopping Guide), being sure to ask questions about what you are getting.


Industrially rendered fats are not recommended. They are not made from carefully selected fat but rather from the offal of industrial slaughterhouses. These commercial products undergo pulverization, steam-heating, refining, bleaching and deodorizing, with the final addition of chemical preservatives such as BHA, BHT and propyl gallate. They may be partially hydrogenated themselves, thus creating *trans* fats, or they might have hydrogenated vegetable oils added to them. This is clearly not something you want in your kitchen.

USING RENDERED FATS IN COOKING

Animal fats should be incorporated into almost all cooking, even and especially with vegetables to increase the absorption and utilization of nutrients. Animal fats also improve flavor and are very satisfying. Substitute rendered animal fats in recipes that call for vegetable oils. Which fat you use depends on various factors, including cooking temperature. For example, tallow is the best choice for the highest temperature cooking such as deep frying. The more saturated the fat, the more stable it is. As already mentioned, the order from most highly saturated to lowest is tallow, lard and poultry fats.

Apart from deep frying, all of the animal fats are stable enough for most uses. Lard—especially the more mildly flavored leaf lard—can be a great butter substitute for pie crusts and baking. Tallow is heavier and may not be desired by some people for cooking other than deep frying and roasting, but it still works wonderfully for frying and other uses. Like all of the animal fats, it can also be used to great advantage in recipes for beans, soups and stews.

The most unusual use for animal fats is tallow for skin care. Tallow is far better for skin than any other fat because it absorbs so well, being biologically compatible with our skin cell biology.

Armed with the knowledge to render your own fats, your cooking will become more nutritious, flavorful and satisfying! 

Andrew Gardner has (literally) tons of fat-rendering experience because of his skin care business, Vintage Tradition. A trip to a farm in Mexico led to the discovery of what people used for skin care before the introduction of man-made chemicals as well as the science behind this almost forgotten traditional wisdom. Observing the lack of any product on the market that fit the ideal for healthy and effective skin care, Andrew created a simple recipe for traditional nourishing and healing skin care; in the process, he invented the term “tallow balm.” He also founded the company Vintage Tradition (vintagetradition.com), where tallow balm can be obtained by those who prefer not to make their own.

Homeopathy Journal

HOMEOPATHY AND ALCOHOLISM

By Anke Zimmermann, BSc, FCAH

Gallavardin recorded a cure rate of about 50 percent, in spite of (or perhaps due to) the recipients not realizing they were receiving treatment.

The relationship between humans and alcohol is long and colorful. People have used fermented grains, fruit juices and honey to produce alcoholic beverages for thousands of years.

At the same time, alcohol is the number-one drug used around the world. An estimated one in two people has been negatively affected by alcohol, whether through personal use or as a result of alcohol use by others. In the United States, approximately one in eight Americans is an alcoholic, and between 50 and 80 percent of alcoholics have a close family member who also has an alcohol problem.¹

Although the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) classifies alcoholism and alcohol dependency syndrome as psychiatric disorders, alcoholism also has a high rate of physical complications. Alcohol damages almost every organ in the body, including the brain. Long-term alcohol abuse can produce changes in the brain's structure and chemistry, including tolerance and physical dependency.

HOMEOPATHY'S CURE RATE

Homeopathy has a long history of use in the treatment of alcoholism. Not only do we have clinical evidence dating back nearly two hundred years, but there is actual research—both from the past and the present—demonstrating the effectiveness of homeopathy in the treatment of alcoholism.

I first learned about this interesting topic back in the early 1990s. I was taking advanced homeopathic training with Dr. Andre Saine, ND, who told us about Dr. Jean-Pierre Gallavardin (1825–1897). Dr. Gallavardin, a French physician, described the cases and treatment of over two thousand alcoholics in his book *The Homeopathic Treatment of Alcoholism*, published in 1890.²

After many years of treating those financially able to afford homeopathic care for alcoholism, the good doctor decided to open a free dispensary for the poor to give them the benefit of the same treatment. Dr. Gallavardin stated, “From twelve to thirty-six persons are to be seen there every Tuesday, seeking for some member of the families this moralizing treatment, as yet unknown to academics and scientific societies.” He later described his work in the first three years after establishing the dispensary, which offered treatment not just to “drunkards” but also to other types of sufferers: “During the first thirty-four months of the establishment of this dispensary I gave 2,155 consultations—1,431 for drunkards and 725 for libertines and persons suffering from jealousy, envy, irascibility, avarice, laziness, etc.”

Gallavardin's clinic had family members administer the homeopathic remedies to the alcoholics, mostly without the alcoholic's knowledge. Gallavardin recorded a cure rate of about 50 percent, in spite of (or perhaps due to) the recipients not realizing they were receiving treatment. In addition, Gallavardin used homeopathic remedies to address the effects of drunkenness, including acute alcohol poisoning. He would give the remedy every few minutes in water and relieve the drunken state in short order. Gallavardin also treated children of alcoholics to nip the tendency to this vice in the bud—it was as well known then as today that there is a heritable tendency to alcoholism.

REMEDIES

Dr. Gallavardin's book mentions a list of the top fourteen homeopathic remedies for alcoholism, which include such well-known standbys as *Nux vomica*, *Lachesis* and *Sulphur*. I once accidentally relieved a woman of an “addiction to Southern Comfort” (her words) using the

Sulphur remedy. This happened many years ago, and I can't remember what brought her into the office—but it was not the drinking. Southern Comfort was her favorite and only alcoholic beverage, and she consumed it daily and liberally. A month after our initial appointment she returned and asked: "What did you do to me? I feel much better, but I have completely lost my interest in Southern Comfort! In fact, I can't even look at the bottle without gagging!" I saw her a few more times over the next six months, and her aversion to Southern Comfort remained.

It may be tempting to think that there are only fourteen remedies needed to help alcoholics. However, as always with homeopathy, each case needs to be treated with the remedy that most closely matches the totality of the physical and mental symptoms exhibited by the patient. There are thousands of remedies in homeopathy.

COMPELLING RESEARCH RESULTS

You might think, "Oh, this is all well and

good, but what about homeopathy for alcoholism in modern times? Is there any scientific research on this?" The answer is yes. Although we definitely need more studies on the effectiveness of homeopathy for the treatment of alcoholism, the ones that have been published show that homeopathy can, in fact, be helpful. Pour yourself a stiff one and read on!

In 1993, a researcher from the Hahnemann College of Homeopathy in Albany, California, conducted a randomized, double-blind, placebo-controlled trial that applied homeopathy to both chemical and alcohol dependency.³ The study divided seven hundred three drug and alcohol patients into three groups, with participants receiving either placebo, homeopathic remedies or conventional detox treatment. The study lasted for eighteen months. Patients given homeopathic care had the lowest relapse rate—32 percent—compared to a relapse rate of 68 percent in the placebo group and 72 percent in the conventional detox group.

Each case needs to be treated with the remedy that most closely matches the totality of the physical and mental symptoms exhibited by the person to be treated.

GALLAVARDIN'S TOP FOURTEEN REMEDIES FOR ALCOHOLICS

- *Arsenicum album*: Irritable, critical, discontented, vindictive, merciless, fearful of betrayal, avaricious and compulsive; can develop suicidal states.
- *Calcarea carbonica*: Tendency to obesity, focused on basics in life, solid, responsible or overwhelmed with too much responsibility, which may drive the person to drink and despair.
- *Causticum*: Serious, intense and sensitive, often very sympathetic toward those less fortunate; with alcohol abuse, can become very forgetful and mentally dull.
- *Conium maculatum*: Can be useful in broken-down cases, emotional flatness and hardness, indifference and depression, lacking in reason; progressive mental deterioration, even to senility from drinking.
- *Hepar sulph*: Oversensitive, dissatisfied, easily angered and irritable, impatient, possible violent impulses, even to homicide.
- *Lachesis mutus*: Passionate, intense, often very talkative; can be very jealous, envious and inclined toward violence when drunk.
- *Magnesium carbonicum*: Long-suffering, sour, tired, desires quiet but can speak carelessly while drunk; anxious with fear of the future, lacks strength and fortitude.
- *Mercurius vivus*: Reactive yet weak and debilitated, with strong impulses, often violent, but not necessarily expressed; can be very compulsive and also develop deep fears and phobias.
- *Nux vomica*: Type A, driven, impatient, competitive, compulsive, lives on stimulants, may abuse alcohol to relax.
- *Opium*: Repeated *delirium tremens*; euphoria may alternate with great dullness, sleepiness and even stupor when drunk.
- *Petroleum*: Alcoholic without energy or strength of will, unable to refuse a drink; may have problems with very dry skin or mucous membranes.
- *Pulsatilla*: Weepy when drinking, soft and moody, more often in females, person requires strong support from their surroundings.
- *Staphysagria*: Suppressed anger with sudden angry explosions, may throw objects, excessive sexual desire and indulgence.
- *Sulphur*: "Ragged philosopher" type, intellectual and egotistical, or practical idealist who enjoys helping others; can be very lazy, slovenly and messy.

The study showed results comparable to those achieved by Gallavardin, documenting a significant cure rate of 67 percent even when patients were treated without their knowledge.

In 2014, researchers published an interesting study in India describing the use of homeopathic remedies for acute alcohol withdrawal (AAW) symptoms.⁴ Alcohol is not easy to quit once an addiction has set in, and acute withdrawal symptoms can include anxiety, headaches, nausea, vomiting, insomnia and even hallucination and *delirium tremens* (confusion and disorientation). Treatment of alcohol withdrawal symptoms can be an important first step in the patient's recovery from the addiction.


The researchers enrolled a total of one hundred twenty-five patients, and one hundred twelve completed the program. They found that treatment with individualized homeopathic remedies was effective at managing acute withdrawal symptoms. The authors noted, "In the present study homeopathic intervention was able to manage patients with AAW. The therapy was able to annihilate withdrawal symptoms and improve quality of life."

Another study conducted in India (no date given) was a pilot study that examined the effect of homeopathic treatment for alcoholism in seventy-four male patients.⁵ Participants either enrolled voluntarily or—if the alcoholic was in denial about his condition—were enrolled via "bystanders" (usually family members). The study showed results comparable to those achieved by Gallavardin, documenting a significant cure rate of 67 percent even when patients were treated without their knowledge. According to the authors, the study revealed three major findings:

1. It is possible to treat alcoholism with homeopathic medicines without the consent and knowledge of the patient.
2. Homeopathic medicines were found to be up to 67.5% effective in relieving alcoholism within 180 days.
3. The study found *Nux vomica* 1M twice daily was found to be highly effective in the management of alcoholism.

KEEP HOMEOPATHY IN MIND

So there you have it. Homeopathy might represent a good arrow in the quiver against the hazards of alcoholism, whether the problem is acute intoxication, management of withdrawal

symptoms, potential cure of the addiction or even prevention of an inherited tendency toward alcoholism in offspring. We hope that homeopathy will increasingly take its rightful place in the treatment of alcoholism, preventing much suffering as well as lessening costs for family members and society at large. 

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Technology as Servant

EAT YOUR YARD OUT!

By John Moody

In past articles I have explored the fact that modern lawns, yards and landscaped areas are an ecological disaster. From the tens of millions of pounds of pesticides applied to them—whether herbicides, fungicides, insecticides or synthetic fertilizers—to their immense energy and water footprint, modern lawns make little to no sense, while costing a pretty penny. Estimates put the amount spent on lawns and landscaping at around thirty billion dollars per year!

Yet there is a way to redeem this outdoor space—transforming it from something that consumes to something productive, and from a place that harms the planet to something that helps heal it. You can make your landscaping edible so that it can help feed you and all the various creatures that also call it home.

Even better, you can grow almost all the plants that I am going to describe in even the most draconian of homeowners-association-governed neighborhoods and similar restricted areas. There are now hundreds of options that you can use to repopulate your yard with beautiful food and medicine that will fly under the radar. These plants come in many varieties and cultivars, and all sorts of shapes and sizes, providing options for people in almost every place and circumstance. Let's take a look at some of the most versatile and valuable.

BUSHES, SHRUBS AND OTHER MEDIUM-SIZED PLANTS

Imagine a plant that produces berries that are more nutrient-dense than the beloved blueberry but do not require such specific soil conditions. The *serviceberry* is a reliable grower, with a wide range of suitable habitats and growing zones. Moreover, the serviceberry is already a common ornamental in many areas—but one that many don't realize is quite edible! While this medium-sized shrub's flowers and foliage

were the features that made it a go-to choice for landscaping many years ago, its fruit is what now makes it a clear winner to have around your home or homestead.

I was going to list the *elder(berry)* first, but since I just wrote *The Elderberry Book*, and our family has an elderberry syrup business, I figured I wouldn't let my bias for this beloved plant be too obvious. However, there are few plants in history that humanity has used as extensively as the elder. While most people only think of the berries, the elder's flowers and many other parts also have medicinal and other value. In addition to the plant's important role as food and medicine, the wood of the elder is excellent for making a wide range of useful tools and crafts.

Many companies now provide ornamental elderberries: Black Beauty, Black Lace and Lemony Lace, to name just a few! And because the elder responds well to pruning and partial shade, it gives you many options for how and where to plant it. Historically, the elder was often used to make screens, living fences and hedges; if you choose the appropriate-sized variety and prune it to the desired height, it can provide privacy along with its many other benefits.

The *seaberry* is a newer arrival to the United States, coming from Russia and central Asia, and is similar to the serviceberry. This plant is prized not just for its beauty but also for its prolific fruit production. The seaberry is one of a few plants that fixes nitrogen for itself and its surrounding plant friends.

The seaberry dates back to Alexander the Great or even earlier, when its leaves and fruits were used to promote the wellness of both people and animals. The technical name, *hippophae*, harkens back to its use to create excellent coats on horses (*hippo* means “horse” in Greek and *phae* refers to “shine”).

There are now hundreds of options that you can use to repopulate your yard with beautiful food and medicine.

Seaberry plants are male or female, so you will need at least one of each to ensure proper fruiting. The fruit is a bit tart right off the bush; traditional preparation involved steam juicing or similar approaches.

In addition to fruit-bearing plants, homeowners can take advantage of the many small traditional nut species. *Hazelnuts* are one of our family's favorites. This plant makes a great screen or windbreak, growing densely and to about eight feet in height. The nut clusters are easy to harvest, come late summer, and make a tasty addition to salads or other dishes once soaked and dehydrated. They are also a good source of many nutrients. In Europe, ground hazelnut flour is the basis for many a delicious flourless dessert.

There are many other medium-sized plants that you may wish to consider incorporating around your home—sour cherry, aronia berries (chokeberries), fig, hardy kiwi and dozens of others. The important thing is to pick something and get started.

FLOWERS THAT FEED

Flowers! Once upon a time, a flower garden was considered more ornamental than useful. Nowadays, many people know that flowers are important for feeding pollinators—but they may not realize that flowers also can help feed your family.

Hostas are a surprisingly edible plant, and in many Asian countries, they have a long history of household consumption. The young leaf shoots of hostas, which are similar to other wild edible greens, can serve as an asparagus-like substitute with a lettuce taste. The flowers are also edible. Though bland, they can provide a colorful addition to salads and other dishes. Hostas are fine for people but toxic to cats and dogs, so don't offer any to your pets.

The *nasturtium* has both edible flowers and leaves. I have seen the nasturtium plant grown successfully in very small spaces—even in window planters on the upper floor of a duplex in between two houses. The nasturtium plant

likes to crawl and sprawl, making a beautiful ground cover and helping suppress weeds and other unwanted plants. For this reason, nasturtiums make a great companion to taller perennials and annuals.

I am cheating here by listing *chives*, which cross over between herbs and flowers. Chives fall into the “both/and” category, producing a tasty, onion-like green to add to salads and other dishes while providing a delicate and delicious flower to enjoy as well.

Other edible flower options abound: *calendula*, *rose*, *day lily*, *echinacea*, *borage*, *pansies*, *hibiscus* and more! These delicious, nutritious and often medicinal plants have many possible uses in the kitchen and home.



Elderberries aplenty!

allows you to transfer them indoors during the winter, protecting the less hardy ones from the travails of winter weather and extending their growing season.

Our favorite herbs include sage, rosemary, thyme and lemon balm:

- *Sage* is bushy and quite hardy. If you have never seen a sage in flower, you have missed a sight that, once enjoyed, is not soon forgotten. Its copious blue flowers are the definition of beauty.
- *Rosemary* is pleasantly fragrant, with lovely flowers if allowed to bloom. Its upright, cone-like growth habit makes it easy to tuck into smaller spots here and there among other plants and landscape features.
- *Thyme* is another plant that is worth seeing flower at least once. It is a very slow grower, so we keep it in pots (or similar) to give it the longest growing season possible.
- *Lemon balm* is quite prolific, offering a great deal of low-to-medium-sized foliage and growth. Lemon balm is a lovely addition to teas and—in small amounts—to salads and many other dishes.

HERBS ALMOST ANY TIME

The number of herbs that nature affords is immense, as are their uses in edible landscaping. Herbs also make great companions to the other edible and medicinal flowers described above. Indeed, the small kitchen garden of old often was a mix of herbs, flowers and a few vegetables.

You can plant herbs either in pots or in the ground, depending on the location and your desired goals. Growing herbs in pots

TREES OF ALL SHAPES AND SIZES

If you want to provide productive shade and landscaping on a larger scale, consider some of the trees listed below.

The *basswood*/*lime*/*linden* tree ranks up there with the elder(berry) for its immense range of uses and benefits. The entire tree is edible, in-

cluding the layer between the inner bark and the wood, though its young leaves in March through May are especially palatable. The flowers and leaves make a great addition to salads or can be brewed into tea.

A staple of many Native American tribes, the mighty *oak* produces the amazing acorn, a food suitable for beast and, if processed properly, for man as well. Among different oak species, the white oak is particularly suitable for foodstuffs, but all acorns are edible.

The *European beech* is another tree with prolific production of edible, nutrient-dense nuts. Historically, uses of beechnuts have included pressing out the oil, roasting and grinding the nuts to make a coffee-like beverage and using the flour for baking.

GARDEN PLANTS THAT HIDE IN PLAIN SIGHT

Many plants typically considered vegetable garden plants can be successfully substituted for ornamental options. For instance, instead of ivy and other ground covers, how about *sweet potatoes*? Their shapely greens (which are edible) and lovely flowers (for both people and pollinators) are visually attractive. You can even grow them in containers, allowing the plant to trail down over the side of a porch or ledge.

Artichokes are another option. They make a lovely looking screen—and few people will realize that the underground growth is “choke full” of edible tubers.

GROW YOUR OWN FERTILITY

When putting in edible landscaping, it is the perfect time to plan ahead to reduce your need for additional input later. For example, planting *comfrey* around perennials allows it to “dig up” nutrients that otherwise would be lost deep below in the soil, bringing the nutrients back to the surface for more shallow-rooted neighbors to enjoy.

Establishing a living *clover* understory helps attract pollinators and other beneficial insects. In addition, clover captures nitrogen from the atmosphere, turning it into the soil-based form of nitrogen that plants need. We especially enjoy red clover—the blossoms are traditionally highly prized for making teas with health-promoting benefits.

NEARLY ENDLESS OPTIONS

The above is just a small sampling of the range and variety of plants—of all shapes and sizes—that we can use to turn our lands and communities back into spaces that produce rather than consume. In this, we can emulate the wise practices of some South American tribes, who created “food freeways” by planting edible and medicinal plants in abundance along common routes of travel, ensuring a nutritious and abundant supply of food wherever they went for themselves and

their progeny. ☺

John Moody is a well-known food grower, researcher and author, appearing at conferences across the country and helping people improve their lives, land and health. His new books, The Elderberry Book and Winning the War Against Weeds, are available at johnwmoody.com. Elderberry products are available at www.abbyselderberry.com.



A delicious treat of elderberry jelly on sourdough toast.

SIMPLE ELDERBERRY JELLY

1. Start by using a good quality elderberry syrup or homemade elderberry syrup. (If preferred, use a syrup without cloves, ginger, cinnamon or other additional spices.)
2. Measure out 1 cup of syrup and place in refrigerator to chill.
3. Dissolve 1½ teaspoons of gelatin into 2 tablespoons of the cold elderberry syrup.
4. Place the remaining syrup over low heat and gently warm while whisking in elderberry-gelatin mixture.
5. Heat the liquid to 110°F (34°C).
6. Put into a jelly jar and place in fridge.
7. The jelly should set in about four hours.

Wise Traditions Podcast Interviews

INTERVIEW WITH JOEL SALATIN: POLYFACE FARMS' LAND-HEALING ETHIC



Hilda Labrada Gore is the producer and host of our Wise Traditions podcast and a Washington, DC, co-chapter leader. An enthusiastic communicator, Hilda is passionate about wellness on every level, which is why she is known as “holistic Hilda.”

She is a speaker, podcast consultant and the co-author of *Podcasting Made Simple*. Hilda lives in Washington, DC, with her husband, children, dog and cat. Subscribe to her blog through her website (holistichilda.com) and follow her on Instagram: [@holistichilda](https://www.instagram.com/holistichilda).

HILDA LABRADA GORE: Our guest today is Joel Salatin of Polyface Farms in Virginia's Shenandoah Valley. Joel is a straight-talking speaker and author, a farmer and a mentor to thousands. His farm was featured in Michael Pollan's book, *The Omnivore's Dilemma*, and in the award-winning movie, *Food, Inc.* Today he speaks to us about one of our favorite topics—food—and discusses how the food that is best for us is also best for the planet.

I understand part of your mission in life is providing people with better food. Aren't we eating well enough as it is?

JS: Well, the trend lines indicate that we are not. Or I guess the new way to say it is, “We are eating well—*not!*” The trend lines for obesity, type 2 diabetes, autism, childhood leukemia, cancer—name your disease—these things have been on the uptick for some time. The food-health link is very well verified, so most people intuitively realize your body is only going to run as well as the fuel that you give it. It's like your car or anything else; we intuitively understand that. People “get” that they eat well to be well—but I think what trips them up, what they don't understand is that every pork chop is not the same, every egg is not the same, every tomato is not the same. They assume that every tomato is the same and every pork chop is the same, and that's simply not true.

HLG: Can you explain that? How are they not the same?

JS: If you raise a tomato on compost seasonally, with the full array of mycelium, mycorrhizae, earthworms and the whole food web that's doing its commercial café under the soil surface to make sure all the minerals are there and everything is right—when you bite into that tomato, the juice runs down to your elbow, right? But if your tomato was grown in synthetics,

with a lot of pesticides and herbicides—and genetically selected to withstand two thousand miles of banging around in the back of a tractor trailer going from some place to another—it's going to be like cardboard, and it will have the nutrition of cardboard. The difference between a backyard, homegrown tomato and what's in the supermarket is the difference between night and day. The same thing is true with animal proteins, eggs, poultry, everything.

Mother Earth News magazine commissioned a study a few years back where they took twelve pastured-egg producers in the country—we were one of them—and had them send eggs to a lab to do a nutrient analysis. They compared the results to the official USDA (I call it the “US-duh”) nutrient label on eggs. They measured twelve or thirteen things. I'll just give you one—folic acid—which is really important for pregnant women especially. The regular USDA label is about forty-eight micrograms per egg, and our eggs average *one thousand thirty-eight* micrograms per egg. You can go down the list, looking at riboflavin (vitamin B₂) and other B vitamins.

Let's look at beef and conjugated linoleic acid (CLA). After only fourteen days of grain-feeding an herbivore, the CLA is gone. That's why we don't feed any grain to the herbivore because we want the conjugated linoleic acid, which is one of the top anticarcinogenic substances in nature. You can go down the list of all foods and see these—they're not ten percent deviations—sometimes a thousand percent deviations in quality.

HLG: You're saying these huge differences make a huge difference in our health.

JS: Absolutely. That makes sense intuitively. If you have a more nutritious fuel, your body will function better. And of course, it's been proven over and over empirically as well. And

anecdotally, certainly. People say to me all the time, “I switched from eating industrial food to high-quality pasture-based meat, poultry and eggs and my whole life has changed.”

A lady in our store had a sickly-looking six-year-old son. He was a small, kind of a failure-to-thrive looking child. He was a very picky eater; he wouldn’t eat anything. She got a couple dozen eggs and called me three days later to say, “My son is eating six eggs at a time, he cannot eat enough.” Well, it’s because his body was starved for nutrition. He now had to work overtime to make up for lost time.

HLG: I think a lot of people in the U.S. are overfed and undernourished. They’re starved for nutrition, too, aren’t they?

JS: Absolutely. Being overfed and undernourished is related to the refined carbohydrates and sugar—that whole deal. At the end of the day, it doesn’t really satisfy either, so you’re constantly opening the cupboard and the refrigerator and looking for something else that will satiate, because what you’ve eaten is so nutrient-deficient that it doesn’t satiate.

HLG: You said people come to your farm seeking these high-quality foods. What causes them to make a change from where they were before to where they are now, seeking out these nutrient-dense, more natural foods “off the grid”?

JS: Every one of them has a conversion story. Everybody’s conversion story is different, but every single person has a conversion story. It might be that somebody got sick, or something they read, or it might be something they tried

where they had this epiphanic “aha” moment—like, “oh wow, that’s different.” We do that all the time.

For example, we use Golden Acres apple juice here; just a cold-pressed apple juice. There’s no water. There’s an inch of sediment in the bottom of the jug. It’s the real deal, you have to shake it up because of this inch of sediment. You have to be careful drinking it, because you can drink two glasses and suddenly realize you just ate six apples, and had twenty-four hours to work through the effects. But it’s the real deal. We love to give it to people because—compared to Welch’s or whatever, which is basically watered-down apple-juice-looking material in the store—this stuff is full-bodied and the real deal. Think about raw milk compared to pasteurized, homogenized, industrial skim milk. One is like chalk compared to the real deal. So, there’s more and more understanding that taste doesn’t lie. In a laboratory, you can do a lot of trials, but ultimately, you can’t actually replace taste.

HLG: What about people who are longing for food like this but they simply can’t afford it. What would you say to them? Or they don’t have access to it. How are they supposed to get this food?

JS: Those are two different questions. One is price and the other is access. Let’s take one at a time. I will do access first because it’s so easy. Access is as simple as joining the tribe that’s doing this. In every realm of life, there’s always the overriding conventional orthodoxy: “This is what we all know.” And yet there is always this undercurrent of subterfuge, rebellion and

There’s more and more understanding that taste doesn’t lie.

PODCAST QUOTES

Here are some quotes from some amazing recent episodes:

“Land that is healthy, strong and regenerated is going to produce food that makes our bodies healthy, strong, and regenerated.” *John Arbuckle, WT podcast #196*

“The number of children with chronic disease is on the rise. They and their parents will spend their days—and all of their money—chasing health.” *Hilary Boynton, WT podcast #197*

“Healthy or not, we are all living with cancer. All of us have cancer cells in our bodies. It’s only when something goes off kilter, when something in our terrain gets out of balance, that the cancer picks up momentum and takes center stage.” *Nasha Winters, WT podcast #191*

innovation percolating right under the surface. So, if you are wanting to make a change in your life to find a different kind of food, you just need to turn off the TV, turn off the Netflix and devote some attention to joining what I call “the tribe of heresy.”

HLG: It seems like in all these adventure movies I’ve seen, like *The Matrix* or *Star Wars*, there’s a rebellion.

JS: Yes, always there’s good and evil or good force and bad force. Or the conventional versus the unconventional. Sure, there’s that tension, and we have it even within us—the tension between laziness and discipline, action and lethargy. How much am I willing to put myself out to be successful? It’s just a matter of putting attention on this. So many people want their life to change but they don’t want to change anything. We know that the definition of insanity is doing the same thing over and over again expecting a different result. I wish I could go into a room full of people and say, “All of you can eat the most nutrient-dense, integrity-based ecologically enhancing food, and you don’t have to do anything.” If I could promise that, let me tell you, I’d be the slickest marketer in the world. But you can’t. You have to do something. So, regarding access—our farm could easily double our production tomorrow if we had people wanting it. We market aggressively, but at the same time, we just need more people who are interested in this. The access is there. There are thousands of farmers ready to grow another tomato or another pork chop if the market were there.

HLG: I’m the DC chapter leader for the Foundation and we have a resource list of farmers markets that covers the whole city. If people look, they can find a farmers market in all parts of the city. They are all over. So you’re right, people need to plug in. Let’s talk about the price aspect.

JS: The price aspect is one of my favorite topics. First of all, realize that processed food is not cheap. One of the most fascinating experiences I’ve ever had was when I was doing a book tour in New York, and they had

me do a signing down in the Green Market in Union Square in New York City. Arguably the oldest, most elite, highest-priced farmers market in the world—right in the middle of New York City. In the market I ask my hostess, “Could you take me to the most expensive potato in this market?” She said she knows just the guy. We start elbowing our way through the crowd, she takes me to this farmer’s booth. It’s like a sculpture—I mean, it’s gorgeous! He’s got twenty or thirty boxes—and he’s got purple, red, white, yellow, round, oblong, gnarly—every kind of potato you can imagine, and it’s arranged beautifully. He’s got prices on all of them. I look for the most expensive potato. It’s a little heirloom blue Peruvian fingerling potato. It’s a dollar ninety-nine (\$1.99) a pound.

A dollar ninety-nine is fairly expensive for a potato if you compare it to Idaho baking potatoes in the store, but what’s fascinating is that all around this market are supermarkets, each of which has a hundred feet of dedicated, fluorescent-lighted, expensive, handicap-accessible floor space with shelves full of plastic wrapped bags of potato chips that are two ninety nine (\$2.99) a pound! My point is that highly processed foods are not cheap.

I’m sure many of your listeners have seen *Food, Inc.*, a great movie with one very glaring weakness. The family in the film that went to Burger King and got the Whopper and a five-gallon soda drink and french fries, and then went to the store and said, “We can’t afford to buy produce or tomatoes because we don’t have

THE WISE TRADITIONS PODCAST: TALK TO US! WE’RE LISTENING!

We had some unique episodes this summer:

- RFK Jr. on vaccine safety (#193 “RFK Jr. Speaks Out”).
- Dr. Geraldine McGuire on restoring a rainforest in Australia (#199 “Harmonious Living”).
- Hilda Labrada Gore (our podcast host) offering her top picks of what she’s learned from the show (#200 “Holistic Hilda’s Health Tips”).
- Leo Sharashkin on bees and the art of beekeeping (#198 “The Buzz on Bees and Honey”).
- Steven Sashen on minimalist footwear (#195 “Feet First”).

What else would you like to hear on the podcast? We are open to your suggestions for topics and guests. Email us at podcast@westonaprice.org to tell us.

If you have ideas for who should be a guest on the show, please fill out the application on the podcast page on our website (just under the listener survey): chapters.westonaprice.org/podcast-guest-suggestion/.

the money.” I remember very well the first time I saw that because we sell ground beef which is an ingredient in the Whopper—I’m thinking, “Right now you can buy two whole pounds of world-class grass-finished ground beef for the cost of that meal.” So, it’s not a matter of money. It is a matter of convenience, it is a matter of peer pressure and maybe peer dependency. Plus maybe there’s a little *Star Wars* character in the meal; that’s what you’re really buying, right? You want the little toys—you’re not really buying food.

That story could be told over and over again. Whenever anybody says, “I can’t afford your food,” I want to grab them and say, “Take me to your house and I’m sure here’s what we’re going to find: a lottery ticket—that’s a waste of money—we’re going to find soda, fast food, boxes of takeout pizza, alcohol, tobacco and coffee.” If you really want to do this, then do it. Everything else is an excuse. You don’t really need one-hundred-dollar designer jeans with holes already in the knees, you don’t really need the widescreen TV or—name your thing. The fact is that you can eat very, very well if you eat unprocessed and if you use your own kitchen to process, package, prepare and preserve your own food.

Fortunately, we now have the most sophisticated technology right in our kitchens. We’ve got bread makers, ice cream makers, dehydrators and Cuisinarts for mixing and baking. We’ve got hot and cold water on demand. You don’t have to go to the spring and heat it up. I’m not suggesting we go back to the past. I’m talking about taking our techno-sophistication in the culinary world and going forward with it. We’ve never been so blessed. Crockpots—what is easier than a crockpot? You don’t have to thaw anything out. You throw it all in there, you leave for work, it sits there at forty watts all day. You come back at five o’clock and supper is ready. If you come back at six, it’s ready. If you get stuck and come back at ten, it’s not burned; it’s still hot and ready. This is a no-brainer, and you can do it on pennies.

HLG: I think we have to refamiliarize ourselves with cooking. It seems foreign to us. You say it’s not about going back—but taking up cooking is

going back for some of us.

JS: There’s a certain mentality that is going back but I refuse to think that embracing a visceral participation in our umbilical is going back. No, it is the way forward—to understand that we are completely dependent on and connected to an ecological nest, which entails everything in us and around us. Life is not some fantasy thing on a smartphone. Real life happens in the conversation of three trillion bacteria inside us. And they couldn’t care less whether you’re watching the Super Bowl on a widescreen, a smartphone or whether there’s a Super Bowl at all. My point is that an understanding of our dependency on something within and bigger than ourselves is the path to truth. And if you’re going to say, “we’re going to levitate away from this dependency, we don’t have to worry about our internal three trillion critters, they’ll take care of themselves, thank you very much”—no, they won’t, they expect us to massage them a bit.

HLG: You mentioned a movie earlier. I saw a movie that said we give so much land over to animal agriculture that it’s not good for our planet. Does the way you’re talking about eating affect our environment in a good way or a negative way? Is it good just for us or is it good for the earth, too?

JS: Fortunately, we have historical templates that show us that you can have both nutrient density and planetary ecological enhancement at the same time. There is no tension, they’re not mutually exclusive. Now, while it’s true that movies like *Cowspiracy* use as their database current industrial production and “what is,” they didn’t come to Polyface Farms for any of their data points. My point is, when you’re studying and researching something, if your starting point is wrong, by the time you run your permutations—what does this mean for biomass? or carbon sequestration? or hydration?—you’re way off. If you’re heading to the North Pole today and you’re five degrees off, you’re never going to hit the North Pole by the time you get out there.

The truth is that it’s hard to study “what isn’t.” Sounds like a Dr. Seuss book, doesn’t it?

You can eat very, very well if you eat unprocessed and if you use your own kitchen to process, package, prepare and preserve your own food.

It's hard to study what isn't. And that's exactly where we are right now. This tribe that we're describing—the tribe of nutrient density and ecological enhancement in a complementary, synergistic relationship—that tribe is extremely small. All of us, if we're thinking and caring people at all, are living under this kind of guilt burden of the historical hand of man as being a rapist, a destroyer. The idea that the hand of man can be helpful and nurturing is almost a foreign thing. What we have is this environmentalism by abandonment—that the only way to take care of this earth is to get the humans off of these areas. Get man away from those because man tears stuff up. I get that, and I understand that, and I repent for all that my ancestors have done, from conquistadors to crusaders. But fortunately, that is not a legacy that you and I have to continue. We can break it.

I think it's important for us to realize that five hundred years ago, North America had more pounds of animals on it than it does today. That's important to remember. And those pounds of animals included over a million beavers—up to eight percent of the North American land area was covered by water, by beaver ponds. There were well over a million wolves, over a hundred million bison and so many passenger pigeons that in 1820, John James Audubon sat under a tree because he couldn't see the sun for three days because it was blocked by a flock of passenger pigeons. Can you imagine the sun blocked for three days with a flock of birds going over? Native American lore has stories where wild turkey, prairie chickens and passenger pigeons would come in and roost in a forest next to an Indian village. In the morning, everybody would come out and there would be an inch of manure on the ground, and the whole forest would be just broken spires standing up, branches broken off, it looked like an earthquake had hit. Captain Jim Bridger out in the Dakotas—the first American to get out there and keep a journal about it—he said he got behind a herd of seven million bison. I have a wonderful diary from a guy from Arkansas in 1870 who went up on a plateau there and looked out. He measured the movement of this herd of bison: it was twenty miles wide and, measuring by the time it took this herd to pass him until the last one went by, was fifty miles long. So fifty miles long and twenty miles wide—one herd. California was full of megafauna elk. When you consider the level of animals that were in North America at that time, it's profound.

In fact, there were more pounds of domestic livestock in America in 1900 than there are today because back then, all the weight we have today in tractors and combines was in draft power: mules, horses and oxen. This notion that we're destroying the planet with animals is coming from a database that is wrong—factory farming, grain-fed beef, name your issue. I see a film like that and sit there and say “amen” to all the problems, but the solution is not to eliminate the animals. There is no functional animal-less ecology on the planet and never has been. The answer is to quit doing the bad stuff and do the good stuff.


Just imagine if somebody came here to study America's educational system, and they picked the worst teacher in the worst classroom in the worst school in the country to do their data points. What would be the conclusion? “I don't think we should have any education in this country,”

right? That would be the conclusion. That's what I'm trying to get to. Data points are all there is, and what is, is not good. But what is good is so small that, in the minds of the research community, it doesn't exist. And it's hard to study what doesn't seem to exist.

HLG: Then you postulate that the level at which you're farming is good for the people and for the earth?

JS: Absolutely. We're building soil here out the wazoo. When we came in 1961, there were large areas in the farm that had no soil. They were just shale—saucer-shaped quarter acres of solid rock. And today, these shale saucers have eight inches of soil on them. And that didn't come from chemical tin fertilizer, a feedlot and monocultures. That came from compost, polycultures, perennials and mimicking migratory patterns like nature does, using high-tech electric fencing and management.

HLG: This is fascinating. In another conversation I hope we will talk about your farming techniques and how they vary from what's conventionally done. Is there anything more that you want to tell us now?

JS: I would just simply say, “be the change you want to see.” If you want to start to participate in a land-healing ethic, join us. Come in; it's great. 

All Thumbs Book Reviews

***Ending the War on Artisan Cheese:
The Inside Story of Government
Overreach and the Struggle to Save
Traditional Raw Milk Cheesemakers***
By Catherine Donnelly
Chelsea Green Publishing

When you have kids, they ask interesting and sometimes tough questions. “Why are there so many stars?” “Where does the wind come from?” “Why is our government at war with so many things?” Catherine Donnelly explores one of these perplexing wars—the war to wipe out raw milk cheeses.

To some degree, this war isn’t a surprise, given the government’s animus toward raw milk. However, the war on raw milk cheeses points to something deeper. Unlike raw milk, which at best is a niche market, raw milk cheeses are mainstream. In fact, over the past thirty years, the U.S. has experienced an explosion of artisanal cheesemakers across the entire country, numbering into the thousands. Economically and shelf-wise at the grocery store, raw milk cheeses have become big business—populated for the most part by small players.

Donnelly’s book focuses on the “existential threat” that regulatory overreach poses to these small-scale artisan cheesemakers. As she sees it, “a ban on raw milk cheesemaking would economically devastate nonindustrial cheesemaking in the U.S.” The unholy alliance between government and agribusiness couldn’t be clearer—the real reason the government wants to get rid of raw milk cheese is because it threatens big ag.

The overreach takes many forms, but Donnelly focuses on a number of key issues. Especially troubling is the fact that the government’s regulatory warfare—and particularly the actions of the U.S. Food and Drug Administration (FDA)—lack scientific support. Instead, the war against artisan raw milk cheeses is a thinly veiled attack on the few semi-independent

parts of the U.S. dairy industry that stand as the last bastion against almost total consolidation, homogenization and pasteurization.

In a simple sentence, Donnelly sets the stage for why the war makes no sense: “Only six outbreaks of illnesses [from cheese] during this entire time frame (1948-1988) occurred. . . despite the fact that 100 billion pounds of cheese was produced and consumed during those years.” Cheese is an exceptionally safe food. When you consider the fact that the majority of supermarket chicken is contaminated with multiple strains of pathogenic bacteria, or that leafy greens and many other fruits and vegetables are now routinely part of massive, hard-to-trace outbreaks of foodborne illness, it makes you wonder why there is so much concern over such a statistically safe food. The situation in other countries highlights the absurdity—in the U.S., the “sixty-day aging rule” holds sway, even for cheeses that in other countries cannot be legally sold *after* fifty-five (or less) days because of the increased risk these particular cheeses present!

The book is full of a wide range of historically and otherwise interesting information, such as how the U.S. government redefined pasteurization to include *irradiated* foods in 2002. Donnelly also describes how the FDA often supports its positions with poorly designed studies, including some that use pasteurized milk to ascertain the safety of raw milk cheese production methods! The agency has no compunction about using raw milk cheeses that were imported illegally or produced in unsanitary conditions to assail *all* raw milk cheese and *all* raw milk cheese producers. Even worse, science now shows that FDA food safety rules make many types of cheese *less safe*, increasing the risk for post-production contamination. In some instances, the agency seeks to impose rules that are the opposite of what most of the rest of the world does, such as trying to ban wooden aging boards when most other countries *require* them. As Donnelly comments, “It is terrifying



The real reason the government wants to get rid of raw milk cheese is because it threatens big ag.

All Thumbs Book Reviews

As [FSMA] is currently written, [it] will actually make our food less safe.

to think that, with the stroke of a pen, the FDA could wipe out centuries of traditional practice. It is even more frightening to think that this could be accomplished through the incorrect interpretation of scientific studies.”

The book’s middle section sometimes becomes quite technical, wading deep into the murky waters of the “whats, whys and whos” of the FDA’s tactics to make raw milk cheese almost impossible to produce or import in the U.S. It also explores the strange interplay between U.S. and foreign regulations, showing that many other countries have technical expertise in food production and safety that is decades ahead of the corporate-food-beholden FDA. In addition, Donnelly explores the impact of the Food Safety Modernization Act (FSMA). Quoting the Canadian Free Press and a number of other sources, she states, “As [FSMA] is currently written, [it] will actually make our food less safe. S.510 will strengthen the forces that have led to the

consolidation of our food supply in the hands of a few industrial food producers, while harming small producers who give consumers the choice to buy fresh, healthy, local foods.”

I learned a great deal from this book, even if at times I disagreed with Donnelly’s framing of particular issues. It was also a timely read, as Joel Salatin and I prepare to host the first-ever Rogue Food Conference (roguefoodconference.com) in January of 2020. At the conference (where we will share not just good conversation but an artisanal raw milk cheese or two), we will explore how all food system players—from farmers to artisan producers to eaters—can innovate around the ever-expanding net of regulations that seeks to capture independent food and farm businesses and remove them from the sea of food choices until only industrial agribusiness remains. Two thumbs up.

Review by John Moody

CHILDBIRTH WISDOM FROM THE WORLD’S OLDEST SOCIETIES by Judith Goldsmith

Judith Goldsmith researched this wonderful book in the 1970s in the Cal State Long Beach and UC Berkeley anthropology libraries and found five hundred sources detailing customs involving childbearing and childrearing among traditional peoples around the globe.

The diet sections are fairly short, but do reference Weston Price several times. Instead, Goldsmith focuses on pregnancy, normal and difficult births, the role of the midwife, care of the newborn, recovery care of the mother, breastfeeding and ceremonies of childbirth, in the hope that the wisdom of these ways can be integrated into modern childbirth and childrearing practices.

Goldsmith notes that tribal women were physically active during pregnancy, carrying on their normal duties of manual labor, cooking, grinding grain and fetching water and firewood. In fact, lethargy during pregnancy was highly discouraged and pregnant women were advised to refrain from remaining seated too long. The tradition of consuming special foods and a rich diet (without overeating) was universal among traditional peoples. Morning sickness seems to have been absent among these healthy women.

Typically the births were short and painless, often taking place with no help at all and often in the open air. But in many societies, many women took part—typically a midwife and family members—making sure the mother was comfortable and had what she needed (including special foods for the birth process). Very few societies allowed any men to participate, although the Javanese of Surinam allowed the husband to sit behind his wife and “help her push the baby out.”

Breastfeeding practices, the involvement of relatives, use of cradleboards, sleeping arrangements, toilet training and weaning are all covered in this fascinating book. Most interesting are descriptions of childbirth ceremonies, where relatives and often the whole community celebrate the birth of the new child. Although published in 1984, I highly recommend this book for midwives, mothers-to-be and anyone involved in childbirth and child care. A big Thumbs Up for this compendium of traditional knowledge.

Review by Sally Fallon Morell

All Thumbs Book Reviews

***The Mercury Detoxification Manual:
A Guide to Mercury Chelation***
**By Rebecca Rust Lee and
Andrew Hall Cutler**
Andy Cutler Publishing

Do you have brain fog? How about anxiety, insomnia, depression or panic attacks? Are you so forgetful that you're afraid you're accidentally going to set your house on fire? Have you been diagnosed with a degenerative disease such as multiple sclerosis or Alzheimer's? If you can relate to any of these symptoms, or if you have a medical file over an inch thick with no solutions in sight, you should pick up *The Mercury Detoxification Manual*. This succinct guide is for those who suspect that they are mercury-toxic and are looking for a way to detox. The book lays out clearly the symptoms of mercury toxicity, how to proceed with chelation and the pitfalls to avoid along the way.

There are myriad symptoms that point to mercury poisoning—over two hundred fifty, in fact. Symptoms of toxicity may involve neurological, renal, respiratory, cardiovascular, hepatic, reproductive and immune system conditions. Because mercury toxicity presents in all these different ways, it's no wonder that many doctors overlook it as an obvious reason why so many are sick.

Much of the world's population has been exposed to mercury. Amalgam ("silver") fillings—50 percent mercury—are the number-one source of exposure, off-gassing into the mouth and body over time. A second source is the mercury-based vaccine preservative thimerosal. In the U.S., multidose flu shots (and some tetanus-diphtheria vaccines) contain up to twenty-five micrograms of thimerosal per dose, and U.S. vaccine makers also use thimerosal in the manufacturing process; around the world, millions of doses of thimerosal-containing vaccines are still in routine use. A third source contributing to our toxic load of mercury are pollutants in our

environment—including compact fluorescent lightbulbs (CFLs) and fluorescent lightbulbs that have not been disposed of properly.

Many people promise "the" answer to mercury chelation, but the Andy Cutler Chelation (ACC) protocol stands apart, both in its approach and in the great success that many of its adherents have experienced. Dr. Cutler laid out the science behind mercury toxicity and described his chelation protocol in his first book, *Amalgam Illness: Diagnosis and Treatment*. However, even the most diligent health-seekers—let alone those struggling with mercury toxicity—sometimes found the comprehensive tome (written in extensive scientific detail) overwhelming. Cutler and Rebecca Rust Lee went on to write *The Mercury Detoxification Manual* to make the information clearer and more accessible. (Unfortunately, Dr. Cutler passed away before the manual was published. Rust Lee explains in the foreword that his death was unrelated to chelation.)

The ACC protocol is a method of frequent low-dose chelation. It centers around the premise that chelation is most effective when working according to the chelating agent's half-life—"the time it takes for the concentration of a substance to fall to half its original value." In other words, when chelating, we must keep in mind that the chelator only works for a fixed period of time. When the chelator attaches to a mercury molecule and begins escorting it through the bloodstream for excretion, at some point its strength fades; then, a follow-up chelator must pick up the "baton" (the mercury molecule) and continue the process.

Other chelation protocols often simply move mercury from one place in the body to another, making patients sicker and leaving them convinced that chelation just doesn't work for them. Working according to the chelator's half-life is a response to this dilemma. Rather than stirring mercury up in the body only to have it resettle elsewhere, the ACC protocol



Rather than stirring mercury up in the body only to have it resettle elsewhere, the ACC protocol ensures that mercury is picked up and escorted out of the body altogether.

All Thumbs Book Reviews

ensures that mercury is picked up and escorted out of the body altogether.

The ACC protocol recommends choosing from among the following chelators: DMPS (dimercapto-propane sulfonate), DMSA (dimercaptosuccinic acid) or ALA (alpha-lipoic acid)—all of which are available over the counter. (This is another feature that sets ACC apart from other chelation protocols; the ACC protocol only uses supplements that are readily available to all from any distributor.) Each of these chelators works slightly differently. For example, DMPS must be taken every six to eight hours, whereas DMSA is every four hours and ALA every three hours. ALA is the most important chelator as it is the only one that removes mercury from the brain.

Cutler and Rust Lee emphasize how critical it is to follow the chelation protocol exactly. The pattern of dosing with ALA, for example, is to take the chelator every three hours for seventy-two hours, followed by four days off. This translates to three days on, four days off. This schedule allows the body time to recover between rounds. The idea is to go slowly to avoid causing more damage to the body. (Mercury has done enough of that already.)

Whichever chelator is chosen, it is important to keep in mind that “slow and steady wins the race.” Chelation is a marathon, not a sprint. Not only is it advisable to give the body a break during the process (using the “on round/off round” schedule just mentioned), but the protocol encourages each person to take their time before increasing the dosage of the chelator. Dosages are increased by half after several asymptomatic rounds.

The idea is to start the chelator at a low dosage that the body can tolerate (often 12.5-25 mgs or so) and to slowly move up to 200 mgs over the course of months or even years. The first dosage is a trial of sorts to see how the body handles it. Once an individual is able to chelate at the highest dosage, without any presenting symptoms, they are likely mercury-free.

Several steps are required before even starting the ACC protocol. The first is to ensure an amalgam-free mouth (no silver fillings or even specks). If a person has silver fillings, it is best to have them removed carefully by a holistic or biological dentist who understands the risks of mercury vapor exposure and follows the proper protocol to protect the patient.

It is also important to support the body with supplements before beginning chelation and to continue to support the body throughout the chelation process. The “core four” supplements are magnesium, vitamin C, vitamin E and zinc. This is critical because mercury interferes with mineral transport in the body. Magnesium and zinc are often deficient among those who are mercury-toxic. Vitamin C and vitamin E are needed to help protect against the oxidative damage that comes with a heavy load of mercury toxicity. Almost everyone will need adrenal and liver support as well. Other supplements may be needed depending on the individual’s symptoms.

The Mercury Detoxification Manual goes over all of these how-to’s in a direct, no-nonsense manner, with helpful tables, figures and graphics and straightforward chapter headings and sub-headings like, “Dental Work: The Biggest Hurdle,” “The Ins and Outs of Chelation,” “Supplements Never, Ever to Take” and “How Long Does This Take?” Throughout the book, symbols indicate pitfalls to avoid and key points that deserve extra attention. The manual also includes dietary recommendations, emphasizing the importance of eating a nourishing organic diet in a chapter titled “Diet: What You Eat Has a Huge Impact on How You Feel.” In addition, and importantly, the two authors warn readers about which foods and supplements to avoid during chelation. This includes staying away from cilantro and chlorella—despite their reputation as “natural chelators”—and not taking glutathione during chelation.

Because chelation is such a controversial topic, and because Cutler and Rust Lee wanted to emphasize that there are no guarantees that the protocol outlined will be successful with every individual, the book begins with a disclaimer. Here is my disclaimer: I offered to review this book because I am convinced of the efficacy of the ACC protocol for detoxing mercury. I have a friend who was depressed and nearly suicidal. Following the ACC guidelines, she has had a dramatic turnaround. Thanks to careful chelation, her depression has lifted, as have any thoughts of self-harm. She feels hopeful and her life has purpose. This is one of many reasons I highly endorse the ACC protocol. I believe it is the safest and most scientific approach to chelation. This manual outlines the protocol with clarity, and I wholeheartedly give it a thumbs up.

Review by Hilda Labrada Gore

All Thumbs Book Reviews

Fibershed: Growing a Movement of Farmers, Fashion Activists, and Makers for a New Textile Economy

**By Rebecca Burgess with Courtney White
Chelsea Green Publishing**

A few years ago, when I first became interested in self-sufficiency and growing my own food, I knew only one other person who called himself a homesteader. When he told me that he had sheep and that he and his wife planned to shear them, spin the wool and sew a suit, I thought he was a bit crazy. We lost touch, and I don't know whether he ever made it happen. There are plenty of people with similar dreams who are putting them into practice, though. Rebecca Burgess is one of them. In *Fibershed*, she discusses the numerous human, animal and environmental health issues associated with the "second skin" we all wear.

The past decade has witnessed a resurgence of the idea that it's important to know where our food comes from. Perhaps not as popularly acknowledged is the fact that our clothing doesn't originate in The Gap or Amazon (the website). This is a historical anomaly: the inspiring *Foxfire* books describe people in the southern Appalachians who, as late as the early 1900s, produced almost all of their own clothing. In contrast, the average American today buys a new garment of some sort every five days, and almost no one makes their own clothes. Burgess notes, "Because we have been disconnected from the impacts our clothes have on land, air, water, labor, and our own human health for such a long time, we've been lulled into a passive, non-questioning state of being as consumers." She aims to change this, leading readers toward a sartorial reconnection.

Burgess outlines several reasons why we should care where our clothes come from: our health, the environment and animal welfare. Add to that the labor conditions of many garment workers—though much better than at the

beginning of the Industrial Revolution, work standards are still horrendous in many parts of the world. Globally, textiles are a \$1.3 trillion industry employing some three hundred million people. Burgess notes that "men, women, and children who work in the industry are exposed to much higher doses of carcinogenic, neurotoxic, and endocrine- and immune system-disrupting chemicals, and higher rates of colorectal, thyroid, testicular, bladder, and nasal cancer have been documented in textile workers."

Clothes can have a direct impact on our health. For example, many undergarments are made from cotton. Given that cotton is not a crop that people usually eat, it is one of the most sprayed agricultural products in the world—grown on 3 percent of the world's agricultural land but using 15 percent of the planet's insecticides. (Humans do sometimes eat cottonseed oil, used to make Crisco—another great reason to eat grass-fed butter!) As a second example, clothing manufacturers use perfluorinated compounds to make stain-resistant and water-repellent garments; these compounds "have now bio-accumulated into wildlife and human bodies worldwide and are known to have toxic effects to immune, liver, and endocrine system function." In addition, some of the most common compounds found in modern clothes are endocrine disruptors. Evidence is mounting that endocrine disruptors affect the health not just of the garment wearer but of that person's children and grandchildren.

Burgess details other disturbing human health issues tied to what we wear, both in the main text and in a long appendix. It's honestly quite depressing. Just look at the tags of the clothes in your closet. Besides the aforementioned issue with cotton, many modern clothes are made from nylon, acrylic or polyester, all of which are produced from petrochemicals. Polyester is in about 60 percent of today's garments.

The environmental impact of the clothing industry is vast and incredibly toxic. Clothing made from oil-based synthetic fibers may take



The average American today buys a new garment of some sort every five days, and almost no one makes their own clothes.

All Thumbs Book Reviews

up to a hundred years to decompose. Most dyes are made synthetically from fossil fuels. Plastic microfibers from synthetic fibers end up in waterways. Says Burgess, “Two hundred thousand tons of dye are left unbound to textiles globally and are lost to effluent. When allowed to enter freshwater aquatic systems, these coloring agents cause oxygen deficiencies and can heavily impact drinking and irrigation water.”

Fortunately, *Fibershed* is more than just a description of textile industry ills. In an effort to come to a better personal understanding of the complexities of our modern clothing system, Burgess walks her talk: in 2010, she wore only locally grown and sewn clothing for the entire year, an experience that “transformed” her appreciation of her “fibershed”—which she defines as a local plant- and animal-centric textile system. As she reports, “Biosphere-based fibers such as flax, nettle, hemp, wool, milkweed, cashmere, angora and cotton are making a remarkable comeback, and awareness is being raised on the undeniable fact that the soil that feeds us is also the soil that clothes us.” One chapter describes regenerative farming methods of growing fiber.

Short of following Burgess’s “locally grown and sewn” example, what is the health-conscious consumer to do? Some steps in the right direction are actually pretty simple. Stop consuming so much “fast fashion”—buy high-quality clothes that will last a long time. Shop at thrift stores (is it just me, or do there seem to be more of these than a decade or two ago?). Use clothes until they fall apart (wash them less, too—modern detergents make them deteriorate faster); then use them as rags and recycle or compost them. These are concrete actions we can all take.

Changing the larger system will require a wholesale reformation. This movement is already underway with food—organics make up more and more of our groceries every year. However, this conversation has barely even started with textiles. Books like *Fibershed* are

a first step toward informing public opinion. In addition, Burgess details how she and many others in northern California have formed associations of farmers, millers, weavers, activists and other interested parties to promote a local textile industry. Similar fibersheds have sprung up in dozens of other locations in the U.S. and across the world.

It’s clear that fibersheds are viable on a small scale and in agrarian, or at least semi-rural, regions. Are they practicable for a world in which half of the population—likely to increase to 70 percent this century—lives in urban areas? It’s quite difficult to even find organic clothing, and what is available is pricy. Nonetheless, Burgess remains optimistic: “In the span of a few short years, what had started as a personal experiment to see if I could thrive in a locally sourced wardrobe of natural fibers and dyes has blossomed into a hopeful, community-wide endeavor to revive and expand natural fiber and dye textile production in our fibershed.” Although I’m excited by Burgess’s vision, I have to admit that I’m not quite as sanguine about the possibilities of large-scale changes—at least in the short term. I look forward to someday raising sheep, growing flax, cultivating plants for dyes and working with my family to make at least some of our own garments. But making clothes at the home scale is never going to clothe the urban masses. Burgess rightly points out that regional fiber mills will need to be rebuilt if we hope to develop sustainable local textile industries.

I *am* optimistic that a niche market in affordable organic clothing will arise, perhaps starting with the undergarments that are in continual contact with our skin. Although only 2 percent of the clothes Americans wear are made domestically, a U.S.-based organic clothing industry might be feasible. Burgess documents how free-trade agreements and lower costs of production elsewhere drove “Big Textile” clothing manufacturing out of the U.S. decades ago to places where environmental and labor conditions were well below what we would consider tolerable here. NAFTA and other free-trade deals worked because we’re all greedy for inexpensive stuff, and technology enabled it. Ultimately, consumer demand is the key to rejuvenating a local fiber system. For the moment, the majority of people have little inkling or concern for how their clothes are produced, but *Fibershed* is one of a growing number of resources that is helping raise greater awareness. For this, it deserves a thumbs up.

Review by Paul Meyer

SACRED COW

We’re excited to tell you about a new film in the works that will be out in Summer 2020. *Sacred Cow* is a documentary by real food dietitian Diana Rodgers, who also lives on a working organic farm. It’s the story of why cows are good for you and good for the planet, and features Joel Salatin plus many other experts in sustainability and human nutrition. The Weston A. Price Foundation has made a donation to help make this film happen. Visit sacredcow.info for more information.

Tim's DVD Reviews

The Game Changers

Directed by Louie Psihoyos

Executive Producers: James Cameron, Arnold Schwarzenegger, Jackie Chan, Lewis Hamilton, Novak Djokovic and Chris Paul

If you watch Hollywood movies at all, you know that James Cameron, Arnold Schwarzenegger and Jackie Chan are some of the biggest names in the movie business. When I see those names, I think, “lots of action and special effects.” Don’t get your hopes up. This is no *Avatar*. There is not a lot of action outside of one brief clip showing Sylvester Stallone slugging Arnold Schwarzenegger. Arnold smiles and tells Stallone, “You hit like a vegetarian.”

As much fun as that scene is, this movie is not singing the praises of animal food. Quite the opposite. This is one long, shameless propaganda piece pushing vegetarianism and veganism. While there are few car chases or explosions in this video (more would have made it better), there are plenty of scenes filled with guys who look like they could bench press New Jersey. They all claim that switching to a vegan or vegetarian diet increased their strength and improved their health, but only one claims to have been on such a diet since birth. The rest explicitly grew up with a diet rich in meat. Arnold, for example, did not acquire those bulging muscles eating kale, mulch, twigs and soy slop. (I’m pretty sure I heard he had a little help from controlled substances, too.)

The evidence presented is not very compelling. For example, the guys get all excited about lowering their cholesterol to dangerous levels well below one hundred eighty, but while you can find hype insisting that such low levels are great, the data actually say that it increases your risk of stroke, cancer and suicidal depression. The athletes also get their facts backward when they claim that heme iron is toxic and that plant protein has a complete and healthy balance of amino acids. In addition, they perpetuate the myth that cattle consume massive amounts of

water per pound of meat produced and that the water is lost forever to the ecosystem. They ignore the fact that over large expanses of the planet, grain and vegetables are impossible to produce. The only option in those places is grass-fed livestock.

The former meat-based diets that many of the athletes describe include steak (often grass-fed) and chicken. In other words, lean meat. It would not surprise me if they also slammed down buckets full of Big Macs and other processed stuff. In such cases, any change in diet can result in some temporary improvement. I won’t make any specific accusations, but it wouldn’t surprise me if, when they say they switched to plant-based diets, some of them are thinking, “Yeah, for about three hours.”

There are some good scenes reminding us that once upon a time in the twentieth century, doctors and researchers were paid to promote smoking. I don’t suppose that could be going on in this movie? It must have taken some serious money to collect the film’s big names. The conventional wisdom is that mankind wallowed in a fog of ignorance and stupidity until the last century or so, when we slowly emerged into enlightenment—and now we understand everything.

This conventional wisdom has rapidly swung around to the belief that plant-based diets are the healthy option. If true, why do injury rates in major (and minor) sports seem to be climbing steadily? Why are hospitals expanding? Recently when visiting my little home town, mom told me the local hospital had gotten much bigger since I lived there. My response was “That’s too bad.” Medical technology keeps getting more sophisticated, expensive and invasive. That’s too bad. We need it more now than ever. That’s too bad. Not only are we getting physically more fragile and disease-prone, we are also losing our grip mentally and emotionally. Bullying is a bad thing, and I hate it as much as anyone. I was a scrawny kid. I was bullied when I was young and even had a knife pointed at me once on the playground, but it never occurred to me to commit suicide. Sadly, now it seems to happen routinely if someone says something mean on Facebook or other antisocial media. Looking at the big picture, it does not appear to be working out too well to follow the conventional wisdom.

One more point: this is a Hollywood production. Hollywood. Not exactly the most dependable source of accurate information. You might already suspect my thumb is pointing in the general direction of down. If you disagree, that’s too bad. ☹☹

RECIPES NEEDED

We welcome recipes from our members for our recipe blog. Please include a short paragraph or two before the list of ingredients and submit your recipes to zgraff@charter.net. A picture (at least 500 pixels wide) of the recipe is optional but appreciated. Also, please send a short bio including your website and a small picture of yourself to Tim at info@westonaprice.org. Thanks!

Vaccination Updates

ENDING CENSORSHIP, CORRUPTION AND MANDATED VACCINATION

By Kendall Nelson, Director, *The Greater Good*

Health officials worldwide refuse to recognize publicly the harm vaccines can cause. Instead, they uniformly exaggerate vaccination's benefits while concealing the risks.

Born and raised in America, I have always considered myself fortunate, for this great country is “the land of the free and the home of the brave.” But as 2019 draws to a close and I reflect on another year spent working to protect our basic human right to medical informed consent, I find myself questioning the magnitude of our presumed liberties as well as our willingness to go to battle—even when the health of our children is at stake.

As industry, medicine and government grow ever more powerful, our freedoms are diminishing, particularly with regard to vaccine choice. Increased vaccine mandates and censorship of views and content supporting vaccine awareness are part of an unprecedented attack on our civil liberties. Aided by historic levels of government corruption and scientific fraud, the squelching of civil liberties is bolstering an unprincipled and out-of-control vaccination program.

Incredibly, many people are not cognizant of the harm befalling their families, nor are they taking to the streets in great enough numbers to demand protection of their rights. The freedom to raise our children as we see fit is being hijacked. It is time to stand up and take back what we are entitled by the Constitution of the United States of America—starting with bodily integrity.

SICK CHILDREN

As parents, we are our children's first and best line of defense. We must take action because our children are not well. Today, 54 percent of American children live with one or more chronic health conditions,¹ and life expectancy is falling. A recent study found that U.S.-born children are 70 percent more likely to die before they become adults than children born in other wealthy countries.²

Millennials are faring little better.

According to a November 2019 report titled “The Economic Consequences of Millennial Health,” prepared for Blue Cross Blue Shield by Moody's Analytics, “Without intervention, millennials could feasibly see mortality rates climb up by more than 40 percent compared to Gen-Xers at the same age.”³ Despite the fact that the U.S. spends more on health care per person than any other country, its citizens—young and old—are far from the healthiest.

VACCINES AND CHRONIC ILLNESS

In the mid-1980s, the Centers for Disease Control and Prevention's (CDC's) childhood vaccine schedule included twenty-four doses of seven vaccines, and the rate of childhood chronic illness was 12.8 percent.⁴ Today, the CDC recommends seventy-four doses of sixteen different vaccines from gestation to age eighteen; children receive the majority within the first six years of life, including the aluminum-containing hepatitis B vaccine at birth.⁵

Admittedly, vaccines are not the sole reason our children are burdened with epidemics of chronic illness; however, refusing to acknowledge that the increase in vaccination could be contributing to the spike in ill health is irresponsible. The fact is that rates of many childhood ailments have skyrocketed in conjunction with the addition of more vaccines and doses to the vaccine schedule, including allergies, arthritis, asthma, autism spectrum disorder (ASD), autoimmune diseases, diabetes, learning disabilities, mental disorders, neurological disorders, obesity and pediatric cancers. Despite these disturbing correlations, health officials worldwide refuse to recognize publicly the harm vaccines can cause. Instead, they uniformly exaggerate vaccination's benefits while concealing the risks.

In the U.S., the government says little about its Vaccine Injury Table, which sets forth

“injuries, disabilities, illnesses, conditions, and deaths” known to be possible following the administration of specific vaccines. The government created the Vaccine Injury Table following passage of the National Childhood Vaccine Injury Act of 1986. Designed to serve as a guide for evaluating vaccine injury compensation claims, the table’s list of adverse reactions includes, but is not limited to, anaphylaxis, brachial neuritis, chronic arthritis, death, encephalopathy (swelling of the brain), Guillain-Barré syndrome, intussusception (involves obstruction of the intestines), paralytic polio, shoulder injury related to vaccine administration (SIRVA), vaccine-strain measles and vaccine-strain varicella (chickenpox).⁶

PROTECTING INDUSTRY, NOT CHILDREN

Congress passed the act in response to intense pressure from vaccine industry lobbyists seeking protection from million-dollar lawsuits related to the brain-damaging diphtheria, whole-cell pertussis and tetanus (DTP) vaccine.⁷ The 1986 act and a 1987 amendment recklessly restricted vaccine product liability for manufacturers, pediatricians and others. Since the law’s signing, vaccine industry revenues have increased from one billion dollars per year to forty-four billion annually.⁷ Later the U.S. Supreme Court’s 2011 *Bruesewitz v. Wyeth* decision eliminated the last vestiges of liability, blocking the legal right of vaccine-injured persons even to hold drug companies liable for design defects or failure to make approved vaccines safer.⁸

Individuals cannot sue manufacturers in civil court in front of a jury of peers but must petition through the government’s National Vaccine Injury Compensation Program (NVICP), where a U.S. Court of Claims “Special Master” decides whether to award compensation to those injured by childhood vaccines. There are many barriers to vaccine injury compensation, however, including the three-year statute of limitations on filing a claim, the public’s lack of awareness about the NVICP’s existence and the Vaccine Injury Table’s narrow parameters.

The program denies more claims than it approves—barely a third of petitioners have received compensation.⁹ Even so, the program

has paid out over four billion taxpayer dollars to catastrophically vaccine-injured victims and their families. This high dollar figure is all the more remarkable considering that less than an estimated one percent of all vaccine adverse reactions are ever reported to the post-marketing surveillance system known as VAERS (Vaccine Adverse Event Reporting System), which has recorded nearly seven hundred thousand vaccine reactions, injuries and deaths since 1990.¹⁰

Over the years, Congress has granted broad rule-making authority to the U.S. Department of Health and Human Services (HHS), helping to alter and weaken the original act. For example, HHS can delete (or, in theory, add to) the Vaccine Injury Table injuries and conditions for which compensation is available. The agency can also change the applicable time periods by which the onset of symptoms must occur in order to qualify as a “table injury.”⁷ According to Barbara Loe Fisher, president of the National Vaccine Information Center (NVIC), these actions have seriously compromised the act’s safety and research provisions—which she and other parents fought hard to secure.

To date, HHS officials have not once complied with statutory safety review and reporting requirements. For more than thirty years, neglect and lack of congressional oversight have enabled HHS and the Department of Justice to turn what was supposed to be, according to Fisher, a “non-adversarial, expedited, less expensive, fairer and more predictable federal vaccine injury compensation program. . . into a highly adversarial, lengthy, traumatic and unpredictable imitation of a lawsuit in front of a one-person jury.” Fisher continues, “The reality today is that nobody developing, manufacturing, selling, licensing, recommending, mandating or giving vaccines in the U.S. has real incentive to prevent vaccine injuries and deaths.”¹¹

SILENCING DISSENT

In its *Bruesewitz v. Wyeth* decision, the U.S. Supreme Court legally recognized that government-licensed vaccines are “unavoidably unsafe.”⁸ Nonetheless, anyone who dares to question the safety or efficacy of vaccines—or who advocates voluntary rather than mandatory vaccination—promptly receives the label

The National Vaccine Injury Compensation Program has paid out over four billion taxpayer dollars to vaccine-injured victims and their families.

of “anti-vaxxer,” “unscientific” or “a danger to society.” For questioning or criticizing liability-free, “unavoidably unsafe,” mandated vaccines, people have been fired from their jobs, had their medical licenses revoked, been disbarred (presumably for representing vaccine-injured children and their families) or been jailed. An orchestrated campaign is underway to discredit and silence these individuals, be they parents of vaccine-injured children, enlightened doctors or scientists or simply people who do not believe the government should decide what is medically best for our bodies or the bodies of our children.

Top government employees and lawmakers are among those attempting to quell dissenting voices. Soon after the World Health Organization announced in January 2019 that “the reluctance or refusal to vaccinate” is among the top ten threats to global health,¹² public officials began more attacking those with opposing views on vaccination. For example, Maral Farsi, deputy director of Legislative and Inter-governmental Affairs at the California Governor’s Office of Business and Economic Development tweeted: “Warning: #Sacramento #Capitol and #downtown community. The #antivaxxers are back today at 8 am. Take your masks and antibacterial sprays. Stay vigilant with your overly expressive disdain for the oxygen thieves who don’t care about children. #SB276 @DrPanMD@CMAdocs.”¹³

Farsi’s hateful message and others like it

disparaged the thousands of citizens who challenged California Senate Bill 276, which decimated medical vaccine exemptions in a state that already had eliminated conscientious or religious belief exemptions for schoolchildren. In the face of fierce opposition from many of his constituents, Governor Gavin Newsom signed the bill into law on September 9, 2019. In doing so, he gave absolute power to state health officials to reject medical exemptions granted by doctors.¹⁴ In other words, the state of California—rather than a trusted doctor—is now free to decide what is medically best for your children.

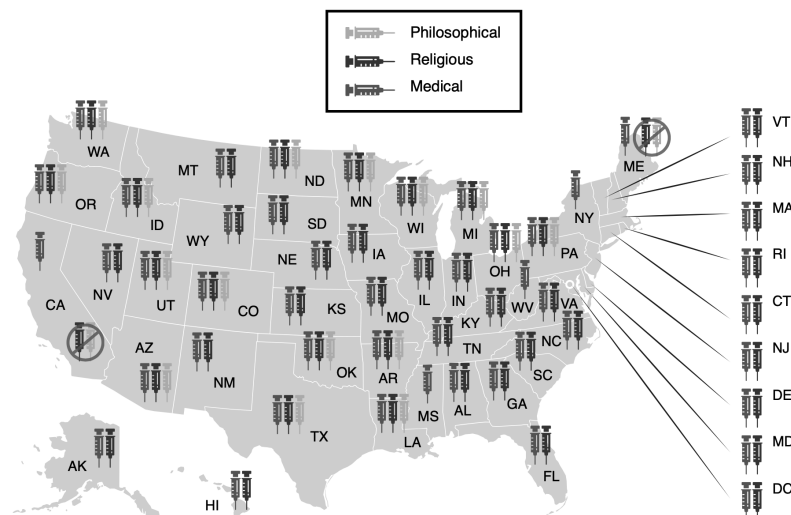
IGNORING CITIZENS

According to Barbara Loe Fisher, most of those protesting SB 276 were concerned parents, many of whom have vaccine-injured or vaccine-vulnerable children. These parents begged the California legislature to allow enlightened doctors with a conscience to continue granting medical exemptions. After officers handcuffed and arrested peaceful, courageous mothers who, in Fisher’s words, “were willing to sacrifice everything to protect their children,” Fisher declared: “When the government must resort to using fear and coercion to demand that parents choose between risking the lives of their children or giving them a school education, the system is broken.”¹⁴

In other parts of the U.S., thousands more citizens demonstrated and testified against proposed bills to remove or restrict vaccine exemptions in 2019. In multiple states, the cries for freedom from concerned citizens fell on deaf ears: Maine eliminated both its conscientious and religious belief exemptions, New York eliminated its religious belief exemption (without a single public hearing) and Washington state eliminated its conscientious belief exemption for the measles, mumps and rubella (MMR) vaccine. If you live in California, Maine, Mississippi, New York or West Virginia, the only remaining vaccine exemption theoretically available for your child is a notoriously difficult to obtain medical exemption (see Figure 1).

Not all vaccine mandates apply to children. For years, health care

FIGURE 1. PHILOSOPHICAL, RELIGIOUS AND MEDICAL VACCINE EXEMPTIONS IN THE UNITED STATES



Source: National Vaccine Information Center. Check nvic.org for updates, as state laws are subject to change.

professionals, child care workers, college students, parent volunteers and military personnel have faced requirements for certain vaccines. (Those in the military may now also be required to receive new smallpox and monkeypox vaccines.¹⁵) Many are predicting vaccine mandates for the entire population in the near future. We have already seen HHS efforts to increase adult vaccination, as outlined in the *National Adult Immunization Plan*¹⁶ and the CDC's *Healthy People 2020* initiative.¹⁷

DOWN THE MEMORY HOLE

Industry-funded politicians and others who benefit from vaccine sales worked hard in 2019 to stifle opposing viewpoints and bury scientific studies that contradict the official narrative that all vaccines are “safe and effective” for everyone. Social media platforms, search engines and stores readily removed vaccine-related content running counter to this official narrative.

Overt censorship by lawmakers began when Congressman Adam Schiff wrote a letter to Amazon's CEO Jeff Bezos, requesting the removal from Amazon of all “anti-vaccine content,” including my documentary, *The Greater Good*. Schiff also sent letters to the CEOs of Facebook and Google. All three CEOs complied, and Mark Zuckerberg went so far as to pledge that Facebook—the same company recently fined five billion dollars for violating consumers' privacy rights—would reduce the visibility of those who “spread misinformation about vaccinations.” Other companies (including Etsy, GoFundMe, Instagram, Mailchimp, Twitter, YouTube, Pinterest and Wikipedia) quickly followed suit.

The deplatforming efforts of search engine companies have had an adverse impact on alternative health organizations. Tactics include delisting vaccine-awareness websites (including mine), removing content and modifying search algorithms. According to Sayer Ji, founder and director of the popular website GreenMedInfo, Google has removed many of the top natural health and health freedom websites from its organic search results, causing many websites to lose as much as 99 percent of their traffic. Gravely affected websites include Mercola.com, Kellybroganmd.com, DrAxe.com and Naturalnews.com.¹⁸

Today, if you type the words “organic is a . . .” into your Google

search engine, it will autosuggest that you search “organic is a lie,” “organic is a sham,” “organic is a myth,” “organic is a waste of money” and “organic is a marketing gimmick.”¹⁹ As Sayer Ji writes, “Google is autocompleting the search fields of billions of users with false information. . . based not on objective search volume data, but an extremely biased political and socio-economic agenda—one that is jeopardizing the health and human rights of everyone on the planet.”¹⁹

But why would Google want to suppress vaccine-awareness or other health-freedom-related content? The answer is simple: Google profits from growing partnerships with pharmaceutical companies.¹⁸ In 2016, Google signed a contract of over seven hundred million dollars to partner with GlaxoSmithKline, followed in 2019 by a contract with Sanofi Pasteur. Alphabet, Google's parent company, is heavily invested with Vaccitech. Each of these companies manufactures and sells vaccines. Google also recently partnered with Ascension (the second largest health care provider in the U.S.) in a collaborative venture called “Project Nightingale,” which will transfer personal health data on millions of patients (including data about lab results, medications and diagnoses) to the giant technology company's cloud-based platforms, the largest trove of such information to date.²⁰ In short, Google is censoring alternative health information for the same reason that the mainstream media will never report on the potential dangers of vaccination—because of lucrative relationships with the medical-pharmaceutical

MEASLES AS A TROJAN HORSE FOR MANDATES

In 2019, reported measles outbreaks in New York spurred an unprecedented vaccine mandate for the general population. On April 9, New York Mayor Bill de Blasio declared a state of emergency and ordered every unvaccinated person six months or older living in four specific zip codes in Brooklyn to obtain a measles vaccine within forty-eight hours or face a possible one-thousand-dollar fine.³⁸ This directive penalized Orthodox Jewish residents in particular who sometimes choose not to vaccinate their children.

No deaths ensued from the twelve hundred or so cases of measles reported in thirty-one U.S. states in 2019, about 75 percent of which were linked to New York.³⁹ On the other hand, since 1990, VAERS has received reports of more than eighty-nine thousand MMR vaccine reactions—including four hundred and forty-five MMR-related deaths.⁴⁰ Robert F. Kennedy, Jr. has pointed out that many of the MMR vaccine's symptoms “might persuade rational consumers to choose the infections over the vaccine”; in Merck's pre-licensure studies, 40 percent of vaccine recipients suffered gastrointestinal illnesses within forty-two days and 55 percent suffered respiratory illnesses—and the package inserts list over sixty adverse reactions, including permanent brain damage.⁴¹ (For an in-depth account of the 2018-2019 measles outbreaks, see my article titled: “Measles: a close examination of the facts to counter the fear” in the Spring 2019 issue of *Wise Traditions*.⁴⁰)

The top four manufacturers of childhood vaccines in the U.S. have been indicted some one hundred thirteen times for criminal conduct.

complex. (Note that in 2016, mainstream media and social media outlets received almost ten billion dollars in revenues from pharmaceutical companies.²¹)

Examples of search engines and media outlets omitting vaccine awareness content are abundant. Try to search for an article titled “Government concedes vaccine-autism case in federal court,” which had been online for more than six years, and you will come up short. This is because *Huffington Post*, which published the article, no longer wants you to be able to read about the case of Hannah Poling, whose family was awarded one and one-half million dollars by the U.S. Court of Federal Claims after it acknowledged that her “regressive encephalopathy with features of autism spectrum disorder” was the result of vaccinations she received at nineteen months of age.²² Though the NVICP has compensated eighty-three cases of vaccine-induced encephalopathy and residual seizure disorder associated with autism,²³ the CDC continues to boldly state on its website that “Vaccines do not cause autism.”

Peer-reviewed, scientific studies are also rapidly disappearing from the Internet or being retracted by prestigious medical journals. Because pharmaceutical companies supply medical journals with income—through advertising dollars, subscriptions and bulk purchases of reprints—journal editors are subject to pressure and bias. Richard Horton, editor of *The Lancet*, wrote in *The New York Review of Books* that journals “have devolved into information-laundering operations for the pharmaceutical industry.”²⁴ In 2012, drug companies paid for twenty-four billion dollars in advertising targeted at physicians.²⁵

When individuals file claims of vaccine injury and death with the NVICP, HHS is the U.S. government defendant. HHS has little incentive to support research acknowledging that vaccines cause harm because claimants could use those studies against it. This is precisely why, in 2009, high-level HHS official Tom Insel killed a sixteen-million-dollar budget item that was supposed to study the relationship between vaccines and autism.²¹ With one in thirty-six children today diagnosed with ASD, the potential dollar figure for compensating those families

would bankrupt the compensation program.²⁶ For this same reason, government lawyers in 2007-2008 unethically denied compensation to five thousand four hundred families who had filed NVICP claims for vaccine-induced autism.⁷ If public health officials were to admit openly that vaccines can cause autism and a host of other illnesses, public faith in vaccine policy would collapse.

CONFLICTS OF INTEREST

The top four manufacturers of childhood vaccines in the U.S.—Merck, GlaxoSmithKline, Pfizer and Sanofi Pasteur—have been indicted some one hundred thirteen times for criminal conduct. Together, they have paid in excess of thirty-three billion dollars in fines for falsifying data, bribing doctors and lying to the public. Merck, the same company that paid out nine hundred fifty million dollars in federal fines and almost five billion dollars in settled lawsuits related to its painkiller Vioxx, has been in federal court since 2010 on fraud charges brought by its own virologists, who allege that the company forced them to falsify efficacy data for the MMR vaccine.⁷

Politicians from both political parties have become dependent on contributions from this unethical industry. In 2019, members of Congress received over nine million dollars in campaign contributions from pharmaceutical companies.²⁷ As a result, elected politicians are reluctant to rock the boat.

But what about the government agencies created to protect public health? Why won't they inform the public that vaccines can and do cause injury and death? Why won't they appropriately assess vaccine safety? The answer to this piece of the puzzle is also money. As Robert F. Kennedy, Jr.—environmental attorney, activist and founder of Children's Health Defense—has written, “Financial conflicts and self-interest transform key sectors of our public health bureaucracies into appendages of the very pharmaceutical companies that Congress charged them to regulate.”²¹

Kennedy's quote refers to financial conflicts of interest at agencies like the U.S. Food and Drug Administration (FDA) and CDC—the entities charged with developing, licensing and

recommending vaccines. As Kennedy explains, public servants within these agencies are often “shareholders in, grant recipients from and paid consultants to vaccine manufacturers, and, occasionally, patent holders of the very vaccines they vote to approve.” Consider the example of the CDC’s Advisory Committee on Immunization Practices (ACIP), which formulates vaccine recommendations. Dr. Paul Offit of the Children’s Hospital of Philadelphia served on the ACIP from 1998 to 2003 while simultaneously working under a grant from Merck to develop a vaccine for rotavirus. During this period, Offit voted three times in favor of decisions related to the use of rotavirus vaccines, and in 2006 the FDA approved the vaccine (RotaTeq) that Offit helped develop. Two years later, he sold his stake in the patent for millions of dollars.²⁸

Offit was not alone in his glaring conflict of interest. In 2000, a congressional report pointed out that “four out of eight CDC advisory committee members who voted to approve guidelines for the rotavirus vaccine in June 1998 had financial ties to pharmaceutical companies that were developing different versions of the vaccine.”²⁴ Although the Federal Advisory Committee Act (FACA) states that individuals appointed to ACIP should disclose “all vaccine-related interests and work” at the beginning of each ACIP meeting, the CDC routinely issues waivers for conflicted individuals when it ascertains that “the need for the individual’s services outweighs the potential for conflicts of interest

created by the financial interests involved.”²⁷

INCENTIVES AND FRONT GROUPS

It is not uncommon for public health officials to leave their government jobs to take highly-paid drug company positions. Julie Gerberding, former head of the CDC, became president of Merck’s five-billion-dollar global vaccine division after leaving CDC, reportedly earning two and one-half million dollars per year.²⁴ Gerberding took the position at Merck after having added more vaccines to the CDC childhood schedule than any other person previously in her position; at the time of her departure from CDC, Merck was the manufacturer for fourteen of the seventeen vaccines on the schedule. In May 2015, Gerberding sold Merck stock worth over two million dollars, selling stock worth over five million dollars in November 2016.²⁹ Today, Gerberding is executive vice president of strategic communications, global public policy and population health and chief patient officer at Merck.

According to Kennedy, agency budgets and incentives are also a big part of the problem. For example, the FDA receives 45 percent of its annual budget from the pharmaceutical industry, and HHS employees can collect up to one hundred fifty thousand dollars annually for products they work on. Sales of Merck’s controversial human papillomavirus (HPV) vaccine, Gardasil, yield tens of millions annually in patent royalties for HHS. In addition,

The CDC routinely issues waivers when it ascertains that “the need for the individual’s services outweighs the potential for conflicts of interest created by the financial interests involved.”

KILL THE MESSENGER

Researchers, scientists and doctors who present data that raise questions about official vaccine policy are often subject to attacks on their credibility and careers. The case of Dr. Andrew Wakefield is perhaps the most famous. Once a well-respected gastroenterologist practicing at the United Kingdom’s Royal Free Hospital, Wakefield and fellow doctor and researcher Dr. John Walker-Smith were brought up on charges of scientific misconduct by the UK’s General Medical Council (GMC) merely for expressing concerns regarding the safety of the MMR vaccine in a 1998 scientific paper titled: “Ileal-lymphoid-nodular hyperplasia, non-specific colitis, and pervasive developmental disorder in children.”

Wakefield, Walker-Smith and coauthors published the case study—describing twelve previously healthy children who developed severe gastrointestinal disorders—in the prestigious medical journal *The Lancet*. The paper noted that for eight of the twelve children, parents and personal physicians reported the onset of symptoms of autism nearly immediately following MMR vaccination. (The thirteen physicians involved in the published study had investigated over forty other similar cases.) The authors did not claim that the MMR vaccine was responsible for the gastrointestinal health problems but did recommend further research into the potential association—a recommendation that was unpalatable to public health officials and vaccine policymakers. *The Lancet* went on to retract the article, despite replication of its findings in multiple studies, and in May 2010, the GMC revoked Wakefield’s and Walker-Smith’s medical licenses. Dr. Walker-Smith subsequently regained his license, but Dr. Wakefield continues as a frequent target and scapegoat of both the press and medical community.

Kennedy points out that the CDC is itself a vaccine company—the agency owns over fifty vaccine-related patents and buys and distributes almost five billion dollars in vaccines annually through the Vaccines for Children Program, which constitutes over 40 percent of its budget. The pharmaceutical industry directly funds and controls dozens of CDC programs through the CDC Foundation.²¹

The vaccine industry and the CDC also fund trade groups like the American Academy of Pediatrics (AAP) and vaccine front groups such as the Immunization Action Coalition (IAC) and Every Child By Two (ECBT). Since 2009, the CDC has given the AAP over twenty million dollars—over a third explicitly vaccine-related.³⁰ A 2017 analysis in *The BMJ* showed that the CDC provides one-third of ECBT's annual funding.³⁰

FLAWED APPROVAL PROCESS

One of the most egregious examples of public health agency corruption has to do with how the FDA licenses vaccines. Most members of the public assume that the FDA requires rigorous safety testing, but the agency does not actually oversee scientific research on new vaccines. Instead, it allows manufacturers to do their own testing for safety and efficacy. Moreover, although vaccines are complex chemical compounds, the FDA classifies them as “biologics,” not “drugs,” which means that vaccines are not subject to the same clinical trial requirements as drugs. As a result, it is not uncommon for manufacturers to test a new vaccine against an existing vaccine that contains aluminum—hardly an inert substance—making it possible to mask differences in adverse reactions between the two groups. Unbelievably, no childhood vaccine has ever undergone double-blind testing using an inert saline placebo prior to FDA approval, nor has anyone ever tested the vaccine schedule for its cumulative effects on children's health.

In 1992, Congress passed the Prescription Drug User Fee Act, which allows pharmaceutical companies to make payments to the FDA (called “user fees”) in exchange for expedited approval of drugs and biologics, including vaccines. By the year 2017, three-fourths of the FDA's annual budget increase came from user

fees.⁷ Additional legislation passed in 2012 allows the FDA to use “surrogate endpoints” to evaluate a drug or vaccine rather than waiting to assess longer-term clinical outcomes.

The agency capture facilitated by user fees and the more lax requirements for biologics allow vaccine manufacturers to speed their products to market with minimal testing and monitoring, and little attention to adverse reactions. For example:

- Clinical trials for Merck's Recombivax hepatitis B vaccine monitored fewer than one hundred fifty infants and children for only five days after each dose. One has to search the vaccine's package insert to find out that autoimmune diseases and “an apparent hypersensitivity syndrome. . . of delayed onset [have] been reported days to weeks after vaccination.”³¹
- Merck used a variety of dubious methods to test and fast-track its Gardasil vaccine. Post-licensure studies show that Gardasil and Gardasil 9 (which contains more than twice the amount of neurotoxic aluminum adjuvant as the original Gardasil) have grave risks, including impaired fertility, demyelinating disease, chronic limb pain, circulatory abnormalities and autoimmune illness. Recent data suggest that the HPV vaccines may actually be increasing cervical cancer risk.³²
- The FDA's initial approval of rotavirus vaccines proceeded despite clinical trial indications of an increased risk of intussusception, an often excruciating and potentially fatal condition in which one segment of the intestine “telescopes” inside of another causing intestinal blockage. The rotavirus vaccines currently on the vaccine schedule continue to pose intussusception risks and also have been found to be contaminated with foreign DNA from porcine viruses capable of causing severe immunodeficiency in pigs.⁷

DATA MANIPULATION AND WORSE

The disregard for vaccine safety has been evident for years. In 2000, at a secret meeting at the Simpsonwood Retreat Center in Georgia, the CDC brought together a panel of fifty-one experts to discuss the impact of thimerosal-containing vaccines on nervous system disorders in children. The lead speaker, Thomas Verstraeten, MD, presented data supportive of a causal relationship between thimerosal (mercury) exposure and childhood developmental disorders. Although Verstraeten's initial analyses found consistently elevated risks (two to eleven times higher) in the high-exposure group compared to the zero-exposure group, all but one attendee agreed to rate the association as “weak.”⁷

Under then-director Gerberding, the CDC went on to publish a series of epidemiological studies quickly thrown together to support the secret meeting's conclusion. To help construct these spurious studies, the CDC enlisted Danish scientist Poul Thorsen. Today, Thorsen is on the “most wanted fugitives” webpage of the HHS Office of Inspector General for allegedly diverting over one million dollars of CDC grant money to his personal bank account. HHS and the Department of Justice have made

no effort to extradite Thorsen from Denmark—where he fled to escape twenty-two counts of wire fraud and money laundering—and senior CDC officials continued to collaborate with him and publish his studies after his flight.³³

In 2013 and 2014, whistleblower Dr. William Thompson, a senior CDC scientist, discussed many issues regarding CDC fraud and malfeasance in taped phone conversations with Dr. Brian Hooker. According to Thompson, he and other CDC researchers purposely omitted data (again while Gerberding was CDC director) from a 2004 study that examined the MMR vaccine and autism. The study found a 250 percent increase in autism among African-American boys who received the MMR vaccine before their third birthday compared to African-American boys who received the vaccine after age three—and also showed an increased risk of autism in MMR-vaccinated children who had been developing normally and had no other medical problems. Thompson turned over thousands of pages of CDC documents to Congressman William Posey (R-FL). Although Congressman Posey has consistently urged Congress to take action, to date Congress has not held a single hearing.³⁴

SEEING THROUGH THE LIES

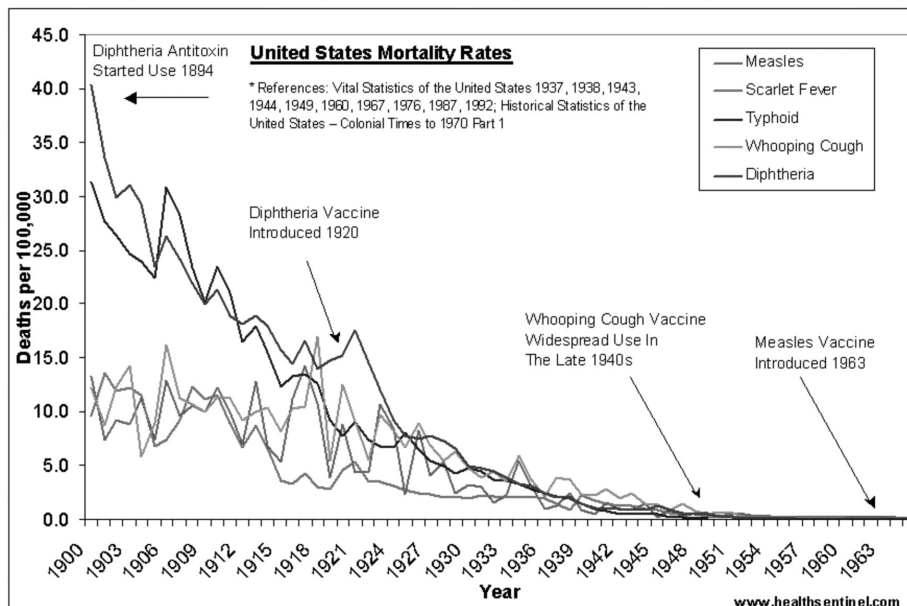
Maybe the greatest falsehood told about vaccines is that they are responsible for the reduction in infectious disease mortality. While it is true that infectious disease-related deaths have declined greatly, nearly 90 percent of the decline happened in the U.S. before 1940, when few antibiotics or vaccines were available (see Figure 2). The decline was largely attributable to an increased standard of living—including improvements in socioeconomic conditions, water, sewer systems and hygiene.³⁵

In the decades since the advent of widespread vaccination, many problems with vaccine efficacy also have become apparent. For example, the 2018-2019 flu shot was 29 percent effective at best.³⁶ Diphtheria-

tetanus-pertussis vaccines (DTaP and Tdap) also reveal poor efficacy. The vaccines are supposed to protect against the respiratory infection commonly known as whooping cough, but according to recent studies, pertussis is making a comeback. Pertussis epidemics have increased in the U.S. “in both size and frequency”; from 1990-2005, over half of all cases occurred in highly vaccinated adolescents aged ten to twenty years old.³⁷ The CDC and FDA have shown little inclination to address these problems; instead, the FDA continues to approve flu shots every year despite their historically dismal efficacy rates, and the CDC continues to recommend mercury-containing influenza vaccines for pregnant women and everyone else six months and above, as well as recommending Tdap shots for pregnant women.

With so many examples of corruption and censorship, why should parents trust public health officials—especially when they may be trading typically benign acute childhood illnesses for a lifetime of chronic disease? Parents who choose not to vaccinate are not “misinformed”—on the contrary, they are aware of the science showing that vaccines are neither unilaterally safe nor of guaranteed effectiveness. They also recognize that current vaccine policy and a one-size-fits-all schedule pose threats not just to our health but our liberty.

FIGURE 2. U.S. MORTALITY RATES BEFORE AND AFTER THE INTRODUCTION OF VACCINES




The American Medical Association's Code of Medical Ethics asserts that all persons have the right to choose whether or not to accept a risky medical procedure.

Dissenting parents recognize the harmful impact of injecting their children with unsafe substances, including aluminum, antibiotics, cells from aborted fetuses, foreign DNA and proteins, formaldehyde, mercury, monosodium glutamate (MSG) and polysorbate 80. They understand that entities like the FDA and CDC—the very agencies meant to protect families—have made a mockery of pre-licensing safety testing and post-marketing surveillance while regularly manipulating (or destroying) data in order to exaggerate vaccine safety and effectiveness. Enlightened parents are also aware that vaccine manufacturers have used their money and power to subordinate health agencies, medical front groups, medical journals, politicians and the media.⁷

The American Medical Association's Code of Medical Ethics asserts that all persons have the right to choose whether or not to accept a risky medical procedure, yet states continue to mandate vaccines in a growing number of educational and work settings. In some states, minors as young as twelve can agree to vaccines for sexually transmitted diseases without parental consent. Vaccine policy has become the means for shoring up a lucrative business model. In this model, the government approves and mandates vaccines, funds programs to ensure vaccine compliance, uses a surveillance system designed to undercount vaccine injuries by 99 percent, provides blanket immunity to manufacturers and defends itself against compensation for victims of vaccine injury and death.

Now is the time to end vaccine mandates, address the many conflicts of interest and repeal the disastrous act that gave vaccine manufacturers their unprecedented liability-free status. The bottom line is that the decision of whether to vaccinate fully or partially or abstain altogether should be the decision of truly informed individuals, not the government.

It is vital to protect informed consent rights and vaccine choice. The best way to do so is to educate and empower legislators and residents in your state to defend vaccine freedom. In 2019, almost half of the vaccine-related bills filed in state legislatures (fifty-eight out of one hundred twenty-two) had components intended to strengthen rights related to vaccine exemp-

tions and informed consent. This happened only because people took the time to meet with and educate their elected representatives. Together, we can reverse the tide. After all, legislators and the pharmaceutical industry would fall flat without our votes and dollars. For the sake of our children, it is time to end vaccine mandates, censorship and corruption. 

Kendall Nelson is a documentary filmmaker engaged in directing, producing and distributing media that matter. With over twenty years of television and film experience, Nelson's lifelong commitment is to bring about awareness through her work. In addition, she is an advocate for the causes she cares most about, including health freedom, simple living and real food. She is also an Idaho chapter board member of the International Women's Forum.

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INVITATION TO WAPF MEMBERS

We invite all current members of the Weston A. Price Foundation to join our exclusive members-only closed group on Facebook. Two thousand members have already joined. Go to this link and click on the Join Group button and answer the questions it asks: facebook.com/groups/westonapricefoundation. (Please note: It may take a week or so to verify your membership and add you to the group once you ask to join on Facebook.)

This is an opportunity to be part of an active and supportive online community as you navigate our dietary recommendations. This group was created for current WAPF members as a supportive forum for questions, comments and discussion about food, farming and the healing arts. We welcome all members regardless of your level of familiarity with our dietary recommendations! (Please note: It is beyond our scope to answer individual medical questions.) Here’s what members are saying about being part of this group:

Linda L.: “I can’t express enough how much it means to me to have a safe place for discussion of these sometimes controversial topics. The members here are respectful of one another and it fosters a wonderful community of encouragement. A seemingly rare thing these days.”

Renate D.: “I love love love this group! One of my favorite parts of being a member. I feel like I know some people here even though we haven’t met. I’ll definitely be at the conference in November so we can chat in person.”

Farm and Ranch

NO PLACE AT THE FOOD SAFETY TABLE FOR LOCAL PRODUCERS

By Pete Kennedy, Esq.

Regulators,
industry and
academia
have never
acknowledged
how a
stronger
local food
system can
improve
overall food
safety.

The International Association for Food Protection (IAFP) held its 2019 annual meeting July 21-24 in Louisville at the Kentucky International Convention Center. Each year, almost four thousand international food safety professionals from industry, federal and state regulatory agencies and academia (students and faculty) attend the meeting.¹

One of the meeting sessions was titled, “Why are we still having food safety failures if we all have food safety systems?”² The fact is that in spite of the Food Safety Modernization Act (FSMA) and various food safety measures undertaken by the U.S. Department of Agriculture (USDA), foodborne illness outbreaks in the U.S. have not declined much, if at all. Driven by globalization and the deterioration of quality in the industrial food system, the food safety industry continues to be a growth industry.

The IAFP meeting is a huge networking event with a friendly and collegial atmosphere for attendees. Food safety troubles represent a substantial business opportunity and enable IAFP to serve as an incubator for the development of food legislation, like FSMA, which advances the financial position of each of the groups attending IAFP. The way this works is as follows. The industrial food companies cause the food safety problems. Congress then increases the budget of the U.S. Food and Drug Administration (FDA) and USDA to deal with these problems. Part of that budget increase goes to academia in the form of grants to come up with solutions for the problems, and additional grants pay state agencies to do the federal government’s bidding—such as conducting state inspections to enforce new federal laws. The industrial food companies get one-size-fits-all food safety regulations that increase their market share when their smaller competitors cannot afford the cost of compliance, and the newly legislated requirements generate more revenues

for labs and other firms involved in food safety.

One sector that is not a part of the food safety revenue trail is the local food system. Regulators, industry and academia have never acknowledged how a stronger local food system can improve overall food safety. (Instead, USDA recently issued a proposed rule to allow the import of poultry slaughtered in China!)

So, the question is: if the small farmers and artisans making up local food systems do not have a place at the table, are they on the “menu” for the players in the food safety industry? For now, it looks like local producers still have ways of staying off the “menu,” but the food safety industry is monitoring them—and possibly considering ways to get them more under the industrial food regulatory umbrella. For example, during a roundtable session titled “Cottage foods: harmonizing food safety practices for a growing entrepreneurial industry,”³ regulators on the panel expressed frustration at the lack of uniform regulation for cottage foods in the U.S. However, none indicated that legislation to make state cottage food laws the same would gain any traction.

There was also a panel on the topic, “Has the time come for the complete adoption of the Food Code?”⁴ The Food Code is a set of onerous model regulations that FDA develops to govern retail sales of food to consumers. All states have adopted at least some portion of the Food Code, but full adoption would mean the repeal of laws in states such as Wyoming, Maine, Utah and North Dakota that currently allow unregulated sales—from producers direct to consumers—of foods needing time and temperature control (e.g., dairy and foods with dairy as an ingredient). Again, no one on the panel for this presentation stated that there was a legitimate chance that this kind of legislation would pass.

The most alarming news at the conference was the disclosure by an FDA official regarding

the agency's inspections of food facilities for compliance with current Good Manufacturing Practices (GMPs)—one-size-fits-all regulations governing plant construction and design, sanitation, warehousing and distribution. The typical FDA inspection for GMP compliance can last two and a half to three days. Producers with less than one million dollars in sales per year come under the FSMA's Tester-Hagen qualified exemption⁵ and are to be exempt from FSMA requirements for a food safety plan and, arguably, from the GMPs. Nonetheless, assumed as part of its FSMA duties, FDA has been conducting GMP inspections of exempt facilities anyway. A reading of the relevant FSMA statute indicates that FDA doesn't have the authority to require compliance with GMPs by firms exempt under Tester-Hagen. (My article, "Is FDA exceeding FSMA inspection authority?" provides details.⁶)

FSMA provides an absolute exemption from the food safety plan requirement for producers who derive over half of their sales revenues from direct-to-consumer transactions. Most small farmers and local artisans fit this description, but expanding sales to restaurants and retail stores is a step many of them need to take to increase business. The unauthorized FDA inspections for GMPs make that a more difficult road to travel if their direct-to-consumer sales fall below half of their total revenue.


A growing local food system can make the food safety regulators' jobs easier. At the IAFP meeting, a high-ranking FDA official acknowledged that the "Achilles heel" of the food safety system is industrial food's lack of traceability, an admission that isn't surprising given the international food trade and the long, complex supply chains that result. Nothing is more traceable than locally produced and consumed food. Deregulating local producers and increasing their numbers is the path to fewer foodborne illness outbreaks and safer, more nutritious food.

Rather than spending a few days on the premises of small producers, FDA inspectors and state regulators could invest their time more productively by inspecting imports. One speaker at the meeting displayed a graph showing that from 2009-2016, the greatest number of foodborne illness outbreaks were caused by

seafood (25 percent) followed by produce (15 percent).⁷ An estimated 90 percent of the seafood consumed in the U.S. is imported,⁸ and a 2018 article (citing USDA data on produce for 2016) estimated that 53 percent of fresh fruits and 31 percent of fresh vegetables are imported.⁹

Over eight years after its passage, FSMA is now close to being fully operational. A food law attorney speaking at the IAFP meeting observed that FDA was getting stricter on its interpretation of the FSMA requirements. The attorney also noted that FDA inspectors are called "investigators," meaning that their purpose is primarily to find problems in the food facilities they inspect rather than working with the facilities to assure compliance with the law.

The unstated goal of FSMA has always been to consolidate the food supply. Moreover, more retail outlets will be adopting requirements similar to those in FSMA for producers wanting to sell to them. With the way the law now stands, the key to helping local producers survive FSMA over the long term is to educate the public, letting consumers know that local food systems offer the safest, most nutritious foods. This is the best way to stay clear of a regulatory scheme that can put producers who provide nutrient-dense food out of business.

The Weston A. Price Foundation has started a campaign to encourage its members to spend at least 50 percent of their food dollars purchasing raw dairy, meat, poultry, eggs and produce direct from local farmers and artisans. For improved public health and the viability of producers in local food systems, buying more food directly from local producers is a critical step for consumers to take. 

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Legislative Updates

COULD PASTURE-BASED LIVESTOCK PRODUCTION BECOME A NATIONAL PRIORITY?

By Judith McGeary, Esq.

In the last year, we have seen an unprecedented level of national discussion about agriculture. News pundits, presidential candidates, and social media leaders are suddenly talking about farming.

Whatever your views on individuals involved, this represents a wonderful opportunity to bring sustainable agriculture into the mainstream consciousness. There are some pitfalls, of course. Some of the people involved have agendas that are inconsistent with the interests of small farmers and WAPF-oriented consumers. And even well-intentioned people come up with counter productive proposals out of ignorance. So, it's important for our community to pay attention to the discussions, identify what we think are good solutions and engage.

Much of the attention this year has focused on the impact of the trade wars on conventional farmers, in particular commodity crop farmers. In this arena, the interesting thing is what is not being discussed: the deeply flawed reasons that American farmers are so reliant on export markets. That's a topic for another day, though.

This article is going to focus on the dramatic rise in interest in agriculture as a solution for climate change. This interest comes after several years during which agriculture, and especially livestock, has been demonized for greenhouse gas emissions. The animal rights, anti-saturated-fat and high-tech communities have all pushed the narrative that eating meat is bad for the environment in order to support their agendas for veganism, highly processed foods and lab-made alternatives.

While recognizing the agendas behind these interests, it's important to acknowledge the valid concerns. The conventional CAFO (confined animal feeding operation) system is terrible for animal welfare, human health and the environment. Large CAFOs keep animals in inhumane conditions, spread dangerous

pathogens such as *E. coli* 0157H7 and produce mountains of manure that contaminate water supplies and release large amounts of greenhouse gases.

What has been largely ignored—at least until this year—is the fact that we don't face a choice between CAFOs and meatless diets. There is another alternative, as the WAPF community well knows. Raising livestock on pasture produces meat that is both safe and nutritious, and generates fewer greenhouse gas emissions than conventional crop production. Indeed, farmers using rotational grazing methods can create carbon-negative operations that sequester more carbon in the soil than they produce, creating a valuable carbon sink.

This is the true solution to the problems with CAFOs, one that produces nutritious food, good conditions for livestock, clean water and air, and healthy soils.

Before discussing this further, let's first note one of the fake solutions that has been pushed in recent years. The Global Roundtable for Sustainable Beef is a coalition of entities such as World Wildlife Fund, meatpackers such as Cargill and Tyson, electronic tag companies like Allflex, pharmaceutical companies like Bayer and Merck, and McDonalds. While I generally promote finding common cause wherever we can, it strains credulity to believe that such a group is interested in supporting truly sustainable (i.e., local, family-scale, pasture-based) livestock production.

Rather, the Global Roundtable is likely to push things such as mandatory electronic ID, claiming that it's needed so that they can confirm how animals are being raised. They will also probably suggest various tweaks to the CAFO system, perhaps adding a new drug or patented supplement from the participating pharmaceutical companies that reduces greenhouse gas emissions from the animals' burps.

Judith McGeary is the Austin, Texas, chapter leader, an attorney and small farmer, and the executive director of the Farm and Ranch Freedom Alliance. She has a B.S. in biology from Stanford University and a J.D. from the University of Texas at Austin. She and her husband run a small grass-based farm with sheep, cattle, horses and poultry. For more information, go to farmandranchfreedom.org or call (254) 697-2661.

And then McDonalds can brag about using “sustainably raised” beef. Meanwhile, many of the key players will quietly invest in plant alternatives or lab-raised meats, ready to swoop in with new products to sell to consumers.

But while the Global Roundtable is not the answer, the potential for pasture-based livestock production to truly be a force for good is finally getting some well-deserved attention. Several of the leading Democratic presidential candidates, including both Warren and Sanders, have included supporting regenerative farmers as a key element in addressing climate change. Senator Booker, another presidential candidate contender, has introduced the Climate Stewardship Act, S.2452, which would:

- Provide tens of billions of dollars of supplemental funding for USDA working lands conservation programs, with new funding dedicated to stewardship practices such as rotational grazing, improved fertilizer efficiency and planting tens of millions of

new acres of cover crops.

- Double funding for agricultural research programs, including more funding for soil health demonstration trials.
- Triple USDA funding to provide farmers with expert technical assistance on climate stewardship practices.
- Invest in local and regional food systems to increase resilience in rural and urban communities.

In filing the bill, Senator Booker focused on the potential to both help farmers adapt to climate change and to reduce or prevent climate change: “After another year of extreme weather, no one understands the impacts of climate change better than our family farmers and ranchers. ... While our farmers face unique impacts from climate change, our farmers are also uniquely positioned to capture and store carbon in the ground, produce clean energy, and to reduce emissions.”

Similar, the Green New Deal (GND) calls

Whatever your position on climate change, the national interest in regenerative agriculture represents an opportunity to counter the vegan myths about livestock production.

ALERT FOR PRODUCE GROWERS

We’ve discussed the regulations under the federal Food Safety Modernization Act (FSMA) several times over the years, but it’s important to revisit them because farmers are just now having to deal with the actual implementation and enforcement. In Texas (and potentially beyond), the state agency’s actions threaten the small-farm exemptions to the federal Produce Safety Rule, which regulates farmers who raise fruits and vegetables.

The first exemption to the Produce Safety Rule is for anyone who sells less than \$25,000 in produce on average per year. In addition, anyone who sells less than \$500,000 in all food on average per year, and who sells more than half directly to either individual consumers and/or to local restaurants and retailers, has a “qualified exemption.” You can find flow charts to help you determine if you are exempt or qualified exempt at farmandranchfreedom.org/fsma/.

The cut-offs are based on a three-year rolling average, so a farmer determining whether he or she is exempt in 2019 would look at their sales in 2016, 2017 and 2018. Moreover, the cut-offs are adjusted for inflation, so that the actual thresholds in 2019 are \$27,558 and \$550,551. Many of the state agencies around the country are not mentioning the inflation-adjusted numbers, so some farmers may not realize they are exempt. You can find the adjusted cut-off for each year at fda.gov/food/food-safety-modernization-act-fsma/fsma-inflation-adjusted-cut-offs.

Exempt and qualified exempt farmers and food producers must keep the appropriate records to be able to prove their exemptions. These would include records of gross sales and the sales channel (i.e., farmers market, CSA, restaurants, etc.), as well as an annual analysis of whether they fall within the exemption parameters. A qualified exempt farmer is required to be able to produce such records within 24 hours upon request by FDA or the state enforcement agency.

Unfortunately, the Texas Department of Agriculture (TDA) has gone much further and is claiming authority to proactively determine the exemption status of the farm. The agency has started contacting farms and questioning them, and will be requiring qualified exempt farms to submit paperwork every two years. In addition, TDA is asking all farms about their water sources and whether the farm is using compost, manure or other biological soil amendments, and what crops they are growing. Exempt and qualified exempt farms are not required to provide this information to the agency.

Moreover, the agency’s regulations assert that it can enter any farm, including exempt farms, at any time to do an inspection, which is a violation of the constitutional protections against unreasonable searches.

The Farm and Ranch Freedom Alliance is challenging the TDA’s regulations in court. Currently, no other state appears to be following TDA’s example, but we want to hear if they are! Please contact Judith@FarmAndRanchFreedom.org with questions or information about Produce Safety Rule enforcement in your state.

The best response is not to avoid the discussion or to attack the other speakers, but to come forward with positive solutions.

“for legislation that assists new and existing farmers and ranchers to convert their operations to regenerative agricultural methods that promote widespread ownership of small and medium-sized farms and ranches, and that revitalizes and repopulates rural communities and promotes sustainable development and stewardship.” The GND “advocate[s] regionalizing our food system and decentralizing agriculture lands, production, and distribution.” It addresses the price disparity that makes high-quality food seem inappropriately expensive: “Food prices ought to reflect the true cost of food, including the health effects of eating processed foods, antibiotic resistance, pesticide effects on growers and consumers, soil erosion, water pollution, pesticide drift, and air pollution.”


Focus on the win. Some *Wise Traditions* readers probably find a discussion of climate change and the Green New Deal to be divisive. So, consider this: is there a downside to promoting farming and ranching methods that sequester carbon in the soil? The exact same practices that Booker’s bill and the GND call for in the name of climate change also help farmers become more resilient to both drought and flood events, reduce water pollution and protect drinking water and increase the nutritional quality of our food.

You don’t have to support Senator Booker or the Green New Deal to celebrate that the

national debate includes supporting our type of farmer. Whatever your position on climate change, the national interest in regenerative agriculture represents an opportunity to counter the vegan myths about livestock production. This is a vital opportunity for pasture-based livestock to become the hero in the narrative for many groups, not just those who value animal-based production for nutrition.

The concern that a crisis will be misused for someone’s agenda is valid and is illustrated by the Global Roundtable for Sustainable Beef. The best response is not to avoid the discussion or to attack the other speakers, but to come forward with positive solutions.

Even within the WAPF community, there are disagreements as to what that support should be. Is it government programs, such as proposed in Booker’s bill? Is it deregulation of small-scale production? Is it stopping the CAFOs from buying artificially cheap grain and dumping pollutants in the water so that their misleadingly cheap products stop undermining the market for real food?

This debate is healthy and productive—and needs to happen. The growing awareness in our society that agriculture and food have an impact on everyone provides the backdrop for us each to put forward our ideas, listen to others and work together to find solutions. 

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A Campaign for *Real Milk*

NEW EVIDENCE THAT PROCESSING DESTROYS MILK PROTEINS

By Sally Fallon Morell

Years ago I wrote an article called “Be Kind to Your Grains. . . and Your Grains will be Kind to You,”¹ noting that grains are very difficult to digest without proper preparation such as soaking and sourdough fermentation.

One of the ways that we are cruel to our grains is the extrusion process, whereby grains—both whole and refined—are transformed into breakfast cereal. Extrusion involves high heat (120-140 degrees C) and pressure to force a slurry of grains out a tiny hole to make corn flakes, Cheerios, shredded wheat, puffed grains, etc. Unpublished research indicates that in the extrusion process, the proteins in grains become warped and distorted, with very toxic effects. Rats fed extruded grains die within a few weeks, and in a corn flake experiment, rats fed corn flakes died sooner than rats fed the box they came in! The corn flake-fed rats suffered seizures and died of convulsions, indicating extreme toxicity to the nervous system.² And a recent study found that extruded grains can cause undesirable changes to gut flora.³

A new study out of China indicates that heat processing has a similar effect on milk proteins. The researchers looked at four processing methods: boiling (presumably to imitate the pasteurization process), microwave heating, spray drying and freeze drying. Not surprisingly, the heat-intensive processing methods caused oxidative damage to the proteins. Interestingly, microwaving caused more damage to the milk proteins than boiling!

The real surprise was the finding that freeze-drying caused as much damage as heat-intensive spray drying (150-175 degrees C). When spray-dried and freeze-dried milk powder were fed to rats, both groups developed oxidative damage in plasma, liver and brain tissue. Further, “hippocampal inflammatory and apoptosis genes were significantly up-regulated

. . . while learning and memory genes were significantly down-regulated. Eventually, varying degrees of spatial learning and memory impairment were demonstrated.”⁴ In other words, rats fed milk that was spray-dried by both heat and freezing became stupid.

Where do we encounter spray-dried and freeze-dried milk powders? Number one is lowfat and especially non-fat milk. Manufacturers routinely add spray-dried skim milk to nonfat and lowfat milks to give them body—to keep them from looking blue. They don’t have to label this additive because the FDA allows manufacturers to call spray-dried milk powder “milk” on the label. That means that the non-fat and lowfat milks that so many people dutifully consume—and give to their children on government recommendations—contain oxidative protein products that can damage the blood, the liver and the brain.

Spray-dried milk is the first ingredient in chocolate milk fed to children in school lunch programs. (The second ingredient is sugar.) Just think, the main beverage that our children are drinking in school causes damage to the blood, the liver and the brain! The children also get extruded cereal in school breakfast programs and they often put chocolate milk on their cereal! Is there any wonder that we have such a tragic health crisis in our children today?

The distribution of whole fluid milk is actually something of an inconvenience to the dairy industry, especially in Third World countries—it’s heavy and wet and requires refrigeration. Plus, they can get so much more money for the valuable butterfat by putting it into ice cream. Why waste the butterfat on growing children when we can get the government to forbid whole milk in school lunches? The long-term plan is to ship bags of skim milk powder to impoverished areas of the world, where it can sit in warehouses

A Campaign for *Real Milk* is a project of the Weston A. Price Foundation. To obtain our informative *Real Milk* brochures, contact the Foundation at (703) 820-3333. Check out our website, RealMilk.com for additional information and sources of *Real Milk* products.

for years, and then reconstitute it with vegetable oils for sale on supermarket shelves. All this will happen in far-away places before reconstituted milk “rich in polyunsaturates” comes to the U.S.

What about whey left over from the production of cheese? Up to 88 percent of milk is whey, so disposal of the liquid whey poses quite a problem for the cheese industry. You can’t put whey in the sewers because it rapidly becomes very acidic and will etch holes in the concrete pipes. A lot of very acid whey is a by-product of Greek yogurt production and someone recently told me that in Greece, they dump this whey into the Mediterranean Sea, causing acidification of the Mediterranean waters.

Here in the U.S., they solve the whey problem by spray drying it. As you can imagine, in a nation of cheese eaters, this is a huge industry. Whey powder serves as an ingredient—often labeled as “natural”—in baked goods, including crackers, muffins and bread, salad dressings, emulsifiers, infant formulas and medical nutritional formulas. It’s also foisted on the public as whey protein powder for use by athletes and in smoothies. Whey protein is more fragile than casein protein in the milk solids, so damage by spray drying is likely to be higher. Doctors routinely warn kidney patients to avoid it. The irony is that the last thing Westerners need in the diet is more protein!

Then there are all the plant-based proteins out there—soy protein, pea protein, rice protein, etc. These proteins must first undergo separation from the plant matrix—a process that involves a lot of chemicals—and then high heat to make the powders. They are likely to abound in toxins—the toxins originally in the seed (especially high in soybeans) and the toxins formed during processing.

What about freeze-dried proteins? Where do we encounter them? These often show up in foods for the health-conscious consumer as freeze-dried milk powder, freeze-dried whey and freeze-dried colostrum. Buyer beware!

As you can see, we need to treat our proteins with care. Fragile milk proteins, especially, should not be heated, as even the relatively low heat of pasteurization denatures them. Tightly bound meat proteins actually benefit from gentle heating, such as braising and stewing, which opens them up to expose more surface area for digestive enzymes. Collagen proteins may be the toughest of the lot, as they can be heated to the boiling point and cooled many times—even boiled rapidly for a long time—without losing functionality. But what happens when you take collagen proteins over the boiling point to make collagen powders—or make broth in a pressure cooker—is anyone’s guess. Low temperature home dehydration of vegetables, soups and even meat is probably fine—many traditional cultures dried various foods in the sun and then pounded them to make a powder.

The bottom line: avoid industrially processed proteins and powdered foods—especially anything that contains powdered milk or whey proteins—and stick to traditional methods of food preparation and processing. The Chinese researchers concluded, “This means that humans should control milk protein oxidation and improve the processing methods applied to food.”²⁴ Since all industrial processing methods damaged the milk proteins, the correct conclusion is that milk, Nature’s perfect food, should not be industrially processed at all—just consumed raw or made into cream, butter, cheese or fermented milk products. ☺☺

This article first appeared in the blog nourishingtraditions.com, by Sally Fallon Morell.

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DOCUMENTING HOPE PROJECT SEEKS PARTICIPATION BY WAPF PARENTS

Epidemic Answers has an important initiative called the Documenting Hope Project (@documentinghope). Part of the project is a study called the Children’s Health Inventory for Resilience and Prevention Study a.k.a. the “CHIRP Study.”

Epidemic Answers is asking U.S. parents of children 1-15 years old to volunteer a few hours of their time (ranging between 3 and 6 hours) to complete the CHIRP survey. It will help protect the health of current and future generations of children. The survey can be saved and completed at your own pace in the comfort of your home.

The organizers are especially interested in participation by WAPF parents. The survey includes questions about consumption of raw milk, cod liver oil, fermented foods, bone broth, etc.

Each parent participant will receive a free comprehensive health report on their child upon completion, as well as discounts to various natural and healthy-living focused companies.

Learn more and volunteer today: DocumentingHope.com/CHIRP-Study

FTCLDF TAKES THE FDA TO COURT OVER RAW BUTTER PETITION

On October 22, 2019, the Farm-to-Consumer Legal Defense Fund (FTCLDF) and Mark McAfee, president of Organic Pastures Dairy Company (OPDC), filed suit in federal court seeking a court order to compel the U.S. Food and Drug Administration (FDA) to respond to a citizens petition filed by the parties in June 2016 to overturn the interstate ban on raw butter. Federal law gives the FDA six months to file a response to the petition but the agency has yet to provide a substantive answer, only sending petitioners a letter in December 2016 stating that it needed more time to respond. The Weston A. Price Foundation has donated twelve thousand dollars to this effort.

There has been a ban on raw dairy products (other than aged raw cheese) in interstate commerce since 1987. States can pass laws legalizing the sale of raw dairy products within their boundaries; less than a quarter of the states currently allow the sale or distribution of raw butter. A successful petition to lift the interstate ban would change that in a hurry. If there were no interstate prohibition, nearly all states would likely pass laws legalizing the production and sale of raw butter; most every state currently allows the production and sale of aged raw cheese.

There are several reasons the petition has a good chance of success. First, the FDA ban on raw butter violates the federal “standard of identity” law. A “standard of identity” is a requirement prescribing what a food product must contain to be marketed in interstate commerce. For instance, the standard of identity for milk is that it be either pasteurized or ultra-pasteurized and that it contain at least 3.25 percent milkfat and at least 8.25 percent non-fat milk solids. The FDA’s long-held position is that pasteurization can be part of a standard of identity requirement; standards of identity are meant to promote honesty and fair dealing for consumers.

The FDA has the power to issue standards of identity for most foods but there are exceptions and one of those is butter. The Federal Food, Drug and Cosmetic Act specifically prohibits the FDA from establishing a standard of identity for butter. Congress has passed a law defining butter, which serves as a standard of identity for the product; that definition does not require butter to be pasteurized.

Another strike against the FDA on the ban is that the case leading to the ban, *Public Citizen v. Heckler*, concerned only fluid milk and fluid milk products; manufactured milk products such as butter and cheese were never mentioned once in the court record. The judge ordered the FDA to issue a ruling prohibiting raw milk and raw milk products in interstate commerce but the FDA had excluded butter from its definition of “milk products” years earlier in the Pasteurized Milk Ordinance (PMO).

The PMO is a document that the FDA and others in the dairy industry have written which governs the production and sale of fluid milk and fluid milk products. The FDA exceeded its authority given by the judge in instituting the raw butter ban.

Finally, the ban on raw butter is weak because the product has little or no record of making anyone sick. CDC data from 1998 to 2016 list no cases of commercially made raw butter causing illness and only one foodborne illness outbreak where homemade raw butter was a possible suspect. Raw butter sales have been legal in California since the state’s inception, but as far back as its records go, not a single case of illness has been attributed to raw butter consumption. Organic Pastures Dairy Company has sold over two million pounds of raw butter without incident.

The McAfee/FTCLDF lawsuit asks the District of Columbia Federal District Court to order the FDA to file a response to the butter petition within thirty days. The FDA has not commented on the lawsuit.

FDA REJECTS PETITION SEEKING EXEMPTION FROM RAW MILK BAN

The FTCLDF raw butter lawsuit followed an FDA rejection of a petition. This petition asked that the FDA exempt from enforcement action any farmers shipping raw dairy products in interstate commerce, if they followed certain labeling requirements. In April 2017 the Real Food Consumer Coalition filed a petition asking the FDA to use its enforcement discretion not to take action against farmers who put information on their labels warning of the risks of consuming raw milk and raw milk products along with instructions on how to pasteurize milk.

In its one-page response denying the petition, the FDA claimed, “Requests for the agency to exercise enforcement discretion are not within the scope of the FDA’s citizen petition procedures.” The agency stated that the regulation governing citizens petitions do not cover “referral of a matter to a United States Attorney for initiation of court enforcement action and related correspondence.”

NEW INFORMATION RESOURCE FOR WAPF MEMBERS

Consult with Pete Kennedy on state laws, regulations and policies including food freedom legislation and issues regarding consumer access to raw milk, cottage foods and on-farm meat and poultry processing. (Pete cannot give individual legal advice or recommend support for or opposition to pending legislation.) Contact Pete at pete@realmilk.com.

FLORIDA: TRIAL OF DENNIS AND ALICIA STOLTZFOOS

On October 21 and 22, Dennis and Alicia Stoltzfoos, owners of Full Circle Farm, were on trial at the Suwannee County Courthouse in Live Oak, Florida. The couple were both charged with one criminal misdemeanor for selling food without the proper permit. The couple represented themselves. Judge William F. Williams found Dennis and Alicia both guilty but deferred sentencing until April 14, 2020. On November 12, the Florida Department of Agriculture and Consumer Services (FDACS) piled on, filing an administrative complaint against the couple, proposing to fine them three thousand dollars for permitting and labeling violations. The Stoltzfooses had until December 4 to respond to the complaint.

With the way the trial turned out, applying the law to the Stoltzfooses' situation was on trial as well. There have been a number of "what's wrong with this picture" moments in this case since the state filed the charges in May, raising the question of why this case had to go to trial. Dennis attended several pretrial hearings at which most of the other cases before the court were for shoplifting along with possession or distribution of crystal meth or opioids; so, in the midst of a group of people charged with causing injury to others or themselves was this couple charged with activity that has made others well.

A trial like the Stoltzfooses' would usually be held in a misdemeanor courtroom, but the crowd was too big; so, the trial was moved to a larger courtroom. For most misdemeanor cases, it's typical to have two or three people present; at the Stoltzfoos trial, it was estimated that close to one hundred people were in the gallery, including the Stoltzfooses' infant daughter and a number of other children. The first day of the trial, Judge Williams commented, "These kids are so much better behaved than I was at that age. My compliments to the parents of the kids." The second day of the trial, the judge said, "My parents would have given their right arm for me to behave like that."

While the state called no witnesses saying the food produced by Full Circle Farm (FCF) had made them sick, Dennis and Alicia submitted into evidence over one hundred testimonials from customers on how FCF's food had benefited their health.

State investigations are usually complaint-driven, but the state investigated the Stoltzfoos operation on its own initiative. There has never been a consumer complaint filed against FCF in all the years it has been in business.

Dennis had a prior run-in with the FDACS in 2005 over selling food without a permit; that case was settled when he agreed to obtain a Master Feed Registration that enabled him to sell pet food. He has sold raw dairy products and other nutrient-dense foods under the registration (other than aged raw cheese, sales of raw dairy products in Florida are legal only for pet consumption). Customers place orders on the farm's website and pick up the orders at various delivery sites around north and west central Florida.

From 2006 until 2018, Dennis renewed the registration then but let it lapse a year ago. In January of this year, an undercover agent from FDACS made a "buy" of raw milk and other foods from the farm, leading to criminal and administrative charges against Dennis and Alicia.

Dennis admitted at the trial that he did not have a permit when the undercover officer made the purchase and, going forward, would obtain the permits he needed to be in compliance. He was negotiating with the state's attorney right up to the day before the trial to reach a settlement in which the charges would be dropped in return for Dennis obtaining the Master Feed Registration and submitting correct labels for the products he wanted to sell. Just fifteen minutes before the trial was to start, the state's attorney told him he would need to get a food establishment permit to sell at least some of the foods he lists on his website for human consumption as well. What foods the farm would have to sell for human consumption the attorney did not say.

There are a number of small farmers in Florida producing safe, nutritious food who, because of the costly requirements of producing and selling food for human consumption (i.e., installing bathrooms, triple sink, etc.), can afford to sell their food only for pet consumption. Those farmers cannot advertise pet food as being for human consumption but at the same time, the producers have no legal responsibility to stop their customers from eating pet food. There is high-quality human food being sold as pet food, and people are seeking it out for their own health and the health of their families.

Dennis was a trailblazer in the 1990s in Florida for promoting the principles of the Weston A. Price Foundation (WAPF) and was one of the first WAPF chapter leaders in the country. He is an educator and has been operating his farm as a healing ministry for nearly two decades, always looking for ways to produce the healthiest food possible. Dennis used the trial as an opportunity to educate the court on the need for changes in the law such that there would be no government interference with producers benefiting health and decreasing medical expenses through the sale of nutrient-dense food. In addition to introducing the customer testimonials as evidence, Dennis also submitted a copy of Joel Salatin's book, *Everything I Want to Do Is Illegal*, to be a part of the court record. Judge Williams admitted the testimonials and the book as evidence, carrying the trial over to a second day so that he would have a chance

to read both before rendering his verdict.

After Judge Williams found both defendants guilty, the prosecution asked the judge to sentence the defendants to six months' probation, payment of two hundred seventy-three dollars in court costs and the payment of over nine hundred dollars to FDACS for the cost of its investigation. The prosecution also asked that the court issue an order prohibiting Full Circle Farm from advertising food on its website and selling food until it obtained the required permits—a possible death sentence for the farm given how long the licensing process could take. The judge responded to the state's request by deferring sentencing for six months so that the Stoltzfooses would have enough time to get the needed permits. The crowd at the trial and the testimonials made the difference in the judge's decision to defer sentencing.

One of the frustrations Dennis had with the labeling requirements was that his operation was transparent without having to have labels on his products. Customers order only through the farm website so they know what they are purchasing. The couple also has an open-door policy; people can call anytime they have questions or go to the farm to look around. Instead of spending five thousand dollars per year on labeling, why couldn't that money go toward further enriching the soil on the farm?

The couple had surveyed its customers on labeling earlier, and the consensus was that the customers didn't want labeling nor any other regulation. As the globalization of the food supply continues, it's becoming more apparent that unregulated locally produced food is safer and more nutritious than regulated food from the industrial food system, especially when that food is coming from countries with food safety systems that are substandard to the one in the U.S. Florida has found out how free "free trade" is with greening disease, an imported malady that has devastated the state's citrus industry. FDACS's time would be better spent focused on imported food rather than on investigating farms like Full Circle that have never had a customer complaint. There is significant transparency in the operation of the farm without regulation.

The more local food producers there are in Florida, the safer the state's food supply will be. Passing a law allowing for more unregulated sales from local producers direct to consumers would be the path toward that goal. It's time for the legislature to consider doing so.

KANSAS: RAW MILK ADVERTISING BAN LIFTED

On November 6, 2019, the Shawnee County District Court approved a settlement between dairy farmers Mark and Coraleen Bunner and the Kansas Department of Agriculture (KDA) that ends the off-farm advertising ban for raw milk sales in Kansas. Raw milk sales are legal only on the farm in Kansas; state statute previously limited advertising to a sign on the farm premises.

The Kansas Justice Institute filed the lawsuit on October 28 against Mike Beam, KDA Secretary, to end the advertising ban on behalf of the Bunnors. State Attorney General Derek Schmidt, whose office represented KDA, stated, "The statute restricting advertising does not comply with the U.S. Supreme Court's modern application of the First Amendment to commercial speech and is plainly unconstitutional." As part of the court settlement, there is a permanent injunction in place prohibiting KDA from enforcing the advertising ban. The state legislature is expected to remove the ban from statute in the near future. The lawsuit marks the second time in recent years that there has been a successful effort to end a state raw milk advertising ban; in 2016 as a result of a suit filed by the Institute for Justice on behalf of dairy farmer Christine Anderson, the Oregon Legislature passed a law ending its state ban on advertising raw milk sales.

SUPPORT AMOS MILLER AND ACCESS TO NUTRIENT-DENSE MEATS

Amos Miller, Pennsylvania owner of Miller's Organic Farm and long-time friend of WAPF, is fighting for a cause that is worthy of your support. Earlier this year the United States Department of Justice filed a lawsuit in federal district court seeking to shut down Amos' custom slaughter business, an operation that has provided nutrient-dense meat and poultry to many grateful members of Amos' buyers club around the country who rely on these foods for their health.

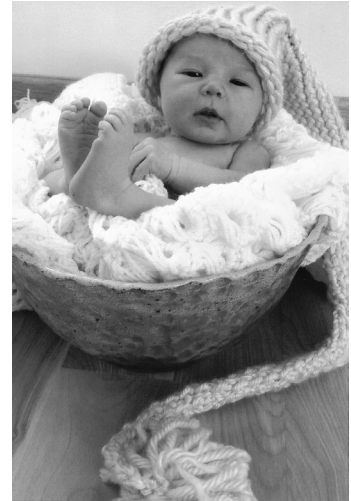
The case is now at the stage where there is the possibility of a settlement that could not only maintain access to nutritious meats for Amos' buyers club members through enabling the farm to continue its custom slaughter operation but also possibly help increase access to locally raised meat elsewhere in the U.S. The cost of setting up a USDA-inspected slaughter plant is prohibitive. Many areas around the country have few, if any, inspected slaughterhouses within a reasonable distance, especially in states that don't have their own inspection programs.

The lack of local slaughterhouse infrastructure is one of the biggest roadblocks to a more prosperous local food system. A favorable settlement in Amos' case could improve that situation.

A GoFundMe page has been set up to help with legal expenses in the Amos Miller case at: gofundme.com/f/help-amos-miller-save-his-traditional-farm.

Healthy Baby Gallery

Luka Sophia was born two weeks “overdue,” weighing a healthy eight pounds four ounces, via a 100 percent natural birth without any drug intervention. Her beautiful round face is evident in this picture (where she’s just four days old). Everyone who meets her exclaims how happy, strong, content and alert she is. Luka’s mother prepared for pregnancy for two years with a Wise Traditions diet of eggs, fermented cod liver oil (FCLO), homemade ferments, raw milk, raw cheese, fresh local and wild meats, pat , bone broth and her husband’s sourdough bread with plenty of butter. In addition to breastfeeding Luka, mom was able to donate over fifteen gallons of breast milk to three other babies. Luka is now one year old and has met her milestones early, already saying over twenty words and running and climbing! Her favorite foods include pat , sardines, oysters, raw cheese, avocados, eggs and FCLO. She is an absolute joy, with a great sense of humor and a love of animals. We thank God, our family and ancestors—including the powerful knowledge passed on through the WAPF—for our happy, healthy and beautiful little girl.



Audley is thirteen months old and a bouncing baby boy. He was born with both hands up and we joke that he came out praising God. He is always happy, and people frequently remark on how alert and aware he is (you have to be if you never stop moving!). He loves to eat, and his daddy calls him an “old man” when it comes to the things he likes, such as sardines, tomatoes, sauerkraut and berries. He gets sad when his mom tells him he has had enough cod liver oil for the day (he loves it!). Audley also loves being outside with daddy and working in the garage. In fact, “outside,” “tractor” and “truck” were some of his first words. He loves it when daddy gets home (but there is some debate about whether it is daddy he wants to see or the truck!).

Beautiful baby girl born to honorary board member Soroush Niknamian, whose wife followed the Wise Traditions diet throughout pregnancy.



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BRYAN/COLLEGE STATION, TEXAS

Nearly twenty people attended the chapter's second potluck in September, with delectable offerings from pasture-raised chicken, turkey and rabbit to salads, homemade rolls and delicious sheep milk ice cream. Chapter leader Gigi Greene also helped organize a screening of *The Biggest Little Farm* in August. Christine Senter (Senter Ranch) gave an introduction about regenerative farming—standing near a buffet of WAPF-friendly, locally obtained food!



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MILLER'S BIODIVERSITY FARM

Farm-fresh tasting and forum at Second Life Bikes and High Voltage Cafe in Asbury Park, NJ (hosted by farm manager Marie Reedell and chapter leader Kevin Spyker). Attendees celebrated the launch of the farm's home delivery service for the region and discussed the importance of supporting traditional farming. The delicious spread of Miller's offerings included raw butter and cheeses, cultured dairy, fermented veggies, bone broth and homemade desserts.



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MISSISSIPPI

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NORTH GEORGIA CHAPTER

The chapter hosted what it called Friendsgiving 2019, a celebration of fellowship and real food that included members and leaders of three other chapters (with some driving from over four hours). The feast included pastured turkey with marrow bone gravy, liver pâté, sautéed hearts and garlic, vegetables sautéed in pastured butter, lentils with pork fat, fourteen different cheeses and even camel hump fat.

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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.

Local Chapters

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336 serve every state in the U.S. plus the District of Columbia and 85 serve 28 other countries.

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VACCINE LITIGATION BOOT CAMP IN ALEXANDRIA

Attorneys Andrew Poliakoff, Alice Curtin Smith and David J. Curtin headed off to Vaccine Litigation Boot Camp in Washington, DC, on November 13, 2019. Alice's mother Janice Curtin (wife of David Curtin) is the Alexandria, Virginia, chapter leader and has been a WAPF member for twenty years!

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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, chapter handbook and PowerPoint presentations.

LOCAL CHAPTER LISTSERVE

Thank you to Maureen Diaz, a chapter leader in Virginia, for administering the local chapter chat group. New chapter leaders can sign up at groups.yahoo.com/group/wapfchapterleaders/.

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Victoria: Linda Morken (250) 642-3624 wapfvictoriabc@fastmail.net facebook.com/wapfvancouverislandchapter, facebook.com/groups/wapf.victoria.bc/, alternativeboomerlegacy.com/

MB

Pembina Valley: Dean and Tiina Hildebrand (204) 822-3005 deanhild@sdnet.ca

NS

Annapolis Valley: Shirley Scharfe (902) 847-1736 shirley1736@gmail.com

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Grey-Bruce: Michael & Elisa VanderHout Schmidt (519) 369-3578 glencoltonfarm@gmail.com
Guelph/Wellington: Sharon O'Sullivan (519) 848-2084
Hamilton: Kenneth and Claire Dam (905) 580 1319 kenandclaire@gmail.com
Kingston: Sue Clinton (613) 888-1389 sue@clintondentistry.com & Bob Clinton, DDS, (613) 376-6652, Robert@clintondentistry.com wapfkingston.org
Kitchener, Waterloo, Cambridge: Ulymar Rocha (519) 579-1747 uly@stonebridgeimports.com
Muskoka: Alli Manzella (705) 684-9331, connect@allimanzella.com

SK

Regina: Sandra Brandt (306) 359-1732 brandt.s@sasktel.net, WAPFRegina.wordpress.com
SW Saskatchewan: Pamela Wolanski (306) 560-3258 pgj59@hotmail.com

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Gisborne East Coast: Bridget Scully kiwilampo@gmail.com bridgetscully@gmail.com & William Lane kiwilampo@gmail.com
Palmerston North: Susan Galea (646) 324-8586 dekmatt@ihug.co.nz, realmilk.co.nz
Northland: Janie Cinzori (09) 601 1110, janiecinzori@gmail.com
South Canterbury: Carol Keelty +03 6866 277 bckeelty@outlook.com & Inez Wilson inezmwilson@xtra.co.nz
NZ Resource List: Deb Gully deb@frot.co.nz, diet.net.nz

NORWAY

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CO

Meadow Maid Foods, 100% grass-fed, grass-finished beef. On pasture year-round at the family ranch in WY. Production practices detailed on our website. Custom beef, Farmers markets, and food co-op in Fort Collins. meadowmaidfoods.com, (307) 534-2289.

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FL

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IA

Washington, Iowa. Harmony Farm SOY FREE WHEAT FREE chicken and duck eggs. Pastured on 40 acres. Fed Organic grains from local mill. \$4.00/dozen chicken eggs and \$7.00/dozen duck eggs. Farm pickup and delivery from Iowa City to Fairfield. (319) 653-9109 harmony4healthiskey@gmail.com.

IN

Spring River Dairy (Fry Farms Co-op) has raw milk and milk products including 5 raw milk cheeses from healthy Jersey cows grazed on organically managed pasture and hay. Available to herd-share members. Delivery to Fort Wayne and Columbia City. Fry Farms Co-op (260) 704-0132.

MA

Health Hero Farm on the agricultural island of South Hero, VT, delivers high-quality 100% grass-fed beef to the Boston area. Our farm is certified humane and our pastures are certified organic. See our video at <https://HealthHeroFarm.com/video>

Many Hands Organic Farm in Barre, MA. All products certified organic and free

range. Lard, pork, chicken and turkey stocks, pork, chicken, turkey and 26 weeks of CSA. No till, nutrient dense. mhof.net; (978) 355-2853; farm@mhof.net.

MD

100% soy-free chicken, eggs, pork and beef. Chicken livers, chicken feet and heads. Bacon and sausage. Raw pet milk. Raw milk blue and cheddar cheese by cheesemaker Sally Fallon Morell. **Will ship** whole cheese wheels. Southern Maryland, within 1 hour of downtown Annapolis and Washington, DC. Saturday farm tours. Store open Thursday to Saturday 10-6 or by appointment. P. A. Bowen Farmstead, 15701 Doctor Bowen Road, Brandywine, MD. (301) 579-2727, pabowenfarmstead.com.

Nick's Organic Farm. Grass-fed beef (no grain ever), free range eggs, pastured chicken and turkey. Liver, organ meats, and bones. Organic poultry feed. Pick up in Potomac or Buckeystown. Our livestock are rotated to fresh pastures on our fertile organic soils and receive organic feed, no hormones, antibiotics, or animal parts. We raise our cows 100% grass-fed. We raise our hay, raise and grind our own grain into poultry feed and process our poultry. Quality organic products since 1979. (301) 983-2167, nicksorganicfarm@comcast.net, nicksorganicfarm.com.

MN

Farm On Wheels offers animals raised green grass-fed & certified organic. Nutrient-dense beef, lamb, chicken, eggs, turkey, goose, duck, and pork. No corn or soy. Farmers Market year around in St. Paul, Prior Lake, Northfield. Linda (507) 789-6679, farmonwheels.net, farm_on_wheels@live.com.

NY

Raw milk, cheese, butter, etc. from 100% grass-fed Jersey cows. 100% grass-fed beef and lamb. Pastured pork, chicken and turkey (soy-free options available). Fermented veggies and more! Have dropsites in select areas or **can ship**. Call for details. Pleasant Pastures (717) 768-3437.

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OH

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Sugartree Ridge Grassfed Herdshare/PMA, located 60 miles east of Cincinnati in Highland County. We deliver 100% grass-fed milk, optional A2-A2 milk and many other products to twelve delivery sites in Cincinnati. Farm and contact address is: 6851 Fair Ridge Road, Hillsboro, OH 45133-9548.

OR

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PA

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VA

Salatin family's Polyface Farm has salad bar beef, pig-aerator pork, pastured chickens, turkeys and eggs, and forage-based rabbits. Near Staunton. Some delivery available. Call (540) 885-3590 or (540) 887-8194.

Raw milk, cheese, butter, etc. from 100% grass-fed Jersey cows. 100% grass-fed beef and lamb. Pastured pork, chicken and turkey (soy-free options available). Fermented veggies and more! Have dropships in select areas or **can ship**. Call for details. Pleasant Pastures (717) 768-3437.

VT

Health Hero Farm delivers high-quality 100% grass-fed beef within a wide radius of Burlington, VT. Our farm is certified humane and our pastures are certified organic. Our cattle breeds finish well on only grass. See our video at <https://HealthHeroFarm.com/video>

WY

Diamond S Ranch specializes in raw A2 milk from our 100% grassfed Jersey & Brown Swiss cows. Also offers grassfed beef, free range eggs, kombucha, sourdough bread, fermented veggies & more. For more information and check what's available at diamondsretreat.com. Wyoming delivery (307) 272-5334, text only.

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!!

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FLUORIDE FREE AMERICA Mission: Enhancing communication between individuals and organizations to exchange information and create strategies to end water fluoridation. facebook.com/waterliberty * [Twitter.com/FluorideFreeAmerica/waterliberty](https://twitter.com/FluorideFreeAmerica) * 70% of Americans are fluoridated. JOIN IN THE EFFORT TO END FLUORIDATION - You have the right to safe drinking water.

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BEES ARE BEAUTIFUL T-SHIRT Available on Amazon for \$19.99. Are you a bee-keeper or just love honey bees? Show your love with this t-shirt! Click on the link at: linktr.ee/simplevirginialife.

DVDS

DVD "Nourishing Our Children" recently launched a DVD that may be used for one's self-education or to present to an audience. You will learn how to nourish rather than merely feed your family. nourishingourchildren.org/DVD-Wise.html **Free shipping!**

EMPLOYMENT OPPORTUNITIES

GRASS VALLEY DAIRY is seeking a motivated website coordinator to manage online marketing of farm fresh food. Secluded log cabin house on 6 acre wooded lot adjoining farm available for rent to qualified party. Also delivery driver wanted 2-3 days of week. Call Mel at (610) 593 2811.

FILM

AUTOIMMUNE DOCUMENTARY in post production seeks funding or investors. This film tells the stories of those who kept searching for an answer to their challenge and are now lighting the path of healing for others. Contact: Gabe (310) 779-2816 goldenfilmproductions.com/in-production.

Diana Rodgers is a real food nutritionist living on a working farm making a documentary called Kale vs. Cow that will defend the nutritional, environmental and ethical case for better meat. Endorsed by WAPF, Savory Institute, Animal Welfare Approved. Contributions are tax-deductible. SustainableDish.com/film.

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WAPF RESEARCH

ONGOING PROJECTS SHARING THE BENEFITS OF A WAPF DIET FOR GROWING CHILDREN: Johanna Keefe, PhD, RN, GAPS/P, has completed her doctoral research through the California Institute of Integral Studies (CIIS) revealing, though in-depth interviews, the lived experience of mothers as they describe their lifestyle following a real food diet based on the principles of the WAPF. Please consider contributing to her post-doctoral project to collect a more robust sample of mothers who are finding positive outcomes over time for their children and teenagers on a traditional diet. You can begin by offering your story to the research blog growingsuccessstories.org, which may serve to seed other doctoral studies, and also contribute to her forthcoming project: a published photo-essay leading to an uplifting film to inform and inspire our next generation of parents. If you would like to find out how to contribute to these projects, please contact Johanna through email at jmkeefe@endicott.edu or by phone at (978) 290-0266.

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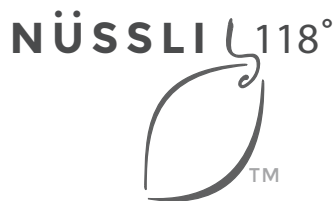
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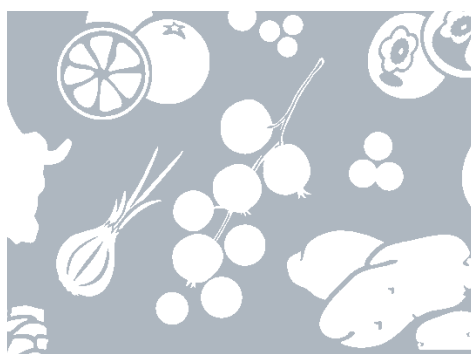
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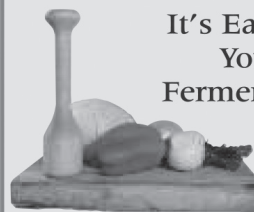
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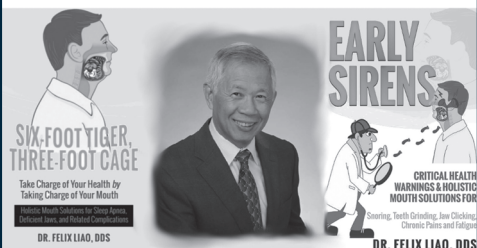
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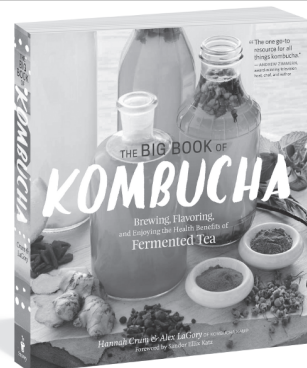
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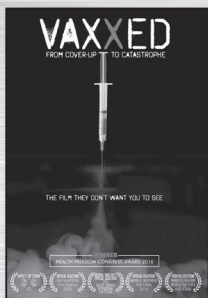
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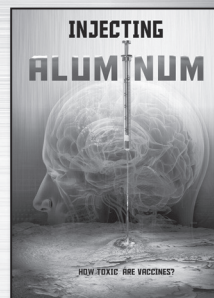
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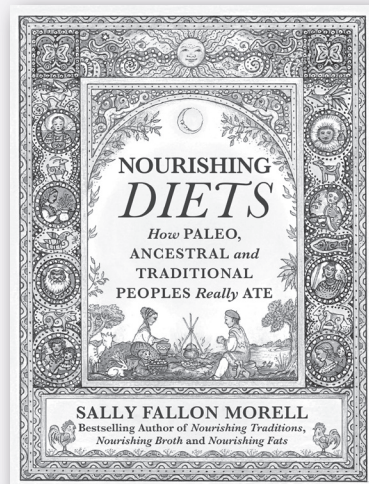
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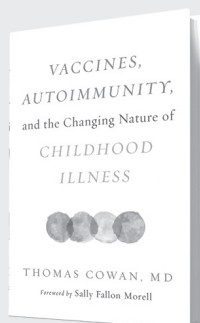
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Upcoming Events

2020

- Feb 21-23 San Francisco, CA:** Live Aware Conference featuring Beth Lambert, Hannah Crum, Elizabeth Plourde and others. **Contact:** liveaware.com.
- Mar 28 Loveland, CO:** Seminar on Nourishing Traditional Diets with Sally Fallon Morell, at Sunrise Ranch and Retreat Center. Registration at westonaprice.org. **Contact:** info@westonaprice.org.
- April 24-26 Dallas, TX:** EarthX convention with Sally Fallon Morell as a speaker and the Weston A. Price Foundation as an exhibitor at this huge event. **Contact:** EarthX.org.
- May 1-2 Lafayette Hill, PA:** The Koren Specific Technique Seminar featuring Tedd Koren, DC along with Seminar on Traditional Diets by Sally Fallon Morell, at the Chubb Hotel & Conference Center. **Contact:** www.korenspecifictechnique.com, (267) 498-0071.
- May 30-31 Shelborne Farms, VT:** Nourish Vermont: Traditional Foods and Health Gathering featuring Dr. Tom Cowan and Sally Fallon Morell. **Contact:** tmccarney@shelburnefarms.org.
- July 10-12 Swoope, VA:** Mother Earth News Fair at Polyface Farm, featuring Joel Salatin, Sally Fallon Morell, Temple Grandin and many others. **Contact:** motherearthnewsfair.com/product-category/polyface-farm/.
- Oct 10-11 Front Royal, VA:** Homesteader Conference featuring Joel Salatin and Sally Fallon Morell. **Contact:** <https://homesteadersofamerica.com/2020-conference/>.

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Recordings of Wise Traditions 2019: westonaprice.org

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



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