



Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

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President's Message

"I am so frustrated after reading the article on essential fatty acids by Chris Masterjohn (Fall, 2010). I look to your foundation for wisdom about healthy eating and all I seem to find is more confusion. Take cod liver oil, eat fish—no, don't! Drink raw milk, but wait! Only milk from certain cows! Don't eat cabbage, broccoli, fruit! I am so confused and frustrated!" So writes a perplexed member and I can certainly sympathize! The subject of nutrition is fraught with contradictions, counter claims, fads and fears. No wonder so many people are frustrated.

Our general advice—to eat a variety of whole natural foods including plenty of healthy fats, with problematic foods like grains properly prepared—applies to those who are already fairly healthy, with good digestive systems. But many who come to the WAPF message are not healthy; these brave folks are struggling with numerous health problems and may need to be more careful in their food choices. If they have a thyroid problem, they will need to avoid cruciferous vegetables like cabbage and broccoli; if they have blood sugar regulation problems or poor liver function, they may need to avoid fruit; if they are prone to tooth decay, they will need to avoid foods high in mineral-blocking phytic acid; if they suffer from celiac disease or gluten intolerance, they will need to avoid wheat and other gluten-containing grains; if they are sensitive to dairy foods, even raw dairy foods, switching to milk from A2 cows may help. These are details that we need to work out for ourselves, but always with the goal in mind: to be able to enjoy all the Earth's bounty, or at least to pass along that gift to our offspring.

As for Chris Masterjohn's article, the message was not to avoid fish or cod liver oil, but to point out the foods that are needed for the proper utilization of foods containing omega-3 polyunsaturated fatty acids. These are the products of land animals, rich in choline and arachidonic acid, such as egg yolks, meat fats, butter fat and organ meats. This message has been part of the WAPF philosophy from the beginning—these rich, satisfying, cholesterol-rich foods are not the enemy, but our best friends. Including them in our diet will go a long way to strengthening the digestive tract and alleviating the sensitivities that so many of our members are struggling with.

Speaking of delicious, rich, satisfying foods, how about the great meals we served at *Wise Traditions 2010*! Everyone there agreed that this was our best conference ever, and that the food was the highlight! Thanks to Cathy Raymond and Amanda Love, who worked with talented hotel staff to coordinate WAPF-friendly dishes made from foods donated by our many wonderful farmers, artisans and merchandisers.

The Weston A. Price Foundation board and staff look forward to providing accurate information about nutrition to those hungry for knowledge in the coming year. 



Letters



BUTTER OIL FOR THYROID HEALTH

My father was diagnosed with hyperthyroidism in February 2008. We had already been getting raw milk and eating a WAPF diet, so continued with that. In the summer of the same year (your summer) my parents went on holiday to the US and Canada. They ate raw dairy wherever they could. I also sent them raw butter and cheese.

On returning to New Zealand Dad definitely looked better and had put on some weight. He saw his specialist and his levels of T3 and T4 were starting to come down. We continued with the raw milk.

In May 2009 I discovered that we could buy fermented cod liver oil here so bought some instantly! Dad's levels of T3 and T4 continued to improve after starting on the cod liver oil and his specialist lowered his medication. But the thyroid stimulating hormone (TSH) refused to budge from less than 0.01.

When we could no longer get the regular fermented cod liver oil, I switched us all to the cod liver oil and butter oil blend. This was near the end of last year. Approximately three months later Dad went to see his specialist—the TSH levels were starting to increase!

Dad visited his specialist again a couple of months ago and found that his TSH level was now 0.45! Now all his levels are in the normal range, and his medication was lowered again. We are thrilled. I'm sure the raw dairy and the regular fermented cod liver oil all helped, but things really seemed to get going when Dad changed to the combo with the high-vitamin butter oil.

On a separate subject, thank you for your Ask the Doctor article on eczema (Fall, 2010). I had absolutely awful eczema on my hands for a few years. As with your correspondent in the column, the only thing my doctor could offer was a steroid cream. I used this for a while but wasn't keen on continuing. I tried a few natural remedies but nothing could keep it away. Then I tried the Itch Calm Cream from Artemis (www.herbalmedicine.co.nz) with fabulous results. It did take a while (probably about six months) and the eczema got worse to begin with, but I did have very bad eczema. I continue to use it in a few stubborn areas twice a day but the rash is 95 percent gone. I highly recommend it!

Jill Freeman
Tauranga, New Zealand

IODINE SUPPLEMENTS TOXIC?

Thank you for your article on the iodine debate (Summer, 2009). On this issue, I side with Dr. Alan Gaby and the findings of Weston Price, in that healthy people had relatively low iodine intake. In any event, these healthy people were not taking iodine supplements.

I am sure the healthy body can excrete excess iodine, but that is not the issue. The real issue is whether the iodine in supplements is obtained using a toxic kerosene-like substance, which causes adverse health problems. What exactly is used to extract iodine for supplemental use? That is the question that needs to be answered.

Agnes Langer
Hammond, Indiana

AN EASY PREGNANCY

When my pregnant daughter Amanda visited her obstetrician, the doctor became upset with her because she was not taking pre-natal vitamins. Amanda responded that she was taking cod liver oil and eating liver, plus other good foods, but the doctor thought that she was not getting enough folate and ordered extensive blood work to see what was wrong and how to "fix" it.

A week later my daughter returned, and the doctor was shocked at how great Amanda's blood work was. Everything was perfect. She then asked Amanda where she got her cod liver oil, because she was going to start telling her patients to use it. I was over the moon when I heard that.

Amanda is now with a midwife and is planning a homebirth, with the obstetrician as backup. The midwife was impressed with the "strong healthy heartbeat" of Amanda's baby. And my daughter is experiencing a very easy pregnancy. Must be all the cod liver oil, eggs, pâté, and raw milk.

Joy Eriksen
Novato, California

FROTHY MATTERS

A recent paper from UC, Davis examined the "frothing" characteristics of milk in cappuccino. I buy local raw milk from Jersey cows for my family, but it never froths well in my electric heater-frother. When a neighbor brought his conventional milk over (whole, organic UHT pasteurized and homogenized), it created a mound of froth in one frothing cycle. I was so impressed by the difference that I sought out some answers.



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My reading revealed the reason why UHT treated milk froths better, and in the process I better understood the benefits of drinking and using raw milk as a staple in our diet.

Raw milk allows the activity of natural lipase, an enzyme that breaks apart dietary fats. This means the fat in the milk is broken down into the easier-to-digest free fatty acids. For people with weak digestion or difficulty digesting fats (such as those with prior gall bladder removal), this higher free fatty acid content will be better absorbed and tolerated. But, the higher the levels of free fatty acids in milk, the less it froths.

Lactalbumin (whey) protein is the dominant protein that produces the froth, and when this protein is denatured (broken down), it froths more. High heat and pressure cause these proteins to denature. Thus UHT milk froths better than simple boiled or scalded milk, but boiled milk froths better than raw. When milk is heated, the heat-labile proteins are the ones to break down. These fragile proteins include immunoglobulins, bovine serum albumin, and alpha-lactalbumin.

Casein is the least susceptible to breakdown by pasteurization. While enzymes and immunoglobulins in the milk are denatured, the more difficult-to-digest protein, casein, is left intact. This enhances frothing, but complicates digestion and allergic reactions to the milk.

In raw milk, proteolysis of casein caused by the natural protease in milk will result in the presence of smaller protein fragments of casein. These small

peptones (proteins from casein) reduce frothing capacity. But as we hear more and more about casein allergies, we realize that allowing the natural protease to act on the casein reduces the allergenicity of the milk protein.

In summary, I generally want my milk raw because it has natural lipase and protease activity and the delicate whey protein and immune factors remain intact. But all these beneficial attributes get in the way of my milk froth experience. My solution? At the moment, I have tea with raw honey and raw milk in front of me. Café au lait may replace my cappuccino for a while. Just a little insight from a raw milk advocate and occasional cappuccino drinker.

Richard Maurer, ND
Falmouth, Maine

A SILVER LINING

Thank you for working to change Organic Valley's anti-raw milk policy. Because of this very same issue with Foremost Farms, our farm went "rebel" almost six months ago. We were told to stop selling raw milk "or else." We chose the "or else" and told Foremost "bye-bye." It was the best decision we have ever made.

In Illinois it is legal to sell raw milk to the customer so we do, many, many times each week. Our customer list grows and grows. We are not selling all our milk yet, but that is just fine because what is left over goes to our thriving pig herd. The hogs are then sold to the restaurant trade in Chicago. They rave it is the best pork they have ever had. We cannot keep up with the demand for our milk-fed pork.

So all is well down here at South Pork Ranch because Foremost became paranoid about our farm supplying a great product to those who craved it. These mega companies seem determined to keep shooting themselves in the foot. Fine with me—no skin off my bucket of milk. "Diversify and conquer" is our new farm logo.

Donna O'Shaughnessy
and Keith Parrish
Chatsworth, Illinois

NO BOYCOTT PLEASE

I have a one hundred percent grass-fed (only hay over winter) organic dairy farm. When we became certified organic ten years ago, we put up a small cheese plant and for the first years, made all the milk from our eighteen to twenty Jersey cows into raw milk aged cheese. After a few years the state milk sanitation department asked us to not sell to our biggest customer because he refused to get the proper permit to repackage and sell cheese. Without the cheese sales to him, we had surplus milk and began selling to Organic Valley, which we still consider to be an excellent co-op.

When the co-op decided to not allow milk diversions, we at first considered downsizing our herd and just selling cheese, but because the market in our local area is flooded with farmstead cheese, we instead decided to sell the cheese business and increase our dairy herd to make up for the income loss. We found a buyer and sold the business and equipment to a cheese customer.

My reason for writing is that I appreciate that the Weston A. Price Foundation is working with Organic



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Valley to encourage them to reconsider their position. I encourage this. I have also written them letters. However, as a farmer who has been affected by the new rule, I would also like to discourage any boycotts or mudslinging. I have been hearing talk of a national boycott of Organic Valley brand. I am convinced that sort of action can only hurt the entire organic movement. I definitely believe they made the wrong choice. However, we need to work together despite differences and appreciate the common ground we have. I consider Organic Valley to be one of the most honorable and well run organizations I have ever worked with. They also tend to be a little ahead of the organic rule regarding pasture requirements. I certainly agree that the “no milk diversion for a business” policy has seemed out of character for what I know of them. But I am convinced that a boycott of Organic Valley (which has an excellent reputation as a small organic co-op) would, at the least, cripple the growth of the organic movement. If Organic Valley is not to be trusted, who in organics will the consumer trust?

Glenn Wenger
Mountain Meadows Farm
Richfield, Pennsylvania

AN ISSUE OF LIABILITY

I am writing in concern over your decision to ask your members not to support Organic Valley products due to their position on raw milk sales. We are Organic Valley Dairy Producers in Illinois. Your decision hurts all the other producers with Organic Valley whether we sell raw milk or not. It is not

that Organic Valley is against raw milk sales, it's the liability they face if one of their farms causes illness. You can't sit in Washington and tell me that every farm that sells raw milk is high quality and safe. Unless you've investigated each and every site on your web page, how can you honestly say that?

On our farm, we do sell raw milk to a few relatives and neighbors. This is legal in Illinois, and Organic Valley is okay with this. These customers are only people we trust, and they trust us to produce milk that is healthy and safe. The problem is that the farmer faces all the liability if something goes wrong. Once it leaves the farm, you have no control over how quickly the milk is refrigerated or if the containers it went into are clean.

Asking members to not support Organic Valley products hurts all of the farmers who work so hard to produce their products. When sales drop to a low level, a supply quota will be automatically implemented on the dairy farmers to produce less milk. This, in turn, causes financial strain on us. Not all Organic Valley dairy producers agree with raw milk sales; some of us do, but in a limited capacity. The farms that want unlimited raw milk sales should terminate their agreement with Organic Valley and go out on their own.

Also, another factor in all of this is the federal and state milk inspectors who will target those facilities that allow raw milk sales. If Organic Valley openly promotes raw milk, every inspector around will be after their farms. If you fail a government inspection for any reason, you cannot sell milk to anyone. The

farmer is at the mercy of the inspector's view, and we all know how the government feels about raw milk. You have to understand how your view hurts so many more than it helps. Why is it that the farmer takes all the risk and only a few reap the rewards? If a vote were taken by our co-op, half of the farmers would vote against raw milk sales, half for it. Why is it wrong for Organic Valley to protect all of their producers?

We are fifth generation Illinois dairy farmers. We would not be farming any longer if Organic Valley hadn't been able to take on our farm in 2002. We could not pass on our farm to our sons for the sixth generation. We ask that you reconsider your decision, remember those of us who are affected directly by it, and find another way to make your point.

Delmar and Theresa Westaby
Stockton, Illinois

CONTROVERSIAL CUCUMBERS

The recent Virginia Independent Consumers and Farmers Association meeting at the Farmers' Market in Virginia Beach was interesting and enlightening. Members from as far away as Fredericksburg and Spotsylvania came to discuss their trials and tribulations as small independent farmers. It was a shock to learn just how very difficult it is to be a small farmer nowadays.

A friend observed that eating good quality food such as products grown by small independent farmers is an investment in health. You can either buy good quality food, he said, or pay higher bills when you visit the doctor. These days, there are many people who share those



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views. They are probably among the folks who frequent the farmers' markets in Virginia Beach.

The late father of a friend of mine was a CIA agent stationed in South America. He said that in the last days of the USA, there would be the appearance of freedom but not its actual substance. His remarks came back to me as I listened to the farmers' tales of woe. One of the first complaints of the farmers to me was that they felt that farms were being centralized (as in a Communist system). And my concern is that collectivization will be next.

As you know, the test of private property is whether you can do what you want with your property. It is painfully obvious that farmers and dairymen have lost ownership of their farms and livestock as the government and big agriculture bear down on them with excessive and punitive regulation. For example, in Virginia, goat owners who wish to give or sell their goat to a neighbor must now register their premises with the government, and tag and number the goat. If a chicken trespasses on a neighbor's farm, the chicken's owner will be fined. If a small independent farmer wishes to sell pieces of meat from an animal he has raised, he must drive as far as six hundred miles to the USDA-inspected butcher to have the animal slaughtered. Of course, the price of gas will be passed on to the consumer.

As I am sure you have noted, USDA inspection is no guarantee that the meat will be free of cancer or blood clots. There are plenty of cancerous chicken parts for sale in the grocery store. I've seen them. The only way to get around

the USDA is to sell the animal live and have a butcher hired by the new owner to kill it.

And here's the most ridiculous part: home pickling remains banned on the theory that the food might spoil. How sad that cucumbers have become controversial.

Christine Ross
Virginia Beach, Virginia

STEADY WITH THE LARD

In the late winter of 2009 my hands developed a mild tremor that became progressively worse over the next six months or so. The shaking, which eventually became nearly constant, was severe at times, especially when I was doing something intentional, like trying to scratch my nose or hold something still. I am an artist and need steady hands in order to create paintings.

In the 1980s, after years of poor eating habits, I began to correlate a variety of health problems, including hand tremors, with my diet and slowly began eating healthier food. When my hands began to tremble, I experimented with additional changes. Although I didn't drink much coffee, I stopped drinking it entirely. I also began taking additional B-complex vitamins, over and above that supplied in the multivitamin I was taking. Slowly, over the course of several months, the tremors went away.

But the shaking of my hands returned in early 2009. At the time, I was eating a very "good" diet, including lean red meat, pork, chicken, eggs, and fish, along with abundant vegetables and fruit and a variety of vitamin and mineral supplements, including fish oil.

I avoided most grains, especially wheat, since I have a family history of diabetes and am sensitive to carbohydrate overload; however, I ate rice occasionally. I also avoided dairy products as they seemed to cause flair-ups of arthritis in my hands. I wasn't eating butter so the only fat I was eating, other than those provided in foods and the fish oil supplement, were olive oil and coconut oil.

I started thinking about other possible dietary causes for the tremors and began to wonder whether it was possible that I wasn't eating enough animal fat. I knew that the myelin sheath of nerves is composed mainly of fat and that healthy myelin is critical for proper nerve function. Reasoning that I am an animal, not a plant, it seemed possible that my reliance mainly on plant oils (olive and coconut) had resulted in a deficiency of some type of fat that might be more available in animal fat.

Since I wasn't eating butter, I decided to add lard to my diet to see if it could help. I started using it liberally for cooking foods. To my amazement, within two days there was a noticeable decrease in the severity of the shaking. Intrigued, I continued to use lard for cooking, added it to soups, and even added it to my herbal tea. The shaking in my hands improved so much that within several months, there was only a minor tremor. Now, about a year after I started including lard in my diet, there is no noticeable tremor of my hands except, very rarely, when I am really tired.

The fat composition of lard apparently varies based on the diet of the hogs and the body location of the fat that is used to make the lard. Accord-



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ing to an internet article comparing the fat content of various cooking fats, lard contains more saturated fat and less monounsaturated fat than olive oil. Oleic acid, a monounsaturated fat, is one of the main components of myelin. It might be inferred that the high monounsaturated oleic acid content of olive oil should contribute to the production of healthy myelin. However, since I had been eating lots of olive oil at the time the tremors developed and since the addition of lard to my diet dramatically and rapidly reduced the hand tremors, it seems more likely that something in the higher saturated fat component of lard was responsible for the improvement.

My experience of apparently curing hand tremors by adding lard to my otherwise healthy diet doesn't mean that everyone or even anyone else with hand tremors will experience the same benefit. It is also possible that another person with tremors might benefit from a different mix of fats in their diet. However, lard is inexpensive and readily available at any grocery store so, if someone has tremors, it may be worth experimenting with the addition of lard to the diet.

A side benefit of adding lard to my diet is that my skin is softer and my chronically dry hair is no longer dry.

Lynn Bishop
Lakewood, Colorado

The vitamin D, arachidonic acid, and cholesterol in lard may have also contributed to the improvement in neurological function.

IT'S THE WATER

The excellent article "Magnificent Magnesium" (Fall, 2010), tells us that magnesium is one of the most important nutrients in the body, involved in over three hundred reactions. Yet, the majority of Americans are magnesium deficient. Good sources of magnesium are nuts, grains and seaweed. These sources can be problematic for those with allergies.

Regarding other natural sources, the author, Katherine Czapp, states that "Even many bottled mineral waters are low in magnesium, or have a high concentration of calcium, or both." This is generally true, except for Donat, a mineral water from a thermal spa in northeastern Slovenia. This water has an amazing 1030 mg of magnesium per liter, the most magnesium of any mineral water in the world.

When I am in Slovenia every summer, I drink Donat water every day, and I always feel very well when I am there. I learned about Donat from people I met when I first arrived in Slovenia in 1992. It was kind of a folk wisdom that Donat water was good for you. Drinking mineral water or "taking the waters" at the spa locations and sites of springs is a very old European tradition. The treatment was called "the cure." Physicians used mineral water with great success for many diseases and found that immersing oneself in mineral water lowered blood pressure.

Artifacts found at spa sites in Slovenia indicate that the springs were used by the Romans. Treatment at a health spa for specific ailments and recovery after surgery are covered under health

insurance programs in Slovenia. There are fifteen or more mineral spas in Slovenia, mostly bordering on a tectonic plate running northeast to southeast, each with its distinct mix of minerals in the water.

Donat is available in the US, at ParthenonFoods.com. But, for a firsthand tasting of Donat mineral water, a visit to a Slovene spa, and much, much more, join me for ten days on our "Taste of Slovenia" Real Food Tour in June 2011.

Sylvia P. Onusic, PhD
Portage, Pennsylvania

In the absence of magnesium-rich mineral water, a good substitute is still or sparkling water with an added pinch of unrefined salt.

KIDNEYS FOR MAGNESIUM

I recently learned that the Europeans recognize kidneys as an excellent source of magnesium. Typically, kidneys are consumed fresh, during the hog butchering season in late fall, and during the lamb and calf butchering season in the spring. It is said that eating a good portion of kidneys during these periods will prevent cramps for six months.

Agnes Richards
Dallas, Texas

FOOD DONATIONS

When our church collects canned and non-perishable goods each year for the poor, I would see all the junk and be discouraged from participating. Now I know what to contribute, and I chuckle to think how different my bag is from others, and hope that folks will actually eat the foods I contribute.

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You can actually find some good things at your average grocery store: wild canned salmon, canned sardines and anchovies, brown rice, coconut milk, organic beans or dried beans, and tomato sauce. I also look for pâté and canned mackerel. There may even be more ideas in the annual WAPF Shopping Guide.

Kathy Kramer,
WAPF Office Manager
Cottage City, Maryland

SACRED FOODS

I wanted to write to you with a couple of anecdotal stories about sacred foods. While reading *Nutrition and Physical Degeneration* by Dr. Price, two memories that were buried deep in my mind came vividly to the surface. I didn't quite realize back then what was happening, but now it is crystal clear to me.

I have traveled extensively in Af-

rica, and lived in the African country of Tanzania from 2000-2002 as a teacher. The first story has me visiting a small village, and sharing a meal with a family. We were gathered together on the floor of their house with a big platter of rice before us, and a small bowl of meaty chunks (still on the bone). The custom in Tanzania is that the guest is served first, and is always served the best the family can offer. That day, the hostess proudly placed a large piece of fat on the rice in front of me, while the family watched as I ate it.

At the time, I was horrified to be eating a large piece of gristle, but I tried to get it down with a smile of thanks. Now, after reading Dr. Price's research, I understand why the gift they made to me was what they considered to be the best.

The second story has to do with a party that our students threw for my roommate. His birthday was coming

up, and a Kenyan student had tantalized him with comments about the delicious "African cake" the students were going to make for the party. When the night of the party came, they brought forward roasted goat intestine that was stuffed with roasted organ meats. We felt hoodwinked; this wasn't cake! My roommate (an off and on vegan) was given a bite, and then every person gathered at the party was given a bite. Later, we all shared goat soup, which was a bone broth that had some finely minced pieces of organ meat in it. Our students relished it all. It was "African cake." And yet again, I hadn't realized that they were giving us the best they had—and this came out of their traditional wisdom.

JoAnne Harbert
Chicago, Illinois

LONG SOAKING

Since 2001, I've been eating a traditional diet, including raw milk and

WISE TRADITIONS 2010, 11th ANNUAL CONFERENCE OF THE WESTON A. PRICE FOUNDATION



Winners of the 2010 Activist Award Ann Marie Michaels, Sarah Pope and Maureen Diaz, pictured with WAPF president Sally Fallon Morell.



A very surprised Nicholas Gonzalez, MD, wins the coveted Weston A. Price Foundation 2010 Integrity in Science Award.



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soaked oats. I usually set the oats I want for the next day to soak the night before. Recently I got a very good yogurt culture (a great place to get a really strong culture is from Indian folks, they have cultures that continue on and on, unlike commercial yogurt, or powdered yogurt starters) and have been using the whey from that in my oats as they soak.

The other day I put the oats to soak, but the next morning we went out to breakfast so we didn't use the oats. The oats therefore soaked a second day and then when I went to use them I noticed a pleasant yeasty smell so I cooked them anyway and ate a small amount. Wow! What a difference in energy from these oats! I have severe CFS and I have never eaten anything that comes close to giving that kind of noticeable energy. They kept my blood sugar up (I'm very hypoglycemic), and I wasn't hungry for hours. It was amazing. Of course I plan to continue to soak my oats for two days now with the whey in them.

I'm writing to you at WAPF to see whether perhaps there is anything I should be concerned about before doing this regularly, might I be getting some undesirable bugs and not realize it for a while? I realize that when you culture veggies for sauerkraut, they go through different stages, and the first stage would not have very desirable bugs it seems for consumption. Not sure whether grains do this as well. My oatmeal did continue to smell yeasty after cooking, but not off, or unpleasant.

Julie Incerti
Bellingham, Washington

There is nothing harmful in the long soaking, especially if the porridge is cooked. Most traditional cultures soak grains at least two days, which results in a porridge that is too sour for most western palates.

SOY POLLUTION

I am trying to avoid all soy and looking into to setting up my own Aquaponics system, but as I'm suspicious of anything that is manufactured, I looked into the fish ration that you are supposed to feed the fish in your system. I was shocked and horrified that 80 percent of it is composed of soy! I have been trying to find some that is not but to no avail, so now I have to make it myself.

The main problem—which even further shocked me—is that all the commercial fish feed used in all fish farms inland as well as the fish feed used out at sea is composed of a high percentage of soy, so all the left over feed that the fish out in the ocean do not eat, becomes food for other sea animals and crustaceans. So now we have the whole food chain being poisoned by this, and we as the consumer are eating these seemingly “healthy” foods! I even went as far as to look at the pellets they feed our farmed animals such as chickens, cows and pork. They all contained a high percentage of soy, even the “organic” farmed ones. I feel so sick to my stomach that this is happening right in front of us, and all in the name of financial gain.

What I would like to know is, when these animals and fish eat the soy, does it at all break down in them to be not harmful to us, or is the animal or fish we eat basically the same as buying “fake”

soy products? And when and where does it all end? It seems nothing is virtually soy free, from the plants, vegetables, fruits, meats, fish, crustaceans and all their foods they eat/absorb.

Sonja Della Vecchia
Mandurah, Western Australia

The animals probably neutralize the phytic acid and enzyme inhibitors in soy, but some isoflavones remain. For example, there are isoflavones in the yolks of soy-fed chickens. In pigs soy has caused infertility, but it is put in the feed of the neutered pigs. So our concerns are justified. We should encourage our farmers to raise soy-free poultry (and be prepared to pay the additional price). And we should definitely avoid farmed fish and shrimp.

FORMULA FOR SUCCESS

I just had to pass on the story of one very thankful member of our farm club whose baby, Scarlett, was not thriving on breast milk or conventional formula, so Ashley started making the raw milk formula for her.

“Scarlett is doing so great!” she reports. “She only gets up once a night and hardly spits up at all! I wish I would have had this formula for my son, Wyatt, when he was a baby. I struggled with his eczema and him spitting up so badly that everywhere I went I had to bring three or four rags with me only to return home with them all soaked. He

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to future generations.



Letters



never slept either. In fact he didn't sleep through the night until he was fourteen months old—that was right about the time that he stopped getting bottles and ate regular food!

“Wyatt was on the special formula because of severe constipation from soy formula. (I knew something wasn't right with soy, before I had read anything bad about it.) The special formula got rid of the constipation, but his eczema never started to clear up until he was about six months old. And from the time he started the special formula I had to put him on Prevacid for his acid reflux and the spitting up all the time. I know now that the formula was causing all the problems, because when he started regular food everything started to go away. In fact, when I started feeding him whole milk yogurt the reflux and eczema improved quite a bit even though he was still getting primarily formula.

“Scarlett was headed for the same road—when put on commercial formula she started to have the same problems that Wyatt did. I am so thankful to the Weston A. Price Foundation for leading

the way on how to make the homemade formula. It has truly been a blessing! And I am so thankful to my local farmer for supplying me with what I need to feed my baby!”

Kris Johnson, Chapter Leader
Toledo, Ohio

A GOOD SOURCE OF CREAM

I wanted to comment on the letter, “Not Cream at All” (Fall, 2010). I, too, live in Canada, and would purchase Lactantia dairy products (mainly their cultured butter but also cream). I noted that most of the dairies that were procured by big Ag companies started putting many additives into their cream, sour cream, buttermilk and yogurt.

I'm writing to report that I found a small dairy local to me that does not! Reid's Dairy in Belleville, Ontario, makes all their types of cream without any additives. Then suddenly they too started putting in the additives. I wrote them a letter stating I was not happy about the additives and would no longer purchase their products, and went to great lengths to purchase organic creams

that were difficult to get and, of course, not local to me.

I received a letter in reply from Reid's, stating that they had decided to go back to producing the additive-free cream because they had received many letters from people who were unhappy about the additives! I was very pleased to hear this and wrote them back thanking them for going back to the real deal (even if it is unfortunately pasteurized). They were true to their word and still produce non-additive creams. This is a small local dairy.

What everyone needs to do is find a small local dairy that sells to local stores and start a letter writing campaign. It may not even hurt to letter write to big Ag companies as well, although admittedly I think big Ag would require thousands of letters urging them to stop the additives, before they would even discuss it in the board room. It was not too difficult to make that change in a small local dairy!

Roberta Jamieson
Codrington, Ontario, Canada



WAPF ON THE INTERNET

TWITTER: Visit our Twitter page at <https://twitter.com/WestonAPrice>

FACEBOOK: Visit our Facebook page at www.facebook.com/pages/Weston-A-Price-Foundation/58956225915, or go to www.facebook.com and search for Weston A. Price.

WEBSITE: We are rebuilding westonaprice.org. Look for new social network pages soon.

BLOGS: Visit the timely blogs of Chris Masterjohn and Kaayla T. Daniel, PhD at www.westonaprice.org/blogs.html.

NEWS ITEMS: Interesting WAPF-oriented news items, blogs or websites can be submitted to Kimberly Hartke, WAPF Publicist, who coordinates our social media. If you think an item would be of interest to our facebook and twitter fans, email the link to press@westonaprice.org. Please mention that you are a member of WAPF when you do so. This way, you can become involved in helping us make our pages more valuable by suggesting items for us to post.

Caustic Commentary

Sally Fallon Morell and Mary Enig take on the Diet Dictocrats

CARBON TRADING

You thought carbon trading was all about reducing dependence on fossil fuel? Think again. A proposed trial of a personal carbon trading scheme will also aim at getting people to reduce consumption of “fatty foods” in the name of targeting obesity. The three-year project will involve giving everyone on Norfolk Island, a small island in the Pacific Ocean located between Australia, New Zealand and New Caledonia, a card pre-loaded with “carbon units.” They will pay for their power and gasoline with carbon units—and from the second year also their food. “If people are thrifty,” says Professor Garry Egger, an organizer of the program, “and don’t buy a lot of petrol or power or fatty foods, they will have units to spare,

which they can cash in at a bank. If they aren’t frugal and produce a lot of carbon and consume unhealthy [fatty] foods, then every year they will have to buy extra units” (www.sunshinecoastdaily.com.au, October 28, 2010). Looks like carbon trading is morphing from a plan to “save the planet” into a social engineering and public policy scheme. If carbon rationing becomes widespread, the same system can be used to ration food and make government nutrition objectives mandatory.

ADVANCES IN FOOD TECHNOLOGY

For those trying to reduce their consumption of saturated fat, as per the USDA dietary guidelines, the food industry

USDA DIETARY GUIDELINES – NOT EVIDENCE BASED

Linda Van Horn, chair of the Dietary Guidelines Advisory Committee and editor of the *Journal of the American Dietetic Association*, seems a little defensive these days, insisting that the Guidelines “do improve nutrition.” Since the Guidelines have paralleled an increase, not a reduction, in obesity and chronic disease, one would hope that the new Guidelines are substantially different from the lowfat, anti-cholesterol USDA dietary prescription that has been with us since 1980. “There are distinct and defining differences” in the 2010 report insists Van Horn. . . . what might these differences be? A decrease in saturated fat consumption from 10 to 7 percent, and a reduction in salt consumption to 3.5 grams per day. Plus, the guidelines will encompass all ages, from birth onwards, rather than start from the age of two.

Van Horn admits that “a large proportion of American people at all ages are overfed and undernourished,” but continues to promote more of the same malnourishment with the following tortured logic: reducing saturated fat consumption hasn’t worked so far, but if we reduce it even more, and start at birth rather than the age of two, then people will not overeat, get fat or suffer from cancer, heart disease and other modern ailments. Smarting from criticism that USDA has ignored mounting evidence showing that its lowfat, high-carb prescription has fueled the obesity epidemic, Van Horn insists that the current guidelines “are the first to be entirely evidence-based” (*Journal of the American Dietetic Association* 2010 Nov; 110, (11)1638-1645).

But many scientists disagree. A report entitled “In the face of contradictory evidence: Report of the Dietary Guidelines of Americans Committee,” published in the October, 2010 issue of the journal *Nutrition*, notes that the Dietary Guidelines Committee excluded many relevant studies from consideration. In addition, many studies cited by the Committee as supportive actually contradict the Committee’s conclusions.

The Weston A. Price Foundation has issued its own *Healthy 4 Life* dietary guidelines based on four food groups, one of which is healthy fats. A colorful 84-page *Healthy 4 Life* booklet with easy-to-understand guidelines and simple recipes is available from the Weston A. Price Foundation online ordering page, or by calling (202) 363-4394. It sells for \$10, or \$6 each for ten or more.



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has come up with a variety of “non-dairy whipping cream” products for use as cake decoration, pastry fillings, ice cream and . . . whipping cream. Always looking for ways to make things cheaper and harder to distinguish from real food, the company Premium Ingredients has launched “a new blend of hydrocolloids and emulsifiers” for vegetable whipping cream that offers “high versatility, cost savings and freeze-thaw stability.” Most important, the product is “cheaper than traditional dairy cream and any other vegetable cream alternative.” One reason the product is cheap is because it has a “very high overrun of more than 250 percent.” This figure expresses the percentage of expansion of cream that can be achieved from an amount of air incorporated into it. According to a company spokesperson, “unlike conventional cream that is very soft and struggles to hold its shape for very long, its vegetable alternative is relatively high strength. . . the blend maintains its strength through time and can withstand freezing and thawing cycles to maintain stable emulsion without breakage” (foodnavigator.com, October 21, 2010). Unfortunately, those who try to nourish themselves on this food-like product may indeed struggle to hold their shape, as they will need to eat and eat and eat in an effort to obtain nourishment for their starving bodies.

HAVE A STATIN WITH YOUR CROISSANT

It is truly incredible the lengths to which scientists invested in the lipid hypothesis will go to explain away all the contradictions to their theory. The French Paradox, for example, derives from the observation that the French have low rates of heart disease even though they consume a lot of saturated fat in the form of butter, cream, whole cheeses, paté, sausage and meat fats. According to Timo Strandberg from the University of Oulu, Finland, “Fewer coronary deaths during the 1970s and 1990s in France than in Britain (or in the US) were simply reflecting much lower saturated fat consumption and lower cholesterol levels in France during earlier decades. While saturated fat consumption started to increase in Britain from

the late 19th century and reached a plateau during the 1930s, this increase did not happen in France, a Mediterranean country, until from the 1970s” (*Financial Times*. Letters, October 16, 2010). What are you smoking, dear Timo? Your editor visited France for the first time in 1959, and remembers cream cheese, whipped cream, soufflés and plates swimming with butter. Even today, saturated fat consumption by the French is the highest in Europe, while rates of heart disease are lowest (www.heartstats.org/uploads/documents%5CPDF.pdf). According to Professor Strandberg, low levels of heart disease in France today are due to the use of cholesterol-lowering statin

drugs. “Eating lots of cream cheese and butter-rich croissants may not be so dangerous if you are on a statin,” says the professor. What’s really dangerous is advice from academics so blinded by their own dogma that they cannot distinguish fact from fiction, and who continue to promote the very lowfat or wrong-fat diets that are obviously killing us.



INVESTING IN DIABETES

One thing the USDA Dietary Guidelines have surely contributed to is an

increase in diabetes, since the Guidelines gave Americans the green light to eat lots of carbs and demonized the healthy animal fats that help normalize blood sugar levels and provide key nutrients for the pancreas and adrenal glands, the main organs involved in blood sugar regulation. The Centers for Disease Control (CDC) estimates that currently one US adult in ten has diabetes, mostly type-2 diabetes, and predicts that by 2050, one in three Americans could be diabetic (<http://www.foodnavigator-usa.com>, October 25, 2010). While public health officials wring their hands, the diabetes epidemic translates into a lot of profit for certain industry groups, starting with the pharmaceutical industry. At a September, 2010 meeting for the European Association for the Study of Diabetes (EASD), Dr. John Betteridge declared that all diabetics over forty should be on cholesterol-lowering statin drugs. Other beneficiaries include makers of food products for diabetics, such as low- and no-calorie sweeteners, and “functional fibers,” said to blunt blood sugar spikes after eating. Alas, more and more people are opting for real food

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instead of food-like substitutes. Even more alarming to the likes of Dr. Betteridge is the refusal of many to remain on the drugs. Betteridge complains that he has seen many patients “in whom statins have been stopped inappropriately, either by the patient or by their doctors. Patients in particular are bombarded with information about the potential dangers of statins.” When patients complain, “you have to reassure [them] that the side effects are most unlikely due to the drug, or you have to look for other causes and counsel them that this is a very important drug for them to take” (www.theheart.org/article/1129713.do). Dr. Betteridge has received honoraria and research funding from AstraZeneca, Bristol-Myers Squibb, Know, Merck Sharp & Dohme and Pfizer.

MORE MADNESS

The food police seem more determined than ever to remove the last scrap of animal fat from children’s diets. In an article on obesity in the October, 2010 issue of the *Journal of the American Dietetic Association*, authors Jill Reedy and Susan M. Krebs-Smith bemoan the fact that, “Nearly 40 percent of total calories consumed by 2-18 year olds were in the form of empty calories from solid fat and from added sugars. Half of empty calories came from six foods.” And which are the foods contributing to “empty” calories? Soda, fruit drinks, dairy desserts, grain desserts, pizza. . . and whole milk! Dairy desserts (that is, ice cream), pizza and conventional whole milk, bad as they are, at least provide desperately needed saturated fats in the diets of growing children. The proposed solution: artificial sweeteners in sodas and desserts, lowfat milk, and fake vegetable oil- and soy-based ingredients in ice cream and pizza.

LOWFAT FOR FOOTBALL PLAYERS

“Redskins catch on to healthy habits” was the headline of a *Washington Post* article about Jane Jakubezak, nutritionist for the Washington, DC football team (September 16, 2010). Thanks to Jane’s urging, veteran running back Clinton Portis now eats lean protein and vegetables, avoids butter and cream, and shuns his mother’s comfort foods. The weird, birdfood diet Jakubezak recommends for these star athletes includes whole grain cereal, skim milk, energy shakes, lowfat chocolate milk (after workouts), lean meat, egg white omelets, peanut butter and jelly, and lots and lots of whole wheat bread. By Thanksgiving, the Redskins had the longest list of injured players

in the league—fourteen in all, including Portis. By contrast, the Philadelphia Eagles, whose trainers recommend a more caveman-like diet and pickle juice during practice, have one of the lowest injury rates in the league.

NO BUTTER OR CREAM IN RESTAURANTS EITHER

Just because you’re not an athlete or a child doesn’t mean that you’re not a target of the food police. First Lady Michelle Obama is prodding restaurants to remove butter and cream from their dishes, use lowfat milk and provide apple slices or carrots as a default side dish on the kids’ menu (news.yahoo.com, September 13, 2010). Nothing wrong with the apple slices or carrots, but in this case the vegetables are serving as a shill for vegetable oil products, which will replace butter and cream when chefs remove them. And where, oh where are the voices urging removal of industrial fats and oils from restaurant meals? The food industry coined the term “solid fats” to refer to both *trans* and saturated fats, but when it comes to demonization, only healthy fats like butter and cream get the blame.

CELL PHONES AND BRAIN CANCER

Does epidemiological evidence show an association between long-term cell phone usage and the risk of developing a brain tumor? Yes, it does. A recently published meta-analysis indicates that use of a cell phone for ten years or more approximately doubles the risk of being diagnosed with a brain tumor on the same side of the head as that preferred for cell phone use. For two types of cancer (glioma and acoustic neuroma) the data showed statistical significance (*Surgical Neurology*, 2009 Sept;72(3):205-14). What to do? Send text messages, use a land line and limit cell phone use to short emergency calls. Above all, eat plenty of good fats, especially choline-rich egg yolks, which will protect your brain.

AIRPORT SCANNER SCANDAL

Government officials insist that because the new airport scanners emit only a very low dose of radiation, they are safe. But unlike other scanners, these new devices operate at relatively low beam energies. The majority of their energy is delivered to the skin and the underlying tissue. Thus, while the dose would be safe if it were distributed throughout the volume of the entire body, the dose to the skin may be dangerously high. In a letter to Dr. John P. Holdren, Assistant to the President for

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Science and Technology, four scientists from the University of California, San Francisco expressed concerns about the backscatter X-ray airport security scanners, noting the lack of safety data and the probable increased risk to the elderly, children and adolescents, pregnant women, and those at risk for breast and skin cancer. Potential targets for damage include the cornea, the thymus and the sperm. They noted that while the X-ray dose from these devices has often been compared in the media to the cosmic ray exposure inherent to airplane travel or that of a chest X-ray, this comparison is very misleading: both the air travel cosmic ray exposure and chest X-rays have much higher X-ray energies and the health consequences are appropriately understood in terms of the whole body volume dose. In contrast, these new airport scanners are largely depositing their energy into the skin and immediately adjacent tissue, and since this is such a small fraction of body weight and volume, possibly by one to two orders of magnitude, the real dose to the skin is now high. The scientists also expressed concern that TSA personnel, already complaining about resolution limitations, might be tempted to raise the dose (www.npr.org/assets/news/2010/05/17/concern.pdf). All passengers have the option to refuse the backscatter X-ray scan, but the alternative is a body pat down which some find embarrassing or invasive. Many citizens are just refusing to fly until the scanning policies are changed. Be sure to complain to your representative and senators.

DIETS FOR BABIES

Traditional wisdom deems a chubby baby a healthy baby, a joy to behold, a baby that asks to be cuddled. Now, with USDA focusing its beady eyes on infants as well as children and adults, claiming that obesity starts in the womb, many parents are putting their babies on diets. In one extreme case, a Washington state couple was found guilty of starving their baby by putting laxatives in her bottle so she wouldn't gain weight. Many parents simply restrict food for their infants, especially healthy fats. How can parents be blamed when they get such mixed messages from the so-called experts?


"We need to stop the notion that fat, cuddly, cute babies are a good thing," says Dr. Jatinder Bhatia, chairman of the nutrition committee of the American Academy of Pediatrics. But then Bhatia moans, "I have seen parents putting their infant and one-year-old on diets because of history [of obesity] of one parent or another." The experts have lots of suggestions, including breastfeeding, frequent checkups at the pediatrician, and withholding the bottle when baby cries—everything but what growing infants really need, that is, nutrient-dense sacred foods to support the optimal development of the endocrine system and ensure a complete supply of nutrients so that overeating becomes unnecessary (parentdish.com, December 1, 2010).



Tim Eads churns butter and toasts sourdough bread with his amazing foot pedal machine at *Wise Traditions* 2010.

A VICTORY AGAINST GMOs

On December 1, a federal district judge issued a preliminary injunction ordering the immediate destruction of hundreds of acres of genetically engineered sugar beet seedlings planted in September, after finding the seedlings had been planted in violation of federal

law. Plaintiffs in the case argued that USDA had violated the law by allowing the plantings without analyzing the potential environmental, health and socioeconomic impacts of growing GE sugar beets. A ban on the planting of genetically modified alfalfa, imposed in 2007, remains in place (commondeareams.org, December 2, 2010). 

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.

FIFTH INTERNATIONAL CONFERENCE FOR FOOD SAFETY AND QUALITY

Kim Schuette, our San Diego Chapter Leader, attended this meeting of industry microbiologists and corporate food safety experts in Redondo Beach, California, November 2-3.

The first speaker was food safety lawyer, William Marler, who called for more government surveillance, more co-operation between government agencies, training and certification for food safety handlers, stiffer license requirements, increased inspections, reform of government agencies and better food tracing technology to make industrial food safe for consumers . . . in short more and more expensive bureaucracy to make industrial food safe. One interesting suggestion was to require vaccination of all food handlers.

Vijay Juneja, PhD, summarized the major existing technologies for food preservations. These include reduction in temperature, water activity and/or pH, removal of oxygen, modified atmosphere packaging and addition of preservatives. Pasteurization and sterilization inactivate microorganisms by heating, and aseptic processing and packaging restrict access of microorganisms to food. "New and emerging technologies" for food preservation include antimicrobials and microbial products—this would include the ancient technique of lacto-preservation, which lowers pH. Physical food preservation technologies include irradiation, high hydrostatic pressure, electrical methods and ultrasound. . . . which leads to the question, if ultrasound can preserve our food, what does it do to people when used as a diagnostic technique or to the fetus when used to determine the condition and sex before birth?

William Hallman, PhD, a psychologist from Rutgers Department of Human Ecology, summed up the corporate attitude towards consumers who want local, organic, natural, safe, exotic, blemish-free food year round with two words: "Good luck." He bemoaned the "romantic" interest in agriculture versus the reality of CAFOs—which, he said, "make interesting pictures for the media"—and industrial processing.

One speaker singled out "Prepared-But-Not-Ready-To-Eat Foods (NRTE)" such as potpies as especially dangerous because these foods are often microwaved and not thoroughly cooked. "Thermal imaging has shown great variability in microwave heating," he said, "and we have to assume the consumer is not going to do the right thing."

Dong-Hyun Kiang, Associate Professor, Washington State University, noted that FDA is looking into using UV radiation for "cleaning pasteurized milk." He then made a telling admission: "A concern is that this may become a sole method." In other words, small farmers may use the low-cost, gentle UV radiation to treat milk and then sell it directly to the public. Interesting that the industry recognizes the fact that pasteurized milk is not always clean.

Stan Bailey, a senior research scientist for the USDA served as an expert consultant to the Foreign Agricultural Organization of the UN, and technical expert to the USDA negotiating team that secured agreements with Russia which led to \$350 million a year in exports by the US poultry industry. According to Bailey, the precipitous drop in consumer confidence over the last few years is actually due to the government doing its job in detecting food contamination and outbreaks. "The challenge is in educating the public as to the good job being done by the FDA."

Bailey noted the ubiquitous presence of microorganisms. Microbes outnumber humans by many orders of magnitude. Food-borne illnesses cost the industry between three and five billion dollars annually. He noted the challenges of *Listeria monocytogenes*, which he said was a processing plant problem, not animal production problem. Globally, campylobacter is most problematic (primarily in poultry). He called for increased environmental testing, especially for listeria, due to



increased presence on dry foods like peanuts and dried fruit. "Interventions on animal products have to be made at farm level through vaccines and other hygiene methods." Bailey is firmly in the commodity agriculture camp so said nothing about the obvious solution—getting animals back on pasture.

Erdozn Ceylan, Director of Research at Silliker, a network of accredited food testing and consulting laboratories, spoke with approval about irradiation, noting, "The biggest hurdle is consumer acceptance; [consumers] think they will get cancer" if they eat irradiated food. Ceylan noted that it is not necessary to disclose irradiation if done prior to the finished product, that it can be an "in-process" step. "This is the best solution," said Ceylan. Ceylan noted the negative effects of various chemicals proposed to kill microorganisms on food.

Bottom line is that the industry is grappling with how to ensure the safety of industrial food without actually ruining it, while denigrating the natural solution—small scale production, artisan processing and old fashioned home cooking. Thank you to Kim Schuette for sitting quietly through the meeting and taking excellent notes.

The Politics of Food

Standing Toe to Toe with the Apologists for Industrial Farming

By Joel Salatin

Text of the
keynote
address
delivered by
Joel Salatin
at
*Wise
Traditions*
2010,
the 11th
annual
conference of
the Weston
A. Price
Foundation,
November 14,
2010.

Tonight I am going to talk in a broad way about the politics of food and to examine the assumptions made by the apologists for industrial agriculture. I think it's important when we come to the table and begin negotiations with the other side that we realize what a sales opportunity this represents. Those of us who support small-scale, pasture-based farming and a return to real food are selling an idea to our culture, an idea that is now so foreign to most people that it's hard for us to conceive just how foreign it is.

Sometimes it's good to step back and look in a realistic way at their assumptions and how they acquired them. I don't like to use the word conspiracy; what's happened to our agricultural and food systems is not a conspiracy but the logical result of a fraternity of ideas. These guys have all been to the same schools, and they all play on the same golf course. Or, as Jerry Brunetti says, they all licked the same golf balls that have rolled through the chemicalized turf.

It's important for us to understand where they're coming from in a mutually respectful way. I admit that from my perspective as a Christian libertarian environmentalist capitalist lunatic, it's actually hard for me to understand how these people can go down to the Presbyterian or the Lutheran church, sit in the pew and take the sacraments all the while dumping toxic chemicals on God's earth. How can they sit there and not wrestle with the moral question of whether it matters that we encourage the pigness of the pig? The great questions of life, they don't even wrestle with. How did this happen?

And so in my years of going to hearings and rubbing shoulders with people, including my own neighbors, who think I'm a bio terrorist, I've come to appreciate the essence of what they think.

I've made a list of twelve assumptions that we need to understand if we are going to appreciate how they think and if we are going to formulate an appropriate response—because it's important for us in our daily life with friends, at the Little League game, at the elders' meeting, at public gatherings, to be able to stand toe to toe and articulate our position in the politics of food.

ONE: YOUR SYSTEM CAN'T FEED THE WORLD

This is the number one assumption from the greater culture out there: your system can't feed the world. If our system can't feed the world, then we're all just living in a pipe dream. How can we take a moral road advocating a system that can't feed the world? People tell me that because I advocate a non-toxic agricultural system, I must want people to starve.

One day I sat down at a banquet in Washington state, and the guy next to me sits down and just looks at me and says: "Why do you want half a million Orientals to be blind?" Turns out he was a great advocate of genetically engineered "golden rice" to provide vitamin A to Asians, because otherwise they would go blind. Of course the reason lots of Asians are short of vitamin A is because they are using chemicals from the West that have nuked all the bokchoy and arugula and Chinese cabbage that were native around the rice paddies, along with the tilapia that ate the snails and along with the ducks that laid eggs and made

meat and ate the algae. Truth be told, you have to eat ten pounds of golden rice in order to get the same amount of carotenes that you would get out of one serving of a vibrant green bokchoy or arugula.

So non-toxic, small-scale agriculture can't feed the world? Let me paint a picture for you. In the early 1800s, a famous Austrian chemist named Justus von Liebig began doing vacuum tube isolations to find out what things are made of. In 1837 he introduced his findings to the world when he declared that everything in life—people, plants, animals, everything—is just a rearrangement of nitrogen, potassium, and phosphorous. N-P-K—that's all we're made of. That notion gradually developed into what we know today as chemical agriculture.

Now fast forward to about 1900 and we have a great panic in the world because Laura Ingalls Wilder finished going West, and there was no more West. Australia and the United States had both run out of virgin prairie for Europeans to exploit, and so there was a worldwide panic about how we are going to feed the world. With the Dust Bowl and John Steinbeck's *The Grapes of Wrath*, everyone was asking how we were going to maintain soil fertility. This question absolutely occupied the world's mind between the years of 1900 and 1930. This coincided with the height of the industrial revolution, so it was easy to embrace an industrial solution to the problem of declining soil fertility—just apply N-P-K fertilizer, that's all we had to do.

In contrast to Justus von Liebig's mechanical view of life, others proposed the radical idea that food, farming and biology are fundamentally non-mechanical systems. If the wheel bearing goes bad in your car, you can't just leave the car parked on the side of the road, let it rest and come back ten years later to find that the bearings have healed. The difference with, and the beauty of, biological systems is that they are dynamic, they can heal, and aren't we glad for that? A number of thinkers at the time, such as Aldo Leopold, John Muir, and John James Audubon, recognized a biological mystique embedded in the physical world. They noted that we differentiate between mechanisms and biology. And so we have these two radically different schools of thought, each pursuing a separate line of research.

People tell me that because I advocate a non-toxic agricultural system, I must want people to starve.

Had we had
a Manhattan
Project for
compost, not
only would
we have fed
the world,
but we would
have done
it without
making any
three-legged
salamanders,
infertile frogs
and a dead
zone the size
of Rhode
Island in the
Gulf of
Mexico.

Now it's important to understand that with any innovation, it takes a while for the infrastructure, policy and knowledge that follows the innovation to metabolize so that it reaches the entire culture. For example, with the e-commerce boom, all the state governments are going into apoplectic seizures trying to figure out how to collect retail sales taxes when people don't go to box stores and instead buy online and shelter their purchases from sales tax vendors. The innovation is in place, but it takes time for the metabolic cultural policy to catch up. Well, the same thing happened with these two very different proposals for solving the soil fertility problem.

One was chemical or mechanical, and one was biological. The biological effort was led by a British botanist named Sir Albert Howard. He had dedicated his life to studying the problem of soil fertility and in 1943 he announced his solution to the problem: aerobic composting.

Unfortunately, in 1943 the world was preoccupied with a little disturbance called World War II, and that disturbance funneled billions of dollars and the best and brightest of the world into the mechanistic path. It turns out that nitrogen, potassium and phosphorus—N-P-K—is what we need to make bombs. And so the Pentagon essentially financed the metabolic infrastructure knowledge to handle what Justus von Liebig proposed in 1837. Thus, the war effort financed to an unfair advantage the chemical approach to agriculture.

We need to understand that in 1943, when Sir Albert Howard brought composting to the world, we did not even have rural electrification in Augusta County, my county. Augusta County did not get rural electrification until 1957 and Georgia did not get rural electrification until 1965. Not only did most farms lack electricity in 1942, they did not have chippers. They did not even have tractors, they were still using mules in our county in the mid 1950s. There were no PTO-powered manure spreaders. Goodness, some farms were just starting to use metal instead of wooden pitchforks. The point is that when you're composting, when you're running fertility off real time solar biomass for decomposition, it involves a lot of materials handling, and materials handling was very difficult back

then. Not only that, but I would suggest that it just goes with the masculine psyche to think that composting isn't as cool as bombs. Bombs are way more sexy than compost.

Imagine you are a farmer in the 1950s, when we are ramping up industrial production again after the war. We needed to industrialize the farm because most of the workers had left the farm for jobs in the cities. And the starting gun goes off to solve the soil fertility issue. As a farmer, you can either buy a small amount of material in a bag very cheaply because it already has a production and distribution infrastructure, or you can find all your neighbors to go out with a pitchfork and try to machete up some biomass and tote manure around and spread it without a PTO-powered manure spreader—or a tractor or chipper or conveyer belt or any of those kinds of things that farmers have today. If you were a farmer in 1950, what would you do?

The point is, there was no Manhattan Project for compost. Had we had a Manhattan Project for compost, not only would we have fed the world, but we would have done it without making any three-legged salamanders, infertile frogs and a dead zone the size of Rhode Island in the Gulf of Mexico.

Today we have all sorts of high-tech infrastructure to leverage the scientific composting and pasture management that André Voisin, Sir Albert Howard, J. I. Rodale and other pioneers in the biological food movement brought to the table. We have solar-powered electric fences, electro-netting, front-end loaders, chippers, four-wheel drive tractors, PTO-manure spreaders, hoop structures, canvas coverings, band-saw mills and electro-magnetized sprays. We have all sorts of stuff to make composting and manure-spreading feasible, but it took over fifty years for our side without any government help to create the infrastructure to metabolize, leverage and capitalize on Sir Albert Howard's 1943 gift to the world. And now that we have come to this point, we're spinning circles around the other side.

Other points about feeding the world: remember, folks, the United States has thirty-five million acres of lawn. Let that sink in a little bit, thirty-five million acres of lawn. And we have thirty-six million acres for housing and feeding recreational horses, that's seventy-one million

acres, enough to feed the entire country without any farms or ranches. What do you mean, biological farming can't feed the world? We've got plenty of land, plenty of ability to do just that.

What we need to do is attach chicken houses to every kitchen. Every kitchen should have an attached number of chickens to eat the kitchen scraps and keep them out of the landfill, and provide us with fresh eggs. If you can keep parakeets in your condominium, throw out the parakeets, they're just nasty noise makers, and put in two chickens.

There's a new book coming out called *American Wasteland* and it documents how America wastes 50 percent of all its human edible food. A lot of that waste happens through spoilage and long distance transportation. When the tomatoes come across fifteen hundred miles of jiggling, they get mushy unless you genetically breed them into cardboard so they don't bruise. So spoilage from warehousing, storage and transport is a big source of waste. So don't be shy about defending the fact that small-scale, local, pasture-based agriculture can feed the world.

TWO: YOU REJECT TECHNOLOGY

The next big political argument: You want us to go back to loin cloths, wash boards, hog

cholera and tuberculosis, right? They absolutely think we're just a bunch of Neanderthals, wanting to turn the clock back on technological evolution and everything modern. Here again, the scene is set for this attitude in the early 1900s. If you could go back and pick up all of the leading metropolitan newspapers in the land, you would find a recurring theme in every editorial page, from about 1908 to 1912, namely that cities in America were going to be consumed and implode under a mountain of horse manure because the country was urbanizing way faster than the infrastructure in cities could handle it. Remember we were still using gas lights in most places because electrification hadn't arrived yet, we were just beginning to get plumbing, were just starting to clean up our water with sewage systems, we were just starting to replace the polluting horse with the car. The point is that the tip of innovation at that time was urbanization, yet we did not have refrigerators or sewers, and people were still taking one bath a winter. We did not have electric lights to see whether the floor was dirty, and you had to take the bed outside to look for bed bugs. We only washed utensils in surgeries between arm amputations.

It's important to understand the context. Urbanization was crowding people into the cities and vacating the countryside before farmers had electric fences, canvas covers, concrete, pharmaceuticals, sanitizer soap, stainless steel, refrigeration or electrification. Farmers were beginning to industrialize their farms, people were beginning to crowd into the cities, and the combination of the two without the metabolic leveraging of these new technological innovations created rapid infectious diseases both in people and on farms due to the overcrowding and industrialization of each before the infrastructure was able to metabolize the new dynamics.

There's a lag between innovation and metabolization—in business it's called the "slinky effect." Today we have a host of things that didn't



WISE TRADITIONS 2010 KEYNOTE ADDRESS BY JOEL SALATIN

Joel amazes and inspires as a speaker and then signs his many books for an enthusiastic audience.



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exist back then, which have enabled us to solve the kinds of problems that accompanied industrialization, starting in 1915 to about 1950. Unfortunately, a lot of the perceptions about food safety are still based on that two- to three-decade anomaly—crowding of people in the cities and crowding of animals on the farm—before industry gave us the rest and completed the picture.

When epidemiologists today tell us that raw milk is a bad thing, the first thing they'll do is bring up 1940s data, all derived from that specific anomalous time period.

When our opponents say that we want to go back to the Neanderthal Age, they are assuming that we want to engage in biological farming without electricity, stainless steel and hot water. But this is not correct. What we want to do is to go back to the wise traditions of a heritage-based system *along with* all of the appropriate metabolic capacity to solve all the problems that occurred during the infantile stage, during the diaper phase of the industrial revolution.

NUMBER THREE: FOOD SAFETY INSPECTION SHOULD MEASURE PERFORMANCE

The assumption is that the food safety inspection service should measure performance in pounds of product per person hours of inspection. This concept might be new to you. The last time I testified at a congressional hearing was when Congressman Dennis Kucinich convened a meat safety hearing following that California operation where the downer cows were being picked up with a fork lift and taken into the abattoir. The first guy to testify in the hearing was the head of US Food, Safety, and Inspection Service. It actually shocked me to listen to him pat himself on the back and describe how much more efficient the department had become since there were no longer many neighborhood abattoirs and the inspectors could see so many more thousands of pounds of product per hour going past their noses. This was an unprecedented economy of scale, of productivity and efficiency, the likes of which we had never seen before! And it struck me—my goodness, why didn't I think of this before—that these people measure performance in pounds of product going by their noses. That's the industrial mindset.

This mindset really became apparent to me when a friend of mine started a little neighborhood abattoir. Now remember, the law says if you jump this hurdle, if you check all the boxes, and get the stamp of approval from USDA, then they will provide you an inspector for your abattoir. So he got all the stamps and cleared all the hurdles and then opened his door to start processing. They shut him down two weeks later because they said he was not fast enough. Now that's not how the law reads. The law doesn't say anything about speed.

So it's hard for us to believe that in the mindset of the inspection service, they actually think they've arrived when they're seeing a lot more things going by them, which means there is this massive prejudice in the entire system against anything small. A massive prejudice against us. They don't like to stand there in a small plant, because they think they're wasting their time. "Why should I waste my time?" I mean that's a nice noble thing, isn't it, to not want to waste time and the taxpayers' money. And so they can feel very good about themselves because they're against small plants, and they value their time and their co-workers' time. That makes the inspector a very noble person.

The problem with this prejudice against smallness is that it discriminates against embryonic innovation. All innovation, the things that we are bringing to our culture, all have to start as a prototype. If they have to start big and fast, the embryo is too big to be birthed, and that's the problem with non-scalable regulations.

NUMBER FOUR: FOOD SAFETY IS ALL ABOUT THE LETHAL DOSE

Lethal dose is the standard of toxicology, the standard in the industry. I'm reminded of Bill Wolf, who started importing Icelandic kelp into the US and selling it because of the high return he was getting. He branded it as a plant growth stimulant and, of course, to fill out a box on the paperwork for the EPA, he had to provide the lethal dose. Well, they were feeding these rats kelp and they just got healthier and slicker. So he's scratching his head, "How do I check off the lethal dose box on this plant food?" So he finally got a five gallon bucket of water, put a little bit of his seaweed in there, dropped the rat in, drowned

him, and put his check on the box. The problem is that when we go with the lethal dose idea, it often can't be measured in any meaningful way.

What the industrial food system gives us is not a lethal dose but a long, slow death. As long as the food doesn't make you drop dead right now, then it's safe. And so our culture measures safety as the absence of a toxic reaction, and as a result we worship at the altar of sterility and antiseptic standards. This creates a food system that's actually deadly for our three trillion-member internal community. Living food is full of bacteria. Cheese, sauerkraut, yeast, mold and living material: real food is biological.

Let me describe the results of a food safety research project of the USDA Agricultural Research Service at College Station, Texas. The hygiene hypothesis was first publicized in the early 1990s and has slowly gained currency among medical doctors, researchers and public health officials. This hypothesis states that the lack of exposure of children, as well as adults, to dirt, bacteria, and low levels of pathogens results in an immune system that does not function normally. The lack of antibodies to true pathogens has resulted in the dramatic increase in allergies and asthma in developed countries over the past twenty years. The American Academy of Allergy, Asthma and Immunology estimates that the number of people with some form of allergy has more than doubled over the last two decades. This trend has been largely attributed to the lack of true immunity. Because we are too sanitary, the human immune system becomes bored or over sensitized to any perceived threat and hyper-responds to non-threats like dust and pollen. We have run into the law of unintended consequences. We have never questioned whether the removal of all bacteria from all foods is actually beneficial to the consumer.

The crux of the hygiene hypothesis is that the immune system needs a low level of challenge stimulation to prevent immune system over-

sensitization. So we need to be very aggressive about saying that some bacteria are good for you, because bacteria exercise the immune system. Every child should eat a pound of dirt before he's twelve. We should not be embarrassed to assert that our food should not be sterile. The only place we want sterile is in a surgery.

NUMBER FIVE: FOOD GETS SAFER THE FARTHER IT GETS REMOVED FROM THE FARM

"Farms are dirty." We encountered this attitude when we started selling pork to Chipotle Mexican Grill, and their quality assurance people found out that we were going to take the pigs to the slaughterhouse, bring the meat back in vacuum baggies, put it in the refrigerator overnight, put it on the bus the next morning and send it to Chipotle. Their quality assurance people went nuts because "farms are dirty." We couldn't have that meat going back to our walk-in cooler because, you know, a farm is dirty. I guess they've never had a picnic on a farm. It's as though the farther away that food gets from the farm, the cleaner it'll get. If it's dirty on the farm, so the thinking goes, the farther it gets away from the farm, the cleaner it gets. Cities are much cleaner than farms. This notion has been created by industrial farming.

WISE TRADITIONS 2010 - IT'S ALL ABOUT THE FOOD



John Woods of U.S. Wellness Meats, Amanda Love, WAPF Chef and Advisor, Carlos Gomez, Executive Chef and Randy Hartnell of Vital Choice Seafood.

Attendees enjoyed five delicious meals thanks to the talent of Amanda and Carlos, and the generous donations of meat and seafood from John and Randy.



Sandrine Hahn, creator of the Nourishing Our Children PowerPoint introduces a beautiful DVD version of the presentation at the conference. For details, visit nourishingourchildren.org.

We've all heard of Louis Pasteur and his germ theory. Well, we should all know about Michel Bernard, his French nemesis, who looked at Louis Pasteur and said: *au contraire*. Sure, there are germs out there, but when it comes to disease, what we should be looking at is the terrain. One of the greatest recants in history was Pasteur who, on his death bed, rose up on his elbow in a moment of awareness and was able to audibly say, "Bernard was right, it is all about the terrain," and then he fell back and died.

But we still in this culture worship the germ theory. I know we do because if we didn't we'd be far more concerned with getting the corn syrup vending machines out of our schools than giving our children a heavy metalized H1N1 flu vaccine. So entrenched is the germ theory in our culture that we go all out for eradication of diseases instead of assuming it is management's fault.

The fundamental veterinary perspective today is that disease is caused by either germs or genetics. There's nothing about the terrain in this science-based perspective. Let me ask you this: if we wanted to create a pathogen-friendly kind of farm, what would we do? Well, first thing we would do is go to just one species, eliminate all diversity, and then we would take those animals and crowd them together and eliminate fresh air and sunshine—make them breathe fecal particulate so they get nice lesions in their mucous membranes, allowing the fecal particulate

to go right into their blood stream and poison their livers and kidneys. Of course, we would eliminate exercise, make sure they're all couch potatoes. We'd put them on slabs of concrete and we'd feed them artificially fertilized junk food. What have I just described? Modern American farming, science-based farming.

The assumption is that factories are much cleaner than farms; that's why I'm called a bio-terrorist in our community—because our pastured chickens are going to commingle with red-winged black birds who will take our diseases to the science-based environmentally controlled Tyson chicken houses and destroy the planet. We laugh, but trust me, my neighbors really believe that.

Last fall, I needed some sawdust so I called the sawmill where we've always gotten it before. The guy told me they didn't have a truck anymore; they had subleased it to a guy up the road. So I called the guy, who said he'd be there about nine o'clock, no problem, with the truck loaded. Then he called back. He said, "You know, your name sounded familiar to me." This guy lives just a few miles from us. "I found out you're that guy. I wouldn't bring you sawdust for anything, not for a million dollars. I wouldn't bring it because you abuse your cows, you don't vaccinate and medicate them, you abuse your chickens because you don't give them hormones so they grow faster, you expose your pigs to the outdoors where they can get viruses." The phone was melting in my hands. I didn't ask him to come to a picnic with me or anything, I just wanted some sawdust. These people can feel extremely good about their moral high road in protecting the world from folks like me because, after all, they don't want the world to starve.

So there's a real societal prejudice against dirt. You know what, no other society has ever had the luxury of putting so little effort into acquiring, preserving, distributing and preparing food. This has led to completely aberrant thinking, namely, that a farm is a negative place to be.

NUMBER SIX: GOVERNMENT AGENTS ARE MORE TRUSTWORTHY THAN ANY BUSINESS PERSON

FOURTH ANNUAL POST-CONFERENCE FARM TOUR

Sixty-five enthusiastic participants joined Kathy Kramer, Will Winter and Jerry Brunetti on a farm tour to the Lancaster region of Pennsylvania. Will's and Jerry's narrative helped everyone appreciate what they saw on the farms. First stop was a tour of Amos Miller's farm by a horse-drawn wagon and on foot. Brunetti explained that Miller's farm shows us that a "small to medium size diversified livestock and product farm can be a source of a cornucopia of value-added food products."



Next the group visited Miller's Natural Foods Store for a WAPF-friendly lunch, Levi Miller, son of the owners, explained how several years earlier he and his wife suffered some health problems. In spite of having a supposedly healthy diet already, the problems were resolved once they introduced the fats recommended by WAPF



That's definitely a cultural perception right now. We have our government schools to make sure everybody grows up worshipping government agents, so prejudice against business is a big deal. In fact, I would say this is even happening in the local food movement because many of our farmers are afraid to make a profit lest their businesses grow, and they'd be seen as evil business persons. We have seen the result in the decline of our imbedded businesses—the butcher, the baker, and the candlestick maker have been run out of town.

We have to understand that just because a person has alphabet soup behind his name and draws a government paycheck does not make him honest. The idea that college degrees make a government employee honest is ludicrous, just as ludicrous as the assumption that a divinity degree makes a cleric from chasing his secretary.

Now, in all fairness, I've been to dirty farms. The first thing that comes up when you start impugning government agents is the fact that some farms *are* dirty. "Everybody is not as clean as you are," they always say. I've visited some dirty farms, and I wouldn't eat their stuff. There's nothing about being small that necessarily makes you clean. But that's the risk of life. And a local transparent food system creates integrity, just because it's transparent.

So I concocted this idea of on a one-to-ten scale, one being a McDonald's Happy Meal and ten being the meal that Aunt Matilda—with her backyard chickens, garden, root cellar, and pantry full of home-canned goodies—serves when she invites us over for Sunday lunch. Here's the question: does the one need government oversight? Most people say yes. Does the ten? You'd be surprised how many people say yes, including Senator Jim Webb's agricultural legislative aide. He says even the number ten needs oversight.

When Governor Tim Kane visited our farm, he came about a month before his term was up. I guess he thought it was safe then. Wonderful guy, he really got it. We got on the hay wagon and went around. Toward the end he said, "I want to ask you, how do you interface with agribusiness, with

Monsanto and those people?" I said, "Governor, they don't scare me at all because they don't have guns and badges." I said, "Governor, it's your responsibility and the responsibility of every single other elected official to protect me from the agenda of those people."

The *New Testament, Romans 13*, gives us the reason for government. The reason for government is twofold: number one, to be a terror to evil and number two, to be an encourager of righteousness. And when you see the movie *Farmageddon*, or when you see the kind of cases that the Farm-to-Consumer Legal Defense Fund takes on, you begin to realize that in many cases, our government has become a terror of righteousness and an encourager of evil. When government agents become the lackeys for evil corporate agendas, they abdicate their responsibility. And we need to be very clear about articulating this important fact: there's nothing about a government paycheck that makes a man honest.

NUMBER SEVEN: CONSUMERS ARE IGNORANT AND NEED TO BE PROTECTED FROM THEMSELVES

"We can't give you a choice; you might make a bad choice. People don't know what's correct or incorrect about food." That's their thinking. Let me ask you a question: how do you stimulate information, how do you stop ignorance? One of the best ways to encourage the curiosity to find information is to ensure the ability to make

Last stop was Forrest Stricker's grass-fed farm in Wernersville. Stricker has a raw milk permit that allows him to sell raw milk in stores. He has one hundred forty milking cows, and broiler and laying hens in mobile homes. His milking area was stunningly clean.

LEFT: Vincent Mina, Jerry Brunetti and Will Winter



CENTER: Mobile chicken house on Forrest Stricker's farm.



RIGHT: Forrest Stricker



a bad choice and then to put responsibility on the person to find the answer. That's how you stimulate informational curiosity. If we're ever going to have an informed consumer, we have to allow responsibility for their food choice. If we eliminate food choice responsibility, then we're always going to have an ignorant consuming populace. If someone makes all the choices for us, we quit learning about that topic because someone else has taken the responsibility. . . and if something turns out wrong, then it's their fault.

The magazine *Science News* had a fascinating article, which said that with the penetration of the federal government into the state and local levels, there's no way to prototype new political ideas. What if my county or your county or your city declared they were going to be a local-food-commerce, government-intrusion-free zone. So if you wanted to make pot pies in your kitchen and chicken broth from your backyard chickens and sell these at a farmers market, or you wanted to milk a cow in your yard and sell the milk to a neighbor, you'd be allowed to do all this. The problem is that if your city council or board of supervisors passed such a rule, your city or county would immediately be cut off from educational funding. You'd have your highway funds cut, the

federal inspector at your local slaughter house would be terminated, and none of the farmers could sell their meat out of the area.

The point of this *Science News* article was, if we would allow political prototyping on a small scale, we could be extremely innovative in the political sector. Then to the people who say consumers are ignorant and have to be protected from themselves, we could point to this city or county and say, "Look, the hospital is empty, the IQ scores went up. We didn't need a development transfer program to save farmlands because the farms are all profitable. Unemployment dropped to 3 percent because everybody is busy in this local food system, canning, preserving and pickling. Graphic artists have work, entrepreneurs are distributing and selling." We all know the potential of freeing up local farm economies. We need to join together to advocate that kind of thing.

NUMBER EIGHT:

RAMPANT ANTHROPOMORPHISM

That's a big word—the kind you learn when you're an English major, like me. Rampant anthropomorphism, the attribution of human characteristics to animals or non-living things.

One reason we see so much of this today is because the only connection most people have to animals is with their pet cat or pet dog. There's a complete lack understanding about animals on the farm. Recently Polyface was reported to animal control officers for animal abuse because a neighbor driving by saw our mob of cows standing there ready to move into their new pasture. They looked like a crowd, and since people don't like crowds, she reasoned, these animals must be uncomfortable. So we had to go out and spend days with letters and visits and talking to officers

WISE TRADITIONS 2010, A WEEKEND OF MANY FINE PRESENTATIONS



LEFT to RIGHT:
Wayne Feister
explains healthy
cookware, Felix
Liao updates the
audience on holistic
dental procedures
and Mark Keating
inspires the closing
session.



LEFT to RIGHT: Magda
Havas details EMF
dangers, Shannon
Hayes inspires the
radical homemaker and
Stephanie Seneff
describes the impor-
tance of fat and
cholesterol.



and state veterinarians to get certified letters explaining that herbivores actually like to be in crowds.

Free range chicks. It's abusive to control them with shelters, they want to run free, say our critics. But as soon as one gets out, all it does is spend the rest of the day running around the fence trying to get back in because it's scared to death.

Shipping chicks should be outlawed, they say. "I wouldn't like to be shipped three days in the mail. How would you like to be shipped three days in the mail?"

The reason chicks can be shipped three days in the mail is because when a hen lays a clutch of eggs, she doesn't lay all those eggs at one time, she lays those ten eggs over ten days. And as she's laying those eggs, she's out eating and trying to build up body reserves for her incubation period. Since she's off the nest, the first laid eggs get cool and that slows the embryo down enough so that by the time she lays her seventh or tenth egg and starts to actually set, the first egg is only about three days ahead of the tenth egg. And when it hatches three days before the last one, the chick sits quietly and waits until the last egg is hatched. If it hatched and took off running around, the mother hen would leave the nest at its most vulnerable time—when the eggs are almost ready to hatch and when they need warmth and the most careful environment possible—to go running after this wayward chick that's running around. The other chicks wouldn't hatch, or if they did hatch, they would die. And so the chicks don't come out from under the hen until all the eggs have hatched. So chicks can take three days shipping, that's a natural thing. They're chicks, not people.

But see, we have this projected anthropomorphism on the animals. Electric fence, oh, it might hurt them. You're talking to a guy who still believes in spanking. Castration. Oh my! Castration came along with domestication. What do you want to do, have all our animals fighting all the time?

My favorite is the insistence that we as humans have developed to the point where we don't need to eat animals. Such a notion indicates not an evolution to a new state of cosmic Nirvana, heightened awareness and spirituality, but a de-

volution into a new state of ignorance and disconnectedness. The fact is, everything is eating and being eaten. If you don't believe me, go lie naked in your flower bed for three days and see what gets eaten. You see, death is necessary for life. Decomposition precedes regeneration, and this cycle has profound meaning on the spiritual level. Without sacrifice there can be no life. And when your teeth chomp down on the chicken breast or the baby carrot or the salad greens, that mastication, that decomposition, that death, gives life to us. And so when we have our moment of silence, we thank the sacrifice, we thank the death of life to feed us and give us regenerative capacity.

NUMBER NINE:

COWS CAUSE GLOBAL WARMING

A fact: there were almost three times as many pounds of herbivore in North America six hundred years ago than there are today. If herbivores cause global warming, we'd be very hot by now. What the herbivore does is eat the herbage that's created by solar energy in real time and serves as a biomass growth re-starter. It's the herbivore that restarts the biomass accumulation engine. Without the herbivore to eat it, herbage just desiccates. It gives off the same methane as it would inside the cow but without the redeeming capacity to restart and regenerate in moving the methane the other way into the ground. That's why we practice the bio-mimicry of mob stocking on our farm; it's the best way to get soil fertilization. This is an earth-healing system based on perennials instead of annuals, herbivores instead of omnivores.

If you really want to eat close to nature, eat grass-finished beef, and not so much chicken and pork. Pigs and chickens were always salvage animals, not the main driver of the biomass cycle. Herbivores represent portable instead of stationary infrastructure, multi-speciation instead of mono-speciation, biomass regeneration and decomposition instead of petroleum use, pasture-based instead of housing-based, local instead of global, in-sourced instead of out-sourced, holistic instead of compartmentalized.

NUMBER TEN: YOU ARE ELITISTS

"You are elitists, and I don't like elitist," say the critics. "If everyone can't afford this food,

A fact: there were almost three times as many pounds of herbivore in North America six hundred years ago than there are today. If herbivores cause global warming, we'd be very hot by now.

then it's not fair that anyone should have this food." Ever hear that? I think it's pretty amazing to call me an elitist for wanting to eat the food that my grandmother ate.

"But food should be cheap; if food isn't cheap, then it's not fair," they say. Let me ask you something. Does anyone out there in the greater culture spend their money on things that are not necessary? I mean, think about the biggest food companies in the world, none of them is necessary: Taco Bell, McDonalds, Coca-Cola, tobacco, hundred dollar designer jeans with holes already in the knees. We spend a lot of money on things that are not necessary.

How do we get the price of this food down? The primary reason for the high price of our food is non-scalable regulations. If we could let people grow food and make food to sell without interference, this healthy food wouldn't be expensive.

Of course, the best way to save money is to buy raw and process it yourself. Potatoes for ninety cents a pound instead of potato chips for ten dollars a pound. We're a culture that has gadgetized and remodeled our kitchens so that we're capable preparing food efficiently and expertly, yet we've never been so lost as to where the kitchen is. Today we've got bread makers, ice cream makers, slow cookers, time-bakers, all of this wonderful stuff that lets us prepare food in-house. We don't have to buy DiGornio's frozen pizza. Remember that one pound of Poly-face grass-finished ground beef costs less than a McDonald's Happy Meal. And I'll back our nutrition up to that any time of day.

Second, healthy food is worth more, it's more nutritious and better tasting.

Third, grass-based farmers charge a fair price, they're not externalizing any of the cost. Actually, local pasture-based food is the cheapest food on the planet because it's not sending anyone to the hospital with diarrhea—five hundred thousand cases of diarrhea caused by food-borne pathogens. What's one case of diarrhea worth? I don't know, but I'll bet if you paid for it, out of your own pocket, it would have made chicken worth more than a dollar twenty a pound.

NUMBER ELEVEN: AMERICANS HAVE
NO FUNDAMENTAL RIGHT TO
FREEDOM OF FOOD CHOICE

This is the real kicker. Here's the question folks: who owns me? If I can't make choices that can hurt me, then I can't make choices that can help me. A life without risk is no life at all. We can live a risk-free life in a bubble and a straight jacket. The idea that we can protect everyone with zero tolerance is ludicrous. Food safety, in fact, is subjective. It's determined by people prejudiced against heritage-based food. You can feed your kids Twinkies, Coco Puffs and Mountain Dew but that raw milk, those compost-grown tomatoes and Aunt Matilda's pickles might kill you. You can go hunting on a seventy-degree day and gut shoot a deer, drag it a mile through the squirrel dung, put it on the front of your Blazer and parade it around town in the heat of the afternoon sun, string it up in the tree in the backyard when you get home, let it hang for a week under a tree where the birds roost, and then skin it out, cut it up and feed it to your children. And that's patriotic, that's being a great American. . . but I can't sell any home butchered pork to my neighbor.

Who owns me? What good is the freedom to own guns, worship, assemble and speak if we don't have the freedom to choose how to feed our internal community of friendly bacteria—that's a big community—to give us the energy to shoot, pray, assemble and preach.

With apologies to Martin Niemoller whose inscription adorns the US Holocaust Museum, let me give a WAPF rendition of that famous quotation. "First, they came for the moonshiners, and I did not speak out because I was not a moonshiner. Then they came for the drug dealers, and I did not speak out because I was not a drug dealer. Then they came for alternative health therapists, and I did not speak out because I was not an alternative health therapist. Then they came for me, an imbibor of raw milk, and there was no one left to speak for me." Fortunately, there are more and more of us willing to speak out. These industrial ag folks had better get ready for a tsunami because we're coming.

NUMBER TWELVE: FARMERS ARE DOLTS

Our cultural perception is that farmers are dolts. And that's why I promote the idea of the Jeffersonian intellectual agrarian.

Just three weeks ago, I was coming back into

"But food
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fair," they say.

the country after giving a talk at the University of British Columbia in Canada. When I showed the INS officer my passport he asked what I had been doing, and I told him I had given a speech at the UBC. Then he asked in a nonchalant way, "What do you do?"

"I'm a farmer," I said. He pulled up smartly and gave me a dirty look. I thought he was going to lock me up.

"Don't you be funny with me, man," he said.

"But I *am* a farmer," I said.

He put that passport down and he looked at me with the most sarcastic look. "Now since when do farmers go around making speeches?"

I felt like asking him whether he had ever heard of Thomas Jefferson or George Washington. The stereotypical redneck hillbilly D-student, they're the only ones who can be in charge of our food supply. But we are going to have a much better food supply when we take our best and brightest and put them in charge of our food supply.

So you farmers, get prepared, man. Read eclectically, go to speech class, join Toastmasters. When we go to town and stand toe to toe with the people who believe the things that I have just laid out for you, we have to be erudite, we have to be articulate, and we have to have the self confidence to articulate our tsunami. We need engaged and articulate farmers, thousands more of them.

MAY YOUR CHILDREN LEARN GARDENING


These are the twelve most common attitudes that I encounter in my travels. If we're going to have a good food system, we'll need to articulate our arguments with confidence. We'll need to show that anthropomorphism is a devolution to disconnectedness; we'll need to defend the herbivorous biomass regeneration method of soil building. We'll need to be involved, we'll need to read *Wise Traditions*, we'll need to go to conferences, and we'll need to know our farmers.

And we'll also need to get our kids involved in gardening, because it's so valuable for children to play in the dirt, get some splinters and calluses, and get their immune systems encouraged. We've got children growing up today doing nothing but exercising their thumbs in front of that video

screen. When your car crashes on that video game, you wait ten seconds and you get a new car. When your guy is attacking the bad guy and gets killed, you wait ten seconds and the game gives you a new guy.

Life isn't that way. Kids need to realize that the world is bigger than just what they have in their fingertips with this fantasy play thing. They need to know that when frost or drought happens and the plant dies, you don't wait ten seconds and get a new plant. When the rabbit dies because you didn't feed it, it doesn't just resurrect the next day. It's real pain, it is real life and death, it's not just gamesmanship.

Gardening and farming prepare our young people for life with humility and awe rather than hubris. We can bring that to them, that's what we're supposed to be about. That is the politics of food.

And now, may all your carrots grow long and straight, may your vibrancy draw your friends and family into your fold, may your kombucha taste really good, may your children glow with round faces and broad arches, may the wind be always at your back, the rain fall softly on your garden, your children rise up and call you blessed, and may we give our culture a political agenda that is righteous, sacred and true, leaving the world better than we found it. 

Joel Salatin, BA is a fulltime farmer in Virginia's Shenandoah Valley. A third generation alternative farmer, he returned to the farm fulltime in 1982 and continued refining and adding to his parents' ideas. The family's farm, Polyface Inc. ("The Farm of Many Faces") has been featured in Smithsonian Magazine, National Geographic, Gourmet, and countless other radio, television and print media. Profiled on the "Lives of the 21st Century" series with Peter Jennings on ABC World News, his after-broadcast chat room fielded more hits than any other segment to date. It achieved iconic status as the grass farm featured in the New York Times bestseller Omnivores Dilemma by food writer guru Michael Pollan, and the Grammy-nominated documentary, "Food Inc." Salatin is the author of six books, his latest entitled The Ecstasy of Being a Lunatic Farmer.

The Battle to Save the Polish Countryside

by Sir Julian Rose

Poland is a country that is accustomed to fighting rearguard actions to free itself from unwelcome invaders. Throughout what is known as “the partitions,” an 18th and 19th century period of occupation by Russia, Prussia, and Austria, Poles kept in their hearts a longing for a day when they could be freed from the yoke of repression and find genuine independence. After finally succeeding, in 1918, to rid themselves of the unloved invaders, they were soon engulfed in conflict again—this time by invading Nazi Germany—and responded by courageously establishing the renowned 1939-45 resistance movement, which sprouted up in the fields, small towns and main cities, producing much heroic action.

Sir Julian Rose is a leading exponent of organic farming and raw milk in the UK.

As many will know, Poles fought alongside the British throughout the Second World War—a time when Poland's government in exile had its headquarters in London. I remember quite well, when I was a boy, a Polish exile who lived in our village (Whitchurch-on-Thames) coming regularly to my family home and diligently cleaning the chimneys. He spoke little, but did a very thorough job.

THE WEAK POSITION OF FREEDOM

It was only in 1989 that Poland finally threw off the last repressive regime of occupation in their land, the Russian communists. The last nineteen years of freedom have been the longest historical period of non-occupation for a very long time.

The Nobel prize-winning writer, Thomas Mann, who fled Nazi Germany just prior to World War Two, remarked just before he died in 1969 that he feared that although the Nazis had been defeated, fascism had not. “I am concerned about the weak position of freedom in post-world war Europe and North America,” he is reported to have said.

We can surely identify with his concern. “The weak position of freedom” is insidiously manifesting itself throughout our increasingly pacified Orwellian society, and it has recently come to undermine the long-standing traditions of the Polish countryside, and particularly the independence of the peasant and family farms and the hugely biodiverse Polish countryside of which they are the prime trustees.

The communists failed to quell the small Polish peasant farmers into submission during their period of occupation, which left the country with a rich, if rather confusing, legacy of approximately one and a half million small scale family farms (average size 18 acres) dotted around the Polish Provinces, but particularly prevalent in the south and east.

When I was first invited in November of 2000 by Jadwiga Lopata, founder of The International Coalition to Protect the Polish Countryside (ICPPC), to come to Poland as a co-director of this newly established non-governmental organization, the country was preparing itself—or more correctly—was “being prepared for” entry into the European Union. Opinions were strongly divided concerning the merits of such an action and those most against included the farmers.

WARNING FROM THE WEST

One of our first tasks, as I saw it, was to warn Poles just what joining the EU would mean for the farming population, for rural communities, and for the renowned biodiversity of the countryside.

Through the auspices of a senior civil

servant in Warsaw, Jadwiga and I were able to address a meeting with the Brussels-based committee responsible for negotiating Poland’s agricultural terms of entry into the EU. It proved to be an ominous foretaste of things to come.

The first thing that struck us was the fact that out of the twelve people sitting in the room at the European Commission, not one was Polish. I explained to the attendant body that in a country where 22 percent of the working population is involved in agriculture—and the majority on small farms—it would not be a good idea to follow the same regime as had been operated in the UK and other EU member countries, in which “restructuring” agriculture had involved throwing the best farmers off the land and amalgamating their farms into large scale monocultural operations designed to supply the predatory supermarket chains. You could have heard a pin drop.

After clearing her throat and leaning slowly forward, the chair-lady said, “I don’t think you understand what EU policy is. Our objective is to ensure that farmers receive the same salary parity as white collar workers in the cities. The only way to achieve this is by restructuring and modernizing old-fashioned Polish farms to enable them to compete with other countries’ agricultural economies and the global market. To do this it will be necessary to shift around one million farmers off the land and encourage them to take city and service industry jobs to improve their economic position. The remaining farms will be made competitive with their counterparts in Western Europe.”

There, in a nutshell, you have the whole tragic story of the clinically instigated demise of European farming over the past three decades. We opined that with unemployment running at 20 percent, how would one provide jobs for another million farmers dumped on the streets of Warsaw? This query was greeted with a stony silence which was eventually broken by a lady from Portugal, who rather quietly said that since Portugal had joined the European Union, sixty percent of small farmers had already left the land. She added, “The European Union is simply not interested in small farms.”

A month or so after this encounter, we were invited to the Polish parliament to address the government’s agricultural committee. I gave a

The European Union is simply not interested in small farms.

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speech entitled “Don’t Follow Us” in which I explicitly warned what fate was in store for the Polish countryside if she joined the EU. I gave some vivid examples of what had happened in the UK over the past two decades: the ripping up of 35,000 miles of hedge rows; the loss of 30 percent of native farmland bird species, 98 percent of species-rich hay meadows, thousands of tons of wind- and water-eroded top-soil; and the loss from the land of around fifteen thousand farmers every year, accompanied by a rapid decline in the quality of food.

That night *Rzeczpospolita*, a leading national broadsheet, carried a portion of this speech under the intended heading “Don’t Follow Us.” The piece appeared in exactly half the editions. In the other half was an article praising the merits of Poland joining the EU. That was in the autumn of 2001.

VICTORY OF PROPAGANDA

Poland joined the EU in 2004 after an intense publicity campaign calling upon Poles to “Say Yes to the EU!” The propaganda machine went into overdrive with brash promises of “pots of gold” to be showered on Poland, and farmers being offered generous agricultural subsidies and free advice . . . provided they played by the rules of the game.

That “game” was all too familiar to me. It meant spending hours out of your work day filling in endless forms, filing maps, and measuring every last inch of your fields, tracks and farmsteads. It meant applying for “passports” for your cattle and ear tags for your sheep and pigs, resiting the slurry pit and putting stainless steel and washable tiles on the dairy walls, becoming versed in HAASP hygiene and sanitary rules and applying them where any food processing was to take place, and living under the threat of convictions and fines should one put a finger out of place or be late in supplying some official detail.

Throughout this time, I clearly remember the sense of losing something intangible, something which was not recallable. Something more valuable than that which was gained on the eventual arrival of the subsidy cheque had been forever lost.

What we were losing was our independence and our freedom—the slow rural way of

life shared by traditional farming communities throughout the world. You cannot put a price on this immeasurably important quality. It is a deep, lasting and genuinely civilized expression of life.

So now the Poles, with their two million family farms, were going to be subjected to the same fate, and Jadwiga and I felt desperate to try to avert this tragedy. An uphill struggle ensued, which involved swimming strongly against the tide and risking the wrath of the agribusiness and seed corporations who were gleefully moving in behind the mantle of EU free trade agreements while a bought-out government stood to the side.

PREDATORY CORPORATIONS

What these corporations want (I use the present tense as the position remains the same today) is to get their hands on Poland’s relatively unspoiled work force and land resources. They want to establish themselves on Polish soil, acquire their capital cheaply and flog the end products of Polish labor to the rest of the world for a big profit.

Farmers, however, stand in the way of land-based acquisitions, so they are best removed. Corporations thus join with the EU in seeing through their common goals and set about intensively lobbying national governments to get the right regulatory conditions to make their kill.

Farmers, once having fallen for the Common Agricultural Policy (CAP) subsidy carrot, suddenly find themselves heavily controlled by EU and national officialdom brandishing that most vicious of anti-entrepreneurial weapons, “sanitary and hygiene regulations,” as enforced by national governments at the behest of the Common Agricultural Policy of the European Union. These are the hidden weapons of mass farmer destruction and the main tool for achieving the CAP’s aim of ridding the countryside of small and medium-sized family farms and replacing them with monocultural money-making agribusiness.

Already by 2005, 65 percent of regional milk and meat processing factories had been forced to close because they “failed” (read: couldn’t afford) to implement the prescribed sanitary standards. Some 70 percent of small slaughterhouses have also suffered the same fate. Farmers increasingly have nowhere to go to sell their cattle, sheep,

pigs and milk. Exactly as happened to UK farmers, Polish farmers are now being forced out of business by the covert and overt destruction of the infrastructure which supports their profession. The rural economy thus implodes and farming communities are scattered to the wind. All that emerges on the green fields that they have left behind them are Tesco superstores and other hypermarket clones.

The European Union CAP sanitary and hygiene weapons have already been resharpened and are currently scything their way through Romanian family farms, whose extraordinary diversity and peasant farming skills are a ready match for Poland's. The sterile and unstoppable conglomerate no doubt now has its sights set on Turkey, too.

What is known as the "global food economy" is the instrument of a relatively small number of very wealthy transnational corporations. It is a small club, but one that harbors very big ambitions. One such corporation is Monsanto (USA), whose recent marriage with the Cargill corporation makes it the biggest seed and agrichemical merchant in the world. Poland has been in the sights of the Monsanto corporation, as well as those of fellow seed operatives Dupont, Pioneer, and Syngenta, for some time now. However, in 2004—the same year that Poland joined the EU—Monsanto started a major lobbying drive

on senior figures in the Polish government.

What they wanted was a relaxation of national GMO precautionary laws and a government commitment to support the development of genetically modified organisms as a symbol of the modernization of traditional Polish farming.

GMO RESISTANCE MOVEMENT

We at ICPPC got wind of these developments and decided to put the great majority of our time and the lion's share of our meager financial resources into fighting this new and immensely threatening dragon. Thus started an amazing campaign which, over the space of one and a half years, managed to help galvanize the provincial boards of every province in Poland (there are 16) to come up with a "GMO Free Zone" self declaration. Each province in turn, picked up the torch and signed on, so that eventually (September 2005) the whole country could declare itself GMO free.

The chairs of each province wrote to the prime minister demanding national legislation to recognize their new status by law. At first nothing happened, but then, much to everyone's surprise—and Monsanto's fury—Jaroslaw Kaczynski (then Prime Minister) announced that legislation would be passed to ban the import and sale of GMO seeds and plants in Poland.

This was followed a little

later by a similar announcement declaring that GM animal feed would also be banned as of 2008.

Europe and the rest of the world were amazed. Seemingly coming out of nowhere there was suddenly a country that had passed national legislation to ban GM seeds and animal feeds, an illegal act in the eyes



Polish farmers spread compost on their fields.

CURRENT ACTIVITIES OF THE INTERNATIONAL COALITION TO PROTECT THE POLISH COUNTRYSIDE

- **RAISING THE SOCIAL STATUS OF FARMERS USING WORK HORSES:** A Małopolska-based project whose significance is highlighted by rising oil prices and the need to directly address the global warming effects of excessive CO₂ emissions.
- **SAVE POLAND'S SEEDS:** An awareness-raising campaign amongst farmers and gardeners to protect the indigenous seed base at a time of increasing corporate piracy, modification and ownership of native seeds.
- **ICPPC ECO_CENTER:** The opening of ICPPC's eco-center at Coalition headquarters in Stryszów for educational visits by schools in order to demonstrate the effectiveness of renewable energy technologies and ecological farming.
- **WORKSHOP SERIES:** Current monthly lecture-workshop series, "Taking Back Control of Our Lives."

Money can
indeed buy
out the seeds
of revolution,
but the hearts
of the
peasants will
not be
satisfied.

of the European Commission. Only Greece and Austria had come close to achieving such a barrier. It seemed that Poland was to make history and perhaps lead the rest of Europe towards a new moratorium, if not outright ban, of GMO.

But such a fairy tale scenario has yet to unfold. In fact, the situation has gone into decline. Under the current administration led by Prime Minister Donald Tusk, the commercial planting of GM seeds is back on the agenda and a new act is proposed to align Poland with Brussels and open the possibility for the “coexistence” of GM and non-GM crops. Such a plan would spell disaster in the highly diverse Polish countryside and cross contamination would be inevitable. ICPPC continues (as of 2010) to battle against this outcome and to urge the current administration to follow the example of Germany, France, Austria, Greece, Italy, Hungary, Bulgaria and Luxembourg and ban GM crops.

Back in 2005, bemused Polish farmers could hardly grasp the significance of attempts to foist genetically modified organisms upon them. Already deeply perplexed by the strange new world of western capitalism and shell shocked by the complexities and apparent two-facedness of the CAP, the additional need to absorb the seemingly unfathomable “science” and propaganda surrounding GMO left many confused and uncertain. Aware of this dangerously exploitable situation, we embarked on a countrywide awareness-raising campaign armed with the anti-GMO exposé film *Life Running Out of Control* dubbed into Polish and recorded onto CD.

We ran into considerable flack, especially wherever university professors of agriculture were invited to lead public debates. Often, on such occasions, Jadwiga and I were the only voices against GMOs and were up against half a dozen Powerpoint-presentation-backed profs lecturing straight from the Monsanto manual. However, the distinctly intuitive Polish public nearly always came down on our side, offering much needed encouragement.

Newspapers, television and to a lesser extent radio, were—and remain—pretty much gagged from reporting the truth. As we discovered, much of the Polish media is in foreign hands or a high stake is held by outside interests. The GMO lobby had already won round the main Polish farmers’

union and the new government, under Donald Tusk, kept an increasingly silent position on the future of the anti-GMO legislation enacted by his predecessor.

Kaczynski’s team had already appeared to stall when confronted by the dual threat of a fine from the European Commission for instituting an “illegal” blanket ban on GMO (under EU law no country is allowed to overstep “free trade” dictates by outright banning of GMO) and the huge corporate backlash resulting from the ban.

Now that a new government with a distinctly modernizing agenda was in charge, we were forced to work even harder in order to keep the anti-GMO momentum alive. Faced by this denouement we decided to help create a new national organization, “The Coalition for a GMO-Free Poland,” and to draw upon as wide a cross section of society as possible to promote its aims. There are now 180 organizations and key individuals on the books and we have made some headway with the wary media.

THE SMITHFIELD THREAT

Amongst those who have joined us are colleagues fighting another predatory US invader, Smithfield, the giant pig factory farming multinational (UK subsidiary Danish Crown, East Anglia) which moved onto Polish soil (or should I say concrete) in the late 1990s and, with a strong link to Monsanto’s North American GM soya export trade, established their perverse animal factories with the aid of a cheap Polish work force and corrupt government officials. The thousands of GM soya-fattened pigs that now flood the market have helped undercut the prices and destroy the livelihood of many hundreds of already hard pressed traditional pork farmers throughout Poland and far beyond.

Smithfield and other industrial farming units operating out of Poland don’t like the idea of a GM animal feed ban and have used the current high price of conventional animal feeds to pressure the government into postponing the ban. The Polish government changed as of 2006 and the incoming party did not feel inclined to enforce the ban. Consequently it was “put forward” until 2013 or beyond. Smithfield is still operating as before, but has moved its main operations to Romania, where small scale pig farmers will no

doubt suffer the same market distortions that Smithfield brought about in Poland.

THE ONLY CHEAP OPTION?

How ironic it is, that the hell-bent U.S. development of biofuels has played into the hands of the exponents of cheap, mass-produced, GMO-aided animal flesh production, by forcing up the price of conventional feeds, such as barley-based products, caused by the replacement of cereal production with millions of acres of GM maize for burning up as fuel for motor cars and trucks. Now GM soya and maize, previously avoided by most European animal feed importers, suddenly look like the only cheap option available. We have consistently lobbied for the government to encourage farmers to grow their own traditional feed products, but in a world hooked on the global shipment of cheap proteins, such advice has fallen on deaf ears.

Poland has all the potential for a full blown peasants' revolt to recapture the right to grow, eat and trade their superb farmhouse foods, thus freeing themselves from the increasing stranglehold that the bureaucratically perverse sanitary and hygiene regulations have imposed

upon them. With one and a half million largely subsistence-based small family farms still in operation, it is something we should not rule out. But perhaps the strongest force mitigating against such an action is the fact that a fair proportion of farmers have already signed up to the "pot of gold" held tantalizingly in front of their noses by the Brussels bureaucrats. This so-called pot of gold ultimately delivers just a few crumbs of financial support to small farms of five to seven hectares, but rewards large farms with substantial offerings.

Money can indeed buy out the seeds of revolution but the hearts of the peasants will not be satisfied. Neither will the hearts of caring individuals who know and love the working countryside. In a world where genuine independence is seen as a threat to the controlling influence of national and transnational power brokers, a watchful eye will be kept on any potentially rebellious leaders and covert efforts made to ensure that peasant farmers remain passive.

However, we are in for some big changes, some from the hand of a poisoned and polluted nature in rebellion, but others by the hand of those who are waking up to the stark choices that confront all of us: capitulate to the forces of "total control" or wrest back control of life and work to rejuvenate local communities to do the same.

Poland is well versed in the art of survival. Provided the next generation of farm owners has the will to carry forward the traditions inherited along with the land, there is great hope for this proud and brave nation to come through the chaos with its soul unbought and its seeds unmodified.



EXHIBITORS AT WISE TRADITIONS 2010



Almost one hundred exhibitors sold healthy products at *Wise Traditions 2010*. Clockwise from top left: The Agarwal family from Pure Indian Foods, sellers of grass-fed ghee; Pennsylvania dairy Your Family Cow, Edwin Shank proprietor, selling raw milk; Dave and Barb Wetzels of Green Pasture Products, makers of high-vitamin butter oil and fermented cod liver oil; the good folks from Wilderness Family Naturals with their line of natural foods; and Scott Grzbek of ZUKEY Live Foods, selling lacto-fermented products.



Bitters: the Revival of a Forgotten Flavor

by Danielle Charles-Davies, Clinical Herbalist

Of all the flavors to grace our palate, there is perhaps none as fascinating as that of bitterness. It is a flavor that is universally despised—used linguistically to characterize pain, harshness and things that are extremely difficult to bear.¹ Yet, it is also a flavor used in cultures the world over to strengthen digestion, cleanse the body and build vitality—in short, considered an ingredient essential to good health.^{2,3} In fact, so many of the plants humans have traditionally used to tonify and heal the body are bitter tasting that we still today often rate the strength and usefulness of our medicine by how terribly bitter it tastes.

It is unfortunate, then, that our modern diet seems to be completely lacking in the wild bitter tasting plants our ancestors considered so fundamental to their health.⁴ Many of the diseases riddling our modern culture—from indigestion and gastric reflux to metabolic disorders ranging from elevated cholesterol to type 2 diabetes—seem to all point back to the deficiency of bitterness in our diets, and the lack of the protection and tone it imparts to our digestion and metabolic functions.⁵

NOT A MEDICINE BUT A NECESSITY

According to many, bitter herbs and foods play a helpful role in alleviating many of these conditions not so much because they act as specific remedies but because they provide components necessary to overall good health.^{4,5} It is very possible that the current national health crisis could be radically turned around simply by rebalancing our palate with the medicinal virtues of bitterness.

Why do so many cultures around the world revere bitter foods and herbs, not just as supplements, but as a necessary component of health? To answer this question, let's first consider the class of plant compounds collectively known as "bitters." These compounds—including iridoids, sesquiterpene, lactones and alkaloids—occur widely throughout the plant kingdom. They are considered secondary plant metabolites—meaning that they serve no nutritional purpose to the plant, or for that matter, to us. Rather, these compounds are used by the plant to protect itself against microbes and oxidative damage, and to deter feeding by predators (such as us).^{3,6}

AN EVOLVED TASTE

Researchers speculate that our bodies evolved to identify the bitter taste as an indication of toxicity, based on the natural aversion most mammals demonstrate towards bitter-tasting substances and the highly poisonous nature of some of these bitter compounds.⁷ However, this evolutionary aversion would be disadvantageous when humans were faced with bitter-tasting nutritional plant foods in times of famine, during which time periods, according to researchers, humans developed a selective tolerance for these bitter compounds.^{8,9}

When eaten in small amounts, especially in combination with carbohydrates, the body

is able to tolerate their presence; interestingly, many herbivores consume bitter-tasting plants selectively, deliberately choosing plants that are only mildly bitter, thus building up an immunity that helps protect the animal from the toxicity of highly bitter plants.¹⁰ This adaptation allowed us to profit from some of the beneficial

roles these compounds perform in the plant, such as inhibiting the growth of microbes, protecting against oxidation, and reducing inflammation.^{3,6} But most important, the protective mechanism designed to expel these potentially poisonous compounds from the body became muted and changed into a highly beneficial reflex that stimulates and tonifies our entire digestive tract.² Humans eventually recognized the digestion-stimulating effects of bitters, and began



Dandelion: a common bitter herb

to apply them in the diet for this purpose, as well as to promote appetite.

THE BITTER REFLEX AND ITS IMPLICATIONS

When a bitter substance is recognized by bitter receptors on the tongue, a chain of neural and endocrine events begins, labeled as the "bitter reflex."² Mediated by the release of the gastric hormone gastrin, this reflex results in an overall stimulation of digestive function, which over time strengthens the structure and function of all digestive organs (liver, stomach, gallbladder, pancreas, etc.).⁶ Let's take a more in-depth look at this reflex.

Imagine you've tasted a bitter-tasting substance. Within fifteen to thirty minutes, your appetite is noticeably increased, your digestive juices are flowing, and your intestines begin to contract in anticipation of food.^{2,3,11}

Starting in your mouth, you'll notice that your salivary glands have increased their output of enzyme-rich saliva, helping to break down

When a bitter substance is recognized by bitter receptors on the tongue, a chain of neural and endocrine events begins, labeled as the "bitter reflex."

complex starches into smaller and more easily digested oligosaccharides.^{2,3,11}

In the stomach, the hormone gastrin has stimulated the secretion of hydrochloric acid.^{2,3,11} The acidity helps break down protein, enhances the bioavailability of many minerals (especially calcium) and destroys any harmful microbes present in your food.¹² It's interesting to note that more people have levels of gastric acid that are too low rather than the opposite, due to stress¹³ or simply aging.¹¹ Low levels of gastric acid contribute to poor nutrition and increased susceptibility to gastrointestinal infections.¹¹

Considered cooling by nature, bitters can reduce hot inflammatory conditions.¹¹

Interestingly, low stomach acidity is associated with a variety of allergic and immune-mediated disorders, including asthma; skin disorders such as eczema, psoriasis and rosacea; gallbladder disease and arthritis.^{2,14}

Gastrin also stimulates secretion of pepsin—an enzyme necessary for breaking large protein molecules into smaller parts—and intrinsic factor, necessary for the absorption of vitamin B₁₂.

The smooth muscle of the stomach is also stimulated by the bitter reflex, which increases the rate of gastric emptying, and contracts the

esophageal sphincter to prevent the movement of acidic stomach contents upwards into the esophagus.^{2,3,11} Self-repair mechanisms in the intestinal wall are stimulated, enhancing cell division and growth.^{3,11} While many people with GERD are hesitant to partake of bitters due to the potential increase in stomach acidity, the combined effect of these actions actually can help this condition by ensuring that the stomach contents are moved downward rather than allowed to reflux back up and out of the stomach. Bitters also act to heal any damage done to the gastric mucosa.¹¹

Down in the small intestine, the stimulation caused by the bitter taste prompts your liver to increase its production of bile, and your gallbladder to increase bile excretion.^{2,3,11} Bile is necessary for fat digestion and the absorption of fat-soluble nutrients such as vitamins A, D and E.¹² Healthy bile flow helps rid the liver of waste

COMMON BITTER HERBS

As noted above, some bitter herbs may surprise you. Yet, their classification is based on taste and as with the other primary tastes — salty, sour, and sweet — there are degrees of bitterness. As an introduction, here are 10 to ponder:

ANGELICA: *Angelica archangelica*. Dating back centuries, it's been used to remedy colds and ailments such as rheumatism. Its properties make it a stimulant, stomachic, and tonic. For liquors, it's been used to flavor gin.

CHAMOMILE: *Matricaria chamomilla*. A mild bitter herb used as a sedative and antispasmodic. Its curative properties include relief of both fever and restlessness.

DANDELION: *Taraxacum*. A mild bitter herb used as a blood cleanser and diuretic. Also said to lower cholesterol and blood pressure. Still used in traditional cooking in the Mediterranean and parts of Asia.

GOLDENSEAL: *Hydrastis canadensis*. A strong bitter herb used to stimulate appetite and eliminate infections. In *Collections for an Essay Toward a Materia Medica of the United States* (1804), Professor Benjamin Smith Barton declared goldenseal a tonic, observing, "The root of the plant is a very powerful bitter."

HOREHOUND: *Marrubium vulgare*. Dating back to Ancient Egypt, horehound is believed to be one of the original bitter herbs of the Bible. It has been used for colds and respiratory ailments (such as in cough syrup and throat lozenges).

MILK THISTLE: *Silybum marianum*. Also known as "sow-thistle," this herb was likely one of the original bitter herbs. In healing, it's known as a powerful liver detoxifier, as well as an antidote for Amanita-mushroom poisoning.

PEPPERMINT: *Mentha piperita*. Roman naturalist Pliny the Elder wrote of peppermint, "The very smell of it alone recovers and refreshes the spirit." The ancient herb is used as a flavor, a fragrance, and medicine. Peppermint oil is used to allay nausea and stomach aches.

RUE: *Ruta*. A strong bitter herb used as an antispasmodic, a sedative, and a mild stomachic. Mentioned in the Bible as "peganon" and in William Shakespeare's *Richard III* — "Here is this place/I'll set a bank of rue, sour herb of grace."

WORMWOOD: *Artemisia absinthium*. A perennial plant used as an antiseptic, tonic, diuretic, and stomachic. The herb's strong bitter taste is still used in wines and spirits, such as vermouth.

YARROW: *Achilles millefolium*. A flowering plant that produces a mild bitter herb used as an astringent and cold remedy. The entire herb can be used.

Source: http://herbs.lovetoknow.com/List_of_Bitter_Herbs

products such as oxidized cholesterol and hormonal metabolites, prevents gall stone formation, and provides lubrication of the intestines, easing the passage of stool.^{4,12} It should not be surprising that by enhancing movement of waste products out of the liver, bitter herbs have been found to exert a protective effect in liver conditions such as hepatitis and cirrhosis.²

The effect of bitters also extends to the pancreas. With bitters, digestive enzyme secretions are increased, helping to promote the complete breakdown of nutrients into their absorbable units, preventing gas formation when large molecules are acted upon by bacteria further down the small intestine.^{2,11} The complete breakdown of proteins is particularly important, as the cross reactivity of immune cells between undigested protein molecules and intestinal cells plays an important role in the etiology of conditions such as celiac disease.¹⁵ Insulin and glucagon secretions are stimulated, helping to stabilize blood sugar levels.^{3,11} Many bitters formulations have been traditionally used in the treatment of type 2 diabetes, and it is interesting to point out that many naturally sweet substances are often paired with some bitterness in nature.^{4,11} Herbalist Jim McDonald hypothesizes that our cravings for sweetness may mask cravings for bitterness for this reason.⁴

Thus, the taste of bitter can be used to strengthen the most fundamental aspect of our health—the ability to extract the nutrients from our foods and nourish our bodies. Taken over time, they will lessen symptoms of poor digestive function such as gas and bloating, constipation, loose stools and food allergies;^{2,11} enhance vitamin and mineral absorption;⁴ promote balanced blood sugar levels;^{3,4} protect the liver and strengthen eliminatory function;^{3,11} heal inflammatory damage to the gut wall;^{3,11} and reduce the incidence of allergic disorders.^{2,14} In short, the daily use of bitters can address some of the most rampant and heavily medicated health conditions of our time.⁴

ADDING BITTERS TO YOUR DIET

Historically, the use of bitters has been more of a culinary tradition than a medicinal one. Perhaps our ancestors understood better than we do today the concept of prevention, of keeping well


through strengthening our system rather than fighting an already established disease process. Most bitters were taken in the form of bitter wild greens eaten before a meal, or alcoholic beverages, known as apéritifs, brewed with bitter and aromatic herbs.^{2,4} These traditions still exist today—serving a salad or cocktail before a meal—but unfortunately the bitter taste is now often lacking.⁴

The best way to bring bitterness into your life is to incorporate the bitter taste of nutrient-dense greens into your salads. Chicory, dandelion, arugula, radicchio or endive are all wonderfully complex-tasting greens that can be found in your garden or local farmers' market. Slowly increase their proportion to the sweeter tasting lettuces to build up your tolerance. Bitter tasting roots, such as dandelion or burdock, can also be included in stir-fries or soups.

You might also try partaking of a bitter apéritif or cocktail before meals. There are many traditional apéritifs available on most bar menus, including such traditional blends as Angostura bitters, Campari, Cynar, or Peychaud's bitters. Not surprisingly, many of these liqueurs were initially marketed as health tonics.¹⁶ Urban Moonshine, an herbalist-owned botanical company located in Vermont, has reinfused this old world tradition with a healthful and contemporary twist by blending all organic and locally sourced herbs into a delicious bitters tonic full of gentle, tonifying bitter herbs and spices. Their line of original, maple or orange bitters make for particularly delicious apéritifs. Visit urbanmoonshine.com for recipes.

In the busy-ness of everyday life, the most convenient method of using bitters may be to take a small amount of bitters tincture (alcoholic extract) in a little water before you eat—as you might lose your day job if you fix yourself a bitter cocktail at work! Swedish bitters is a formula easily found on healthfood store shelves, and is based on a traditional blend of herbs created by the physician Paracelsus in the sixteenth century. Do exercise caution with this product if you are prone to constipation, as several of the ingredients have a strongly stimulating action on the colon wall, creating a potential for dependency.^{2,3,6} Most herb companies offer various “bitters formulas” created from somewhat gen-

Swedish bitters is a formula easily found on healthfood store shelves, and is based on a traditional blend of herbs created by the physician Paracelsus in the sixteenth century.

ter herbs, and they are becoming increasingly available in natural foods stores. Herb Pharm, Wise Woman Herbals, Avena Botanicals and Urban Moonshine all offer organically certified bitters blends in convenient, transportable sizes. Most local herbalists and small scale herbal companies will also offer a bitters blend. Please visit the websites listed below for specific product information. 

Danielle Charles-Davies is a clinically trained herbalist and free-lance writer living in Central Vermont, where she runs an herbal practice advising people on the traditional uses of herbs and healing foods. Danielle also writes a blog, The Teacup Chronicles (<http://theteacupchronicles.wordpress.com/>), where she shares all manner of information about herbs, nutrition and health. She can be contacted at Teacupandco (at) gmail (dot) com.

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BITTERS PRODUCTS AVAILABLE COMMERCIALY

AVENA BOTANICALS (www.avenabotanicals.com)

Ingredients: Gentian root (*Gentiana lutea*), Burdock root (*Arctium lappa*), Blessed thistle leaves (*Cnicus benedictus*), Licorice root (*Glycyrrhiza glabra*), Ginger root (*Zingiber officinale*)

HERB PHARM (www.herb-pharm.com)

Ingredients: Angelica root (*Angelica archangelica*), Hyssop leaf and flower (*Hyssopus officinalis*), Juniper berry (*Juniperus communis*), Cardamom (*Elettaria cardamomum*), Ginger (*Zingiber officinale*), Gentian (*Gentiana lutea*), Anise seed (*Pimpinella anisum*), Cinnamon (*Cinnamomum aromaticum*), Myrrh (*Commiphora molmol*), Peppermint essential oil (*Mentha piperita*)

MARIA TREBEN'S AUTHENTIC SWEDISH BITTERS (www.swedishbitters.com)

Ingredients: Aloe, Myrrh, Saffron, Senna Leaves, Camphor, Rhubarb Roots, Zedvoary Roots, Manna, Theriac Venezian, Carline Thistle Roots and Angelica Roots in a base of purified water

SWEDISH BITTERS (www.florahealth.com)

Ingredients: Aloe (*Aloe vera*), Angelica root (*Angelica archangelica*), Manna (*Fraxinus ornus*), Rhubarb root (*Rheum palmatum*), Senna leaf (*Senna alexandrina*), Zedvoary root (*Curcuma zedoaria*), Theriac venezian (*Pimpinella saxifraga*), Carline thistle root (*Carlina acaulis*), Myrrh (*Commiphora molmol*), Camphor (*Cinnamomum camphora*), Saffron (*Crocus sativus*)

URBAN MOONSHINE (www.urbanmoonshine.com)

Ingredients: Dandelion Root and Leaf (*Taraxacum officinale*), Angelica Root (*Angelica archangelica*), Burdock Root (*Arctium lappa*), Yellow Dock Root (*Rumex crispus*), Gentian Root (*Gentiana lutea*), Orange Peel (*Citrus aurantium*), Fennel Seed (*Foeniculum vulgare*), Ginger Root (*Zingiber officinale*), Gum Arabic and Organic Essential Oils

WISE WOMAN HERBALS (www.wisewomanherbals.com)

Ingredients: Dandelion root (*Taraxacum officinale*), Gentian (*Gentiana lutea*), Elecampane (*Inula helenium*), Fennel (*Foeniculum vulgare*), Ginger (*Zingiber officinale*), Turmeric (*Curcuma longa*), Slippery elm (*Ulmus rubra*), Fennel essential oil (*Foeniculum vulgare*)

A Dietitian's Experience

IN THE NEONATAL CARE UNIT

Introducing Holistic Nutrition Principles into the Pharmaceutical Model

By Kim Rodriguez, MS, RD, LD

As increasing populations of infants are born preterm or with genetic abnormalities, there is a rise in demand for dietitians in the Neonatal Intensive Care Unit (NICU). Additionally, in order to reduce hospital costs, neonatologists are allowing dietitians to prescribe nutrition regimes. I would like to share with you my experience working as a dietitian in a hospital's NICU.

A normal day begins with gathering information on each infant in preparation for rounds. During rounds, each infant's plan of care is discussed by the neonatologist, nurse, pharmacist and dietitian, and ultimately approved by the neonatologist. Serving in the capacity as a dietitian, I analyze intake, output, electrolytes, acid-base balance and minerals to determine how to feed the infant parenterally (via the veins).

A neonate's gastrointestinal tract is underdeveloped and cannot tolerate enteral nutrition (breast milk or formula). As the infant grows older and is stable, enteral nutrition is introduced via a gastric tube until the infant develops a good suck and swallow reflex. As a dietitian, it is my goal to establish advancement in enteral nutrition while decreasing the levels of parenteral solution.

In addition to the use of parenteral solutions and gastric tubes, support such as ventilators, oxygen, warm isolettes and medications are often necessary for the infant's survival. If the interventions offered in the NICU were not available, many of these infants would not survive.

Armed with a solid understanding of the principles taught by the Weston A. Price Foundation and years of education and exposure to holistic nutrition principles, I found I had a broader outlook of healthcare than my coworkers. I immediately realized that if the care of the infants in the NICU included only a small fraction of these nutrition principles, the infants would heal sooner and more fully while requiring less medical intervention.

While working in an NICU, it was my intention to introduce some of these nutrition principles to fellow health care practitioners, substantiated with available research and testimonials. Many of the testimonials include healing methods used by physicians prior to the widespread use of antibiotics.

The ideas I shared were not well received by my coworkers. Unfortunately, the basis of their understanding involved pharmaceutically based medicine and most seem only to desire this limited understanding. I constantly questioned their resistance to learning about new healing modalities and never grasped why these colleagues became angered when I suggested an intervention that carried the possibility of eliminating or decreasing the need for pharmaceuticals, commercial infant formulas or invasive procedures.

There are numerous examples of the clash between holistic, nutritionally based practice and allopathic pharmaceutically based medicine. Here I will discuss the most obvious I encountered, and suggest possible avenues to introduce a shift to improved care by introducing holistic nutritional principles. There are hundreds of references supporting my suggestions, some of which are provided at the end of this article.

ANTIBIOTICS FOR SEPSIS

All preterm infants in the NICU are diagnosed with "possible sepsis" and immediately placed on antibiotics such as ampicillin and gentamycin. This is done routinely, even if the infant is not truly septic. If a fever persists, antibiotics are often continued for a longer period. It is not unusual for an infant to receive antibiotics for more than a month.

In holistic medicine and in medicine prior to the explosion of pharmaceuticals, the infant's tissue calcium levels would be closely analyzed

All preterm infants in the NICU are diagnosed with "possible sepsis" and immediately placed on antibiotics such as ampicillin and gentamycin.

for prevention and cure of sepsis. Mother's calcium level would also often be analyzed to better determine infant stores. In the past, proper nutrition played an integral role in the prevention of sepsis.

These days the infant often receives no calcium or vitamin D for a prolonged period. Given the diets of most of the mothers I interviewed, the infant most likely has poor stores as well. Calcium and vitamin D administered after birth along with a closer look at ionized calcium levels and the dietary history of the mothers, could help prevent sepsis. I would also like to see a more frugal approach to the use of antibiotics due to their long-term negative implications.

Probiotics were administered in our NICU with the initiation of enteral feedings and discontinued when the infant reached 2000 grams. Usually, antibiotics are still administered to the infant at the 2000 gram weight. If diarrhea is present or other opportunistic yeasts found in a culture, continuance of probiotics is never considered. The infant is instead treated with more antibiotics.

Probiotics should be administered throughout the infant's stay in the NICU and even after discharge until healthy bacterial flora is restored.

FORMULA FEEDING

I conducted my own small study. During my first year working in the NICU, 94 percent of infants were discharged with a diet of commercial infant formula. One hundred percent of the new mothers of these infants were able to breastfeed or pump their breast milk. And 100 percent of these same mothers were provided with prescriptions to enter the WIC (Women, Infants and Children) government program. This program provides free formula for the infant for the first six months of life.

The geographic area of this NICU has the highest teen pregnancy rate in the country. Many young mothers confess their intention for having a baby was a larger government paycheck for the family unit, or the fact that they would receive free health insurance if they were pregnant. Often one would find a teen mother living with her parent or grandparent. The

infant's father was rarely present or involved, and was in fact usually unknown.

The average taxpayer cost for an infant in the NICU per day is approximately eighty-five hundred dollars. The average stay in our NICU was thirty-two days. The cost to taxpayers for infant formula provided by the WIC government program in 2009 was approximately eight hundred fifty million dollars.

When I asked these moms why they did not want to breastfeed the typical responses were:

"Breastfeeding is gross." (This was the most common response.)

"My mom did not breastfeed and I want to do as she did."

"It is easier to use the formula."

"Why should I take my time? I have other things going on and I get the formula free."

"The company says the formula is better for my baby."

"I don't get enough milk from the breast pump."

When I asked nurses, other dietitians and physicians why they do not insist on breastfeeding the typical answer was: "It is not my job. That information should have been discussed at their gynecologist's office before delivery."

I feel the true reason many caregivers do not encourage breastfeeding is simply in order to feel better about their personal decisions regarding this topic. Many did not breastfeed their own children and seeing other women choose not to

SUGGESTIONS FOR IMPROVEMENT

1. Caregivers should gain a better understanding of long-term antibiotic use side effects and explore nutritional avenues to prevent infection.
2. Caregivers should better understand probiotic therapy and the benefits of continued probiotic therapy after antibiotics are discontinued.
3. Caregivers should gain a better understanding of the importance of breast milk, and understand how the collusion of commercial infant formula and government programs discourages breastfeeding. NICUs should establish a goal that no baby be discharged from the hospital with commercial infant formula, and should instead implement the use of homemade infant formula in cases where the mother is unable to breastfeed or the child cannot tolerate milk proteins or lactose.
4. Caregivers should become aware of and ensure proper and effective implementation of the International Code of Marketing of "Breast Milk Substitutes." Government should begin investigating code violations and impose appropriate sanctions.
5. Caregivers should gain a better understanding of an adequate diet for pregnant and nursing mothers including healthy saturated fats, adequate protein, calcium, vitamin A, vitamin D, and iodine.
6. Caregivers should become familiar with research outside of that conducted and advertised by the pharmaceutical and food industries.

breastfeed helps them justify their own choice.

The International Code of Marketing of “Breast Milk Substitutes” is an established set of recommendations to regulate the marketing of infant formulas established by the World Health Organization. The code was designed to contribute to the provision of the safe and adequate nutrition for infants, and advocates breastfeeding for infants. The code states that informational and educational materials should clearly state the benefits and superiority of breastfeeding. There should be no advertising or other form of promotion of a formula, including handouts, coupons or free formula.

In our NICU, each new mother was given a folder and case from the infant formula company and was sent home with a case of free formula, coupons to purchase future formula at a discount, and a medical prescription for the WIC government program to receive free infant formula for six months.

Yet, it *is* possible to change the pattern of our infant feeding practices, from formula back to breast feeding.

I once worked as a dietitian in a large teaching, indigent care hospital. When I started working there, 100 percent of the infant population was funneled into the WIC program for formula at discharge.

We had a young new pediatrician who understood the cost of the WIC formula program to taxpayers. He found it frustrating that we as taxpayers were “feeding” a baby until it was six

months old only because mom found breastfeeding to be a burden to her lifestyle, or found it “gross.”

His policy was that no baby was discharged on formula without a valid reason. These reasons were mastitis, HIV, children who were not leaving the hospital with the mother, or the mother was too ill to breast-feed. Furthermore, if they were going to receive formula from WIC, lots of paperwork needed to be completed with the physician’s signature. He made it difficult for nurses to discharge on formula. After this, very few babies were discharged to the WIC program on formula.

PRE-NATAL NUTRITION

In the NICU, the type of diet mother had during pregnancy was never addressed by health practitioners. Many of these mothers had multiple preterm infants and poor dietary habits never changed from pregnancy to pregnancy. These mothers were never instructed on ways to change their diets in order to have a healthy baby.

When I conducted my own dietary history with many of the mothers, I was shocked at how poor their diets were. I estimated that at least 75 percent of their diets consisted of processed and convenience foods. Nearly half (46 percent) of these mothers were obese.

The foods that these mothers believed were nutritious were almost always products that they had heard advertised on television. When I asked them to define a nutritious food, the answers I most often received were: granola bar, nutigrain bar, cereal, orange juice, oatmeal, and skim milk. The typical proteins these mothers consumed were fried chicken, hamburgers, or other types of processed meats found in fast food sandwiches. All of the mothers routinely consumed sodas. Their breakfasts typically consisted of sugary cereals.

I surveyed one hundred seventy moms regarding their diets and found that 86 percent did not think a poor diet related to preterm labor or an infant’s development; 100 percent did not know that what they ate would affect breast milk production and quality; and 45 percent did not believe that what they ate affected their own health.

A MESSAGE FROM DR. NATASHA CAMPBELL-MCBRIDE

At the WAPF conference, I met dozens of wonderful people who were telling me how the GAPS program changed their lives and the lives of their families. These people have given me an idea: we need to publish all these stories as a book!

There are millions of people and families out there in desperate situations, who believe the establishment message that there is nothing they can do to help themselves.

Your stories—stories written by real people—will show these families that there is a way out, that there is hope.

Please write your story and send it to me, Dr. Natasha Campbell-McBride at medinform@lineone.net. You can provide your names with the story or just use your initials.

Your story may help save many lives! Thank you!



DRUGS FOR REFLUX

There are unlimited examples of the clash between what a holistic/nutritional practitioner would prescribe and what an allopathic physician would prescribe. One example is frequent use of ranitidine (Zantac) for gastro-esophageal reflux in our NICU.

On one particular day we had eighteen out of thirty-one infants dosed with ranitidine. Ranitidine is recommended by the pharmaceutical industry and is indicated in research for gastrointestinal disturbances such as reflux to reduce the amount of acid produced in the gastrointestinal tract. This medication is contraindicated for reflux in holistic and nutritional therapies as it has the potential to create more problems than what it attempts to treat.

OUTSIDE EDUCATION

Physicians, nurses, pharmacists and dietitians must obtain continuing education hours to maintain their license after graduation. This education most often is offered by the pharmaceutical or food industries whose goal is to sell their products. Practitioners will not be exposed to education outside of these industries unless they seek it out themselves.

MY VISION

I envision a hospital's health care team that encompasses holistic nutritional modalities in the current pharmaceutically based type of care. This team might include a neonatologist, pharmacist, nurse, properly trained nutritionist, and naturopath.

I envision an approach to health care that focuses on the ability of the body to heal when given the right tools (such as proper nutrition) instead of mandating reactions via pharmaceutical therapies.

I envision every infant fed breast milk, healthier babies, and less of my tax money going to those mothers who find it merely inconvenient to breastfeed.

I envision fewer infants requiring NICU services because mom is healthy (eating well).

I envision mothers' nutrition education no longer coming from the food industry, whose only goal is to sell product, not keep us healthy.

I envision a world where we no longer see bias around anything that takes away from pharmaceutical or health care profits.

I envision a neonatologist who recognizes and analyzes research outside of the research presented by the pharmaceutical industry.

I envision a world where no one values disease as a way to make a profit.

Kim Rodriguez, MS, RD, LD, is the proprietor of Aiken Nutrition, offering private nutrition consultations, and is a WAPF chapter leader in Aiken, South Carolina. Contact Kim at (803) 644-4463 or aikennutrition@bellsouth.net

STAY TUNED:

A Dietitian's Experience Working in a Nursing Home
A Dietitian's Experience Working in a Prison Hospital

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Homeopathy Journal

A MOTHER'S JOURNEY

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

Nearly thirty years ago, I worked at NBC as an account executive. It was interesting work because I witnessed firsthand how corporate America functions. One of my prized accounts was Pepsi Cola. I never directly met the people from Pepsi Cola, but had a working relationship with their advertising team in Chicago. This account was what we in TV media called a “bread and butter” account. That meant I counted on their regular spending on our TV station to make my monthly budget.

One Tuesday morning I entered my office to the phone ringing. It was the rep from the Pepsi Cola team who unsympathetically and sternly stated, “Get it off the air.”

“Get what off the air?” I asked.

“Your news exposé on the detrimental effects of sugar on children’s health that ran last night. It must not run again or we’ll pull our budget off your station and distribute it amongst the other TV stations in the market.”

Unknown to me, our news department had produced a news clip that ran the night before and was scheduled to run for four more consecutive nights as an addendum to the nightly fare. I had only a vague idea of what the news department was running nightly, yet this advertising rep was keenly watching over her firm’s interests.

Allow me to beg your absolution. At that time in my life, I had no appreciation or concerns about nutrition, particularly in relation to children. I was not a parent and it seemed to me that if a mom didn’t want her children to drink soda, she simply didn’t buy it. I had no understanding of how pervasive sugar, preservatives and dyes were in children’s lives. I didn’t realize that it was not enough for parents to refuse to serve the stuff. I’ve since learned that it’s when kids leave the home that they get into it. It’s the hockey coaches, teachers and school administrators who agree to the vending machines in the corridors, other parents at parties, even grandparents. So I hadn’t any awareness of how important it was to

educate folks on the detrimental effects of drinks like Pepsi-Cola.

My response to the call that Tuesday morning was just as the rep could have predicted. I promptly roused the chief, my sales manager. He had more clout than even I realized as evidenced by his purposeful stride to the other side of the building where the news manager resided. The sales manager asserted as plainly as the rep had, “Get it off the air.”

Despite the news department’s protests, my sales manager stood unyielding. He knew that he had a position of strength; the sales and marketing department always trumped the news department. Hence, the story was indeed removed from the airing schedule and the reel with the warnings against sugar was chucked into the garbage.

At the time, I viewed this anecdote as a lesson in the way corporate business is run. It wasn’t until many years later, when I started my own family, that I realized the impact that these kinds of decisions have on society.

Now, allow me to set forth the fact that I value the free enterprise system. It’s evident to me that the TV station has every right to keep their advertisers content. It makes good business sense. If we value free enterprise, then we must expect these kinds of deals to take place every day. In fact, this NBC affiliate was in the twenty-ninth market in the country. That meant that directives such as this occurred in at least twenty-eight other, larger markets, to the other two affiliates plus the independent stations across our nation. One thing was crystal clear: the education of those who watched TV was skewed to the advertisers’ interests.

Now, I ask you, is that shocking? Well, at first blush, one might say yes. But if our government regulated these kinds of messages instead, what assurance do we have that we’d be protected in any better fashion? For it’s our government, after all, that has foisted upon us the erroneous food pyramid, dubious vaccination requirements,

If our government regulated these kinds of messages instead, what assurance do we have that we’d be protected in any better fashion?

I decided not
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and raw milk regulations. And probably in a more sinister fashion, it has led citizens to believe that if the government permits a certain practice, it must be safe. Can we trust government regulations and those who impose them to make better decisions than the dictates of big business?

I believe the point here is the same as the one the Weston A. Price Foundation has advanced for over a decade. That is, we must educate ourselves. The message throughout the land is to stay informed, study, learn. We must read, think outside the box, and bravely teach others the same. We must hold group meetings, speak to our schools and politicians, but most important, we must make the commitments to our families. Our first responsibility is to our children and grandchildren.

What does this have to do with homeopathy? If you can fast forward a few years with me in the story of my life, I can relay how my thinking progressed even further from a corporate marketing executive to a homeopathic mom, and then to a practitioner and educator.

Because of my own failing health around this time, I had taken to studying what I could about natural health. Indeed, I was so taken by what I was learning in the world of natural healing, natural mothering, and natural foods that I eschewed all that was corporate and governmental. I even affixed a bumper sticker to my car that read "Kill Your Television." But I was only partially correct.

When our first-born was a mere six weeks old, I took him to the pediatrician for a "well-baby check-up." I had had a discussion with the pediatrician before the birth of our son to make it clear to him that my husband and I had not yet decided if or when we wanted our baby partially or wholly vaccinated, or to have the vaccinations postponed. As the pediatrician was checking over our healthy boy, the nurse trotted in and nimbly poured something into our son's mouth. "What was that?" I gasped. "Oh, just his polio vaccine," she casually answered. Polio vaccine?! But I had made myself clear that we were going to at least postpone the vaccines until later in life! Too late, he had already swallowed the stuff.

Two days later, my healthy, vigorous six-week-old had spiked a fever of 105 degrees, and was listless and barely nursing. I knew that if I

returned to the doctor's office our baby would be on his way down the antibiotic-and-analgesic pike. Our little one would then have vaccinosis, a 105 degree fever, *plus* antibiotics and analgesics in his young system. The potential damages were snow-balling in my mind.

A few months before our son was born I had begun a class on using homeopathy at home. I had purchased a simple book, an audio tape and a homeopathy kit. Because of this rudimentary education, I made an audacious move. I decided not to return to the doctor's office with my weak and fevered newborn and instead to figure out what to do and treat it on my own.

I read the new homeopathy book with my son in my arms, scrutinizing it page by page. There was nothing in it about vaccine reactions, but the chapter on fevers was enough to calm my fears. I pored over the differentials of the top remedies. Was it *Belladonna* or *Sulphur*? Perhaps the best remedy was *Hepar sulph*. Hours turned into nearly two days, my son still suffering from high fever and lethargy, until I finally made my first bold judgment.

Today when I look back at that decision made some twenty-three years ago, I don't exactly recall what my rationale was for choosing *Sulphur* 30, for it was an embryonic deduction. But I can tell you that it worked. And I don't mean eventually or partially. My mother and closest friend were with me in my kitchen when after much discussion among us, I finally administered the four little homeopathy pills into my baby's parched mouth and breathed a Hail Mary.

To this day, my mother still recalls the miraculous tipping point that turned our baby well. "I wanted Joette to take him to the hospital or the doctor, but she was stern in her resolve and all I could do was watch in anxious anticipation." It was no more than thirty minutes when my mother, friend and I witnessed a complete and full recovery. My tiny babe looked up at me, commenced nursing for the first time in more than two days, became firm again in my arms, and the fever adroitly melted away! Not diminished. Not suppressed nor subdued; but vanished. Never to return again, not even months or years later. There are times in a mother's life when we wonder whether there is an angel flapping above. This was one of those times.

I had successfully treated vaccinosis with a seven-dollar homeopathic remedy and an inexpensive book. To say that I was converted and motivated is an understatement. It was too compelling a reaction not to take this medicine seriously. As a result of this single incident homeopathy became my life's passion.

Subsequently, I learned that homeopathy indeed treats vaccinosis time and again, and in fact there are homeopathy medical books and entire courses on the subject that I've personally taken for my post grad requirements.

Accordingly, my mind and heart went into full gear. There weren't enough homeopathy books, tapes and articles to satiate my appetite. Now after years of practice and many degrees and certifications later, my passion is to teach others so that moms recognize that they are the healers. Did you hear that? Healing belongs in the hands of mothers.

When corporations give the green light to soda pop, when the media are permanently tilted towards the advertiser, when the government regulates our food choices, and when pharmaceutical companies are granted safety status for their vaccines, it's time to find our own way. A recipe for a happy, productive life is one that we control without the constraints of others' dictates. We need to guard our brains, our children and our rights.

Perhaps you'd be interested to know that our son, now robust at twenty-three years old with flawless health, has never needed to visit an MD since that significant day. ☺☺

Joette Calabrese, HMC, CCH, RSHom(Na) is a world class, classical homeopathic consultant and educator. She maintains that the dynamic duo of nutrient dense food and homeopathy is a winning tactic for genuine and robust health. Her books and downloads coach that healing minor issues belong in the home, that familiarization with simple homeopathy techniques will make this achievable and eliminate dependence on drugs. For more complex issues and info on home study, contact her for a FREE 15-minute consultation. 716.941.1045 or go to www.homeopathyworks.net.

WHAT CAN YOU DO?

We must defend our children like mother lionesses. Let me also point out that "mother" is a term I use for anyone who has loving charge over another. The same holds true for the "mothers" of friends or pets. Here are my strategies to become the healer in your home:

1. Always protect your thinking. When you're told that the only way to address an ear infection or fever is with an antibiotic, learn enough homeopathy not only to prove otherwise to yourself, but to offer the same success to others.
2. Create distance between your chosen method of mothering and those who criticize your choice. This doesn't mean that you purge family and friends. Instead, saturate yourself with enough homeopathic mastery to protect your family from negative influences.
3. Learn basic homeopathy strategies and stay connected with others who do the same. That may mean joining a homeopathy study group or starting your own. (See the free monthly ezine and blog at www.homeopathyworks.net.) Once you've mastered some of the basics, don't stop there. Homeopathy has an undeniable compendium of medical literature from around the world from which millions of mothers have drawn their skills.
4. Use the naysayer as motivation. Remember...the best retribution is a life well lived. Go out and cure a dog of an ear infection, treat a neighbor who was just stung by a bee, help your spouse get over that insomnia and anxiety. Arm yourself with just enough homeopathy to get the ball rolling in your life so that others can't help but eventually recognize your skill.
5. Employ pig-headed willpower. Commit to staying on track. Being a "good little patient" will not serve you or your family. Keep yourself stimulated with knowledge and information. Utilize learning techniques by using your time cleverly. Download classes on your Zune and study via CDs. They're a first-rate way to exploit otherwise wasted time in your busy day. Constant learning and reaffirming will hold you to your convictions.

As you become a grandparent or great grandparent, my hope for you is that you will be able to look back at your life with a satisfying inner smile that speaks of what was set right by your hands. Hold your head high and declare: I raised my family. I healed my family. I cured friends and neighbors because I used my God-given intelligence and committed time to a life worth living. Then, when you see an ad for Pepsi Cola or a billboard for another flu vaccine, you can smile knowing that your power was in your resolute knowledge.

All Thumbs Book Reviews



The Primal Blueprint:
Reprogram your genes for effortless weight loss, vibrant health, and boundless energy
By Mark Sisson
Primal Nutrition, Inc., 2009

If each person on the planet tried out a different diet book, you would probably run out of people before you ran out of books. On the other hand, if you count the number of diet books that are worth anything, you would run out of books before you ran out of fingers on that same hand. *The Primal Blueprint*, which author Mark Sisson considers not a diet plan but rather a way of life, immediately distinguishes itself in its contrast of the “primal blueprint” with conventional wisdom on a broad spectrum of health topics. Subjects that even some of the more intelligent authors get wrong include saturated fat, exercise, water consumption, sunlight, fiber, eggs and cholesterol. *The Primal Blueprint* scores much better than conventional wisdom in all of these areas.

To briefly run down the primal positions that Sisson delineates on that list, saturated fat, eggs and cholesterol are not to be feared. We actually need that stuff. Sisson tracked down the apparent origin of the belief that we need eight glasses of water per day and noted an important detail that is usually omitted—much of that water can be obtained from food. You don’t need to nurse a water bottle until you’re tempted to relocate your office in the bathroom. You also don’t need all that fiber that conventional wisdom recommends, and if you plan to depend on exercise alone to be healthy without correct nutrition, you will be very disappointed.

Sisson also displays above average intelligence in his discussion of genetics. Although the subject has been around for a while, not many people are familiar with epigenetics—the concept that our genes are not as chiseled in stone as once thought, but can be switched on or off by lifestyle choices, such as diet. Sisson’s summary

of fat research includes that of Ancel Keys and Mary Enig, and he arrives at the conclusion that saturated fat is good, *trans* fat or frankenfat, not so. He also is generally correct in identifying good oils and bad oils.

When it comes to food, Madison Avenue and the food industry have taught the average person well. Sisson does a good job of cutting through the smoke and illuminating where most information on nutrition is really coming from. If conventional wisdom on nutrition and health is so good, why is the average person who follows that wisdom not healthier? Why is the health of most Americans declining? We think we should run with the pack but don’t notice the pack isn’t very healthy.

Speaking of declining health, Sisson constructs a disease pyramid similar to that of the food pyramid. Although there is no actual diagram depicted, the materials used to build this pyramid include phytates, *trans* fats, soy, processed food, and sugar.

Under *Primal Blueprint* Law #9: Avoid Stupid Mistakes, Sisson offers some examples of what he calls “Darwin Awards” to emphasize the importance of this strategy. One features a man (why is it always men?) who tried to fly a rocket-propelled jet ski over Niagara Falls. His plan was to fly well away from the falls, open a parachute and float to safety. Strangely, things didn’t go as planned, and he plunged one hundred sixty feet, surviving the fall but with neither a life jacket nor the ability to swim, he is no longer with us.

I don’t necessarily agree with every detail of *The Primal Blueprint*. On the subject of dairy, for instance, Sisson’s first choice is no dairy, which I might grumble about, but second, third and fourth choices are all raw dairy, which placates me somewhat. Buying this book will not win you any Darwin awards. It is sufficiently above average in intelligence to warrant a Thumbs Up.

Review by Tim Boyd

Sisson constructs a disease pyramid built from phytates, *trans* fats, soy, processed food, and sugar.

All Thumbs Book Reviews

***Children with Starving Brains:
A Medical Treatment Guide for
Autism Spectrum Disorder***
By Jaquelyn McCandless, MD
Bramble Books, 4th Updated Edition, 2009

Any book about autism will bring to mind a comparison with *Gut and Psychology Syndrome (GAPS)* by Dr. Natasha Campbell-McBride, and there is a good deal of commonality between these two approaches. McCandless recognizes that a gluten-, casein- and soy-free diet is a critical part of the solution. Her list of nutrients in which autistic people are deficient is very similar to the list in *GAPS*. The discussion of copper-zinc imbalance concurs with what we have learned about the late Paul Eck's research from Laurie Warner (*Wise Traditions*, Spring 2007) and Theresa Vernon (*Wise Traditions*, Winter 2008).

I think both researchers would agree that vaccination is not the root cause of autism but is definitely a contributing factor. McCandless does well to defend and support the controversial work of Dr. Andrew Wakefield and the correlation between mercury-laden vaccines and autism. There is a very good appendix in the back of the book revealing how the CDC has corrupted the data pointing to that correlation. However, since not every child who is vaccinated becomes autistic, there must be other confounding circumstances. McCandless describes the role of bacteria in the gut, and of nutritional status in general. Because autistic children commonly suffer ear infections, they tend to be subjected to many courses of antibiotics, which will upset the bacterial balance in the gut. Breast-fed babies are less likely to be autistic, which reinforces the understanding that nutrition is a factor in the development of the disorder. McCandless also suggests that genetics may play a role. I suppose that is possible but I'm always suspicious of that explanation. Genetics is a popular default scapegoat that scientists resort to when they really don't know for certain what

causes a disease. McCandless does make it clear that no autism gene has ever been identified.

A number of treatment options besides diet and supplements are covered. Low-dose Naltrexone (LDN) is an interesting option. It is not a cure, but since digestive systems of autistic children tend to create caseo-opioid and gluteo-opioid compounds, it makes sense that LDN (which was originally used to treat heroin addiction) might help manage symptoms. Hyperbaric oxygen therapy also seems to stimulate at least some temporary improvement.

The list of supplements used for treatment is long and intimidating, and McCandless admits that it is difficult even for parents, let alone children, to get all that down. Campbell-McBride, by contrast, recommends that supplements be kept to an absolute minimum. There is a more serious problem when we come to the section on vitamin A. Unfortunately McCandless is led astray by Dr. John Cannell's murky and muddled research, which informs his vitamin A-phobic advice, extending to cod liver oil as well. She notes several times that research does suggest the importance of vitamin A but always defers to Cannell. Fat-soluble vitamins are a core principle with the Foundation's dietary recommendations and McCandless's intimidation has unfortunate repercussions on my thumb.

I do respect the intelligence of Dr. McCandless. There is no question that she and the other contributing authors are intellectually and emotionally engaged. Although I did not find any mention of Campbell-McBride or *GAPS*, if I am correct, this book could be seen as independent confirmation of much of Campbell-McBride's research. If I had to choose between allopathic medicine and the approach of McCandless I would readily choose McCandless, but would not let her pry the cod liver oil out of my hands. The thumb is reluctantly DOWN for this one.

Review by Tim Boyd



Unfortunately McCandless is led astray by Dr. John Cannell's murky and muddled research which informs his vitamin-A phobia, extending to cod liver oil as well.

All Thumbs Book Reviews



Addiction: The Hidden Epidemic* *Common Sense Solutions for* *Our #1 Health Problem

**By Pam Killeen
Xlibris Corporation 2010**

It is a common belief that those who struggle with addictions, especially to alcohol or street drugs, suffer moral or character flaws that inevitably produce these behaviors. Perhaps more kindly, we might blame emotional or environmental stressors for leading these souls astray. Yet it is now possible to show that individuals struggling with addiction—whether to alcohol, sugar, gambling, prescription drugs, or the internet—have very clear and often severe biochemical imbalances. In other words, these people are terribly malnourished, and their “unhappy brains” are merely seeking relief from otherwise constant misery through the outlet of their addictions. Nutritionally targeted therapies—as opposed to the familiar psycho-spiritual conventional programs for addiction recovery—have already demonstrated very impressive success rates and relieved many from years of suffering. Better yet, these newly healthy individuals tend to go on to lead productive, creative lives—to their own, and society’s, benefit.

Pam Killen, a nutrition consultant, educator and author located in London, Ontario, has written *Addiction: The Hidden Epidemic* as a wake-up call to modern society. Killeen demonstrates that addictive behaviors and the mood disorders such as depression and anxiety that both precede and accompany them cut across all generations, incapacitate millions, make life miserable for countless families, and in general exert devastating effects on society at large.

Killeen emphasizes the critical importance of animal fats for good physical and mental health and presents a historical perspective on their protective role in the diet by highlighting the work of nutritional researchers Dr. Weston

A. Price, Sir Robert McCarrison, and Dr. Vilhjalmur Stefansson. She goes on to show that therapists who implement nutritional protocols in their treatment programs experience much higher recovery rates among their clients than conventional treatment programs.

Besides a paucity of good fats, the near hegemony of industrialized foodstuffs in the modern diet, devoid of nearly everything except sugar, salt, toxic oils, and devitalized flours, has helped to create an undernourished population primed for addiction, among other maladies. A culture of pervasive prescription drug use abets this nutritional wasteland. Killeen delineates the commonly missing nutrients that are absolutely vital for the health of the brain, and shows how treating malnourished individuals with these nutrients can liberate them from their compensatory addictions as they are restored to health.

Killeen provides insightful interviews with numerous researchers and therapists who treat psychiatric conditions with nutritional approaches, including the late Dr. Abram Hoffer, pioneer in orthomolecular (nutritional) medicine; Dr. Charles Gant, of the Alliance for Addiction Solutions; Julia Ross, a leader in the field of nutritional psychology; Dr. Natasha Campbell-McBride for her work with children, and many others. It seems clear that unless we develop more successful recovery strategies that address the central concern of nutrition, we will continue to see skyrocketing rates of mood disorders and addiction for generations—if we last that long. Since typical conventional therapies miss the nutritional and biochemical components behind mood disorders and addiction, we have no time to lose in integrating effective nutritional approaches into treatment programs. Killeen’s book is full of supportive resources and is certain to be helpful—and truly hopeful—to those who are suffering mood disorders and/or addiction or for those who love them.

Review by Katherine Czapp

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generations

All Thumbs Book Reviews

The Sheer Ecstasy of Being a Lunatic Farmer
By Joel Salatin
Polyface Farm, Inc. 2010

Environmentalism is important and also controversial. We have choices. We can look for enlightenment on the subject from someone who pontificates from their power-massage recliner in their climate-controlled McMansion in the suburbs, or we can look to someone whose livelihood depends on a correct understanding of the environment.

The Sheer Ecstasy of Being a Lunatic Farmer is a book written by just such a man. Joel Salatin is the author. He also owns Polyface Farm, which has operated for about fifty years under the principles explained by his book. I think that is about long enough for him to get an idea whether he is going in the right direction or not.

This book is loaded with ideas you don't hear every day. Bigger is not always better. Artificial insemination may not be a good idea for keeping your herd genetically robust. Is there really a food shortage? He makes an excellent argument for why we should want smart, well-paid farmers. Do we really want something as important as our food to be produced by people who are as poor as dirt and half as smart?

What does it say about our culture when we pay millions to rock stars and expect the farmer to take a vow of poverty? We might want to rethink those twisted and unhealthy values. There are too many interesting and great ideas to list them all in a review. You'll just have to buy the book.

One radical idea is that farming does not have to be a blight on the land. Farming, done right, can heal the land, build soil and improve the environment. Salatin explains in some detail how to build soil much faster than one inch every thousand years or whatever the "experts" are saying these days. A very important piece

to this puzzle is the humble cow. Contrary to popular belief, cows are not an ecological disaster. Properly managed cows on grass will sequester more carbon in the soil than any other known technique. While this is a good thing, he does not say or imply that carbon dioxide in the atmosphere should be our most feared enemy. I'm glad he doesn't. Without carbon dioxide, life as we know it would cease. So when environmentalists or government agencies reclassify an essential component of our atmosphere as a contaminant, how am I supposed to hang on to any respect for such an agency?

Salatin talks about environmentalist-sponsored government wetland regulations, which essentially require freezing the area being regulated into a steady state where nothing is ever allowed to change. Unfortunately we live in a world where change is the norm, so stopping the change requires a lot of work on the part of humans—which means we need to burn a lot of that evil fossil fuel. While those kinds of people chase their tails, the lunatic farmer works with nature rather than trying to lock it in a cage.

One could cite many examples of pop environmentalism. Ironically, you will read none of this nonsense in the book by the lunatic farmer. One of the great things about being a lunatic farmer is you don't need to let political correctness censor your thinking. We can listen to someone with a long track record of success or listen to the eco-freakos. We have choices.

This book is only funny if you have a sense of humor. For those who know Joel Salatin, you will be happy to see familiar examples. At Polyface, the chickens still express their chicken-ness, and you can see the cow-ness of the cow, the pig-ness of the pig, and the Salatin-ness of the Salatin. You will also hear phrases like the "Greco-Roman western linear reductionist systematized fragmented disconnected parts-oriented individualized culture. . ." As fun as

Continued on page 52



What does it say about our culture when we pay millions to rock stars and expect the farmer to take a vow of poverty?

All Thumbs Book Reviews



***The Obesity Epidemic:
What Caused It? How Can We Stop It?***
By Zoë Harcombe, BA, MA
Columbus Publishing, 2010

Near the start of this book we see a list of very good questions relating to the topic of obesity: Does energy in equal energy out? Do the laws of thermodynamics apply to humans? Where does the formula “one pound equals thirty-five hundred calories” come from? Are obese people always greedy or lazy or both? Can you prove saturated fat causes heart disease? How does exercise relate to weight loss or gain?

There are other good questions, and their answers may surprise a lot of people. To answer the first two questions in the list above, Harcombe untangles some widespread misinformation about the first law of thermodynamics. That first law does not say energy in must equal energy out. It says that energy in a closed system at thermal equilibrium is neither created nor destroyed. Energy can be transformed. Is the human body a closed system? No. So anytime you see “energy in equals energy out” in an obesity discussion, you are seeing a misapplication and misinterpretation of the laws of thermodynamics. It may look

impressive to the uneducated, but it is incorrect.

Where does the formula “one pound equals thirty-five hundred calories” come from? Harcombe went to significant effort to trace that notion back to its origin. She researched the studies. She checked with all the major expert organizations in Britain, including the British Dietetic Association and the Department of Health. The straightest answer she got was, “We don’t know,” and it went down hill from there. It turns out that no one even knows exactly how the formula is calculated. The closest approximation Harcombe could come up with assumes there are 9 calories per gram of fat. One pound of fat would be 454 grams. Human adipose tissue is approximately 87 percent lipids, so 87 percent of 454 is 395. Multiply 395 grams by 9 calories per gram and you get 3555 calories. This equation is further muddled by the fact that 9 calories per gram is merely an estimate. Scientific experiments have measured anywhere from 8.7 to 9.5 calories per gram. When multiplied out, the answer lies somewhere between 3436 and 3752 calories per pound (in fat round numbers). The difference between those numbers is 316.

If you enjoy all this math, there is even more in the book for you to pig out on. If your

CHANGING COURSE FOR LIFE: Local Solutions to Global Problems
By Sir Julian Rose

“Continuously accepting ever more restrictive clamps upon our civil liberties and human aspirations ultimately weakens and confuses us, making us cannon fodder for all the consuming appetites of corporate pirates and political apologists. There is nothing more important to do now than to take the authority to control our lives out of such people’s hands, and to pour our energies into securing a resurgent future for largely self-governing human scale communities throughout the world.” So writes Sir Julian Rose, who urges his readers to reconnect with farmers, the land and small-scale communities, and what better way to start than by obtaining our food from farmers and artisans. In this way we help build a just economic system, “one which establishes the best means for as many people as possible to realize their potential, and helps to build the shared goal or ideal of a caring society.”

Reductionist science, agricultural policy, environmental destruction, the role of the arts, modern medicine, and the trend to globalization are some of the themes Rose illuminates with his insight in this excellent little book. Says Rose, “All infrastructure should serve the purpose of helping humanity—and nature—to reach a healthier, more subtle and more dynamic state of self realisation.” That’s a goal we can all eat for! New European Publications. THUMBS UP.

Review by Sally Fallon Morell

All Thumbs Book Reviews

head is starting to hurt from the math, there is a reason why I'm doing this to you. The experts like to use this equation as if it is an advanced, high-precision tool that will tell you exactly how many calories you need to deprive yourself of to lose a given amount of weight per week, month, or year. But if the equation is off by 316 calories per pound, when you start multiplying that out over one year, your results may vary by many pounds. One implication is that if your calorie balance is off by even a few jelly beans you will either waste away in a few years or bloat up so large you block out the sun. We have to admit that this equation is profoundly unhelpful.

This approach to calorie counting and weight control was put to the test in the Minnesota Starvation Experiment done in the 1940s. Thirty-six fit, healthy men were the test subjects, and the goal was to reduce their weight by 25 percent in 24 weeks. The experiment started with a control period to determine how many calories were needed to maintain a stable weight at a specific activity level. During the starvation period the test subjects were fed 1640 fewer calories while trying to maintain the same activity level. When weight loss did not meet the goal, their calorie allowance was reduced even further. According to the formulas promoted by the experts, each man

should have lost at least 78 pounds, not including water. Actual losses were around 37 pounds and by week twenty they all reached a plateau and no further weight loss could be induced.

These men were miserable. They were constantly starved, depressed and weak. Some literally contemplated gnawing on their own fingers. Several cheated and were kicked out of the study. Once allowed to eat as much as they wanted again, they all quickly regained the weight and put on more. They couldn't get enough food. Even when they were stuffed, they were still hungry and wanted more. None of them had any eating disorders or obsessions before the experiment. It became clear that no one could tolerate extended calorie deprivation outside of captivity.

Numerous contradictions in dietary advice are pointed out in the book. The Dietary Guidelines for Americans published jointly by the HHS (Health and Human Services) and USDA has many recommendations concerning carbohydrates. Two of them are: choose fiber-rich fruits, vegetables, and whole grains often; and reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

One says eat starch often, another says don't

One more bullet: obesity in six-month-old babies is also increasing. Do we have an epidemic of laziness in babies?

NUTRITION'S PLAYGROUND: It's All About Food in a Round About Way By Ben Pratt

Ben Pratt, who serves as chapter leader for southwest England, has put together an excellent book on the pitfalls of the modern diet. Setting the compass with an opening chapter on the work of Weston Price, Pratt then provides a very interesting historical discussion of the modern dietary killers—white flour, processed milk, refined sweeteners and modern salt—followed by a description of the healthy traditional solutions: sourdough processing of bread, real (raw) milk, natural sweeteners and unrefined salt. Pratt's chapter on dietary fat is especially interesting, as he introduces new historic material in the chronicle of the USDA dietary guidelines, whereby refined carbohydrates and vegetable oils were substituted for animal fats, with disastrous consequences. Unlike most writers on obesity, Pratt wisely includes a discussion of isoflavones in soy and xenoestrogens in his chapter on weight control. He concludes by urging an emphasis on food quality and a balance of protein, fat and carbohydrate at every meal. This is an interesting, sensible and well-written book, highly recommended for beginners in the field of nutrition, with plenty of new material for those already familiar with the issues. Published by Natural Food Finder, www.naturalfoodfinder.co.uk. THUMBS UP. Review by Sally Fallon Morell

All Thumbs Book Reviews

eat starch often. With advice like that, what could possibly go wrong?


Why are we getting so much bad advice? Harcombe takes a hard look at conflict of interest. The American Dietetic Association (ADA) is a dominant force on the American nutrition scene. It has succeeded in making it illegal in many states to give out nutrition advice unless you are certified by the ADA. A look at the partners and sponsors of the ADA and how much money they put up is very interesting. A very partial list includes Coca-Cola (\$31.4 billion), PepsiCo (\$44.3 billion), GlaxoSmithKline (\$45.2 billion), General Mills (\$14.9 billion), SoyJoy (\$9.2 billion), Mars (\$30 billion) and many others. Even I don't want to do the math to add up all those billions. Maybe on the planet Pollyanna that is not a problem, but on this planet it is.

Many people believe exercise is the path to freedom from obesity. How does this belief measure up to the facts? According to the American College of Sports Medicine, "It is reasonable to assume that persons with relatively high daily energy expenditures would be less likely to gain weight over time, compared to those who have low energy expenditures. So far, data to support

this hypothesis are not particularly compelling." Our exercise hypothesis is not off to a good start. One study cited in the book indicated that the activity level of the average American went up in the period from the 1970s to early 2000s. Weight also went up during that same period. One more bullet: obesity in six-month-old babies is also increasing. Do we have an epidemic of laziness in babies?

In thirty seconds you can consume the same amount of calories as you would burn by running for hours. Doing the stairclimber while watching TV will most likely result in more weight loss between the ears than anywhere else, especially if it is daytime TV.

Harcombe doesn't go into tremendous detail about solutions but nicely sums up the best solution, the solution that worked 99 percent of the time at least until 1980. Get off the grain-based, fat-building regimen and eat real food. Real food is the food that doesn't have ingredients on the labels. You will also need to make those politically incorrect animal foods a significant part of your diet to get the nutrition you need. Another contradiction Harcombe points out in the USDA food pyramid advice is the impossibility of getting all of the recommended nutrition in a grain-based diet without far exceeding the recommended calories.

Our obsession with calories is a monumental waste of time. Zoë Harcombe is logically, mathematically and scientifically ruthless in blasting through the fog of urban legends that surround the subject of obesity. Yet her book is not at all hysterical in tone. With almost dispassionate aplomb she shreds, slices, dices and purées the expert advice, the equations and the superstitions. That'll get my thumb up any day. 

Review by Tim Boyd

Lunatic Farmer, Continued from page 49

that is to read, it is even more fun to hear him say it in person.

Joel Salatin gives away huge secrets to big success. Isn't he worried about helping the competition? Well, there are a few reasons why the answer is no. He knows you can never get ahead by being a copycat. Another key point in the book: people who don't ever let their minds out of their little Greco-Roman-western-linear reductionist systematized fragmented disconnected-parts-oriented-individualized box will think he is howling at the moon.

Mr. Salatin also knows that he can't save the world by himself. He makes a very powerful case for why we need as many smart farmers as we can

get. The idea that farming is for idiots is deadly for any culture. Industrial farming is failing in multiple ways as I write this. Food production is not scalable. Big factory food is destroying valuable resources and making people sick. That obviously can't go on much longer. Producers know that, and they also know that if people in general ever taste a real chicken like the ones you find at Polyface, the game will be over even sooner. If there aren't more Polyfaces, everybody is going to get very hungry. If you want to be a smart farmer, reading this book would be a smart start.

Does his crazy environmentalism work? If you visit Polyface (and I have several times) you will see happy, contented animals. The people who live and work there are also look happy. There are no nasty odors even from the pigs. The grass really is greener on the Polyface side of the fence.

And then. . . taste the food. Oh, yes. It's working. The thumb is way UP for this book. Available from Acres USA, Amazon or Chelsea Green Publishing.

Review by Tim Boyd

Growing Wise Kids

ZAPPING SUGAR CRAVINGS

Hair-Raising Stats on this “White Plague” and How to Reduce Your Need for Sweets

By Jen Allbritton, CN

Sugar is caustic, plain and simple, especially the white, refined versions, which demolish health with staggering ease. Most foods consumed today, processed and homemade alike, contain added sugar. While the more natural sweeteners such as raw honey, maple syrup, and dehydrated cane sugar juice are gentler on our body chemistry, they still contain a high concentration of these simple carbohydrates. When over-consumed, sugar provokes a whirlwind of regulatory functions in the body that race to rebalance the system after sugar’s body-blow, especially for pint-sized kiddos. Replacing unhealthful sweeteners with more wholesome choices is a good first step to a more nourished body. The second and often more challenging step is reducing cravings and breaking the habit of daily sugary desserts. Although it may take a bit of work, I assure you, it can be done!

IS SUGAR REALLY *THAT* BAD?

A comment I often hear is, “A little won’t hurt!” Sure, a little sugar is a minor challenge for healthy individuals. Unfortunately, dysfunctional blood sugar balance, immune issues, and adrenal fatigue are common, and even a small amount of sugar can send someone with these disturbances into sugar shock. Moreover, most of us already get a little here, a little there, and then a little more over here, and *bam!* That sugar really adds up. What do I mean by “a lot”? Our ancestors likely indulged in around one tablespoon (60 calories) of honey per day (when available), which is stunningly low compared to today’s average sugar intake of one cup (774 calories) per day!¹ YOWZERS!

About twenty years ago, Nancy Appleton, PhD, began an eye-opening, research-supported list of the ways sugar can ruin your health. As research on the subject has continued, so has Appleton’s list, growing to one hundred forty-

three points long. The latest version is included in her most recent book, *Suicide by Sugar*. It is also available on her health blog found at www.nancyappleton.com. Here is a small, yet powerful sampling of reasons to avoid sugar:

- Sugar feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, lung, gallbladder and stomach.²⁻⁶
- Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia.⁷
- Sugar can cause many problems with the gastrointestinal tract, including an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn’s disease and ulcerative colitis.⁸⁻¹²
- Sugar can interfere with your absorption of protein.¹³
- Sugar can cause food allergies.¹⁴
- Sugar contributes to obesity.¹⁵

As a mother, I regard sugar’s impact on my children as a top priority; for the kiddos themselves of course, but also for more selfish reasons—my sanity. The more well-mannered and happy my children are, the more smooth is the daily flow. Sugar’s impact on children is more dramatic than it is on adults due to their smaller size and still-developing systems. The connection between sugar consumption and rowdy behavior and weakened immunity is strong.

UNRULY BEHAVIOR

Clinical research has proven that destructive, aggressive and restless behavior is significantly correlated with the amount of sugar that is consumed.¹⁶ The main reason for this is the fact that refined carbohydrates, which include sugar and its cousin white flour, cause hypoglycemia,¹⁷ or

The connection between sugar consumption and rowdy behavior and weakened immunity is strong.

low blood sugar. Because glucose (blood sugar) is the primary fuel for the brain, when blood levels are too low, the brain is affected first.¹⁸ The chain of events goes something like this: a soda drink or other sugary food is consumed and blood sugar rapidly goes up, the body releases insulin in response, and the sudden increase in insulin causes a drop in blood glucose. This yo-yo scenario stresses the body, causing a fight-or-flight response, which involves a rapid increase in adrenaline. Both the low blood sugar and surge of adrenaline exacerbate aggressive behavior and contribute to hyperactivity, anxiety and attention difficulties.¹⁹

I frequently hear testimonials from other moms who see improvements in their children's behavior after reducing sugar in their family's diet. Envision the impact the reduction of sugar consumption could have on an entire school! One such success story is set in a Georgia elementary school, where the principal, Dr. Yvonne Sanders-Butler, recognized the need for dietary changes with her students suffering many modern illnesses—obesity, diabetes and hypertension. In 2005, Browns Mill School became the first sugar-free school in the country, and the results speak for themselves with a 30 percent decrease in nurse visits, a 28 percent drop in teacher referrals for bad behavior, and improved test scores.²⁰ Dr. Sanders-Butler continues to see the difference in the children's health through weight loss and fewer absences, as well as more frequent everyday positive interactions with happier children.

At Browns Mill, every parent and child is asked to sign an "Achieving Academic Excellence through Nutrition" commitment contract, outlining the parameters and expectations of the program. Sugary foods are prohibited (even for birthdays) and confiscated if brought to school. School lunch menus were revamped and exercise, breakfast, and good sleep are expected. It goes to show, bold action can lead to sweet rewards!

MINERAL IMBALANCES

Minerals work synergistically with one another and have a vast number of functions within the body, including maintaining pH balance, aiding in digestion, and transmitting nerve impulses. Suffice it to say that the consequences of mineral imbalance can lead to many problems, including anxiety, asthma, tooth decay, brittle bones, and poor sleep quality. Here is the kicker: if one mineral is out of balance, so go the others. This is particularly true of calcium, magnesium, and phosphorous.

Years ago the dentist Melvin E. Page uncovered the significance of calcium's ratio to phosphorous in regards to bone absorption and tooth

decay. Sugar was found to be the driving force behind calcium-phosphorous imbalance; the elimination of this refined food allowed the ratio to recover and glucose levels in the blood to normalize. It was then that factors leading to bone loss and tooth decay (along with a number of other symptoms) vanished.

Sugar causes the body to excrete calcium and magnesium, which results in an improper calcium-phosphorous ratio. To help restore this balance, stored calcium is pulled from storage sources throughout the body—namely teeth and bones.^{21,22} Unfortunately, much of this previously stored calcium isn't utilized well because it is not perfectly paired with phosphorus or magnesium. The calcium is either removed in the urine or finds a new, unnatural home, as in kidney stones or gallstones.²³

In his seminal work *Sugar Blues*, William Dufty explains the body's strain with sugar intake this way: "So essential is balance to our bodies that we have many ways to provide against the sudden shock of a heavy intake of sugar. Minerals, such as sodium (from salt), potassium and magnesium (from vegetables) and calcium (from the bones) are mobilized and used in chemical transmutation; neutral acids are produced, which attempt to return the acid-alkaline balance factor of the blood to a more normal state. Sugar taken every day produces a continuously over-acid condition, and more and more minerals are required from deep in the body in the attempt to rectify the imbalance. Finally, in order to protect the blood, so much calcium is taken from the bones and teeth that decay and general weakening begin."²⁴

A simple way to get a general idea of your body's acidity is to use pH test strips or litmus paper. Sugar and grain excess, stress, and other unhealthy habits lower the body's pH levels. For

ALTERNATIVES TO CANDY AS REWARDS FOR CHILDREN

When it comes to food, I am quite the negotiator. Brainstorm on what your child enjoys most. Maybe you limit your child's time with the TV. A piece of candy received at school can be traded for an extra half-hour show, staying up fifteen minutes past normal bedtime, or an extra trip to the pool over the weekend. A ticket system could be devised to work up to something bigger, such as a doll or a pair of in-line skates. Use your imagination to make active family fun more tempting than sugar.

Also, you can offer your child's teacher or Girl Scout group leader ideas for rewards or gifts instead of candy. Depending on the age, consider nickels or dimes, balloons, pencils, bookmarks, crayons, ribbons, glow bracelets, stickers, and other little trinkets from the dollar store. It may even be worth purchasing these alternatives to make the switch happen.

optimal health, our body's pH should be neutral to slightly alkaline; when it is too acidic the body buffers this acidity by releasing calcium and magnesium from bones and breaking down muscle to produce ammonia (strongly alkaline).

Saliva (upon rising) and urine (second voiding of the morning) are best for testing pH levels, although some believe urine to be more accurate. Compare the color of the urine or saliva-covered strip to the pH color chart accompanying the package. Collect numbers over several days for an average, which will give you an idea how well your body is dealing with your sugar and carbohydrate load as well as managing your mineral coffers.²⁵ If your pH tests show high acidity (below 6.8), cut down on your sugars and grains (especially all processed products), increase your consumption of good fats and recheck in a couple of weeks.

MORE SICK DAYS

White blood cells, called neutrophils, are a primary player in the immune system, fending off infection from foreign bacteria and viruses, anything from colds and strep throat to ear and sinus infections. Research shows these "germ-destroyers" become much less effective at their job when sugar is consumed (table sugar, fructose and even orange juice), and this immune malfunction can last up to *six hours* after consumption.²⁶ Mark Sisson, author of *The Primal*

Blueprint, suggests the reason for this six-hour despondency is that the neutrophils are too busy dealing with the inflammatory mess created by the influx of sugar.²⁷ Whatever the mechanics, removing excess sugar is a must if you want to reduce the number of illnesses your family suffers.

THE ADDICTIVE POWER OF SUGAR

Although socially acceptable, sugar addiction is real. As with any addictive substance, more and more sugar is consumed over time, withdrawal symptoms are experienced when it is removed (headaches, low energy, mood swings), and finally strong cravings often lead to relapse. Regardless of the fact that it has been referred to as the "white plague" and rivals cocaine in its addictive strength,²⁸ sugar remains a socially sanctioned commodity to sell, eat, or use to celebrate and lavish on children.

Sugar's addictive power is three-fold. First, we have a natural affinity to sugar. It tastes yummy and gives our body fuel. While stumbling upon a beehive or bush of ripe wild berries was quite useful to our foraging ancestors in their endeavors to obtain enough calories, our situation is quite different today. In our developed world of easy access, this added fuel has become over-available, over-processed and over-consumed, all of which lead to trouble with a capital T.

Second, sugar has the ability to increase

Though it has been referred to as the "white plague" and rivals cocaine in addictive strength, sugar remains a socially sanctioned commodity to sell, eat, or use to celebrate and lavish on children.

THE SIX TASTES

In the Ayurvedic philosophy, foods are categorized by six major tastes, or *rasas*. Foods usually contain many tastes, but they are identified by their main flavor.

SWEET: honey, rice, milk, butter/ghee, coconut, dates, fig, grapes, squash, carrots, sweet potatoes, beets, fruit, walnut, chicken, eggs, and most grains.

SOUR: citrus fruits (lemons, limes, grapefruit), cheese, yogurt, tomatoes, apple, olive, peach, pineapple, plum, raspberry, adzuki beans, strawberry, vinegar and fermented foods (sauerkraut, pickles, miso).

SALTY: salt, sea vegetables (kelp, dulse).

BITTER: leafy greens (spinach, kale, chard, green cabbage, Romaine), zucchini, eggplant, olives, turmeric, vinegar.

PUNGENT: ginger, onions, radish, black and white pepper, mustard, chives, cinnamon, clove, dill, garlic, ginger, green onion, red pepper, rosemary, basil, salsa.

ASTRINGENT: legumes (beans and lentils), apples, cranberries, pomegranates, pears, dried fruit, potatoes, walnuts, broccoli, cauliflower, artichoke, asparagus, turnip, rye, buckwheat, and quinoa, turmeric, and marjoram.

Once a person's body chemistry is stabilized, more subtly sweet whole foods will often be enough to satisfy sweet cravings.

pleasure-yielding opioids in the brain, similar to morphine and heroin, making one's sugar cravings often too strong to ignore.²⁹ Julia Ross tells us in *The Diet Cure*, "For some of us, certain foods, particularly ones that are sweet and starchy, can have a drug-like effect, altering our brains' mood chemistry and fooling us into a false calm, or a temporary energy surge. We can eventually become dependent on these drug-like foods for continued mood lifts."³⁰

Third, sugar begets more sugar. Eating sugar clearly throws one's body chemistry into a tailspin. Tag on poor sleep habits, adrenal fatigue, and an overload of distress, intense cravings for sugar (or other substance like alcohol or drugs) can easily develop. Insulin imbalances and a lack of the happy-brain chemical called serotonin are often the underlying culprits. Essentially, the sugar being consumed perpetuates the vicious cycle of more intense sugar cravings.

Are the dangers of sugar giving you chills yet? We live in a fallen world; sickness, crime, mental illness, diabetes, cancer and other unfortunate situations are going to happen, but imagine if the body-wrecking effects of an overload of sugar were removed from the equation? How much less would we suffer? How much easier would it be for children to sit still, concentrate, and behave in class? How much happier would people feel? Would teen violence or drug use diminish? *The positive possibilities are endless.*

HOW MUCH IS TOO MUCH?

Becoming sugar-celibate isn't necessary or appealing to most. We are designed to enjoy sweet foods and, well, they taste good! Nancy Appleton's extensive research on sugar led her to uncover the fact that, for *healthy* individuals, the threshold of *added* sugar is two teaspoons at one time, no more than two to three times a day, totaling two tablespoons altogether.³¹ This means any sugar—white table sugar, dehydrated cane sugar juice, maple syrup, honey, dextrose, brown rice syrup, maple sugar or coconut sugar. For unhealthy individuals, no amount of sugar is recommended.

In terms of processed foods, two teaspoons isn't much (see the side bar titled "Sugar in Common Products" on page 57). Bottom-line, most processed foods are too sugar-heavy to be eaten if

balanced body chemistry is your goal. Switching to artificial sweeteners is not the answer either, as these synthetic ingredients cause numerous deleterious side effects (see Sugar-Free Blues on www.westonaprice.org for more). Also, as a side note, white flours and other stripped starches (also frequently found in processed foods) function similarly to sugar due to their "skeletonized" state; they are also best avoided for all the same reasons previously mentioned.

Most families seeking vibrant health know that home-cooked meals are a necessity. The case made for cutting down sugar only strengthens the need for this fresh-from-the-kitchen lifestyle. As for added sugar in homemade goods, below are a few reasonable choices one might consume:

- Two teaspoons raw honey in a serving of full-fat, homemade yogurt with berries, ground nuts, and a dash of cinnamon and nutmeg
- Two teaspoons maple syrup blended in a fruit sauce to top soaked wholegrain pancakes or waffles
- One tablespoon honey-sweetened preserves on an almond butter sandwich
- A spoonful of ketchup sweetened with evaporated cane juice on your pastured-raised, bison burger
- One tablespoon date syrup or paste in an avocado pudding
- A small pour of brown rice syrup in a smoothie with egg yolks, berries and coconut oil
- A muffin recipe made with 4 tablespoons (1/4 cup) coconut sugar per dozen (equals 2 teaspoons per muffin)

Needless to say, it is imperative that each and every one of us becomes keenly aware of our *added* sugar consumption. But what about sugars naturally found in foods? Fruits, berries, milk, carrots, winter squash, sweet potatoes, cherry tomatoes and red peppers? Whole foods contain a cornucopia of vitamins, minerals, fiber, fat and other co-factors that mitigate the dangers of the residing sugars. Body chemistry is not as affected as with more concentrated and isolated sugar sources. Moreover, once a person's body chemistry is stabilized, these more subtly sweet,

whole foods will often be enough to satisfy sweet cravings.

With that said, while these wholesome foods are nourishing to consume, the more sugar-endowed choices can be overdone. If you like fruit, the less-sugary choices of berries, cherries, and apricots are best. One or two dates at a time are plenty, as each can have up to one teaspoon of sugar. Raw milk from range-fed animals is definitely nourishing for most to consume, however overindulging in its uncultured form can work against those who are trying to lose weight or maintain weight loss. (Culturing dairy uses up most, if not all, the sugars.)

A starch-filled sweet potato smothered with pastured butter and sour cream will cause only moderate fluctuations in blood sugar levels, because of the added fat and protein to slow down the meal’s digestion. Essentially, overdoing any food with a higher percentage of sugar or starch (from grains and potato foods) can be counter-productive to insulin stability and overall health. Use wise judgment and regularly re-evaluate your family’s attachment to even non-refined sweet foods.

Dr. Joseph Mercola goes as far as to say in his book *Sweet Deception*, “Without a doubt the best way to prevent aging and degenerative disease is to keep your insulin levels in a low but healthy range.” The simple answer to healthy insulin levels is moderate intake of grains, minimal consumption of sugars, physical activity, good sleep and a healthy mental outlook.

As for those dealing with health conditions or symptoms, eliminating concentrated sugar

sources altogether is ideal, at least for the short term. Ironically, one’s insatiable desire for sugar could indeed be worsened by these very same health issues, resulting in a difficult-to-break cycle. If you are unsure where to start, partner with a holistic practitioner to assess your blood glucose levels. Find out your adrenal hormone rhythm (through a saliva test) and assess your thyroid health. A full blood panel can also give useful information on the body’s needs and deficiencies.

For tips on conquering sugar cravings, see page 58. These will help you get your family off health-wrecking sweeteners and replace them with more nourishing, less-processed sweeteners. And now, knowing what you know, even these naturally derived sugars should be limited; unfortunately, cravings sabotage the best of intentions. But with the right tool you can zap sugar cravings at the source. There is no magic pill; getting off sugar requires a well-designed lifestyle with exercise, plenty of sleep and relaxation, and time in the kitchen. Only then will your days of sugar slavery come to an end so that you can reap the rewards of happier moods, less sickness, and an overall brighter future for everyone. ☯

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

The simple answer to healthy insulin levels is a moderate intake of grains, minimal consumption of sugars, physical activity, good sleep and a healthy mental outlook.

SUGAR IN COMMON PRODUCTS ³⁵	
PRODUCT	SUGAR CONTENT In teaspoons
Kool-Aid, 8 ounces	6
Jello, 1/3 cup	4.5
Yoplait yogurt, flavored, 99% fat-free, 6 ounces.	8
Cap’n Crunch cereal, 2 cups	8
Tropicana pure premium orange juice, 8 ounces	5.5
Apple and Eve clear apple juice (100% juice), 8 ounces	5.5
Ketchup, 2 tablespoons	1.5
Pop-tart	3.8
Original Gatorade, 20 ounces	9
Soda drink, 12 ounces	16.5

ZAPPING CRAVINGS: SIX PRACTICAL STEPS

1. Find your best diet: The diet that best suits your biological needs and satisfies cravings may be a smidge different from that of other family members. Stick with the core traditional food principles (see *Modernizing Your Diet with Traditional Foods* on www.westonaprice.org), but experiment with different food combinations, portions, protein levels, grain intake, and amount and type of fat. Then take the time to evaluate how you feel. There should naturally be a sense of ease, vitality, clarity and satisfaction that will not be felt if a diet is off kilter.
2. Focus on fermented food: Many people find that once they begin to consume more fermented foods and beverages their yearning for sweets naturally disappears. Your choices are myriad; see *Nourishing Traditions* by Sally Fallon Morell or *Eat Fat Lose Fat* by Mary Enig for ideas and recipes. Donna Gates, author of *The Body Ecology Diet*, says “If you do give in to the temptation of sugar, consider having fermented foods and drinks along with them. The healthy microflora in fermented foods and beverages will use the sugar as its food, reducing the negative effects on your body.”³² Try a tall glass of fermented ginger ale along with a popsicle during a warm summer afternoon, or accompany a rich homemade carob coconut oil-based truffle with a fruity fermented chutney. If your child is attending the occasional sugar-laden birthday party, send her off with a can of coconut water to enjoy during the festivities.
3. Win the mental game: For many, eating something sweet to “top off the tank” following one or even all meals is simply habit or a lackadaisical presumption about sugar. Don’t forget, eating sweets begets more sweets. Remind yourself regularly that for a healthy body and mind, desserts (even when made with natural sweeteners) are ideally reserved for occasional consumption and special celebrations, not everyday meals. Additionally, while dealing with more negative thought patterns and emotions—distress, anger, sadness—the consumption of sugary and starchy foods can quickly morph into a coping mechanism. Stay aware and seek help for emotion-driven eating when necessary.
4. Take the Three-Week Challenge: Slowly remove added sugar from your diet. If you have a competitive edge, find a friend to help spur you on. For the more sugar-addicted folks, commit to a three-week challenge. Week one involves becoming aware of your added sugar consumption and removing, replacing, or reducing the most obvious insults. Replace soda drinks with spring water, cookies with trail mix, store-bought dressings with homemade vinaigrettes. Week two, cut your sweet treats in half; for example, if you often follow dinner with a dessert, cut that down to three or four times a week. During week three, cut dessert intake in half again and continue this pattern until you are down to once a week at most. On dessert days, plan it and relish your indulgence. Sally Fallon Morell suggests on evenings when a meal is less appealing to some in the family, such as a liver dish, dessert can be the prize for cleaning plates.³³

At the conclusion of this gradual decline, you will notice your desire for sweets has lessened dramatically and as time goes on the effort needed to refrain will be much less. Don’t forget to give yourself a well-deserved reward for your accomplishment: a luxurious massage or that new book you have been waiting to buy.
5. Remove the temptation and have a plan: Sounds too simple to mention, but I find most people need reminding now and again: play hard-to-get with sugary snacks. Invariably, if a sweet food is ready and waiting in the cupboard or fridge when hunger strikes, it will be consumed, even for those with the most powerful of wills. Always have a clever plan for the moment when cravings creep up, such as stash of sugar-free CinnamoNuts or a pitcher full of Pucker-up Red Tea (see recipes on page 59). A nut butter-stuffed date is always a quick and easy delight as “au naturel” berries or fruit. Also try topping fruit with whipped cream and nuts or bake a cored apple or pear with butter and spices (stuffed in the opening) to jazz it up. Finally, when you do allow your family the occasional indulgence, make sure it is bursting with nourishing fats—coconut, avocados, cream, butter, nuts, egg yolks—to slow the absorption of sugar, and dish up fat soluble nutrients essential for regulating the effects of sugar in the body.
6. Prepare meals with all six tastes: Ayurveda is a six-thousand-year-old philosophy on life, health and food preparation. Practitioners of this system believe that when each taste is present in a meal—sweet, sour, salty, bitter, pungent and astringent—the body becomes more balanced, ultimately minimizing cravings, stabilizing appetite and perfecting digestion. Ayurvedic teachings go much deeper into the properties of each food and their effects on an individual’s *dosha* or constitution, yet the practice of the six tastes is fairly easy. For example, chutney made with fruit and spices can incorporate all six tastes and makes a lovely condiment to many meals (see the Fruit Chutney recipe in *Nourishing Traditions*). All tastes are easily incorporated into a meat stew with butternut squash, greens, tomatoes, onions, legumes and spices. Or chicken tacos (chicken slow cooked with salt and a touch of turmeric under the skin) topped with sour cream, tomatoes, cilantro, avocados, red pepper spears, leafy greens, and cortido (Latin American sauerkraut, recipe found in *Nourishing Traditions* by Sally Fallon Morell). Basically, strive to include a wide variety of ingredients in your family’s meals, complement each with a fermented condiment, and there is a good chance of dishing up six tastes.

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NO-SUGAR SNACK ALTERNATIVES

CINNAMO-NUTS

2 cups crispy almonds (or walnuts, pecans, etc.—see *Nourishing Traditions* for details)

1 egg white, preferably from pastured hen

1 teaspoon coconut oil

1 to 2 teaspoons cinnamon

1 teaspoon green stevia powder (not extract) 1/4 teaspoon sea salt

Preheat oven to 300 degrees. Whisk egg white until frothy but not stiff. Blend in the oil. Add almonds and stir until well coated. Sprinkle on the cinnamon and stevia powder and mix well again. Spread out evenly on a baking sheet lined with parchment paper. Bake for approximately 45 minutes, until golden, stirring every 20 minutes to ensure even cooking. Note, the nuts will become crisper as they cool. Store in an airtight container. For variation, try other nuts (pecans, walnuts, brazil nuts) and play around with different spices (add a dash of cayenne or nutmeg or replace the cinnamon with turmeric and ginger), but bear in mind that cooking times may vary a bit.

PUCKER-UP RED TEA

4 cups boiling filtered or spring water

1/4 - 1/2 cup dried hibiscus flowers

2-3 teaspoons green stevia powder (not extract)

Cinnamon stick (optional)

Pour the boiling water over the dried flowers, stevia and optional cinnamon stick in a glass container and stir. Allow the tea to stand for at least 10 minutes, up to overnight. Strain out flowers and dilute to your liking with additional filtered water or a fermented beverage, such as water kefir or the Punch (similar to lemonade) or Ginger Ale recipes in *Nourishing Traditions*.

Soy Alert!

SOY AND SANITATION: POOR REASON TO GO VEGAN

By Kaayla T. Daniel, PhD

Fears about salmonella poisoning, listeria, swine flu and avian flu from animal foods are boosting the market for soy and other vegan foodstuffs and supplements. The demand gets its main boost from vegans, of course, but also from increasing numbers of omnivores who've heard that plant foods are the best way to avoid food poisoning. The safest and most sanitary foods of all, according to this line of thinking, are processed and packaged goods.

Market analyst Kathie Brownlie reveals in the online newsletter *NutraIngredients*, "the market is driven by crises—and it did not exist a decade ago." Another factor in this new and booming market is the widely perceived "healthy" image of vegan ingredients. According to Chris Olivant of the UK's Vegetarian Society, the number of vegetarians has steadily increased over the past decade, but "tends to peak in the immediate aftermath of an animal health scare, then drop back down to prior levels afterwards."

SYNTHETIC BETA-CAROTENE

"If you have a complete portfolio of vegetarian ingredients, you will be prepared for any animal health scare that breaks," says Lukas Christian, global product manager for beta-carotene at DSM Nutritional Products. *NutraIngredients* reports that DSM is launching a new synthetic beta-carotene to compete against animal-derived beta-carotenes. Other companies too, including BASF and Biodar, have come out with vegetarian beta-carotenes. If you naively thought beta-carotene supplements would come from carrots and other vegetables, welcome to the brave new world of supplements. Why grow carrots, after all, when you can produce beta-carotene with microorganisms? And why bother with the care and feeding of wee beasts when you can manufacture a synthetic beta-carotene that can be billed as vegetarian?

Given all the vegan scare stories and the filthy reality of factory-farming operations, it's hardly news that people in record numbers are avoiding meat, milk and eggs, but is it wise to go vegan for safety reasons? Not if we patronize local farmers who raise healthy, happy, free-range and pastured animals and make it a priority to run clean operations. And also not if it's diseases from listeria, *E. coli*, and salmonella that we are trying to avoid. Most cases of foodborne illness come from contaminated commercial vegetables, such as strawberries, spinach, alfalfa sprouts and peppers, and not from animal foods at all.

As for soy, there are surprising risks of contamination. Packaged soy products seem aseptic, safe and sanitary, but recalls have been legion over the years, suggesting that the squeaky-clean packaging might only seal in disease.

LARGEST RECALL IN FDA HISTORY

Consider what may prove to be the largest recall in FDA history. It occurred in March 2010 and involved salmonella-contaminated hydrolyzed vegetable protein (HVP) produced by Basic Food Flavors, Inc. of Las Vegas, Nevada. Salmonella was found on the company's processing equipment. HVP is used to enhance flavors of thousands of food products, extend shelf life, and otherwise increase the food industry's bottom line. HVP is an ingredient in just about every processed food available in stores. As a paste or powder, it is added to soups, sauces, chilis, stews, hot dogs, gravies, snack foods, dips and dressings.

The name hydrolyzed vegetable protein most often refers to "hydrolyzed corn protein" or "hydrolyzed soy protein" and may sometimes be labeled as such. If mixed with spices, it is routinely identified only as "natural smoke flavor" or "natural flavors." This labeling practice protects proprietary recipes of manufacturers,

Packaged soy products seem aseptic, safe and sanitary, but recalls have been legion, suggesting that the squeaky-clean packaging might only seal in disease.

but has long been a nightmare for people who are allergic to soy or corn, or who react to MSG, which is an inevitable and unavoidable byproduct of the hydrolyzing process. Products containing this additive may even state “No MSG” on the label, though this is clearly an untruth.

This particular recall has proved embarrassing to the FDA. Congressional investigators chided the agency for failing to oversee the production of HVP and other additives and food ingredients that are widely perceived as safe. In addition to HVP, these include partially hydrogenated vegetable oils, salt, spices, artificial flavors, emulsifiers, binders, vitamins, minerals, preservatives and other ingredients, most of which are intended to enhance taste, texture, nutritional content or shelf life. In a prepared statement, FDA spokeswoman Rita Chappelle conceded that the FDA “agrees broadly” that its oversight of such ingredients “could be strengthened.” Given the misplaced time and effort FDA has put into harassing small farmers, it’s not surprising that it has been asleep on its real job.

Health-conscious consumers might think that the HVP contamination is not their issue because the companies in the news are the big names like McCormick, Pringles, National Pretzel, Herbox (bouillon), Quaker, Safeway and CVS snack products. Best Food Flavors alone has recalled nearly eight hundred products. This would suggest the problem lies with the processed, packaged, fast and junk foods in the Standard American Diet (SAD).

Sadly, the truth is that many of the brands billed as “healthy” and sold in health food stores and upscale markets use the very same additives. Follow Your Heart brand vegetarian products, for example, recalled its barbecue, kung pao, savory, peanut and curry-flavored tofus as well as its “heart smart” veggie burgers, burritos and “chicken” pasta because of possible salmonella contamination “from one of our suppliers.”

The possibility of salmonella poisoning also drove recalls of those old hippie staples soy grits and flour. The recalled items came from Thumb Oilseed Producers’ Cooperative of Ubly, Michigan, sold under the brand names Soy Beginnings and Nexsoy.

NOT HVP ALONE

Other contamination problems have also beset soy-food manufacturers. Lifesoy Inc., a San Diego-based manufacturer of ready-to-eat soy products, was forced to stop manufacturing and distributing its sweetened and unsweetened soy milk, fried tofu, fresh tofu, soybean pudding, and other products because it did not hold and store foods under refrigerated conditions cold enough to prevent the growth of microorganisms. Interestingly enough, when the FDA first discovered Lifesoy’s unsanitary practices in 2007, it did not harass the company (as it does small farmers and cottage industries) but actively tried to help it comply with Good Manufacturing Practices and stay in business. The company’s failure to do so led to its shut down.

The LifeSoy case indicates why most tofu products coming out of large manufacturing facilities are pasteurized today. In the good old days, there were also cases of contamination, of course, with most occurring at Asian groceries or old-fashioned small health food stores where fresh blocks of tofu were displayed in produce sections. The tofu was unrefrigerated and open to airborne contamination as well as bugs from customers using tongs to reach into the water it floated in.

SOY MILK AND SOY POWDERS

Think soy milk is safe? Bonsoy soy drink was whisked out of markets in Australia, New Zealand, the UK, Ireland, Singapore and Hong Kong this last spring because of dangerously high iodine levels derived from kombu, a seaweed ingredient. That manufacturing error sank at least thirty-eight people’s thyroid glands. Ironically, the kombu was put in there to begin with because of soy’s adverse effects on the thyroid, a risk highest among consumers who are iodine deficient. Recently a reformulated version was approved for sale by Food Standards Australia New Zealand (FSANZ). Meanwhile other products containing seaweed are being investigated.

A 1998 survey looked at four brands of soy milk; five types of microorganisms were found in stored soy milk samples. During cold storage, microbial counts increased sharply after two to three weeks.

Dry soy powders are not safe either. A 1978 survey found salmonella in many “health food” products, including soy flour, soy protein powder and soy milk powder.

FORMULA FOR DISASTER

One of the most frequently recalled products is infant formula. Between 1982 and 1994 there were twenty-two significant recalls of infant formula in the United States due to health and safety problems. Seven of these recalls were classified by the FDA as “Class I” or potentially life threatening. And things haven’t improved much since then. Recent recalls were made by Nestlé (Carnation), Abbott, Mead Johnson, Wyeth, and Nutricia, among other companies, and for widely sold products under the brand names of Alsoy, GoodStart, Isomil, Nutramigen, Nursoy, and Soyloc. Both dairy and soy formulas have been recalled for everything from contamination by salmonella or *Klebsiella pneumoniae* to bits of glass. Yes, glass, as in the shards found in more than one hundred thousand Mead-Johnson jars.

Manufacturing errors are an especially big problem with soy formula. Failure to add supplemental B₁, B₁₂, vitamin K, chloride and other needed supplements has led to deaths and hospitalizations of babies. When such omissions happen with dairy formula, the deficiency is less likely to be a life-threatening matter. Cow's milk, after all, contains what a mammal needs to grow. Although obviously not at the ideal levels for a human baby as opposed to a calf, vital components don't go missing. In 2003, three babies in Israeli on soy formula died from an extreme deficiency of vitamin B₁, and another eight babies were hospitalized, of which four suffered permanent brain damage. The formula manufacturers had left out B₁ on the false assumption that soybeans contain plenty of B₁.

Hard to believe? Want to check out future recalls? Get industry news from a free online subscription to NutraIngredients and by visiting the FDA's own website. Then put your energy into buying both animal and plant foods directly from small, local farmers you know, visit and trust.



Kaayla T. Daniel, PhD, CCN is the author of The Whole Soy Story: The Dark Side of America's Favorite Health Food. She is a frequent speaker at Wise Traditions and will deliver the keynote address at the WAPF London conference, March 2011. Based in Albuquerque, NM, Dr. Daniel is a nutritionist in private practice and works with clients all over the country. Visit Kaayla's soy recovery blog at www.westonaprice.org/blog.

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Farm & Ranch

THE FRAMEWORK OF BIOLOGICAL DAIRY FARMING

By Gary Zimmer and Rebecca Brown

Biological farming is a dynamic system of farming that works with natural principles. Its purpose is to make a profit by growing healthy, mineralized foods that are nutrient-rich and of maximum quality for people. In order for this to occur, all stages of production including soil, forage, crop, animal, business and lifestyle management must be healthy and interdependent.

The biological cycle begins in the soil and is based on a healthy population of balanced microbiology—such as bacteria, fungi, protozoa and earthworms—which require soils with an adequate supply of properly balanced nutrients including, but not limited to, nitrogen, potassium, phosphorus, calcium, magnesium, sulfur, zinc, manganese, iron, boron and additional trace elements.

The biological farming approach that we use here at Otter Creek Organic Farms aims to improve and balance soil and forage/crop mineral levels by using a balanced fertilizer program, growing green manure crops, practicing proper tillage, employing tight crop rotations, utilizing a wide diversity of plant species, and measuring and monitoring all of these aspects.

Mineralized soil produces high quality forages, which yield healthy productive livestock; cows that have minimal or no health complications, breed back easily and efficiently produce ample, high quality milk with potentially fewer dollars invested in fertilizers, off-farm feed and supplements, and minimal vet bills.

You can see how biological farms often have a decreased cost of operation. As if that weren't good enough, now consider that using a biological system often facilitates the transition to organic production and you've got a recipe for maximizing farm profits.

MEASURING FARM HEALTH

An essential starting point for implement-

ing a biological or organic system is a beginning farm evaluation. Possible components of this evaluation include the right kind of soil test, feed and pasture tests, and visual soil and pasture assessment using a method that measures specific soil and pasture characteristics. Once this information is gathered, we have a baseline starting/reference point and can then put together a livestock, fertility and crop improvement plan based on those data.

Testing must be part of an ongoing monitoring system. After all, if you can't measure or know whether you are making improvements, how can you have confidence that you are on the right road? Tests, however, can only give us clues about our feeds and soils. The more we monitor with both tests and observation, the more complete a picture of improvement we can get, although tests themselves are often incomplete. That said, we often take soil samples every three years because major changes that would show up on a soil test are usually gradual.

Just as soil tests don't measure what's in a soil (they only measure nutrients that are easily extracted and assumed to be usable by the crop), feed tests only measure parts and pieces of the feed but certainly not everything. They are only calculations—assumptions and estimates based on the “normal” range. Tests give us clues as to what is going on and offer a starting point, but we need to be detectives, gathering data from many sources in order to find out what is really going on. Testing is a management tool guiding our fertilizer and farming decisions. However, we find that the practice of intentional observation (which means slowing down and making time to observe) is often what separates out the best farmers.

If you raise crops in the “usual” way, such as using N-P-K soluble fertilizers and lime according to pH only (instead of taking into account

We find that the process of intentional observation (which means slowing down and making time to observe) is often what separates out the best farmers.

A SHORT COURSE IN COW MANAGEMENT

- Do everything you can to get the livestock healthy and comfortable. Whether she harvests her own forages or you harvest and store the feed for her, quality forages and cow comfort are the key to healthy, productive cows and profitable, successful dairying.
- Cow science is cow science, whether you graze or store feeds, are organic or not. You cannot violate the principles of the cow. If the parameters are violated—which in most circumstances means the dry cow is getting an excess of potassium, nitrogen, or protein and a lactating cow is deficient in some nutrient—train wrecks occur. The challenges are balancing nitrogen, digestibility and energy for the cow's diet, and getting her comfortable and stress free.
- Ration balancing is difficult with grazing. Common sense and "eye" of the master are essential.
- Grazing is a less expensive way to harvest, plus it eliminates molds and provides fresh vitamins and exercise. Cows are designed to eat forages. Have a minimum of 65 percent of the diet as forages.
- Grass-based cow genetics are key to efficiently producing milk in a pasture-based operation.
- Quality protein, energy, minerals, vitamins, and effective fiber are essential in forages but whatever is missing from your forages is what needs to be supplemented to the cows. Starting nutrition in the soils can improve forage quality over time, but you have to earn the right to not supplement the cows.
- Free-choicing minerals is another good idea. This is not in place of trying to add minerals known to be short in the soil and feed, like calcium, magnesium and trace minerals. The minimum free-choice mineral program starts with a good, natural salt (we also like to free-choice kelp alone or mixed 50/50 with salt), a 1:1 mineral, a high calcium mineral like CharCal® and finally, a buffer. We also use a montmorillonite clay called Dynamine.
- Adding carbon to the cow diet (dried molasses, some grain, plant charcoals, CharCal®) helps absorb extra free rumen nitrogen. Also make sure sulfur is used in soil fertility programs for quality proteins.
- Corn silage and good "dry" hay help match high-protein, low-fiber, high-moisture, out-of-balance forages and early spring pasture growth. Place a bale or two of hay in the fields during the period of lush green grass.
- Milk cow feed and dry cow feed are not the same. Grow special forages for each group. Get an excellent dry cow program in place in order to rebuild the cow. If you don't have low-potassium, "good" grassy hay, buy it. It's your cheapest investment of the year.
- Feeding the extras—vitamins, selenium (in many areas), yeast, kelp, direct-fed microbials—is certainly beneficial for many farms. Your job is to do everything you can to get that cow healthy and comfortable. Some additions don't have immediate visible paybacks, but health and breeding improve when the whole program is implemented.
- Water is essential: clean, fresh and available in adequate amounts.
- Our ration: We have one total mixed ration (TMR) for the whole herd, and in addition offer free choice minerals. Due to our forages' higher protein content, we haven't used much supplemented protein for many years. Corn silage does fit our program to help lower total protein and some of the minerals. Our ration this winter was about twenty-five pounds corn silage as is, fifteen pounds high moisture shell corn, a couple pounds of dry hay and the rest a mix of the haylage bales. Free choice the cows get a mineral balance mix, some charcoal, yeast, kelp, direct fed microbials, enzymes and vitamins. Our summer ration keeps the corn silage and grain levels similar but we may supplement oats and other small grains for some of the corn. We graze as much as possible starting with cereal ryes in the spring then move on to established pasture, summer annuals, and new seedings and ending in the fall with oats, peas and brassicas. We do use some straw, dry hay or dry baleage in the TMR for effective fiber.

levels of available calcium), have pure alfalfa stands and conventional corn, the estimates for test result ranges are more accurate because the tests and ranges are based on that conventional farming system. But with biological farming, the feed test results are going to be less predictable and those calculations and estimates may be far less accurate.

We have our soil tests performed at Midwest Labs and our tissue and feed tests at Dairyland Labs. To get the most accurate mineral results on forage tests, we use a wet chemistry test, rather than NIR (Near Infrared Reflectance). We obtain a series of complete tests throughout the growing season being sure to harvest at the proper time to insure maximum energy palatability and digestion.

Forage tissue testing (including trace minerals) is very important because it tells you what nutrients are actually getting into the plant. We are looking for limiting factors, ratios and health promoting indicators. All this diverse data plus whole-farm observation gives a much better picture of the soil-plant interactions in your forage production system.

LIVING, MINERALIZED SOIL

Every nutrient has a function both in plants and animals and they all need to be provided, and in balanced proportions. The nutrients you put in a soil affect the nutrient uptake in the plant, which in turn affect digestibility, energy, flavor, mineral balance and protein quality of the plants.

There are two basic choices for providing nutrients to plants. One option is the use of soluble N-P-K chemical fertilizer. With this opinion, highly soluble chemical fertilizers essentially use soil merely as a medium through which the soluble nutrients travel to the plant. They may reduce the availability of the soil nutrients, reduce clover numbers, and cause soil health to decline over time.

For example, you can grow large quantities of nutrient-deficient feed with the use of soluble chemical nitrogen and potassium. Although it looks like you've grown a lot of feed, mineral uptake, balance and energy can certainly be short. You'll need to feed more of this lower quality forage and add livestock supplements to maintain production levels.

Soluble nitrogen makes soils "lazy." It encourages grass growth (rather than legumes) and interferes with calcium uptake in the plant. We believe it also has a negative effect on palatability, digestibility and animal health, and creates too many incomplete proteins, an opening for insect problems in the crop and health issues in livestock.

The second option is based on keeping soil microbes healthy so they can build humus and provide nutrients to the plant. The job of the successful biological and organic farmer is to get the soil mineralized and keep the soil habitat for the microbiology as close to optimum as possible so those microbes can build humus and govern the supply of nutrients to the plants. Soil health needs "air," water, a healthy "home," and the proper food. How do you do this? With proper tillage and soil mineral balance.

Additionally, when soil microbes build humus, which is the primary determinant of soil health, large amounts of carbon are sequestered from the atmosphere back into the soil.

THE BIG FOUR

There are four indicator minerals in plant tissue testing that tell a large part of the story about what's happening on the land: calcium, boron, phosphorus and magnesium. These are indicator minerals because a complete biological system is required to get these four minerals up to the desired levels.

Grow or buy forages where these four minerals are high in the plant (for that plant species) and they will be the most palatable, digestible feeds you can deliver to livestock. Let's look at each individually.

Calcium is the "trucker" of all minerals, meaning it largely governs plant availability of the other minerals. For this reason we consider it the most important soil nutrient. Among other attributes, calcium affects energy and digestible energy in plants, and is essential to microbe health. There is also a strong correlation between plant calcium levels, legume growth, soil health, reduced weed pressure and quality forage.

A vital baseline to biological farming is provision of enough soluble calcium to the plant. For calcium to be high, you will need adequate soil levels of actively exchangeable plant soluble

When soil microbes build humus, which is the primary determinant of soil health, large amounts of carbon are sequestered from the atmosphere back into the soil.

We are not interested in pushing the cow into high production with lots of grain at the expense of the cow's health and the health of the consumer.

calcium. (With high nitrogen, potassium or magnesium levels, calcium levels may not be adequate in the plant. The goal is as close to a 1:1 ratio with potassium as possible and at around 2 percent calcium in feed tests.)

Just because the soil pH is within the ideal range (6.5-7), it does not mean you will automatically have high plant uptake of calcium, that additional calcium does not need to be applied, or that the soil doesn't need lime. Providing a diverse supply of calcium sources is highly beneficial, even if pH is already at a "good" level.

There is no "one-size-fits-all" when it comes to different sources of calcium for different soil situations. However, one rule is that smaller amounts more often seem to work well on most soils. Calcium sources include calcium nitrate, gypsum, Bio-Cal®, OrganiCal® and HumaCal®, rock phosphate (if you also need phosphorous), burnt lime, and activated calcium (note that not all of these are organic). Choose the right source for the situation. Often, supplying a humate source with calcium yields good results. Organi-Cal® and HumaCal® have humates added. Field-grade lime is insoluble and performs well on low pH soil, when incorporated, because it needs the "acidity" of that soil to break down the calcium carbonate and make it available to the plants.

Spraying on a few ounces of a plant stimulant calcium may help by serving as a short-term fix but it won't do in the long run. Remember, an alfalfa crop removes two hundred fifty pounds per acre of the available soil calcium.

Boron and calcium seem to work together. We like to call calcium "the trucker of all minerals" and boron "the steering wheel." Boron is needed in relatively small volume, but it governs calcium uptake and sugar movements, both critical factors in producing more plant energy and plant pectins (the highly digestible carbohydrate that is closely associated with calcium). Boron is relatively easy to get in plants and to manage. It's an anion (meaning that it is negatively charged), so it's a highly soluble, leachable mineral, and thus readily available to the plant. For us in the Midwest, we normally add one pound per acre each year to fields, and sometimes more based on soil type. Some people in the East apply two pounds of actual boron annually.

Phosphorous at high levels in the plant is

a great indicator of healthy, biologically active soils. Phosphorous exchangeability and organic matter are needed by the plant at high levels, but large amounts of phosphorous are often tied up in the soil, unavailable to the plant. Commercial phosphorous dumped on the ground does not simply get sucked up into the plant as nitrogen and potassium do. In fact, putting on soluble phosphorous has a negative effect on plants' symbiotic interaction with mycorrhizae, the soil fungal group that aids in getting phosphorous into the plant.

We like to use natural rock phosphates, certain plant species, and biological activity to extract the phosphorous and convert it into a chelated, organic, plant-available form. Phosphorus and magnesium are synergistic; they are team-mates and should be at .35 percent or higher on feed tests. These are energy minerals, both of which are vital to production through photosynthesis and also to transportation. These two minerals are extremely difficult to get into the plant.

Magnesium is an indicator of many things, a major storyteller of soil balance and health. Magnesium levels can be high in the soil and yet be low in the plant. Magnesium carbonate (dolomitic lime) isn't plant usable unless something breaks it down—this is carried out through soil biology acids, plants extraction or sulfurs. One more issue to keep in mind: there is an inverse relationship between potassium and magnesium. The higher the soluble soil potassium, the more potassium and the less magnesium the plant takes up. In order to get high plant magnesium, you must not overdo potassium. Good biological activity along with a variety of plants to feed soil life is part of the success of getting magnesium into the plant.

SULFUR

Sulfur is needed to make proteins and build humus in the soil. Our Midwestern Bio-Ag consultants have suggested that we should really have "The Big Five," not "The Big Four," because sulfur should be added to the list of basic soil minerals. In order to get magnesium uptake in the plant, sulfur needs to be in good supply, so you can't get ideal levels of "The Big Four" without good sulfur levels.

Each year a minimum of twenty-five pounds

per acre of sulfate sulfur needs to be added to most soils. The goal for our feed test is a 1:1:1 ratio of phosphorus, magnesium and sulfur.

QUALITY FORAGE

Cows are designed to eat a variety of forages (not grain), so utilizing high levels of diverse, nutrient-rich, high quality forages for an extended grazing season is the focal point of biological farm management. We want to assist cattle in production with high quality forages fed at the right level. We are not interested in pushing that cow into high production with lots of grain at the expense of the cow's health and the health of the consumer.

Dairy nutritionists have parameters for what it takes to keep the cow producing well. What is missing from the forage has to be supplemented, quite often at a substantial cost, in order to meet the cow's requirements. Because it takes time to get soils minerally balanced and healthy, extra supplementation to a cow's ration is likely needed until the soil is balanced. Once quality forage production is achieved on the farm, more minerals and nutrients are provided through those plants and less supplementation is required. High quality, nutrient-dense forages offer more energy due to improved digestibility of the plant carbohydrates, resulting in more sugars, pectins, hemicellulose and other materials that are more digestible by the rumen bacteria.

Many farmers notice a difference with biologically fertilized crops, saying that they feed better even though they may or may not test differently. We also find that we can get better utilization of these minerals in the feed as they break down during the digestive process. Also, with the newer, improved Relative Forage Quality (RFQ) test, we do believe that we have moved a step closer to an accurate assessment of feed quality.

Keep in mind the fact that there are flaws associated with the current protein test techniques. For example, true protein is not measured in these tests, rather, nitrogen is, and then it is multiplied by 6.25 and the resulting number is assumed to indicate protein levels. In truth, proteins are made up of amino acids—carbon chain compounds with nitrogen attached, and some also carry sulfur and other minerals. If these

minerals are lacking and nitrogen is in excess, the amino acids can't be made and thus you have incomplete proteins. On the other hand, if extra nitrogen is available due to over-application or too much manure, then free nitrogen can get in the plant. The test can't tell the difference; this free nitrogen is calculated as protein, but in fact it may not be.

MANAGING NUTRIENTS

There are two nutrient areas to consider: the first is soil correction to achieve soil balance, by supplying nutrients that are lacking, based on a complete soil test.

The second is crop fertilizers. These inputs are above and beyond soil correction inputs. These are specific blends for the crop you are growing and the soil type you have. A crop fertilizer doesn't correct soil deficiencies and should be a balance of all nutrients, not just N-P-K.

The nutrient sources we are often managing on a grass-based dairy are manure, compost, and fertilizers (nutrients).

Fertilizers are rated on water solubility and price per unit. But what about the fertilizer's effects on soil and soil life? How available is it to the plant? Are the nutrients stable, or will they leach away before the plants can use them?

You can do things to enhance nutrient uptake and fertilizer efficiency, such as adding carbon and balancing the soluble types with the slow release types. Balancing soluble to slow-release fertilizers provides timed release of nutrients.

Composting manure with lots of carbon stabilizes the nutrients, changing manure from a soluble to a slow release nutrient source.

With liquid manures, applying a light application of lime prior to manure application and a surface aeration is a good idea. Smaller, more frequent lime additions are more beneficial than larger doses. On low-phosphorus soils adding rock phosphate to liquid manure is a beneficial practice. We also like to add BioCal® when spreading liquid manure to help stabilize, optimize, and balance the use of nitrogen and potassium.

Foliar feeding with fish, molasses, kelp, magnesium sulfate, and/or micronized minerals is not a bad idea. This is an "extra" or short-term fix, not a replacement for a good soil mineral

Healthy, well-aerated soils with nutrient balance and diverse plant species naturally have a good nitrogen to carbon balance.

management program. Remember to include Epsom salts (magnesium sulfate) in your foliar program to help meet the annual needs for sulfur.

Nitrogen and highly soluble salt fertilizers can stimulate a “big pile” of low-nutrient feed, but we need to also consider energy and cow performance on these kinds of feeds. What impact do these materials have on soil life, root development and plant health?

You have to earn the right to reduce or eliminate nitrogen from your fertilizer program. As a biological farmer, you can “grow” nitrogen. If you set the conditions, then, in time, on most soils purchased nitrogen won’t be needed because the biology provides it. Healthy soil microbes are able to convert (fix) nitrogen from the air, which requires a microbe food source such as tilled-in green manure crops, cover crops or green carbon. Microbiology also provides nitrogen via legume nitrogen-fixing nodules and legume digestion when incorporated into the soil. Healthy, well-aerated soils with nutrient balance and diverse plant species naturally have a good nitrogen-to-carbon balance. Keep in mind that calcium favors legume production while nitrogen favors grasses.

TILLAGE

We believe that careful, properly timed, shallow tillage is vital. Improper tillage can do severe damage to the soil structure and microbes. When major soil corrections with lime or minerals, or improvements in soil structure are needed, how do you do that by pouring things on the surface? Sometimes you need to till to apply soil correctives and till to re-establish pasture species. For our crop farming, we like to shallow till to incorporate nutrients and plants, and if needed, till the subsoil to loosen compacted soils and allow deeper root growth.

Zone tillage, shallow incorporation of plants and residues, and deep ripping work well on many farms. We do believe that subsoiling with a Yeoman plow or ripper (along with deep-rooting annuals and a good fertility program) has a place on a grazing farm and does a lot to relieve compaction, which often is a much bigger problem than realized.

MANAGEMENT BOTTOM LINE

You can’t let the soil put limits on the plants by limiting the type, quality, or amount of forage grown; and you can’t let the cow put limits on the plant, either through improper grazing management or soil compaction. ☺☺

Gary Zimmer heads Midwestern Bio-Ag Products & Services, a manufacturing and consulting company that operates on over 5,000 farms, in 15 states with 80 consultants. He runs Otter Creek Organic Dairy Farm with his son and daughter in Wisconsin. He taught agriculture for many years, holds a graduate degree in dairy nutrition and lectures widely on the subject. He is the author of The Biological Farmer, and Advancing Biological Farming.

Rebecca Brown is a consultant in the Mid-Atlantic Region for Midwestern Bio-Ag. She grew up on a farm, studied agriculture in college, and has managed several grass-based livestock direct-marketing farms. While working on dairy farms for a year in New Zealand, she realized she enjoyed sharing information with farmers. She then spent nearly a year working and studying at Zimmer’s Otter Creek Farm before returning to the East to become a consultant. She can be reached at (774) 521-6100 or brownsuffolk@hotmail.com.

WISE TRADITIONS 2010, MAKING IT ALL HAPPEN



Tireless, dedicated conference coordinators Paul and Misty Frank of PTF & Associates, Inc.



Kathy Kramer, WAPF Office Manager, coordinated continuing education units, and Cathy Raymond organized food donations from dozens of farmers and artisan food producers. Cathy also organized the oatmeal bar for the Farm-to-Consumer Legal Defense Fund.

SOME TYPICAL SOIL TESTING RESULTS AND RECOMMENDATIONS

THE BIG FIVE

PENNSYLVANIA FARM

Level	Potassium 218	Magnesium 234	Calcium 1246	Phosphorous 90	Sulfur 16
Desired Level	110-183	135-180	1316-1410	50	50

SOUTHERN MARYLAND FARM

Level	73	257	820	29	8
Desired Level	76-127	94-125	910-975	50	50

Soils on the Pennsylvania farm are high in potassium, magnesium and phosphorus, but slightly low in calcium and sulfur. We suggested treating the pasture with 1000 pounds per acre of low-magnesium dolomite applied once and then, if further testing shows a continued need, again in two years. For fertilizer, we recommended a Custom Blend for High-K Soil, which is low in potassium. It has an N-P-K rating of 0-0-0 but contains 12 percent calcium, 2 percent magnesium and 7 percent sulphur, plus trace minerals and salt. The ingredients of the blend include fine, pelletized gypsum (calcium sulfate, sold as Cal-Sul), HumaCal, magnesium sulfate, potassium-magnesium-sulfate, composted and pelleted chicken manure, Redmond salt and a trace mineral blend, all permissible for this organic farm.

Soils on the farm in southern Maryland are low in calcium, phosphorus and especially sulfur and potassium but very high in magnesium. In addition, the soils are very sandy, which calls for more frequent but light applications of fertilizer. We recommended the application of gypsum (calcium sulfate) at 250-500 pounds per acre each year, along with a blend of fertilizer with an N-P-K rating of 8-9-9 to be lightly applied every three months. The blend contains HumaCal, ammonium sulfate, monoammonium phosphate, potassium-magnesium-sulfate and a trace mineral pack. We also recommended applying one ton per acre of chicken litter, twice a year, for one or two years in order to get more organic matter into the thin soil.

TRACE MINERALS

PENNSYLVANIA FARM

Level	Zinc 4.0	Manganese 4	Iron 97	Copper 1.5	Boron 0.4
Desired Level	5.0	20	20	5.0	2.0

SOUTHERN MARYLAND FARM

Level	2.2	4	36	0.2	0.3
Desired Level	5.0	20	20	5.0	2.0

Soils on the Pennsylvania farm are low in manganese, copper and boron, have adequate zinc and are high in iron. We recommended a trace mineral mix called the Charger, composed of compost and sulfate forms of zinc, manganese and copper, along with borate.

Soils on the farm in southern Maryland are low in all trace minerals except iron. We recommended our conventional trace minerals pack, which is made up of sulfate forms of zinc, manganese and copper, along with borate and additional ingredients.



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

A Campaign for *Real Milk*

THE BIOCHEMICAL MAGIC OF RAW MILK: GLUTATHIONE

by Chris Masterjohn

One of the many benefits of raw milk may be its ability to promote the production of a wonderful little compound called “glutathione.” This tiny compound consists of just three amino acids, but it is the master antioxidant and detoxifier of the cell.

It may be reductionist to focus on glutathione, but understanding how a food provides its benefits not only helps us better understand how to produce, prepare and use that food, but also helps us identify other foods that may offer similar benefits. For example, large amounts of raw fruits and vegetables may provide some glutathione-boosting power for people who cannot tolerate even small amounts of raw milk. Heck, even—shudder—raw egg whites may give a glutathione boost in some people comparable to that given by raw milk! But raw milk is a tasty and excellent source of this amazing little molecule.

MASTER ANTIOXIDANT AND DETOXIFIER

Glutathione maintains vitamins C and E in their reduced, active forms. It tightly regulates the production of hydrogen peroxide, which is a valuable signaling compound in small amounts but which promotes oxidative destruction of the cellular machinery in larger amounts. Glutathione quickly neutralizes lipid peroxides—nasty, dangerous breakdown products of the delicate and precious polyunsaturated fatty acids found in our cell membranes. On top of all these antioxidant functions, our cells use glutathione to make drugs and toxic chemicals more water-soluble so they can be excreted. Without glutathione, the antioxidant system breaks down, and toxic chemicals hang around to wreak havoc in our cells and tissues.

PROTEIN: GREAT BUT NOT ENOUGH

Our bodies synthesize glutathione from protein. The most important amino acid needed

for glutathione synthesis is cysteine. Cysteine is a sulfur-containing amino acid that is found in the diet, especially in animal proteins, and that our livers also make from methionine, another sulfur amino acid. These are the same dreaded sulfur amino acids that vegetarians erroneously claim leach calcium from our bones.

Studies in both rats and humans show that deficient intakes of these supposedly bone-eroding sulfur-containing amino acids lead to a deficient synthesis of glutathione. The more extensive rat studies show that glutathione increases as dietary protein increases, and that related antioxidant and detoxification enzymes increase in tandem. In fact, this is true even when the protein is the supposedly cancer-causing milk protein, casein.

There is just one problem, however. Once we meet our requirement for protein and sulfur-containing amino acids, eating extra protein or sulfur-containing amino acids fails to boost glutathione any further. Rats need to consume about 15 percent of calories from protein in order to maximize levels of glutathione along with its associated antioxidant and detoxification enzymes. Preliminary evidence in humans suggests that the glutathione-boosting power of protein maxes out at one gram of protein per kilogram of body weight per day and 24 milligrams of sulfur amino acids per day. For someone who weighs 110 pounds, this is 50 grams of protein per day; for someone who weighs 150 pounds, it’s about 70 grams of protein per day, and for someone who weighs 180 pounds, it’s about 80 grams of protein per day. Consuming this amount of protein from virtually any mix of whole foods will satisfy the requirement for sulfur amino acids.

Excess cysteine, in fact, when consumed as a free amino acid, can actually deplete glutathione levels. Why? As it turns out, cysteine can be toxic because of its vulnerability to oxidation. Except in acidic environments like the digestive

tract, cysteine rapidly oxidizes and generates free radicals that can wreak havoc on the delicate structures of our cells and tissues. Consequently, our bodies don't let free cysteine linger, and when we eat lots of it, we convert the excess to taurine and sulfate and get rid of it.

Never fear! There is more to the story than regular ol' animal protein. Valiant, free-radical-wrestling, toxicant-thwarting raw milk and her courageous army of raw food volunteers are here to rack up our glutathione points even higher.

UNDENATURED WHEY PROTEINS SAVE THE DAY

In the late 1980s, a group of researchers from the Montreal General Hospital Research Institute and McGill University compared the ability of different proteins to stimulate immune function in mice. They kept the level of protein constant at 20 percent, but varied the type of protein, testing casein, soy, wheat, corn, egg white, fish, beef, spirulina, another alga called *scenedesmus*, and, finally, whey. The whey protein promoted better immune function than all of the other proteins, and it achieved this marvelous feat by increasing the amount of glutathione available to the spleen, allowing the rapid multiplication of immune-enhancing white blood cells.

In 1991, however, these researchers stumbled upon a critical discovery: whey proteins only boost glutathione status in their raw, undenatured state. They made this discovery by complete accident when a shipment of whey protein from Denmark mysteriously lacked the glutathione-promoting activity of the preparation they had been using before. So they put a number of whey proteins to the test by feeding them to mice and measuring the concentrations of glutathione in their livers and hearts. Only their original preparation boosted glutathione status. What turned out to be the difference? Most of the products had undergone much more extensive heat treatment, causing two very delicate proteins, beta-lactoglobulin and serum albumin, to head for the highway. These two proteins contain unique glutamyl-cysteine bonds that resist digestion and enter the blood stream intact. The glutamyl-cysteine bond is two-thirds of a glutathione molecule, and thus much more easily turned into glutathione itself.

RAW EGG WHITE: TRUSTY SIDEKICK?

The researchers searched over thirty publications identifying the sequences of edible plant and animal proteins and concluded that the only two types of protein in the food supply containing these unique bonds are whey proteins and egg white proteins. They observed the following:

"It may also be noteworthy that from time immemorial, whey from raw milk or undenatured raw egg white have been administered to children and to the sick as prophylactic or therapeutic measures in folk medicine."

I have heard of a number of cases of people benefiting from raw egg whites in their diet. It should be noted, however, that raw egg whites contain substances that inhibit digestion and decrease the availability of biotin. Some people may benefit from their apparent glutathione-boosting ability, and this may be especially important for people who cannot tolerate milk, but in others the risk of biotin deficiency or digestive troubles might outweigh this benefit. Intestinal flora produce biotin, and egg yolks are loaded with it. Maintaining proper intestinal flora and eating plenty of egg yolks may allow some people to reap the benefits of raw egg whites if they do not have trouble digesting them.

ATTACK OF ULTRA-HIGH TEMPERATURES

As milk is heated, the delicate whey proteins denature and start to associate with the casein fraction. Even the small amount of heat involved in pasteurization decreases the whey protein concentration of milk, but ultra-high temperature (UHT) pasteurization and sterilization cause the worst declines. Figure 1 reflects data from a study for which milk was purchased from several sources, each prepared in a different way. It shows the percentage of total protein in the milk represented by whey proteins. Since the different milks were from different sources, the difference could reflect both the heat treatment and the fact that the milk came from different cows that may have otherwise been treated differently. In any case, it suggests the pasteurized milk we buy at the store has much less whey protein than the raw milk we get from the farm.

Since pasteurization decreases the total protein content of the milk, the concentration of

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whey proteins in the total milk fares even worse, as shown in Figure 2, “Total Whey Protein.”

High-temperature short-time (HTST) pasteurized milk had 30 percent less whey protein than raw milk, while UHT milk had a whopping 80 percent less and sterilized milk had a ignominious 87 percent less!

To make matters worse, heating milk also reduces the proportion of total whey protein represented by those magical yet delicate glutathione-boosting proteins. This next study, shown in Figure 3, did things the right way and used raw milk from one source and subjected the milk to different heat treatments. So we can without hesitation chalk these differences up completely to heat.

Whey protein from HTST milk has 22 percent less beta-lactoglobulin than raw milk. If HTST also destroys 30 percent of the whey protein, then a glass of pasteurized milk has 45 percent less undenatured beta-lactoglobulin than a glass of raw milk.

While I had trouble finding a study that quantified the effect of HTST (about 72 degrees C for 15 seconds) on serum albumin, a second rigorous study showed that heating milk at only 65 degrees C for 15 seconds slashed away 40 percent of the serum albumin while heating the milk at 85 degrees C for 30 seconds destroyed 77 percent of it, as demonstrated in Figure 4.

If we give HTST the benefit of the doubt and assume its destructive effects are more similar

to the effects seen with 65 degrees C than those seen with 85 degrees C, then we can conclude that it destroys roughly 45 percent of the glutathione-boosting properties of milk. The undenatured whey protein that proved useful for boosting glutathione and immune function in mice was produced with a single round of “classical” pasteurization at 63 degrees C for 30 minutes, which led to an even greater destruction of serum albumin, resulting in a total loss of 52 percent of the whey’s glutathione-boosting power. The other whey proteins suffered even more heat damage during processing and failed to boost glutathione at all.

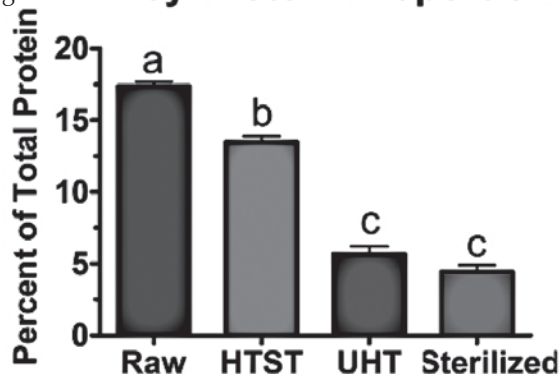
HOW MUCH EXTRA GLUTATHIONE DOES RAW MILK PROVIDE?

What follows should be regarded as a very rough calculation that relies on several unproven assumptions, including the following: a) that the researchers’ hypothesis that the glutamyl-cysteine bonds are in fact responsible for the glutathione-boosting power of whey protein is true, b) that the total body increase in glutathione was similar to the increase seen in the tissues the researchers measured, and c) that raw, undenatured whey protein produces a similar response in people as it produces in mice. Whey protein has in fact been shown to increase glutathione status in people, but for obvious reasons no one has ever dissected a human to analyze the total amount of glutathione produced.

Relying on these imperfect assumptions, then, we can calculate that each glass of raw milk provides about 9.3 milligrams of glutathione while pasteurized milk provides only 4.5 milligrams. The comparison is illustrated in Figure 5.

Humans appear to make about 185 milligrams of glutathione per day when they meet the requirements for protein and sulfur amino acids. A “milk fast” on 1500 calories of raw milk per day would provide the requirement for protein and sulfur amino acids and supply an extra 100 milligrams of glutathione-boosting power. This should theoretically boost glutathione levels over 50 percent. It should not be surprising, then, that such “milk fasts” have proved useful in the past for boosting immune

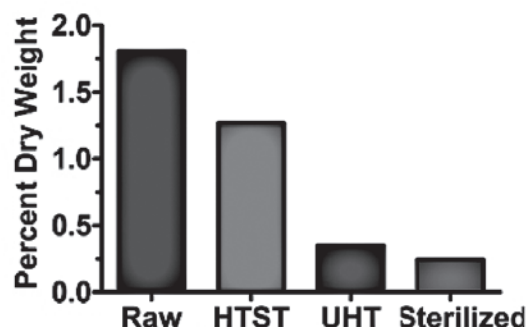
Figure 1. **Whey Protein Proportion**



Effect of heat treatment and source $P < 0.0001$. Different letters above the bars indicate significant ($P < 0.001$) differences using Tukey’s post-test.

Figure 2.

Total Whey Protein



Statistical tests cannot be performed without the original individual data, but the differences are clearly much more dramatic than the highly significant changes in the previous figure.

function, recovering from illness and regenerating vibrant health.

Raw egg whites contain a similar concentration of the unique glutathione-boosting glutamyl-cysteine bonds. If indeed these bonds are responsible for raw milk's glutathione-boosting power, raw egg whites might have similar power. As noted above, many people may have trouble with raw egg whites because of the biotin-binding factors and digestive enzyme inhibitors, but many other people, especially those who do not tolerate raw milk, may derive a big glutathione boost from them. Raw milk and raw eggs should both be handled carefully to preserve these delicate bonds, and using a high-speed blender to blend them into smoothies may cancel out some of the benefit.

GLUTATHIONE IN RAW FRUITS, VEGETABLES, AND OTHER FOODS

While raw milk and possibly raw egg whites contain unique glutathione-boosting proteins, most foods also contain small amounts of glutathione itself. Studies in animals and humans have shown that dietary glutathione increases blood levels of glutathione, but one study in mice suggested that under ordinary conditions, dietary glutathione cannot boost its own concentration in other tissues except in the lung, where large amounts of glutathione are needed to maintain the fluidity of mucus. When the researchers fed mice a drug that inhibits glutathione synthesis, however, dietary glutathione did in fact boost tissue glutathione levels, which shows that cells do have the capacity to absorb it.

Thus, dietary glutathione should protect our intestines, blood and lungs from oxidative assault, but huge amounts may be needed in order to give the same boost to our other tissues as we would get from raw milk. Once again, however, the heavy hand of heat takes a strike against our little hero. Consider the effect of heat on glutathione in spinach and peaches as shown in Figures 6 and 7.

Asparagus, avocado, okra, spinach, squash, tomatoes and potatoes rank among the richest plant foods measured. Whole grains, legumes,

vegetarian meat substitutes and refined foods that have been measured contain little to no glutathione.

THE IMPORTANCE OF ANIMAL FOODS

Meats contain lots of glutathione, but fats such as butter and lard contain zero. Loading up on lean meat leads to diarrhea and wasting, which the Native Americans referred to as "rabbit starvation." Usually the digestive tract releases cysteine into our bloodstream slowly so that it never has much chance to accumulate and oxidize, but overdosing on lean meat might provide enough cysteine to begin depleting glutathione levels. While a raw "milk fast" may give us a huge glutathione boost, a lean "meat fast" is more likely to make us sick.

The best foods for boosting glutathione status appear to be raw milk or raw egg whites. Many people who cannot tolerate pasteurized milk report that they can tolerate raw milk. Many others report that they cannot. Raw egg whites contain their own risks from anti-nutrients, but people who digest them well and get plenty of biotin from their intestinal flora or from additional egg yolks may be able to reap their glutathione-boosting benefits in the absence of milk.

Besides these two unique sets of proteins, meeting our daily needs for protein with moderate amounts of meat, fish, eggs, legumes, or other plant and animal protein foods, and loading up

Figure 3.

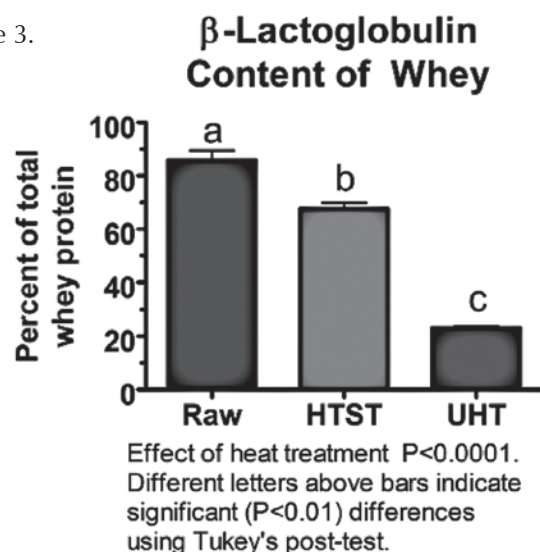
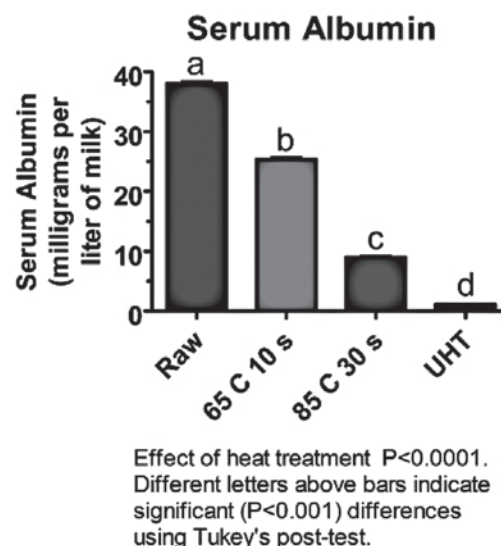


Figure 4.



on raw fruits and vegetables appear to be the best ways to give us a good glutathione boost. A diet rich in the full spectrum of nutrients will also provide many other vitamins and minerals important to boosting glutathione status in less direct ways.

Glutathione is not the only benefit of raw foods, nor is loss of glutathione the only drawback to excessive heating and processing. So we clearly should not base our diet merely on these data. Some people, moreover, have intolerances to fruits and vegetables, just as others may not tolerate dairy or egg whites. These facts emphasize the importance of considering each individual's unique biochemistry rather than making a one-size-fits-all diet for everyone.

However, to the extent that glutathione is responsible for some of the miraculous recover-

ies people experience with raw milk, many of us may be able to enhance these recoveries even further by loading up on raw fruits and veggies, and people who cannot tolerate raw milk may benefit from consuming these foods in addition to raw, whole eggs if they do not have a problem with whites.

“Reducing” one of our favorite foods to a new favorite molecule may thus help us come up with better holistic solutions to promote vibrant health. Here’s to yours! And may the world obtain the same. ☯☯

For references, visit www.westonaprice.org/blogs/the-biochemical-magic-of-raw-milk-and-other-raw-foods-glutathione/

Chris Masterjohn is a frequent contributor to Wise Traditions and the creator and maintainer of Cholesterol-And-Health.Com, a website dedicated to extolling the virtues of cholesterol and cholesterol-rich foods. He is the author of three publications published in peer-reviewed journals. Chris holds a Bachelor's degree in History and is currently a doctoral student in Nutritional Sciences at the University of Connecticut.

Figure 5.

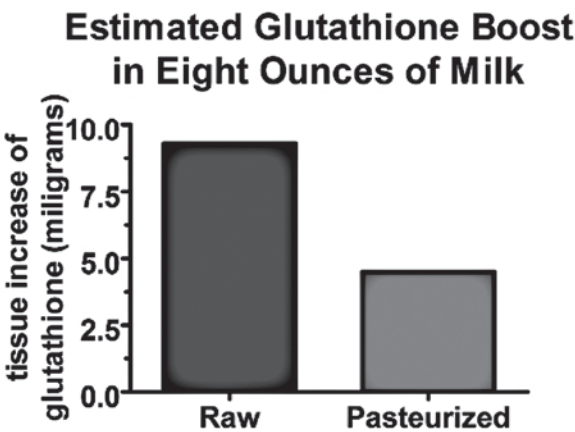


Figure 7.

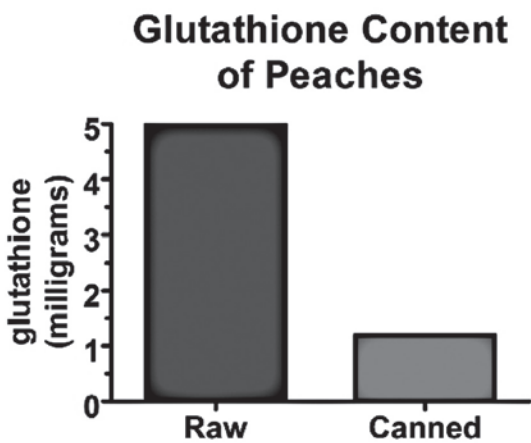


Figure 6.

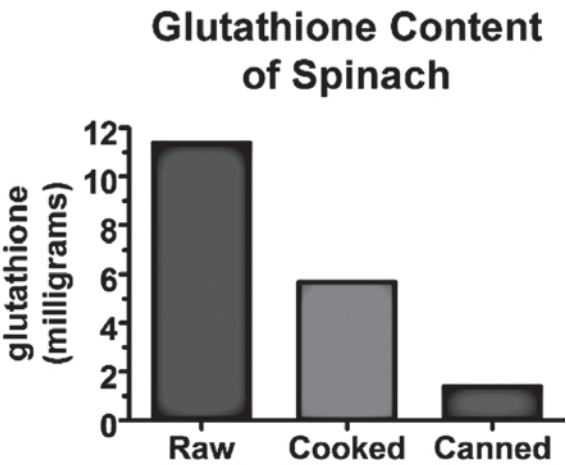
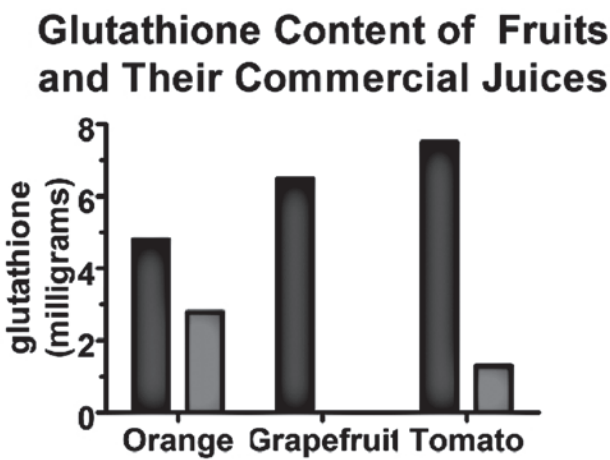


Figure 8.



Juicing is a particularly noxious way to treat fruits. This is at least true when using commercial methods. Each fruit in Figure 8 has two bars, the one on the left for the whole fruit and the one on the right for the corresponding fruit juice.

FDA, the center of the opposition to raw milk in this country, is now taking aim at raw cheese. The agency is involved in two enforcement actions against raw cheesemakers, which threaten to reduce significantly the availability of raw artisanal cheese in the US. The FDA has long wanted to extend the aging requirement for raw cheese from sixty to ninety days (a number of European countries have no aging requirement for raw cheese), but its actions in the case of Morningland Dairy of Mountain View, Missouri and Estrella Family Creamery of Montesano, Washington are an indication the agency has the potential to make it difficult for *any* artisanal cheesemaker to remain in business. Resolution of the Morningland and Estrella cases will impact freedom of food choice everywhere in this country.

MISSOURI – MORNINGLAND DAIRY

Morningland Dairy cheese was seized by both FDA and the California Department of Food and Agriculture (CDFA) in the June 30, 2010 raid on the Rawesome food store in Venice (see *Wise Traditions* Fall 2010 issue for background on the raid). In August, CDFA informed the Missouri State Milk Board that samples of Morningland cheese had tested positive for *Listeria monocytogenes* and *Staphylococcus aureus*. It should be noted that *L. mono* is widespread in the environment and many subtypes of this bacteria have not been implicated in human illness. *Staph. aureus* is present normally on everybody's skin and is considered protective. Most subtypes of this organism do not produce the toxin, although some subtypes can occasionally cause vomiting. Gastrointestinal illness from *Staph. aureus* is self limiting, meaning medical treatment is not necessary.

The evidence is that the procedures the agency used in taking the cheese from Rawesome and recording the test results were sloppy at best.

On August 26, the Milk Board issued Morningland orders not to ship any cheese at the facility and to cease all production. On August 27, Morningland sent cheese samples off for testing. Unfortunately, as in California, proper protocols were not followed in taking the samples. A number of the samples came back positive for *L. mono* and *Staph. aureus*.

On August 31, Joe and Denise Dixon, owners of Morningland, issued a voluntary recall asking their customers to either destroy or return over sixty thousand pounds of cheese produced from January 1, 2010 onward. (On August 27 FDA had sent out a press release as the Dixons had not yet decided whether to issue a recall.) From August 30 through September 1, FDA conducted an inspection of the Morningland facility, taking one hundred environmental swabs, all of which tested negative for pathogens.

On September 24, the Milk Board verbally requested that Morningland destroy the entire cheese inventory; the Dixons asked that the request be put in writing, which was done on October 1. Morningland responded by objecting to the destruction order and proposing that each batch at the facility be tested, allowing the sale of only those batches of cheese testing negative for contamination.

The next day, the Milk Board rejected the Dixons' proposal, petitioning the Howell County Court to order destruction of the entire inventory; the hearing was scheduled for October 8, giving the Dixons almost no time to prepare a defense, and was only cancelled when a scheduled state witness was not able to attend. On October 22 the Milk Board again filed a petition for a condemnation order; a hearing on the petition has been scheduled for January 11. If the Court issues the condemnation order, Morningland would be required to destroy fifty thousand pounds of cheese (market value of about two hundred fifty thousand dollars) located at Morningland's cheesemaking facility.

There have been no reported illnesses from the consumption of cheese produced by Morningland. In fact, there have not been any cases of illness attributed to Morningland products in the thirty years of its existence. The Dixons have a loyal following and sell to hundreds of retail stores across the country as well as direct to consumers through their mail order business. As of the beginning of December, Morningland had not produced any cheese in over two months.

What is unjust about the actions taken against Morningland is that there has not been an adequate level of proof shown to establish that the bacteria found in the cheese are actually harmful to human health. There are many subtypes of *L. mono* and *Staph. aureus*; as mentioned above, many of these subtypes have not been found to cause illness in humans. The agencies have the capability to determine the subtype of a pathogen found and to determine whether that particular

subtype is on record as having caused human illness; if the subtype has not, then there is no adulteration and no need to destroy the product.

The Milk Board, which is working at the direction of FDA, has not conducted any testing to determine the subtype. Once the agency had the initial positive tests from CDFA and the Dixons, it should have done subsequent testing for the subtype. Even if the subtype is known to cause illness in humans, it still needs to be determined whether the amount of bacteria in the food is enough to actually do so. FDA has a zero tolerance policy for *L. mono*, a standard widely rejected by the scientific community throughout the world. The zero tolerance policy, in fact, reduces the incentive to test for *L. mono*., thus potentially making our food supply less safe.

WASHINGTON – ESTRELLA FAMILY CREAMERY

In February 2010, Estrella Family Creamery received a call from the Washington State Department of Agriculture (WSDA) informing them that a wheel of Estrella cheese purchased at a retail outlet tested positive for *L. mono*. After a follow-up visit to the Estrella facility by WSDA inspectors turned up more positive results for *L. mono* in sampled cheeses and in the environment, the owners, Anthony and Kelli Estrella, issued a voluntary recall for several different cheeses. They also threw out thousands of dollars in cheese inventory. They then took about a month off from making cheese to work on a physical upgrade to the facility. After the dairy resumed production, WSDA returned to the facility and took thirty environmental swabs with one of them testing positive for *L. mono*. The inspectors were not concerned about the positive test, telling the Estrellas, “Listeria is everywhere, you will never totally eradicate it but you have to control it.”

From the time Estrella reopened until August, no cheese, produced post-recall, tested positive for any pathogen. Then FDA stepped into the picture; on August 2, FDA officials showed up to conduct a three-day inspection. They took 151 environmental swabs, four of which tested positive for *L. mono* (including one on a ceiling switch far from any cheese and another outside the cheese room on a slider door track). After the inspection, the FDA inspectors discussed the results with the Estrellas; they did not indicate that the swabbing or inspection results were unacceptable nor did they use language describing the facility as filthy or unsanitary. They only suggested some minor changes to be made in the facility’s operation.

During a subsequent visit on August 16, an FDA investigator collected a sample of cheese that was also found to be positive for *L. mono*. The sample came from Cave Three (Estrella has four cheese caves) which was the area where the dairy had the most problems in February. FDA claimed their testing showed that the strain of *L. mono* found in February at the facility and the strain found in the testing conducted there in August were “indistinguishable”. On August 30 Estrella took cheese samples for testing, four of which came back positive for *L. mono*; all four were from Cave Three. On September 3, the agency requested that Estrella recall all cheese products. The Estrellas declined the request; however, the company destroyed all cheese located in Cave Three.

On September 4, FDA issued a press release advising consumers that “consumption of all Estrella Creamery cheeses puts them at risk for *L. mono* related illnesses.” On October 21 the U.S. Marshall Service executed the seizure order issued by a federal district court against the entire inventory of raw cheese located at the creamery; the order was issued on the grounds that the cheese was adulterated since it had “been prepared, packed, and held under unsanitary conditions whereby they may have become contaminated with filth or whereby they may have been rendered injurious to health” in violation of the Federal Food, Drug and Cosmetic Act. As much as 80 percent of the “seized” inventory consisted of long-aged cheeses (such as gruyere and cheddar) that do not support the growth of *L. mono*. None of these long-aged cheeses at the facility had ever tested positive for *L. mono*. A court hearing will be held to determine whether the cheese should be destroyed.

There have never been any reported illnesses from the consumption of cheese produced by Estrella in its seven years of operation. Anthony and Kelli Estrella have won numerous awards domestically and internationally for the quality of the cheese they produce. Estrella had halted all cheese production since mid-August.

None of the environmental or cheese samples that tested positive for *L. mono*. has been tested to determine the subtype. Under the Federal Food, Drug and Cosmetic Act, if a food contains a subtype of *L. mono* (or of any other pathogen) that is not found to have been harmful to human health, then the food is not “adulterated”; if the subtype of *L. mono* found in an environmental swab is one that has not been shown to cause illness in humans, then there should be no finding

of adulteration. If the cheese can be destroyed just on the basis of an initial positive test for *L. mono*, then Estrella, like Morningland, is being denied due process.

Catherine Donnelly, co-director of the Vermont Institute for Artisan Cheese of the University of Vermont, commented, "If the FDA wanted to shut down the U.S. artisan industry, all they'd have to do is this environmental surveillance (testing for *Listeria* in cheese plants) and the odds of finding a pathogen would be pretty great. Is our role to shut these places down or help them?" (William Neuman, "Small Cheesemaker Defies F.D.A. over Recall", *New York Times*, November 19, 2010)

For small food producers, one recall or destruction order can put them out of business. Due process of law needs to be upheld to protect producers from the reign of terror FDA is waging against farmstead cheese operations; otherwise, FDA will continue to go unchecked after raw dairy producers who have harmed no one with their products—working toward the agency's eventual goal of eliminating access to raw dairy.

FEDERAL - FDA LAWSUIT

On September 17, U.S. District Court Judge Mark W. Bennett issued an order staying any judicial proceedings in the lawsuit challenging the interstate ban on raw milk for human consumption (see *Wise Traditions* Spring, Summer and Fall 2010 issues for background on the case). Under the order, proceedings were stayed until FDA answered several questions referred to it by the judge. The questions were, "whether § 1240.61 (the federal regulation banning raw milk for human consumption in interstate commerce) applies to and proscribes the conduct of the following situations:

1. persons who travel from one state, where it is not legal to purchase raw milk, to another state, where it is legal to purchase raw milk, legally purchase raw milk, then return to the original state where they consume the raw milk themselves or give it to their friends or family members; or
2. a principal and agent who agrees that the agent will obtain raw milk out-of-state, where it is legal to do so, and deliver it to the principal in the principal's home state, where sales of raw milk are not permitted, where the principal then consumes the raw milk or gives it to their friends or family members; or
3. a producer of raw milk who sells raw milk in a state where it is legal to do so in an intrastate transaction to persons that he knows are from out of state."

All of the individually named plaintiffs in the lawsuit fit into one of the three scenarios described above. FDA has until March 17, 2011 to file its answers to the judge's questions.

PENNSYLVANIA

Good news from Pennsylvania! On October 7, the Pennsylvania Independent Regulatory Review Commission (IRRC) met to vote on whether to approve dairy regulations proposed by the Pennsylvania Department of Agriculture (PDA). The proposed regulations contained burdensome requirements for raw milk producers including two particularly onerous provisions. First, the regulations would require a mechanical bottling machine for producers; with a limited exception, handcapping would be prohibited.

Second, bottling, single-service container storage, and bottle washing would need to be done in rooms other than the milk room; currently, many raw milk producers in Pennsylvania bottle and handcap in the milk room and would have needed to incur the expense of constructing a separate room. Moreover, bottle washing would not be allowed in the room devoted to bottling and storage.

Often, bodies such as the IRRC simply rubber-stamp proposed regulations into law with minimal debate. Not this time. Tom Maurer, president of CARE (Communities Alliance for Responsible Eco-agriculture), and Bryan Snyder, the Executive Director of PASA (Pennsylvania Association for Sustainable Agriculture), rallied their respective members against the proposed regulations. At the October 7 meeting, Snyder did a great job in explaining to the IRRC how PDA was misleading them when describing the effect the new regulations would have on raw milk producers. The committee chair for the IRRC pointed out that raw milk regulations should not be combined with Pennsylvania's adoption of the Pasteurized Milk Ordinance (also known as the PMO), which is mainly what the proposed regulations had to do with. The IRRC voted three to two to reject the proposed regulations.

On November 22, PDA submitted a revised version of the disapproved regulations to the IRRC. Although mechanical bottling and capping would not be required for milk sold on the farm, this would still be required for raw milk sold in retail stores. The revised regs still require that the washing of returnable bottles occur in a room separate from the milk room. Another provision that requires the raw milk producer be responsible for the costs of all pathogen testing (currently the testing is paid for by PDA) remains in the latest version of the regs. IRRC was scheduled to meet on December 16 to vote on whether to approve the revised regulations.

CANADA

On November 8, raw milk farmer Michael Schmidt issued the “Edmonton Declaration” on the steps of the Alberta Legislature. The declaration is a call to arms for the raw milk movement in Canada. It states, “I [Schmidt] am here to mark this day as a turning point. A turning point because we the farmers, we the consumers, we as concerned people of Canada, are officially rejecting those who pass regulations without respecting our fundamental rights, our fundamental freedom to be and act as responsible individuals. We openly challenge and reject those who blindly enforce unjust laws . . . We reject the assault on small farmers under the pretense of food safety threats. We reject Government protection in regards to our individual food choices and our individual health treatment choices. We reject the criminalization of those who make informed decisions. . . I am calling on farmers and consumers alike to join in to openly challenge our bureaucrats and put our elected officials to task.”

In the declaration, Schmidt mentioned Cow Share Canada, an organization founded by him with a mission to develop raw milk standards, train and accredit raw milk farmers and protect those farmers from government attacks. Schmidt vowed that if any Province “engages in new court actions or physical attacks against cow share operators without any respect for the individuals’ choice of food and due legal process, I will once again enter into a hungerstrike to activate and encourage more and more people to openly join this battle for our fundamental rights and freedom to choose our food and our health.”

Schmidt went to the province of Alberta to support the cow share program, Beulah Novelty Food Coop. On October 26, Judith Johnson, the operator of Beulah, had been assaulted in an Edmonton church parking lot by an inspector from the Alberta Department of Agriculture and Rural Development who physically tried to force his way into Johnson’s van. The inspector was unsuccessful but Johnson subsequently let him and other government officials search the van after being told by them, “We will break your windows or seize your vehicle if you do not open the door.” The officials found and seized raw milk intended for Beulah’s shareholders, with the inspector telling Johnson that she would be getting nothing back and that they would be going out to her farm to charge her with violating the law. The night of the incident, Johnson was hospitalized.

Shortly after the raid, Alberta Health Operations ordered Johnson and her business partner, Henry Pudlow, to cease operations, claiming the milk seized had high bacteria counts and was unsafe for human consumption. Schmidt initially supported Beulah but withdrew his support on November 10 after visiting to inspect the cow share program and finding violations of standards set by Cow Share Canada. Johnson and Pudlow said they plan to restructure their operation to comply with the organization’s standards.

Earlier in the year, Schmidt on behalf of Cow Share Canada had taken over management of the Home on the Range cow share program in British Columbia after the herd manager, Alice Jongwarden, had been found in contempt of a court order prohibiting the distribution of raw milk for human consumption. After the order, Jongwarden had continued to distribute raw milk to the shareholders, with each jar of milk carrying a sticker with the words, “Not for Human Consumption.” On December 2, the Supreme Court of British Columbia upheld the contempt ruling but did not penalize Jongwarden, finding that since she had stopped her production and distribution of raw milk products (Schmidt had taken over management), she had “purged her contempt” and a penalty was not necessary. The Home on the Range cow share program is still continuing under Schmidt’s management.

For the latest developments on raw milk issues, go to www.farmtoconsumer.org

Those who have not joined the Farm-to-Consumer Legal Defense Fund are encouraged to do so. Membership applications are available online at www.farmtoconsumer.org or by calling (703) 208-FARM (3276); the mailing address is 8116 Arlington Blvd, Suite 263, Falls Church, VA 22042.

Healthy Baby Gallery



Katelynne Rhian, age nine months, daughter of Australian Chapter Leader Sarah Nicholson and her husband Brett, with her brother Kenzie John, age three years nine months. Kenzie was born by C-section over two weeks late; was breastfed to fourteen months and unwillingly weaned thanks to allergies and intolerances, and had solid food from age six months, including jars from the shop! Poor family nutrition among other things led to significant health issues for both mother and son. The search for answers led to WAPF, GAPS and *Healing Our Children* by Ramiel Nagel. Katie, in stark contrast, entered the world on time, naturally and without intervention; she was breastfed almost exclusively to ten months and will continue as long as she wants; she enjoys family solids; apart from some eczema, which is already improving, she is the happiest and healthiest baby her mother could ever have wished for! Katie is teething much more easily than Kenzie, and mom looks forward to seeing whether either of them have room for their wisdom teeth, because neither parent did.

Introduced to WAPF principles early in pregnancy, the mother of twins Grant and Grace abstained from sugar and consumed healthy traditional foods. The twins came into the world after an easy birth, breastfed for six months and were then given formula when mom returned to work. Both sets of grandparents joined in childcare duties when mom returned to her teaching job. "I am so relieved that we have two of the most beautiful, healthy, well behaved and engaging little people to bring us so much joy!" says grandmother Susan Muñoz, South Sacramento Chapter Leader.



Please submit your baby and raw milk granny photos to Liz Pitfield at liz@westonaprice.org. Be sure to label the photograph with the full name of the baby.

Local Chapters

- AK Matanuska Valley: Aubrey and Kirby Spangler (907) 746-3733, aubreyknapp@gmail.com
- AL Auburn: Michael Klein & Susan Ledbetter (334) 821-8063, gnomons@bellsouth.net & kleinmj@bellsouth.net
 Estillfork: John Langlois (256) 776-1499, john.langlois@foggybottomfarms.com, http://health.groups.yahoo.com/group/AL_WAPF/
 Mobile: Sherry Ashley Parson (251) 604-9712, Ashley.charlieparson@gmail.com
- AZ Flagstaff: Ann Marie de Wees (928) 853-7627, deweesa@yahoo.com, Aubrey Skaggs (928) 213-1527, aubreylou@hotmail.com, wapf-flagstaff.ning.com
 Kingman: Dianne Ronnow (928) 279-2736, sageblossom1@gmail.com
 Sedona/Cottonwood: Cindy Krznarich (928) 225-1698, wapfsedona@gmail.com, wapfsedona@googlegroups.com
 Southeast Valley: Chantelle Meade (480) 231-8237, chantelles@cox.net, wapfsevalleyaz@yahooogroups.com
 Tucson: Vanessa Van Dalsem (520) 498-9919, vandalsem@comcast.net, <http://wapftucson.ning.com/>
 Verde Valley/Sedona: Anne Greenwood (928) 567-3007, naturalists@sedona.net
 White Mountain: Codi Stinnett (928) 536-6049, foodwise3@hotmail.com
- AR Fayetteville: Calvin & Doris Bey (479) 527-6951, CFBey1936@cox.net
 Little Rock: Lisa Lipe (501) 227-4376, realfoodlisa@gmail.com, <http://realfoodlittlerock.blogspot.com/>
- CA Antelope Valley: Irene Musiol (661) 722-9317, avwapf@roadrunner.com
 Arcata: Linda Redfield, CCWFN (707) 834-2501, Lindaredfield@gmail.com
 Arroyo Grande/Central Coast: Lynn Parks (805) 574-0078, wapf@notprocessed.com
 Bakersfield: Caroline Culliton (661) 747-5934, c.ps23.culliton@sbcglobal.net
 Berkeley/Oakland: Dave Rana (510) 473-7262 ext 2, waprice@niwas.net
 Calaveras County: Sage Gregory (209) 609-7093, sierrafarmz@yahoo.com
 Chico/Butte Valley: Carol Albrecht and Kim Port (530) 533-1676, ccakfa@aol.com
 Concord/Clayton/Pleasant Hill: Samantha Stith (925) 683-8947, eastbayrealfood@gmail.com
 CREMA- California Raw Milk Association: Christine Chessen crema@comcast.net, www.californiarawmilk.org
 Creston: Cindi Small (805) 238-5719, cindismall@earthlink.net
 Davis: see Yolo County
 Dublin/Pleasanton/Livermore: Judith Phillips (800) 257-3315, judy@magneticclay.com, <http://wapfeastbay.ning.com>
 El Dorado County: Kelly Hodgkin (530) 306-8739, khodgkin@comcast.net
 Fresno/Madera County: Hillori Hansen (559) 243-6476, blissful_chef@yahoo.com & Megan Dickey (559) 355-1872, hiddenpathways@gmail.com
 Grass Valley/Nevada City: Shan Kendall (530) 478-5628, daveshanken@juno.com & Cathe' Fish (530) 478-1852, sunshine.works@gmail.com
 Lake County: Sequoia Lyn-James & Vanessa Hajje (707) 987-9108, denmother@wildwomynessentials.com
 Lorna Linda/Riverside: Anna Hammalian NTP (760) 815-9525, annahammalian@gmail.com & Justine Campbell (408) 605-0274, jcampbell1017@gmail.com
 Los Angeles-West & Santa Monica: Victoria Bloch (310) 447-4527, victoria@blochcoulter.com, & Ann Marie Michaels annmarie@realfoodmedia.com, <http://www.meetup/Los-Angeles-Whole-Food-Nutrition-Meetup-Group/>
 Marin County: Sarah Bearden (415) 461-7429, wapfmarin@rootstohealth.com, wapf_marin@yahooogroups.com
 Mendocino County: Anna Rathbun (707) 937-0476, mendo.wapf@yahoo.com
 Merced County: Marie Meredith (209) 384-7598, mariemeredith@hotmail.com
 Monterey: Grace Forrest (831) 667-2398, gracefiddler@gmail.com
 Orange County, South: Marsha Youde (949) 425-1575, healthylifestyle101@yahoo.com



Chapter leaders gather for the traditional group photograph, taken at the chapter leader meeting, November 15, 2010, as part of Wise Traditions 2010. More than one hundred chapter leaders heard Cathy Raymond on the Farm-to-Consumer Legal Defense Fund, Tim Wightman on what to look for when visiting a farm, Sarah Pope on the power of the blog, Kimberly Hartke on the soy prison lawsuit, Sandrine Hahn on the Nourishing Our Children campaign and Jill Nienhiser on the WAPF website.

Local Chapters

Orangevale/Fair Oaks: Mike Kersten, kerstencastle@att.net
 Pasadena: Karen Voelkening-Behegan (626) 836-5053, gaia@toad.net
 Redding: Trudi Pratt, DC (530) 244-7873, drtrudi@charterinternet.com, www.drtrudipratt.com
 Redondo Beach: Angela Karlan (310) 540-6542, akarlan@yahoo.com & S. Jeff Jennewein, DC, jjennwein@teacher.tusd.org
 Sacramento: <http://health.groups.yahoo.com/group/WAPF-Sacramento/>
 San Bernardino County: Patricia Winkler (760) 887-1145, simplysustainableinc@gmail.com & Peymon Mottahedeh (760) 868-4271, peymon@livefreenow.org
 San Diego/Encinitas: Kim Schuette, CN (858) 259-6000, kim@biodynamicwellness.com & Toni Fairman, NTP (858) 259-6000 toni@biodynamicwellness.com
 San Francisco: Holly Valerio Kuttner (510) 926-1997, hollykuttner@gmail.com, <http://www.westonapricesanfrancisco.org/index.htm>, & Nourishing Our Children, Sandrine Hahn (415) 820 1474, info@nourishingourchildren.org, <http://www.nourishingourchildren.org>
 San Jose & South Bay: Pamela Laine (408) 718-9036, wapfsouthbay@gmail.com, <http://health.groups.yahoo.com/group/WAPF-SouthBay/>
 San Juan Ridge: Gaetane Courchesne (530) 292-3704, gcourchesne@wildblue.net
 San Mateo County: Lisa Smith & Amy Shimmick (408) 234-1182, wapfsm@gmail.com, traditionalfoods@yahoo.groups.com
 San Ramon/Danville/Walnut Creek: Sarah Powers (925) 820-0838, sarahbpowers@hotmail.com
 Santa Barbara: Eric Brody & Katie Falbo (805) 626-0265, wapfsantabarbara@gmail.com, www.wapfsantabarbara.blogspot.com
 Santa Cruz County: Jean Harrah (831) 761-3765, jalysonh@yahoo.com
 Santa Monica: see Los Angeles
 Santa Rosa: Anne Fischer-Silva (707) 849-3569, afischersilva@comcast.net
 Siskiyou County: Diane McGonigal, (530) 467-5356, mcgfm@sisqtel.net, & Shawna Byers (530) 468-2800, byers@sisqtel.net
 South Sacramento/Wilton: Marcus & Susan Munoz (916) 715-0060, marcus3000@mac.com
 Stockton & San Joaquin County: Martha E Zetter, Holistic RN, CRM (209) 478-7630, martha@zetter.com
 Temecula: Linda Frick (951) 699-7598, thesecretisinthegarden@yahoo.com
 Three Rivers: Teriz Mosley (559) 561-3637 terizmosley@hotmail.com & Anore Jones (559) 561-3161, anore@earthlink.net
 Ventura County: Jean Pedersen (805) 640-3706, jeancarolp@gmail.com & Joanie Blaxter (831) 246-0162, joanieblaxter@gmail.com
 Yolo County: Trish Trombly (530) 753-2237, tromblynutrition@gmail.com, www.wapfyolo.ning.com

CO Boulder: Betsy Sheffield (720) 334-8774, betsy@fitrwellness.com & Stephanie Hoffman stephanie.l.hoffman@gmail.com
 Colorado Springs: Megan Quinones (719) 684-5782 & Carol Aleson, 719 282-1226, springswapf@yahoo.com
 Crested Butte: Valerie Jaquith & Meike Meissner (970) 209-6732, jaquith123@hotmail.com
 Denver: Dianne Koehler (303) 423-5736, Dianne.Koehler@gmail.com, Eric Eslich (303) 619-3703, wapfdenver@gmail.com, nourishingconnections.org
 Eastern Plains: Maria Atwood, CNHP (719) 346-0300, easternplainswapf@yahoo.com, www.traditionalcook.com
 Erie: Carl G DelTufo LAc & Anne Harper (303) 776-3491, oasishealthcenter@earthlink.net
 Fort Collins: Nancy Eason (970) 493-7588, wapffc@gmail.com, wapffc.org
 Grand Junction: Dawn Donalson (970) 812-8452, alexgabbysammy@yahoo.com, WAPFGrandJunctionCO-WesternSlope@yahoogroups.com
 Lakewood: Delicia Beaty (303) 456-5009, ecology4body@gmail.com
 Northern Colorado: Meg Cattell, DVM, (970) 481-1536, meg@windsordairy.com, www.windsordairy.com
 Pagosa Springs: Jason & Corrie Stuck (970) 731-9982, rootsandwings@hotmail.com
 Pueblo/Rye/Wet Mountain/Lower Arkansas Valley: Kim Wiley (719) 947-0982, kimmymcintyre@hotmail.com
 Western Slope: Evette Lee (970) 256-0617, evenmike@acsol.net

A BEVY OF WAPF BLOGGERS!

Bloggers dedicated to traditional foods blogged, tweated and facebooked throughout *Wise Traditions* 2010.

BACK ROW: Raine Saunders, Kelly the Kitchen Kop, Kim Knoch, Lisa Rose, Ann Marie Michaels (Los Angeles chapter leader), Sarah Pope (Tampa, Florida chapter leader) and WAPF publicist Kimberly Hartke.

FRONT ROW: Kathryn Garson, Jennifer McGruther, Elizabeth Grange and Alex Lewin.



Local Chapters

- CT Fairfield County: Selina Rifkin (203) 209-7680, wapfairfield@att.net
Greater Hartford area: Amy Love NTP (860) 461-7336, HartfordWapf@realfoodwholehealth.com, <http://www.meetup.com/wholefoodnutritionct>
New London County: Tamar Stearns (860) 859-1554, tamarstearns@gmail.com & Kellene Limpert (860) 535-4307, millhouse06359@juno.com
- DE Northern Delaware: Bob Kleszics (610) 255-1691, harvestbob@juno.com
Rehoboth Beach: Sara Read (302) 227-2850, sread2850@aol.com & Cheryl Ciesa english008@comcast.net
- DC Ressa Charter (406) 794-4891, ressacharter@gmail.com, wapf-dc.ning.com
- FL Altamonte Springs/Longwood: Steve Moreau kmt205@gmail.com
Brevard: Marcelle Adkins (321) 984-1135, mkinney@cfl.rr.com
Ft. Lauderdale/Broward County: Dr. Paola Weber & Charles Weber (954) 330-3561, drweber@bmorganics.com
Gainesville: Beth Michelson (352) 376-5908, bmichelson@bellsouth.net
Hernando County: Ivette Palomo (352) 597-2521, houseofwholefoods@tampabay.rr.com
Jacksonville: Diane Royal (904) 396-6881, droyal@cxp.com
Miami/Miami-Dade County: Gary Roush (305) 221-1740, garyaroush@aol.com
Miramar: Angie Aller (954) 662-5003, angiecaller@yahoo.com
Mt. Dora/East Lake County: Geoffrey & Carmen McGuinness (352) 988-7721, Carmen@thefoodfactor.net
North Miami Beach: Shantih Coro & Rose Mary Narvaez (305) 467-8700, shantihcoro@gmail.com, www.alternativerrealgoodfoods.com
Orlando: Diana Coughlin (407) 739-3446, dianajack@comcast.net
Panama City: Cecelia DeSonia (850) 248-6619, ceceliadesonia@hotmail.com
Sarasota: Cynthia Calisch & Preston Larus (941) 914-0299, wapfsarasota@gmail.com
SW Florida: Aziz Obidor (877) 793-5787, taste@oldcountryfood.com
Space Coast/Melbourne: Heather Thalwitzer (407) 756-2916, heatherthalwitzer@gmail.com
Tallahassee: Julie Konikoff (850) 224-4892, royaljewels@gmail.com
Tampa/St. Petersburg: Sarah Pope sarah.pope@austus.com, <http://health.groups.yahoo.com/group/WAPFTampaBay/>
Vero Beach: Jody & Randy Old (772) 539-0220, jold@rbold.com, rbold@rbold.com
West Palm Beach: Gloria & Joe Cosmano (772) 489-7905, SeaBreezeOF@aol.com
- GA Atlanta, East: Lynn Razaitis (404) 294-6686, razaitis_lynn@yahoo.com Join GA Chapter email group at http://groups.yahoo.com/group/GA_WPF/
Atlanta, West: Jessica Lara (678) 458-3654, jess426@gmail.com
Lawrenceville/Athens: Mary Marlowe ((770) 962-9618, marlowe@onlynatural.info
Marietta: Debby Smith (770) 980-0921, dsatlanta@comcast.net
North Fulton County: Celeste Skousen (770) 623-4190, celestems@gmail.com
Savannah: Simone Karsman (912) 344-4593, skarsman@gmail.com & Joel Caplan (912) 604-9952, jcmacbeth@comcast.net
Snellville/Stone Mountain: Heather (770) 367-5298, trulyhealthybaby@yahoo.com
Warner Robins: Lori Freeman (478) 953-8421, lorifreeman1@cox.net
- HI Big Island: Lisa Romero (808) 985-9885, ohiarain@yahoo.com
Kapaa, Kauai: Sumi Niimi-Burch (717) 486-0826, suminumi@hotmail.com
Maui: Sue Tengan (808) 276-4700, sueanntengan@msn.com
Oahu (Honolulu County): W. Ken Koike (808) 275-7007, wkenkoike@hotmail.com
- ID Boise: Juliana Benner (208) 850-8075, julianabenner@hotmail.com
Ketchum/Sun Valley: Leslie Bradshaw (208) 622-7724, leslie.bradshaw@mac.com & Veronica Rheinhart, LAc (208) 450-9026, veronica@wellness101.org
Latah County: Crystal Willock (208) 874-3596, crystalwillock@hotmail.com
Northern ID: Barbara Geatches (208) 457-1757, bgeatches@yahoo.com



A CHILDREN'S OUTING

Organized by Wauconda, Illinois chapter leader Linda DeFever, The Weston A. Price Kids in the Park day was a great success. Children shared their favorite traditional foods, played games in the park and asked questions. This is the perfect way for elders to share their food knowledge with the next generation.

Local Chapters

- IL Aurora/Naperville Area: Jonathan Truhlar, DC (630) 499-9420, info@elanwellness.com
 Central Illinois: Kate Potter (309) 362-2117, potter_kate@hotmail.com
 Chicago: Jill Cruz (773) 944-9134, loverealfood@gmail.com
 East Central: Deborah Chisholm (515) 339-2595, Deborah.chiz@gmail.com
 Northern Dupage County: Kathryn Pirtle & Olive Kaiser (630) 543-5938, kathypirtle@sbcglobal.net
 NW Chicago Suburbs: Susan Wanga (847) 630-5296, wapfnwchicagosuburbs@gmail.com
 Oak Park: Gina Orlando (708) 524-9103, gorlandoma@aol.com
 Rockford/Freeport area: Dale & Eileen Kelsey (815) 239-1466
 Wauconda: Linda DeFever (847) 526-6452, ocfever01@yahoo.com
- IN Avon: Bob Ridenour (317) 272-0726, Jessica_ridenour@hotmail.com
 Bloomington: Larry Howard (812) 876-5023, info-wapf@betterlocalfood.org
 Fort Wayne: Lauren Andrews (260) 426-0685, laurensenac@hotmail.com
 Indianapolis: Leslie Gray (317) 842-3757, leslie.gray@comcast.net, & Mark Cox (317) 331-0166, jedi4life23@hotmail.com, www.indywapf.org
 Lafayette/West Lafayette: Ben Leonard (812) 239-7073, benleonard3@gmail.com, <http://lafayette-wapf.com>
 South Bend: Misty Sorchevich (574) 772-6996, msorchevich@centurylink.net
- IA Council Bluffs: Luana & Glenn Harman (712) 587-0472, glennandluana@wiaw.net
 Des Moines: Steve & Teresa Colyn (515) 961-6448, roostersunrise@gmail.com
 Holstein: Elaine Rolfs (712) 368-2391
- KS Central Kansas: Connie Newcome (620) 585-2556, cnewcome@gmail.com
 Lawrence: Tamara Fairbanks-Ishmael (785) 691-5914, tsfairish@sbcglobal.net
 Merriam: Jody Drake & Sandra Stoner (913) 722-4343, jody@mutrux.com, sandraanddale@aol.com
- KY Elizabethtown: Serena Erizer (270) 763-9743, heartlandwholelifeorders@yahoo.com
 Lexington: Sally O'Boyle (859) 940-1469, hello@fiftytolife.com
 Louisville: John William Moody & Jessica E. Moody (502) 291-2119, louisvillewapf@yahoo.com
- LA Greater New Orleans: Kathia Duran & George Caraccioli (504) 333-3611, kathia@latinofarmersscoop.org
 Lafayette: Sherry Miller (337) 258-5115, dupremiller@lusfiber.net
 Northshore: Adrienne Ferguson (719) 641-7646, northshorewapf@yahoo.com
- ME Auburn/Lewiston: C. Andi Locke Mears (207) 784-7287, calmhealth@roadrunner.com
 Blue Hill Peninsula: Laura Livingston (207) 299-0041, Livingston_laura@hotmail.com
 Casco Bay: Suze Fisher, Kate Mockus & Jane Greenleaf (207) 725-0832, suzefisher@ghi.net
 Denmark: Donna Dodge (207) 452-2644, eatmart@fairpoint.net
 North Berwick & Sanford: David Plante (207) 676-7946, dplante@maine.rr.com & Amy Vezina (207) 636-7626, amyvezina@comcast.net
 Blue Hill Peninsula: Laura Livingston (207) 299-0041, Livingston_laura@hotmail.com
 South Coast: Edward Welles (207) 604-6679, ed@eatwellmaine.com
 Whitefield: Susanne Meidel (207) 549-5716, meidel@earthlink.net
- MD Anne Arundel County: Cara Bergman (410) 647-2884, csbergman@comcast.net, & Jessica Earle (443) 822-4667, jessicaearle@gmail.com, <http://health.groups.yahoo.com/group/WAPF-Anne-Arundel-County>, <http://www.nourishingyouandyourchildren.blogspot.com/>
 Baltimore: Hillary Little (443) 912-6110, hlittle@comcast.net, Louise Mitchell (410) 426-4213, limit001@son.umaryland.edu
 Bowie: Liz Reitzig (301) 860-0535, liz.reitzig@verizon.net, Deneice Knauss (301) 352-7024, knauss20@excite.com
 Calvert County: Myda Snyder (301) 812-1275, mydamae@yahoo.com
 Cumberland: Mary Conlon (240) 522-0436, mconlon@atlanticbb.net
 Frederick: See Harpers Ferry WV
 Harford County, NE Baltimore County: Joyce White (410) 592-7050, rollsadventure@msn.com
 Jarrettsville: Janet & Paul G. Baer (410) 692-2820, jbaer@starband.net
 Kent County: Rebecca Pitre (410) 648-5511 & Bill Schindler, PhD, rebeccapitre2003@yahoo.com & wschindler2@washcoll.edu
 Kent Island: Dr Kristin Mowry, PT, DPT, CHHC (410) 643-8744, drkristin@mac.com & Diane Bedlin (410) 643-3283, dianebedlin@gmail.com
 Millersville: Suzy Provine (410) 733-3767, suzy@abloomingsbasket.com
 Westminster: Amy Conaway (410) 848-3141, hysenthlaydew@yahoo.com, <http://health.groups.yahoo.com/group/WestminsterWAPF/>
- MA Andover: Liz Anderson (978) 474-9283, wapandover@comcast.net
 Arlington: Kira McGovern (617) 596-1337, kira@thebiggroove.com
 Brookline: Jill Ebbott (617) 232-3706, jill.ebbott@gmail.com
 Burlington: Karen Potter (781) 799-5329, kpottter4health@gmail.com
 Cape Cod, Lower/Outer: Ellen Petry Whalen (508) 255-4929, tewhalen@verizon.net
 Cape Cod, Mid-Cape: Rebecca Ryan & Kathy Hansel Ponte (508) 237-3302, Rebecca@bodyessentialsofchatham.com
 Central: Sharon Barrett (508) 845-6985, sharon.barrett@verizon.net

Local Chapters

Concord: Kristin Canty (978) 369-5042, kristincanty@aol.com
Hopkinton: Kathleen Mosher (508) 435-3250, jkmosher@verizon.net
Martha's Vineyard: Dodie Anderson (858) 526-0844, dodie@metaboliced.com
Newburyport: Jacqueline Carroll (978) 462-4982, Jackie@amazonpromise.org
North Shore: Cyndy Gray (978) 767-0472, consumerchoice4all@comcast.net
Northampton: Jennifer Herman (413) 586-0279, jennifernherman@gmail.com
Pelham: Julie Rypysc (413) 253-7339, snowyowl@crocker.com
Pepperell: Renee Cyr (978) 433-9732, rmcyrc@charter.net
Winchendon Springs: Beth Ingham (978) 297-1148, noondayfarm@hotmail.com

MI Ann Arbor: Jessica Feeman (810) 225-2789, info@aawapf.org, <http://www.aawapf.org>
Big Rapids: Bonnie Miesel (231) 823-8002, jmiesel869@gmail.com & Atlee Yoder
Coral: Abagale Kuncaitis & Angela Kuncaitis (616) 566-8481, angela@maplevalleyfarms.net
Detroit: Birgit McQuiston (248) 828-8494, info@htnetwork.org
Gaylord/Johannesburg: Cindy Current (989) 786-4595, puddingstonefarm@yahoo.com
Genesee/Lapeer/N. Oakland: Kim Lockard (810) 667-1707, KimLockard@gmail.com & Lorna Chambers (810) 664-4372, chambersbl@charter.net
Grand Rapids: Catherine Gage & Kathy Desser, info@nourishways.org
Lansing: Deb Bailey (517) 316-0392, pcvdebb@gmail.com
Marquette Area: Tim & Fae Presley (906) 942-7531, tfpresley@tds.net
Northeast Michigan: Dr Bob & Lisa Turek (989) 724-7383, gerininamo@yahoo.com
Oakland County: Archie Welch (248) 620-8969, aewelch@msn.com
Oakland, North/Genesee/Livingston Counties: Diane & John Franklin (248) 634-2291, diane@rockygardens.com
South Central: Peggy Beals, RN (734) 475-0406, pegbeals@msn.com
South East: Maurine R. Sharp, RN (734) 755-4213, herbsandmore@sbcglobal.net
Tri-City MBS: Grace Cummings (989) 687-5425, gracecummings@charter.net

MN Albert Lea/SE Minnesota: Al & Shari Wagner (507) 256-7569, alw@dmbroadband.com
Ely: Sonja Jewell, CMT (218) 365-2288, evergreencottage@frontiernet.net
Fargo/Moorhead (Minndak): Skip Wood (701) 239-7622, wood@cableone.net
Minneapolis/East-side: Edward Watson (612) 845-9817, ed@physiologics.org
North Branch: Klaus Mitterhauser (651) 237-0342, mitterhauserklaus839@gmail.com & Stanley Jakubowski (651) 277-2600, stan@izoom.net
Northeast Metro: Debra Minlschmidt (651) 653-6783, dminlschmidt@yahoo.com

LOCAL CHAPTER BASIC REQUIREMENTS

1. Provide information on sources 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

Northwest Minnesota: Mary Lien (218) 487-5560, jmlen@gvtel.com
 Owatonna: Darren Roemhildt, DC (507) 451-7580, darrenr@drdarrenowatonn.com
 Park Rapids Area: Tanja Larson (218) 732-9402, realfood@q.com
 Rochester: Kay Conway (507) 421-0865, kcmckc@aol.com
 St. Cloud: Jane Frieler (320) 597-3139, letfoodbym@clearwire.net
 Twin Cities, West: Dr Carrie Clark & Anne Marie Ashton carrieeclark@hotmail.com

MS Mississippi Delta: Harry Aust (662) 453-6963, sid_aust@msn.com
 Pearl River County: James & Mary McPherson (601) 795-0379, jmcpsez@yahoo.com

MO Cape Girardeau: Rachel Fasnacht (573) 335-1622, info@familyfriendlyfarm.com & Jeri Glover (573) 243-9098, clankiska@charter.net
 Columbia: Shayna Fasken DC, (636) 295-0930, shaynafaskendc@gmail.com
 Eastern Missouri: David J. Henderson (573) 242-3449, quality@big-river.net
 Kansas City area/Lee's Summit: Donna Schwenk (816) 554-9929, donnasch@kcweb.net, <http://culturedfoodlife.com/>
 Springfield: Carey Raymond (417) 581-7676, luvbnmome@yahoo.com & Katie Bettendorf (417) 559-3724, katiebettendorf@yahoo.com
 St. Louis: Josephine Lee MS, DC (636) 226-5228, wapfstl@yahoo.com

MT Billings: Diane Gallardo (406) 259-7585, info@bodyawarenesslearningcenter.com
 Bozeman: Ben Hanawalt (406) 579-4363, eskimoben@yahoo.com, www.cellardoorforge.com
 Columbia Falls/Flathead County: Lisa Guinn (406) 250-6542, returntotraditionaleating@gmail.com
 Helena: Barb Halver, RN, CWS (406) 227-7529
 Missoula: Kristen Lee-Charlson (406) 541-3999, wapfmissoula@gmail.com

NE Lincoln: Elanor Sodergren (402) 328-8063, esodergren@catholic.org
 North Nebraska: David & Barbara Wetzel (402) 858-4825, dave.gpp@frontier.com
 Omaha: Dr. Jon & Jessica Lozier, (402) 502-6726, jessica@lozierwellness.com

NV Las Vegas/Henderson: Tara Rayburn (540) 270-5715, tara@nourishingyourfamily.com
 Southern Nevada: Rosemary Duma & Ken Hardy (702) 897-3730, panacea1@peoplepc.com

NH Amherst/Nashua: Susan Stefanec (603) 673-0890, thinkglobal@comcast.net & Galen Lanphier wapf@lanbhatt.net
 Keene Area: Sandra Littell (603) 313-6432, sandrateena@gmail.com
 New London: Linda Howes (603) 526-8162, linda@nourishingwellness.net
 Upper Valley: Louise Turner (603) 272-4305, journeytowholeness2000@yahoo.com

NJ Jersey City/Hoboken: Charlotte Polizzo (908) 433-8818, ccpolizzo@verizon.net
 Matawan: Doreen McCafferty (609) 468-4220, dcfitness@hotmail.com
 Northern Passaic, Sussex, Morris: Morrie Shafer (973) 459-0292, celticmandala@yahoo.com
 Palmyra: Kevin & Tracy Brown (856) 786-4875, LiberationWellness@gmail.com
 Passaic/Montclair: Diane Rosenblatt & Lily Hodge (973) 471-2966, wapfpassaic@gmail.com
 Princeton: Sandeep & Nalini Agarwal (609) 750-0960, sandeep@wapfnj.org, www.wapfnj.org
 Southampton: Judith Mudrak (609) 859-3828, reversemydisease@yahoo.com

NM Albuquerque: Dr. Thomas Earnest DOM (505) 899-2949, tcearnest@comcast.net
 Santa Fe: Sol Lederman (505) 988-2888, sol.lederman@gmail.com

NY Adirondacks, Northern: Cathy Hohmeyer (518) 891-1489 adkalps@yahoo.com, Lynn Cameron (518) 327-347
 Adirondacks, Southern/Mohawk Valley: Pamela Corcoran & Jordan Winters (315) 269-9237, fourdirections@ymail.com
 Binghamton Area: Stuart McCarty & Lynn Thor (607) 693-3378, wsgcsa@tds.net
 Brooklyn: Angela Davis (646) 522-9540, brooklyn_wapf@yahoo.com. & Hannah Springer (718) 490-2839, Hannah@EarthBodyBalance.com
 Buffalo: Jill Tiebor-Franz (716) 655-5133, jatf62@roadrunner.com
 Finger Lakes Region/CNY: Dr. Anthony Alphonso, DC & Melissa Alphonso (315) 689-6140, back2wellness@gmail.com
 Franklin Square/Elmont/part of Nassau County (see also Suffolk County): Caroline Barringer (877) 773-9229, milk-it@immunitrition.com
 Great South Bay: Jill Tieman (631) 563-8708, spinedoc55@optonline.net
 Greater Niagara Region: Jennifer Reschke (716) 982-4860, jenerin78@gmail.com

CHAPTER RESOURCES

Resources for chapter leaders can be accessed at www.westonaprice.org/chapters, including our new trifold brochure in Word format and PowerPoint presentations.

LOCAL CHAPTER LIST SERVE

Thank you to Suze Fisher of our Maine chapter for setting up a local chapter chat group. New chapter leaders can sign up at <http://groups.yahoo.com/group/wapfchapterleaders/>

Local Chapters

Jefferson County: Lara Wines (703) 568-4249, lwines@gmail.com
 Lower Dutchess: Alice Castellano (877) 227-8527, castella566@gmail.com
 Monsey: Kalman Serkez (845) 362-8889, kalman@mazel.org
 New York City Chapter: Claudia Keel, info@wprice-nyc.org, & Brigitta Jansen (917) 779-8444, brigitta@wprice-nyc.org, www.wprice-nyc.org
 Oceanside/Lynbrook: Juliana Mazzeo (516) 593-5167, giulia07@verizon.net, www.nymedicalnutrition.com
 Orange County/Warwick: Dr. Robert Kramer (845) 986-9027, info@kramernutrition.com
 Queens: Inga Bylinkina, (646) 342-7656, inigo2ilias@yahoo.com & Johanna Gunnarsson (646) 639-5424, johannapanna12@hotmail.com
 Rochester Metro: Laura Villanti (585) 624-9813, laurav@rochester.rr.com & Elizabeth Benner (585) 490-4710, elizabethmerzbenner@yahoo.com, http://health.groups.yahoo.com/group/rochesterNYwestonaprice/
 Rockland County: Linda Vinecour (845) 480-5380, wapfrockland@gmail.com & Laura & Jeffrey Rose (845) 418-4WAP (4927), rocklandrose@gmail.com
 Schoharie County: Caroline Foote (518) 234-4858, mhfarmvcrb@wildblue.net
 Suffolk County: Betty Moore (631) 987-9792, bmoore4718@aol.com
 Ulster County-Hudson Valley: Dina Falconi & Charles Blumstein (845) 687-8938, waverider75@earthlink.net
 Upper Westchester County: Beth Rordam-Tse (914) 864-2123, beth.rordam.tse@gmail.com
 West Southern Tier: Timothy Koegel (607) 587-9684, chapter@wapf-stwny.org, www.wapf-stwny.org
 Westchester County (Lower): Karen Betten & Mary McCleary (914) 375-9890, mmccleary@earthlink.net

NC Asheville: Maria Parrino (877) 819-5976, health4u@ureach.com
 Charlotte: Catherine Atwood (704) 277-8166, Catherine@nourishingwellnessnow.com
 Coastal North Carolina: Kelly & Rick Cevallos (252) 652-7451, kelleohara@aol.com
 Durham/Raleigh: Alice Hall (919) 419-0201, tigrclouse@mindspring.com & Laura Combs laura_combs@bellsouth.net
 Greensboro: Ruth Ann Foster (336) 286-3088, eatreal@gmail.com
 Wake Forest: Laura Bowen (919) 569-0308, laurabowen@nc.rr.com

ND Fargo/Moorhead (Minndak): Skip Wood (701) 239-7622, wood@cableone.net
 Minot: Farrah Faulkner (701) 448-9210, farrahfaulkner@yahoo.com

OH Canal Fulton: Betsy Clay (330) 854-6249, betsyclay@sbcglobal.net
 Canton: Kathryn B Stockdale (330) 756-0162
 Cincinnati: Richard & Vicki Braun (513) 921-1577, victoriabrown@hotmail.com & Anita Sorkin (513) 559-0112, cincinnatiwapf@mac.com
 Circleville: Leona Rechsteiner (614) 214-3614, leedirex@hotmail.com
 Cleveland: Nadine Macasek (440) 526-5867, nadmac@sbcglobal.net
 Columbus: John Meadows (614) 418-0244, jmeadows4@columbus.rr.com
 Dayton: Linda Woods (937) 293-4984, lwoods@woh.rr.com & Julie Cunningham, (937) 867-1361, alanandjulie@gmail.com
 Defiance: Ralph & Sheila Schlatter (419) 399-2350, rschlatter@bright.net
 Glenmont: Rowena Younglove (330) 276-8763, dyounglove@earthlink.net
 Kenton area: Jane Kraft (419) 673-0361, jane@dbcorp.net & Heather O'Donnell hdod67@hotmail.com
 Lima: Laurie Smith (419) 568-3951, lms@signsohio.com
 Oberlin: Amy Cady (203) 537-8648, artandamy@oberlin.net
 Rawson: Wayne Feister (419) 963-2200, wayne@feiway.com
 Sidney/Shelby County: Pam Carter (419) 628-2276, gpcarter@watchtv.net
 Toledo: Carolyn Kris Johnson (419) 836-7637, kris.johnson@ecunet.org or cjohnson143@woh.rr.com & Lisa Bowe (419) 340-1606, lisabowe@adelphia.net, www.WAPFToledo.org, www.mercyviewmeadow.org
 Troy: Vivian Howe (937) 216-6162, vhowe216@gmail.com
 West Liberty/Champaign County: Debbie & Jeff Dill (937) 597-5080, dnjdill90@yahoo.com
 Yorkshire: Dan Kremer (419) 336-5433, Dan@eatfoodforlife.com

RAW MILK WORKSHOP AT THE BIODYNAMIC CONFERENCE September 30, 2010, Chestnut Ridge, New York



Speakers included David Gumpert, Michael Schmidt, Petra Zinniker and Sally Fallon Morell.

LEFT: Ulster County, NY chapter leader Dina Falconi with Sally Fallon Morell.

RIGHT: Eliza Schmidt, Sally Fallon Morell, Michael Schmidt and Petra Zinniker.



Local Chapters

- OK Oklahoma City: Kathy Gibb (405) 602-2696, gibbkathy@hotmail.com
 South Central/Texoma Area: Mary Friedlein (580) 795-9776, mary@myrhinomail.com
 Tulsa: Joy Remington (918) 770-7908, joyremington@yahoo.com
- OR Aurora: Elaine Fawcett (971) 327-8509, dandelion@wavecable.com
 Bend: Nicolle Timm, RN (541) 633-0674, soulpilot@earthlink.net
 Central Oregon: Rebecca & Walt Wagner (541) 447-4899, justwagner@msn.com
 Eugene: Lisa Bianco-Davis info@krautpounder.com & Victoria Schneider, CNT (541) 954-4939, www.krautpounder.com
 Grants Pass/Medford: Carl & Monna Norgauer (541) 846-0571, cnorgauer@oigp.net
 Klamath Falls: Shannon Nash (541) 798-5600, sclnash@gmail.com
 Lake Oswego: Kerri Duncan (503) 649-7888, kerri_Duncan@hotmail.com
 Portland: Krista Arias (503) 750-1415, www.pdxwapf.com
 South Lane County: Yaakov Levine, NTP (541) 895-2427, nutritionallyspeaking@gmail.com, wapfsouthlanecounty@yahoo.com
 St. Paul: Bernard Smith (925) 876-6720, info@fulloflifefarm.com or Rachael Smith (503) 633-4043, Rachael.smith@fulloflifefarm.com
- PA Bucks County: Grace Rollins (215) 933-9676, gracerollins@gmail.com
 Centre County: Elmer Z. & Martha B. King, (814) 349-4890
 Chester County: Annmarie Cantrell (215) 499-8105, ambutera@verizon.net, Dan Wright (610) 933-1776, danw59@yahoo.com
 Clarion: Elise W. Deitz (814) 764-5497, elise1@atlanticbb.net
 Delaware County: Jeanne Ohm, DC (610) 565-8823, jeanneohmdc@gmail.com
 Erie: Tasmin Cordie, DC, (814) 866-3366, cordiechiro@yahoo.com
 Gettysburg Area/Franklin County: Maureen Diaz (717) 253-0529, motherhenof9@comcast.net
 Harrisburg: Patrick Christensen (717) 818-3795, harrisburgwapf@gmail.com
 Huntingdon Valley: Angela Rose (215) 435-3713, river_rose23@yahoo.com
 Lancaster County: Janna Weil (717) 291-5741, jgweil@earthlink.net
 Lebanon County: Kevin Kahler (717) 628-1539, cafeorganic@gmail.com
 Lehigh Valley (Allentown): Dr. Alan J Stangl & Dr Martin Boksenbaum (610) 434-7562 wapf-lv@wapf.org
 Monroe County: Dr. Bogazot, DC, ND (570) 629-3312, bogazot@bogazot.com & Susan Jensen sjensen7@verizon.net
 Montgomery County: Jennifer Miskiel (267) 664-4259, vbean15@aol.com
 Newport/Greater Harrisburg area: Anna Santini & Brooks Miller (717) 567-9931, anna.santini@gmail.com
 North Hills Area: Janet Stuck ND (724) 935-0665, janet7x70@gmail.com
 Northern Bedford County: Ella McElwee (814) 766-2273, emcelwee@healthbychoice.net & Kathleen Brumbaugh (814) 928-5135, kmbrumb@comcast.net
 Pittsburgh: Carrie Hahn (724) 530-7495, carriehahn@embarqmail.com, www.groups.yahoo.com/pghwapf
 Reading/Berks County: Dane Miller (484) 269-6687, dane@garagestrength.com
 Scranton Area: Suzanne Lichtenstein (570) 937-9296, pianoteachersuzanne@gmail.com
 Upper Delaware River: Lucia Ruedenberg-Wright (570) 224-4653, lucia@lrw.net
 Wayne County: April May Azzato (570) 561-2911, mosshollow@echoes.net
 Winfield/Tri County: Eldore Hanni (570) 524-9693, healthmr@aol.com
- RI Newport/Aquidneck Island: Valerie Mey (435) 640-4426, vmey25@gmail.com
- SC Aiken: John & Rebecca Winans (803) 642-8898, 1280rebecca@bellsouth.net & Kim Rodriguez, RD, (803) 349-5588, aikennutrition@bellsouth.net &
 Charleston: Dr. Stephanie Latter, DC, (843) 402-0310, drstephanie@bellsouth.net
 Columbia: Bill Fairchild (803) 252-2359, wpf@fairchild.ws
 Pee Dee (Florence/Hartsville and Myrtle Beach): Stacy Atkinson (843) 319-8734, stacy@lonepalmetto.com
 Saluda: Mike & Patrice Buck (864) 445-7399, butterpatchjerseys@netscape.com
 Sumter: Robby Elmore (803) 469-0824, robby_elmore@msn.com
- SD Mitchell: Jon Neugebauer (605) 227-4663, joneugebauer@yahoo.com
 Selby: Julie & Bill Rosin (605) 649-7224, sdsavvygal@yahoo.com
 Spearfish: Eve Gabriel (605) 641-4707, c.evegabriel@gmail.com
 Yankton: Mary Walkes & Cindy Konopasek (605) 286-3634, mwalkes@gmail.com
- TN Chattanooga/NWGA: Denise Burns (706) 375-1377, burnsberries@yahoo.com, http://health.groups.yahoo.com/group/westonaprice_chattanooga/
 Giles County: Nancy Webster (931) 527-3587, creativemess10@yahoo.com
 Knoxville: Marty McWhirter (865) 637-4029, easttnfinfan@yahoo.com & Michael Vaughn (865) 686-1803, michaelwapf@yahoo.com
 Memphis: Pamela Godwin (901) 217-5349 & Suzanne Waldron (901) 761-2039, wapfmemphis@yahoo.com
 http://health.groups.yahoo.com/group/wapfmemphis/
 Nashville/Brentwood/Franklin: Shawn Dady (615) 336-2286, shawndady@me.com
 Tri-cities (northeast TN): Karen West (423) 282-6929, karenwest1954@gmail.com

Local Chapters

- TX** Abilene/Eastland: Kerry & Joy Hedges (254) 725-4084, slowpokefarm@hotmail.com
 Amarillo/Texas Panhandle: Dr. Don Sharnowski, DC, donski@wtrt.net
 Arlington: Allen Haynes (817) 394-2000, dr@carewc.com
 Austin: Bryan Lambeth oz4caster@yahoo.com, Judith McGeary, jmcgeary@pvco.net
 Brazos Valley: Brad & Jennifer Stufflebeam (979) 251-9922, info@homesweetfarm.com, www.homesweetfarm.com/WAPF.htm
 Dallas: Dr. Ken Taylor & Bill Green (972) 233-2346, drtaylor5159@yahoo.com, www.traditionaltx.us
 Denton: Michelle Eshbaugh-Soha (940) 565-0517, ravensphere@gmail.com & Gail Wesson, (940) 382-5120, roonkin@wans.net
 East Texas: Cindy Burson (903) 576-0086, countryharvest@gmail.com
 Erath County: Connie Veldhuizen & Brandynn Stanford (254) 445-3712, wapf@bradstanford.com
 Houston-Galveston: Carolyn & Brice Biggerstaff (281) 486-0633, realfoodhouston@yahoo.com, realfoodhouston.org
 Longview/Tyler: Jerica Cadman (903) 241-2775, jericacadman@truefields.com
 McKinney: Kathy Harris & Carolyn Barth, (972) 548-7646, mckinneywapf@sbcglobal.net
 Midland: Annette Presley, RD, LD (432) 599-9355, Annette@findyourweigh.com
 San Antonio: Michelle Garrido (210) 485-3835, wpchapter.alamo@gmail.com
 Seguin: Gina Tillman (830) 491-8557, gg4gsus@genesischurch.org
 Waco: Candace Ingram (254) 644-0659, candace@ahheartforwellness.com
 Williamson County & Surrounding Areas: Dawn Campbell (254) 793-8169, dawn@naturally-texan.com
 Wise County: Pamela Klein Johnson (940) 427-2609, wapf@rosecreekfarms.com
 Wood County/Piney Woods: Nancy Gail & Karl Falster (903) 629-3034, chef@southerngrace.biz
- UT** Cedar City/Southern Utah: Sarah Braun (435) 559-4098, godusjourney@yahoo.com
 Layton: Russ & Norma Silver (801) 774-6218, rsilver@xmission.com & Caralee Ayre amodernpioneer@gmail.com
 Salt Lake City: Anji Sandage (801) 842-8756, anji_s3@yahoo.com
 Sevier County: Kari Carlisle (435) 633-0260, karicarlisle@yahoo.com
 Utah County: Betty Pearson (801) 766-8777 betty@ourldsfamily.com
- VT** Brattleboro: Colleen Scott (802) 254-4289, lotusforest@yahoo.com & Alyssa Holmes (802) 257-7215, harvest264@yahoo.com
 Burlington: Corie Pierce & Adam Wilson (802) 922-2808, breadandbutterfarm@gmail.com
 Capitol Region (Montpelier, Barre, Plainfield, Orange) Emily Wheeler (802) 476-4927, sow2seeds@gmail.com, www.wapftvt.blogspot.com
 Northeast Kingdom Area: Rob & Sharon Baum (802) 277-4960, sales@baumfarm.com, baumfarm.com
 Northwest Vermont: Doug Flack (802) 933-7752, www.flackfamilyfarm.com
 The Greater Randolph Area: Stuart & Margaret Osha (802) 728-7064, turkeyhillfarmvt@gmail.com, www.turkeyhillfarmvt.com
- VA** Alexandria: Janice Curtin (703) 751-5505, janicecurtin@gmail.com & Alana Sugar, CN (703) 566-9682, alanasugar@comcast.net
 Ashburn: Susan Clark, DC, (703) 858-3575, susan@back-n-action.com, www.back-n-action.com
 Blacksburg: Estill Putney (540) 951-2398, estillp2@gmail.com
 Chesterfield: Ana Mahoney (804) 560-7222, ana.p.Mahoney@gmail.com
 Fairfax City: Elizabeth Murphree DC (703) 350-5505, drekmurph@verizon.net, www.fairfaxchiropractic.com
 Falls Church: Susan Blasko (703) 204-0283, blaskos@cox.net
 Fauquier: Harvey & Ellen Ussery (540) 364-1877, ellen@themodernhomestead.us, & harvey@themodernhomestead.us
 Floyd County: William Munzing (540) 929-4455, wapfoundation@verizon.net
 Front Royal/Strasburg: John & Maria O'Brien & Dave & Regina Farinholt (540) 635-3007, eireitalia@gmail.com
 Gloucester County (Middle Peninsula): Ann George, (804) 693-0226, mikegeorge@copper.net
 Goochland County: Linda Hosay (804) 457-3714, awealpha@juno.com
 Hampton Roads, South: Ron Wilson (757) 636-8124, bookman3@cox.net, www.wapfshr.com
 Hardy/Franklin County: Judi Harrington (540) 427-4112, judistar22@gmail.com & Tamea Franco Woodward (540) 597-3787, tamea@eastwestdye.com
 Leesburg: Dr Peter Hilgartner & Dr Lolin Hilgartner (703) 777-8891, <http://drshilgartner.com/contact-us.html>
 Lovettsville: See Brunswick, MD
 Manassas/Prince William County: Sally Holdener (703) 753-6492, sallyholdener@gmail.com & Laura Gossin, laugoss@verizon.net
 Purcellville: Valerie Cury Joyner (540) 338-9702, fotoner2@aol.com



Alexandria, Virginia chapter leader Janice Curtin is pleased to find raw milk for sale in a small store in Napa, California. The store sold gourmet sandwiches, a few groceries and Claravale raw milk. Finding raw milk in a retail store was a first for Janice, and she looks forward to the day when citizens can purchase raw milk at stores in every state!

Local Chapters

Rappahannock: Heidi Eastham (540) 675-9996, ruckerfarm@gmail.com & Deverell Pedersen (540) 675-2138, wapfrappland@gmail.com
 Reston/Sterling: Sara Tung (703) 707-8313, saratung@gmail.com, <http://www.meetup.com/WholeNutrition/>
 Rice (Farmville): Gwen & Barry Martin (434) 392-6049, stillwatersfarm@emgarqmail.com
 Richmond: Elli Sparks (804) 475-6775, elinorsparks@cavtel.net
 Roanoke: Eva Jo & Frank Wu (540) 989-1617, fej@virginiarollers.com
 Rockingham County: Joan Hulvey (540) 896-1483, joanhulvey@yahoo.com & Darlene Spitler (540) 896-6040, miracleacres@hughes.net, <http://health.groups.yahoo.com/group/wapf-rockingham/>
 Sedalia/Bedford County: Ben & Carly Coleman (434) 299-5193, mtnrunfarm@ntelos.net
 Smith Mountain Lake: Renee Brodin (540) 297-4219, smlwapf@gmail.com
 Virginia Peninsula: Gennifer Johnson (757) 240-2373, wapfglj@yahoo.com

WA Arlington: Sierra Mencucci (360) 435-1603
 Ballard/Phinney: Linda Harkness (206) 782-4446, linda.harkness@gmail.com
 Belfair: Christy Peterson (360) 689-5099 or (360) 275-9978, historicalnutrition@yahoo.com
 Bellingham: Carla Witham (360) 671-2668, ccwitham@gmail.com
 Bremerton: Mark T. Goodman, DC (360) 377-1626, drgoodman@goodmanchiropractic.net
 Columbia Gorge: Andrea Jones (509) 281-0755, ajones@gorge.net
 Conway/Mount Vernon: Jodi Fitzpatrick-Thomas & Louise Kennedy (425) 327-2342, jodi@synergyfit.us & louannkennedy@hotmail.com
 Edmonds: Jennifer Lenel (206) 235-1020, Jennifer@jenniferlenel.com, <http://groups.yahoo.com/group/greaterseattlewapf>
 Issaquah: Katherine McMillin (425) 391-5647, wapf.issaquah@yahoo.com
 Orcas Island: Learner Limbach (360) 376-4048, mbiramaker@gmail.com
 Redmond: Shonagh Home (206) 409-1536, shonagh@shonaghome.com
 Richland/Kennewick/Pasco: Joanne Butler NTP (509) 205-9967, joanne@abcsowellness.com
 Ridgefield: Nancy Jo Newman (360) 571-3493, njnewman@earthlink.net
 Shaw Island: Gigi Allaway (360) 739-7163, gigimberardi@msn.com
 Skagit: Carol Osterman (360) 466-2058, carol@akylafarms.com
 Snoisle: Chrissie Hasenohrl (360) 629-6025, wapfsnoisle@gmail.com
 Tacoma: Susan Blake (253) 759-6770, hairandbodyshop@comcast.net
 Wenatchee: Allegra Hart, ND (509) 663-5048, drahart@naturaeclinic.com
 Whidbey Island: Roy Ozanne, MD (360) 321-4116, royoazanne@whidbey.net & Lynn Parr (360) 221-2334, wholehealth@whidbey.net
 Yakima: Darcy Hemstad, RN, BSN (509) 972-2915, darcy@familink.com

WV Harpers Ferry/Charles Town/Frederick MD: Alissa Harris (304) 535-3009, drharris@harpersferry-chiropractic.com

WI Burlington: William Neu (262) 763-9952, chirho3@pngusa.net
 Central WI/Vesper: Cindy & Pat Bice (715) 424-5159, bqcr44@hotmail.com
 Eastern WI: Emily & Laura Matthews (920) 273-1849, meg11851@yahoo.com
 Elkhart Lake: David & Annika Turba (920) 894-1757, westonpricenutrition@yahoo.com
 Eau Claire: Lisa Ornstein & Scott Westphal (715) 410-9275, chippewavalleywisetraditions@yahoo.com
 Fremont: Ruth Sawall (920) 446-3551
 Green Bay: Marian Schmitz & Vashni Seitzer (920) 865-7479, lehrermf@netnet.net
 Hayward: John & Susan Bauer (715) 634-6895, jb_cmt@hotmail.com
 Janesville: Stephanie Rivers (608) 295-9274, stephabrewer@yahoo.com
 Jefferson/Waukesha: James Christensen & Andrew Mastrocola (262) 965-4822, realmilkwisconsin@yahoo.com
 La Cross/Coulee Region: Janice Blair (608) 637-6727, bellasol.orgamics@yahoo.com, <http://health.groups.yahoo.com/group/tradslowfood-couleereigion/>
 Madison: Carolyn Graff (608) 221-8696, zgraff@charter.net, & Dr. Martha Reilly (608) 848-7225, drmartha@earthlink.net, http://my.madison.com/Groups/Madison_WAPF, <http://health.groups.yahoo.com/group/wapfmadisonchapter>
 Milwaukee: Muriel Plichta (414) 383-2121, mplichta@milwpc.com
 New Holstein: Kay & Wayne Craig (920) 894-4201, info@grasswayorganics.com, www.grasswayorganics.com
 Southwest Wisconsin: Jim & Sandy Kammes (608) 794-2638
 Two Rivers & Manitowoc: Roy Ozanne (920) 755-4013, royoazanne@whidbey.net and Lynne Manthey Prucha (920) 973-0320, lynne.a.prucha@gmail.com
 Viroqua: Therese Lurdan (608) 625-2425, info@homegreenhome.biz
 Waukesha: Elizabeth Schuetze (262) 542-6295, e713521036@aol.com
 Wausau Area: Abraham & Rebecca Bauman (715) 574-0035
 West Central: Wayne & Janet Brunner (877) 228-1449, info@midvalleyvu.com, www.midvalleyvu.com

WY Buffalo: Susan Pearce (307) 751-8505, spearce@vcn.com
 Casper: Millie Copper (307) 797-5020, millie.copper@yahoo.com
 Cheyenne: Ellen Davis (307) 638-8278, ellen.wyo@gmail.com, <http://www.wapfcheyenne.org/>
 Gillette: Frank Wallis (307) 682-2968, f.wallis@EZRocking-Ranch.com
 Sheridan: Susan Callison (307) 655-0123, susancalli@fiberpipe.net

International Chapters

AUSTRALIA

- NSW Lismore: Emily Stokes (02) 6622 3139, thewordgarden@hotmail.com
 Stuart Town: Hal & Sally Harris (02) 6846 8261, merrimount@hotmail.com
 Sydney: Gemma Davies 0410 373 318, sydneychapter@gmail.com
- QLD Bribie Island: Dr. Herbert H. Nehrllich (07) 3410-7999, drhhnehrlich@westnet.com.au
 Brisbane: Julie Phillips 0417470799, mail@wisefood.com.au & Edie Wicker 0410 652 899, edie@nourishingcafe.com
 Central Gold Coast: Jo Douglas 61 7 5527 4341, nutrition@organicnaturalproducts.com
 Gold Coast: Filippa Araki (07) 5598 7282, filippa91@yahoo.com.au, <http://health.groups.yahoo.com/group/westonapriceaus/>
 Oxenford/Miami: Kyle Grimshaw-Jones 61 7 5533 2869, kyle@winshop.com.au
 Sunshine Coast/Connondale/Mary River Valley: Sven & Karen Tonisson (07) 5435 0041, gaia@ozemail.com.au
 Sunshine Coast: James Cutcliffe (07) 5478 6489, jc_wapf@yahoo.com.au
 Toowoomba: Bronwyn Money 4615 5009, Bronwyn.money@gmail.com
 Townsville area: Rene Erhardt 07 4776 6276, reneeerhardt@westnet.com.au
- SA Semaphore Park/Adelaide Western Suburbs: Kate Netschitowsky, (08) 8341 5470, katenetch@yahoo.com.au
- TASM Christopher & Peppa Ann Tolley 613 6327 1735, chris_tolley80@hotmail.com
- VIC Castlemain: Cathy Mifsud (03) 5411 2946 cathymifsud@bigpond.com
 Fish Creek: Victorian Organic Dairy Farmers Association (Bev Smith) (03) 5683-2340, orana@dcsi.net.au
 Melbourne: Arabella Forge wapfmelbourne@gmail.com
 Wyndham: Sarah Nicholson 03 9742 3536, sarah@nicho.id.au
- WA Albany: Mike & Barbara Shipley & Justin & Susan Shipley (08) 9847 4362, Shipleysorganics@bigpond.com
 Perth: Cecilia Marie Omlor 011 61 450 461 344, uniqueorganique@hotmail.com

BULGARIA

Grigor Monovski 359.883.448.483, monovski@gmail.com

CANADA

- AB Calgary: Marleen Greenberg (403) 288-8040 & Michelle Malmberg, mgreenberg@telus.net,
<http://health.groups.yahoo.com/group/westonapricecalgary/>
 Castor: Kathleen Charpentier & Richard Griebel (403) 882-3835, grebe6@telus.net
 Edmonton: Lori Clapp (780) 417-3952, lifeworthwhile@gmail.com
 Land of the Lakes: Tim & Maighread Axe (780) 853-6046, tandmaxe@telus.net
 Peace Country: Mary Lundgard (780) 338-2934, plundgard@telus.net or Levke Eggers (780) 568-3805, levke@telusplanet.net
 Stettler: Gayle Thoun (403) 740-8104, mc_5thou@xplornet.com
- BC Enderby: Naomi Fournier (250) 838-0235, enderbywap@hotmail.com
 Interior of British Columbia: Jasmine Schellenberg (250) 394-4410, jasmin@pasture-to-plate.com
 Kamloops: Caroline Cooper (250) 374-4646, info@eatkamloops.org, www.eatkamloops.org
 Nelson: Lorraine Carlstrom (250) 352-3860, lorrainer61@gmail.com, www.freshhealthycooking.com
 Powell River: Dirk & Ingrid De Villiers (604) 489-0046, dirkdevilliers@shaw.ca
 Prince George: Jaylene Paivarinta (250) 964-1303, jaylene@one-yoga.ca
 Vancouver: Barbara Schellenberg (604) 988-6280, grassfedmeats@pasture-to-plate.com
- NS Annapolis Valley: Shirley Scharfe (902) 847-1736, glucharfe@eastlink.ca
 Cumberland & Colchester Counties: Silvana Castillo (902) 257-2428, silvanacastillo@ns.sympatico.ca
- ONT Barrie: Paul Ericson (705) 728-8748, barriewapf@yahoo.ca
 Cambridge & Kitchener-Waterloo: Christine Kennedy (519) 653-2396, cakennedy@rogers.com
 Greater Kingston: Sue Clinton (613) 376-6652, sue@doctorbob.ca
 Greater Toronto Area – West: Corey Evans, (905) 608-9314, info@healthisfreedom.net, www.healthisfreedom.net
 Grey-Bruce: Elisa Vander Hout (519) 369-3578, csf@bmts.com
 Hamilton: Miranda Riley & Laura Margaritis ND (905) 317-2737, info@nourishinghamilton.ca, <http://nourishinghamilton.blogspot.com/>
 Huron Shores: Marcus Koenig & Jessie Koenig-Liang (519) 294-0599, makoienig@isp.ca
 London: Donna Costa (519) 936-0668, info@donnacosta.com
 Ottawa: Gail Davis (613) 238-2782, gdavis@ncf.ca, Pascal Desjardins (613) 728-0662, slo2burn@hotmail.com, <http://wapfottawa.com>
 Peterborough & the Kawarthas: Jason Monaghan (647) 477-8266, thenourishedcanuck@gmail.com,
<http://www.thenourishedcanuck.com/westonaprice>
 Toronto (Downtown): Patricia Meyer Watt (416) 653-7112, b-healthy@rogers.com & Meg & Errol Marcelle
 (416) 755 4024, wholisticwpract@gmail.com
 Toronto (East): Joseph Ouimet (416) 439-4753, joseph67x@yahoo.com
 Wilmot/Wellesley/Wellington Townships: Margo McIntosh & Kaleigh Mason (226) 660-0803, margo@healthharmonybalance.com
- QUEBEC Saint-Lambert: Eric Lepine & Roanne Proctor (450) 812.7553, thewapfmontreal@gmail.com
 Saint Lazare (Greater Montreal area) Jani Teeter (514) 907-1622, jani.teeter@gmail.com
- SK Good Spirit (Canora/Preeceville): Janeen Covlin (306) 547-4252 eatreal@coolspringsranch.ca &
 Barb Fraser (306) 563-5477, onranch@acncanada.net
 Regina: Sandra Brandt (306) 359-1732, brandt.s@sasktel.net & Jana Kutarna (306) 565-3044, jkutarna@gmail.com,
WAPFRegina.wordpress.com:80/local-food-resources/

International Chapters

CHILE

Coyhaique: Dr. Ann Oldham Michael & Ema Morales 56 67 245288 or 56 09 812 4987, oldie@charter.net, patagona3180@hotmail.com

COSTA RICA

Turrialba & Central Valley: Gina Baker & Reinhold Muschler (506) 2556-8021, waldorfcostarica@yahoo.com

FINLAND

Tammisaari: Henrik Nyberg 358 (0)19-204 456, henrik.nyberg@makrobios.fi

GERMANY

Grosslangenfeld: Anita Reusch & Douglas Mitchell, 0049-(0)6555-242, anita@roylt.com

HONG KONG

Miles Price 00852 92661417, miley_pricey@hotmail.com

IRELAND

Dublin: Kevin Eakins 353 1 8061 039, Kevin@krollintl.com

ISRAEL

Ramat Bet Shemesh: Milka Feldman 972-77-320-0742

MALAYSIA

Selangor: Cherie Barton-Brown 603 7722 1268, cheriegordonbrown@gmail.com

NETHERLANDS

Amsterdam/Almere area: Diana Boskma 036-7370138, food.diana@gmail.com & Iris Maier industriousiris@gmail.com
Nijmegen: Mike Donkers 31 6 4275 3107, westonprice.nl@gmail.com

NEW ZEALAND

Auckland: Alison Ellett, (09) 420-8548, ellett@xtra.co.nz
Central Hawkes Bay: Kay Baxter & Emma Cowan 00646 9280581, info@koanga.org.nz
Dunedin: Liselle Wood 03 478 0604, organicearth@hotmail.com
Invercargill: Sherry Elton (64) 3213 1156, sherry@sherryelton.co.nz, www.sherryelton.co.nz
Lower North Island: Susan Galea (64) 6356 5186, susangalea@hotmail.com, www.realmilk.co.nz
Nelson: Shari Lawson 00 64 3 541 8054, sharis@clear.net.nz
Northland: Godfrey Waterhouse (09) 402 7506, northwapf@yahoo.co.nz
South Canterbury: Ingrid Weihmann 03 686 6613, onlynatural@paradise.net.nz
Wellington: Ian Gregson 64 04 934 6366, wapf@frot.co.nz, www.wapfwellington.org.nz
NZ Resource List: Deb Gully, deb@frot.co.nz, www.diet.net.nz

NORWAY

Ames: Bjorn Solberg bjorn.solberg@gmail.com

PAKISTAN

Dr. Shagufta Feroz & Feroz Sharfuddin 92-321-8439362, drsferoz@gmail.com

PUERTO RICO

Rocio Lopez, MD, (787) 502-0607, lopezrmd@gmail.com

QATAR

Susan & Geoff Mayer 974 7 728 8197, sf.mayer@verizon.net

UNITED KINGDOM

Cheshire: Carol Dines & Tracy Wood, 01270 873322 wap.cheshire@yahoo.com
London: Philip Ridley 01962 620910, philridley@hotmail.com, meetup.com/westonaprice-london
Manchester: Tom Godwin 0161 610 0354, info@foresight-fitness.co.uk & Elizabeth Wells 7970 690 233, naturallywells@googlemail.com, <http://www.facebook.com/pages/Weston-APrice-Foundation-Manchester-Chapter/155649897791548>
South West England: Ben Pratt 07952 555811, ben@nutritions-playground.com, www.naturalfoodfinder.co.uk
UK resource list: www.naturalfoodfinder.co.uk

URUGUAY

Shawn Davis & Mari Davis (515) 897-4460, wapf@genesishnaturals.com

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FARM PRODUCTS BY STATE

AL

Our free-range eggs come from heritage breed chickens (Buff Orpingtons, Welsummers and Barnevelders) supplemented with organic, soy-free feed. Please call ahead or email to check availability. Grace Valley Farm, Trinity (near Decatur) (256) 476-4177, churchmedia@aol.com. Pickup only. *12/1

DC

CSA: Hi-Brix, nutritionally dense, biodynamically grown kitchen vegetables, grass-finished beef, pastured pork, broilers and eggs. Openings for 2011 season in DC Metro area. Contact Allan Balliett, info@freshandlocalcsa.com (304) 876-3382, www.freshandlocalcsa.com. 11/4

IL

Come to our farm! Healthy, FAT, beef & pork, born and raised certified organic, no nitrates. Sides or cuts (as available) plus many other healthy foods. Chapter Leaders Dale Kelsey—sustainable producer receiving no government funds, no grants, no subsidies—and Eileen Kelsey, CHom. incorporating WAPF Nutrition with Classical Homeopathy (815) 239-1466. 12/3

IN

Raw milk cheeses, grass-fed beef, veal, whey-fed pork. Also, a variety of fresh raw dairy products available as pet food. 100% pasture fed cows. NO hormones, pesticides, antibiotics used. **Will ship.** Available from the Yegerleher's The Swiss Connection. (812) 939-2813, www.swissconnectioncheese.com, Clay City, IN. 11/4

We encourage our readers to obtain as much of their food as possible from small farms and independent businesses.

MA

Robinson Farm: A diversified organic farm selling grass-based raw cow's milk, eggs, hay, seedlings, vegetables, perennials, flowers, grass-fed beef, humanely raised veal, local cheese, yogurt and maple syrup. Farm tours by appointment. Visit our farm stand store open every day. Contact Pam Robinson: www.robinsonfarm.org, info@robinsonfarm.org or (413) 477-6988. 12/1

MD

Nick's Organic Farm. Grass-fed beef (no grain ever), free range eggs, pastured chicken & turkey. Beef liver & bones. Our cattle are always on pasture, never in buildings. We raise all our hay. Our cattle and poultry receive all-organic feed, no hormones, antibiotics, or animal parts. We raise our own grains and grind our own poultry feed. Potomac & Buckeystown, MD. Quality organic products since 1979, (301) 983-2167 nickmaravell@comcast.net. 12/1

Windmill Meadows Farm, Washington County. Grass-based sustainable family farm. Our focus: healthy, well-balanced soil produces healthy livestock on healthy grass for healthy, good-tasting food products. Grass-fed dairy, beef, goats, pasture-based poultry (broilers & layers). Availability to Washington DC markets (301) 739-5258. 11/4

MI

Creswick Farms. Dedicated to raising healthy, happy animals—lovingly cared for as Mother Nature intended—which provide high-energy, nutritious and delicious food sources for health-conscious individuals. No antibiotics, steroids or GMOs ever fed to our animals! (616) 837-9226, www.CreswickFarms.com. 11/4

FARM PRODUCTS BY STATE

MN

Farm on Wheels offers animals raised on green grass & certified organic by MOSA. Nutrient-dense cuts of beef, lamb, chicken, turkey, goose, duck, pork, lard, butter & eggs. No corn or soy. Farmers Market year round in St. Paul, Prior Lake, Northfield, Linda (507) 789-6679, www.farmonwheels.net. 12/1

NJ

Fresh food from fertile soil. River Birch Micro Farm. Member: Farm-to-Consumer Legal Defense Fund. Eggs from chickens on grass pasture. Fruits, nuts and vegetables. Farmer/Soil Scientist Joseph Heckman, Ph.D. 19 For-man Ave, Monroe Township, New Jersey 08831 (732) 605-0444. 12/3

Full food farm ecosystem in NorthWest NJ seeks member/partners to build community for third growing season. We provide free-choice weekly pickups year-round of pastured animal products, seasonal and stored vegetables, with future plans for beans, grains, fermented foods. howlingwolffarm@embarqmail.com. 12/3

NY

Raw milk from dutch belted cows organic certified farm, grass-fed. Call us for other products. Ana Lups, Pleroma Farm, Hudson, NY (518) 828-1966. 12/3

New York Buyers Club. Certified organic grass-fed dairy products from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork and chicken. Fermented foods, Green Pasture Products, soaked and dried nuts and raw honey. **Will ship.** (717) 768-3437. Pleasant Pastures. 11/4

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FARM PRODUCTS BY STATE

OH

Ber-Gust Farm - pastured, miniature Jersey dairy cows. All natural beef, pork, poultry and produce. Also jams, jellies, honey and apple butter. Waynesfield, Ohio. (419) 230-2195, (419) 230-2194 www.ber-gustfarms.net. 12/1

PA

Bareville Creamery. 100% Grass-fed. We offer raw cultured butter from our grass-fed cows. We **will ship** to you. \$8.00/lb plus shipping, or visit our farm to pickup. Daniel & Katie Zook, Leola, PA, (717) 656-4422. 11/4

Certified organic grass-fed dairy. Raw milk cheeses, cottage cheese, yogurt, sour cream from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork, chicken, rabbit & turkey. Call for information. **We ship.** (717) 768-3437 Pleasant Pasture Organic Acres. 11/4

Grass-fed organic raw milk and dairy food: 100% grass-finished beef and lamb, pastured pork, chicken and turkey, wild Alaskan salmon, fermented vegetables, raw honey, maple syrup and more. Long Island drop. Paradise Pastures, Paradise, PA (717) 687-6346. 13/3

New location for an attractive variety of quality grass-fed and free-range products, located near the Lancaster and Chester County Line. For more information and/or questions, please call (717) 768-3263, Elam & Linda Stoltzfus, Narvon Natural Acres, Narvon, PA. 11/4

Owens Farm, Sunbury, PA, grass-fed lamb, pastured Tamworth pork (fed soy-free grain), pastured meat chickens, soy-free heritage chickens, raw honey, sheep camp, farm tour, Adopt-A-Sheep and more. Visit Owens Farm www.owensfarm.com (570) 286-5309. info@owensfarm.com. 12/3

Raw milk from 100% grass-fed cows, yogurt, eggs from free-range chickens, 100% grass-fed beef and raw milk cheese. Ira & Mary Beiler. (570) 278-5881. 11/4

FARM PRODUCTS BY STATE

Raw Dairy products from our no-grain, grass-fed Jersey cows. Milk, cream, yogurt, kefir, and cheeses: Cheddar, Colby, Swiss, Havarti, Gouda, Gruyère. Free-range, pasture-raised and organically-fed broilers. No added hormones or antibiotics. **We ship.** Shady Acres, Elizabethtown, PA. (717) 361-1640. 12/3

Raw dairy products from our 100% grass-fed cows - whole milk, heavy cream, cream cheese, sour cream, cottage cheese and butter. All made here on our 13-acre Chester County Farm. Free from hormones and synthetics. Samuel and Esther Fisher, (610) 273-2076. 12/1

Raw milk cheese from our grass-fed Jerseys, made on our family farm with Celtic sea salt. No-grain feed. Also grass-fed beef and lamb and pastured chickens, turkeys and eggs. No hormones or synthetics. On-farm sales. Wil-Ar Farm, Newville, PA. (717) 776-6552. 13/4

Raw milk cheeses from organically managed, 100% grass-fed Jersey cows. Retail and wholesale. Prices start at 4.75/pound, **we do mail order** cheese. Raw milk and organic eggs available. Eastern PA, 15 minutes N of I78, 153 Martins Rd. Pine Grove, PA 17963 (570) 345-3305. 11/4

TX

Grass-fed beef from our heritage cattle, born & raised on our 110-yr-old Shudde Family Ranch near San Antonio. Healthy soil, to healthy grasses, to healthy cattle, to healthy nutrition-dense beef for healthy families. Inspected, frozen. **We ship.** www.ShuddeRanch.com (866) 392-1510. *12/2

FARM PRODUCTS BY STATE

VA

Cow/Herd shares available, with Member in Local Kine (M.I.L.K.) Project in Fauquier County at Western View Farm, 2028 Laws Ford Rd., Catlett, VA 20119. For information call Martha Bender (540) 788-9663. 12/2

Mount Vernon Farm raises 100% grass-fed beef & lamb and pastured pork. We have an on-farm store and buyers clubs throughout Northern and Central Virginia. Contact us at (540) 987-9559 or mtvfarm@gmail.com. www.mountvernonfarm.net. *12/2

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. 12/3

Virginia Buyers Club. Certified organic grass-fed dairy products from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork & chicken. Fermented foods, Green Pasture Products, soaked & dried nuts & raw honey. **Will ship.** (717) 768-3437. Pleasant Pastures 12/3

VA/WV

Church View Farm has pasture raised chicken and lamb, free range eggs, raw honey and a wide variety of fruit and vegetable crops. See www.churchviewfarm.info Near Romney, WV, just west of Winchester, VA. Some delivery available. (304) 822-3878 or churchviewfarm@frontiernet.net. 11/4

The greatest fine art of the future
will be the making
of a comfortable living
from a small piece of land.
Abraham Lincoln

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FARM PRODUCTS

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BUTTER and cheese. Nutrient rich summer gold butter and cheese from PastureLand Cooperative. Our products are made from the milk of 100% grass-fed cows grazing certified organic pastures in southeastern Minnesota. Shipping available. Call (888) 331.9115 for more information. www.pastureland.coop. 11/4

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LACTO-FERMENTED VEGETABLES, cultured, 100% organic, by Immunitrition. Three delicious, raw blends – Garden, Sea & Sunshine. Ships throughout USA via UPS. Available in 32 oz. jars or try our Cultured Veggie Taste Tester with bonus pumpkin oil & sea salt. (877) 773-9229, www.culturednutrition.com. 12/3

MAPLE Syrup, maple products and maple gifts, Certified Naturally Grown (naturallygrown.org). Fifth generation farm that takes pride in quality products. Located in the Northern Catskills of NY. Will ship. Visit maplehillfarms.biz or call (800) 543-5379. We look forward to meeting your sweet needs! 12/3

REAL PICKLES. Lacto-fermented vegetables. Raw, certified organic and regionally grown. Pickles, sauerkraut, kimchi, ginger carrots, hot sauce, beets. Shipped within Northeast only. See website for store list and mail order info. Real Pickles, Greenfield, MA. (413) 774-2600. www.realpickles.com, info@realpickles.com. 12/1

SAUERKRAUT, RAW ORGANIC. Fresh, Raw, & Alive! Gold Mine's Fresh Organic Sauerkraut is abundant in friendly, living micro-organisms, powerful aids to digestion and assimilation. Independent lab tests show 7.8 million CFU's of live lactobacillus and bifidobacterium species per gram! Aged in special ceramic crocks that allow the growth of friendly flora in a safe environment, Gold Mine's sauerkraut is, according to the most discriminating "kraut connoisseurs," absolutely delicious! Featured at the annual conference of the Weston A. Price Foundation 2004-2009. (800) 475-3663 or go to www.goldminenaturalfoods.com. 12/1

SPROUTED RICE/SPROUTED RICE FLOUR, we soak, germinate, dry and roast the finest organic California brown rice for the ultimate in whole-grain nutrition. Tested gluten-free, use it in your favorite dishes or baked goods. Makes great sushi! Sold in 5 or 25 lb. bags. Go to www.solgrains.com and click on ORDER, plus find local stores/distributors. (505) 984-3100. 11/4

SPROUTED Certified Organic Flours and Grain including hard red spring wheat and soft white wheats, spelt, rye, durum. Stone ground flours, organic coconut oil, rye chops, rye meal and more. www.organicwheatproducts.com or toll free (866) 546-9297. 12/2

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MAKE MIRACLES HAPPEN. Developing, innovative non-profit seeks R & D phase funding for environmentally-sustainable, economical-viable production model of one of nature's perfect foods. Help others help themselves to better health. Make a difference. Contact (816) 724-1565. *12/3

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WHAT'S YOUR DREAM? SWM, 54, 5'9", athletic, sailing, silent sports, yoga, organic farm, cats, eclectic, political consultant, left, social/farm/food activist, sustainable lifestyle, passionate, romantic, intellectual. ISO fit woman (mid-40s-early 50s), mutually affirming relationship, Wisconsin: farm.wi@gmail.com 11/4

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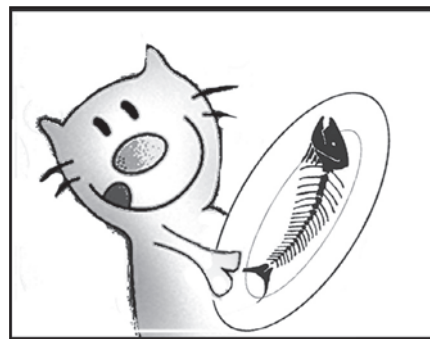
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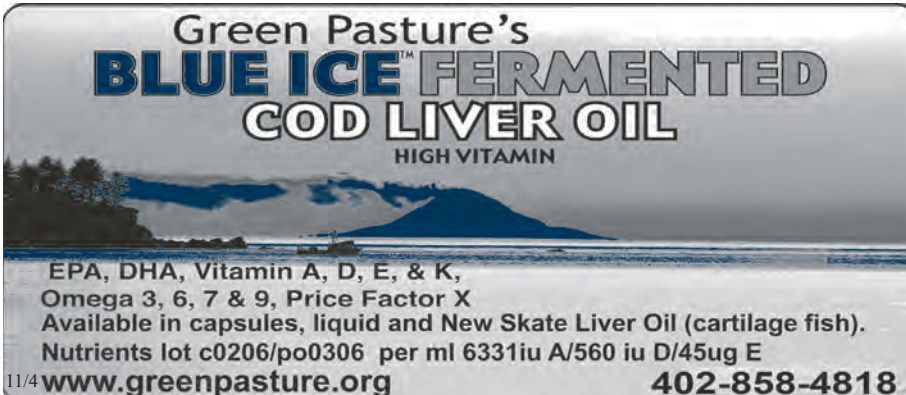


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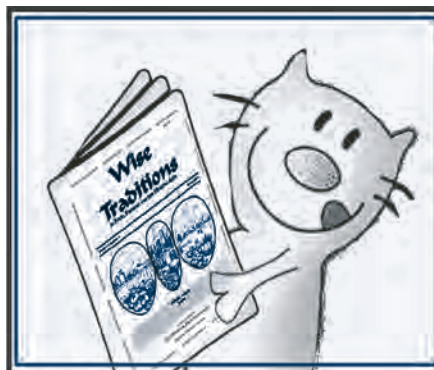
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The second manual, *Iqaluich Niginaqtuat, Fish That We Eat*, provides information regarding the traditional use of fish, their processing, recipes and eating enjoyment. It was compiled from the local traditional fish knowledge of northwest Alaska and was partially funded and placed on the web by the U.S. Fish and Wildlife Service.

The third manual in this series will similarly detail the traditional Inupiat processing techniques and recipes for sea mammals.

Presently there is no funding to support this work. Any suggestions would be welcome. The web link to *Iqaluich Niginaqtuat, Fish That We Eat*, is below. The report is located under the U.S.F.W. Northwest AK section. From here you can read it and/or download and print it. It should be printed double-sided due to the length (341 pages), including 100+color photos, sketches.


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