



# Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

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THE WESTON A. PRICE FOUNDATION®



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## President's Message


With the growing influence of the Weston A. Price Foundation, it's natural that misconceptions appear about our work and message. Among these are the notions that WAPF is against grains and bread.

The campaign against grains and bread comes from several sources. One is the Paleo diet movement, which insists that our Paleolithic ancestors did not consume grains; another is the weight loss community, which notes that obesity rates have soared since the USDA gave the green light to unlimited consumption of refined grains with the release of the USDA dietary guidelines and food pyramid in the early 1980s; and finally, the very real benefits derived from avoiding grains and bread in the GAPS diet for those suffering from autism, learning disabilities, behavior problems, chronic fatigue and other seemingly intractable health problems.

But several healthy cultures that Dr. Price visited consumed grains, including Swiss villagers, Gaelic islanders, South American Indians and African tribesmen. And it is a complete myth that paleolithic peoples did not consume grains. Remains of grains have been found in the earliest Paleolithic campsites; American Indians consumed corn and wild rice; for California natives, wild grains formed the basis of the diet.

The problem is with the way grains are processed today and the overuse of grain products, both whole and refined. Proper preparation minimizes the problems with grains; and avoiding grains completely is often the only solution for those with serious health problems, problems often precipitated by a high-grain or wrongly prepared grain diet.

But the Weston A. Price Foundation is not against the consumption of grains—properly prepared of course. After all, many of our most satisfying and nutrient-dense foods taste so much better with grains in the form of bread or crackers—starting with butter, but also paté, raw cheese, caviar and rich spreads. And that is just the point: these foods, high in fat-soluble activators, help build a healthy, impervious gut wall that allows us to tolerate properly prepared grains in moderation.

The Weston A. Price Foundation dietary philosophy is not one that calls for exclusion of major food groups—we are not a diet organization that tells people they *can't* eat grains or carbs, salt or sweet things, fats or dairy foods. Rather, we tell you how you *can* eat all these foods, what steps to take so that every type of food can be included in the diet and enjoyed to its fullest. Grains and bread, salt, sweet foods, good fats, and a wide range of dairy foods, all traditionally grown and prepared—can and should be included in our diets. The good news is that in so doing, we not only satisfy our taste buds, but also our body's requirements for abundant nutrients. 



# Letters

## TOOTH BUTTER

I was looking on the net last night for a recipe for a Danish bread called Rugbrød. I found the following on this site, [www.danishsandwich.com/2011/01/real-danish-rye-bread-rugbrd.html](http://www.danishsandwich.com/2011/01/real-danish-rye-bread-rugbrd.html), where I read the following: "In order to make Danish open-faced sandwiches, you need dark, dense rye bread generously slathered with butter. By the way, Danes have an expression to describe the ideal amount of butter to slather on your rye bread. It's called *tand smør*, literally, tooth butter. This equates to enough butter so that you can see teeth marks in the butter when you bite into it."

It then goes on to say that it's not very heart healthy, but I ignored that bit!

Jill Freeman  
Tauranga, New Zealand

## IN DEFENSE OF BREAD

Lately bread has been under attack. I'm a baker, I love bread and I love making bread.

Dr. Weston A. Price guided us to the understanding that as humans populated the planet they found different environments and adapted to different food sources. Regional food traditions were created and they became the foundation of culture and healthy living. For the descendants of many agricultural societies, bread is one of those traditions, as Price documented well.

These days a plethora of food fads and gurus are trying to convince us that we should eat according to the diets that they have conceived for us. In many cases these "diets" are presented

as based in scientific knowledge. Many have chosen grains and consequently bread as the enemy.

I found followers of the Paleolithic diet ideas in my WAPF chapter. They would reject my bread if I offered it to them during a meal. I was shocked by their strong positions. If I was going to continue loving making bread, I had to be skeptical about it myself; I had to apply the scientific skepticism I had learned during my university years.



Was it true that there is a mismatch between our genes and our diet? Was the diet of the Paleolithic Europeans narrowly restricted to game? What was the role of women if men were the sole purveyors of sustenance? Is it possible to live a long healthy life without a source of preformed glucose from complex carbohydrates? How do our cells fulfill their constant energy requirements?

The fact is that roots, seeds, grains, leaves and fruits were part of the European Paleolithic diet. Some accounts even credit women with providing most of the food while the mighty hunters

were hunting or goofing off. Grindstones from those times have been found and a variety of plant residues identified, confirming that they were eating some kind of flat bread.

The kind of farming that led to bread started in the Near East around ten thousand years ago. Early farmers ate foods that hunter-gatherers did not eat, or at least they ate them in much greater quantities. Initially they were not well adjusted to the new diet; they literally shrank, got more infectious diseases, etc. With time, however, they adapted and eventually thrived.

According to anthropologists, those living in the temperate regions developed a lighter skin to make more vitamin D, adopted new taste preferences, became lactose tolerant, got protection against diabetes and infectious diseases, better transport of vitamins into cells, improved digestion of starchy foods, and many other new traits that helped them transition to the new foods.

Researchers have detected more than 700 regions of the human genome where genes appear to have been reshaped within the last 5,000 to 15,000 years.

By the time these farmers migrated to Europe the males must have been sexier or stronger since they almost totally replaced the hunter gatherer males. In contrast, most maternal lineages descend from hunter-gatherers, suggesting a reproductive advantage for farming males.

Porridge and flat bread remained the menu for an astonishingly long time in Europe as well as in ancient civiliza-



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tions. It seems that the Egyptians were the first to make bread as we know it. In the beginning the loaves were baked in ceramic pots that had been heated on the fire, later they had to invent the oven too. What emerged out of the oven had no resemblance to what had gone in. A puffy crumbly inside and a fragrant crust was a magical transformation that delighted the whole Egyptian family. They also discovered that a piece of the old sour dough could be preserved to sour new dough much faster and thoroughly. Egyptian households started to keep this precious primal stuff of baking as one of their most valued possessions.

Egyptians became known as the “bread eaters”—and beer drinkers. Bread was not an incidental food but the principal food of all Egyptians; it became a cultural unit and a unit of measure. Wages were paid in bread, workers would refuse to work if they were given only fat and beer and no bread (maybe this was the origin of our slang usage of “dough” to mean money). Rows of bakeries have been unearthed near pyramids showing that bread was fueling their rise. The workers would stuff their bread with fat, meat, fish and vegetables.

From Egypt bread went to the Jews, then to the Greeks and finally to the Romans, who were not very refined eaters but when they adopted it they became passionate bread creators and eaters and they remain so to this day (I may be living proof of that).

During the Civil War, the soldiers were given the best bread. In the quartermasters’ headquarters in Alexandria there were experts in baking acquainted with the works of the French chemists of

Napoleon’s day. The dough was kneaded carefully and the bread baked slowly. Dozens of wagons continuously transported the bright dark loaves of bread weighing several pounds each, dubbed Lincoln’s cannonballs, to the men at the front. The North had plenty of bread and the South, although richer and better prepared, could not eat cotton, hence the Nation remained united.

Unfortunately, industrial roller milling and refined flours started to be used widely in about 1880 and brought worldwide epidemics of pellagra and beriberi. The removal of bran and germ for longer shelf life had eliminated B vitamins. In 1937 scientists showed that nicotinic acid was the specific micronutrient deficiency for pellagra and thiamine for beriberi.

With mass production, bread was fundamentally redesigned. Refined flours, large quantities of commercial yeast, and a combination of additives and intense energy created the modern industrial bread. Fast mixing, fast rise, fast baking. Industrial bread is made far too fast.

What is Real Bread? It is bread made with whole grains that are gently stone ground just before mixing the dough and then allowed to ferment slowly and naturally—in other words, authentic sourdough. That’s how the Egyptians made it six thousand years ago. Bread made this way will be low in the potentially harmful gluten, will have a low glycemic response (the speed at which food raises the blood glucose levels), no anti-nutrients, and the myriad antioxidants in the bran layer will become bio-available to protect your body. In addition we get energy, fiber,

antioxidants, protein and minerals.

The starch in bread is a complex polymer formed by units of glucose providing a rich energy source of pre-formed glucose for our cells. The first priority for our body is to use the food we eat to generate a constant supply of energy. Our cells get their energy only from ATP molecules which are made primarily from fat or glucose. Both fat and glucose are essential for fulfilling the energy needs of our different organs and they use strikingly different metabolic pathways. Glucose is so essential that when we starve ourselves of sources of glucose our body goes into stress and has to build it from protein or the glycerol in triglycerides.

The truth is that many healthy societies consume products made from grains. In fact, it can be argued that the cultivation of grains made civilization possible and opened the door for mankind to live long and comfortable lives. Problems occur when we are cruel to our grains—when we fractionate them into bran, germ and naked starch; when we mill them at high temperatures; when we extrude them to make crunchy breakfast cereals; and when we consume them without careful preparation.

Mario Repetto

Baker/Owner of Grindstone Bakery  
Sonoma, California

*Most people can enjoy bread if the bread has been properly prepared and it is eaten slathered with butter!*



# Letters



## MODERN WHEAT AND INFERTILITY

I stopped eating wheat in December because it gave me cramps and diarrhea for about three days. If I made things at home from organic flour, it wasn't quite as bad, but I still would react. I decided it wasn't worth it.

Well, when I stopped having my morning cinnamon toast (made from cinnamon-raisin bread), I started having regular monthly periods again. There was an article on the *Scientific American* website recently saying that women can produce eggs even past normal menopause age. Must be all that butterfat, huh? I remember reading that in India, they don't like for widows to eat butter, apparently because it helps them remain fertile.

Maria Kenworth  
Denver, Colorado

## DANGERS OF LOW-SALT DIETS

I am a statistical sample of one, but here is my story. In the name of health, I went on a serious low-salt diet during 2009-2010. I thought I was killing my partner with my salting habits, and took the low-salt mantra to heart. Within a year and a half, I felt perpetually ill and weak, I got dizziness attacks when I stood up or moved my head on the pillow at night, my digestion went to hell in a hand basket and I developed these intense pinworm infections, which I never had before.

I heard a passing remark from Sally Fallon Morell in one of her talks where she recalled speaking to a doctor who said he saw increased parasitical infections in low-salt patients. A light bulb went off in my head. I reverted

back to salt, not Morton's salt this time, but unrefined sea salt, and lo and behold, my worm infestations went away never to return. My dizziness stopped in its tracks. It was a painful lesson, but is now well learned. Without salt, hydrochloric acid (HCl) production is greatly impaired. Without HCl there is no destruction of parasites, there is no preliminary digestion of food, and there is no B<sub>12</sub> released from food.

The scary part here is this: I could have gone through the next ten years on a low-salt diet and become progressively sicker—without knowing why. Thank you WAPF for the information you provide. I do not even know how to repay your kindness and intelligence.

Sushama Gokhale  
Larkspur, California

## FORBIDDEN TO SHARE INFORMATION

I have been a member of WAPF for several years and love your information. I share it whenever I have the opportunity. I am a psychologist practicing at a hospital in the Midwest. I specialize in addictions and eating disorders. I have had a situation come up recently where a dietician at my facility got very angry over information I presented to patients, which contradicts what she has been telling them. I regularly hand out Weston A. Price Foundation information and present my information from a mental health standpoint regarding how to nourish our brains for optimal mental health. This has many implications with addictions, given the rates of hypoglycemia associated with alcoholism and relapse.

The dietician complained to my supervisor who issued a station-wide man-

date that all psychologists are prohibited from discussing food or any nutritional information, even as it relates to mental health or eating disorders. He said that I am not to present any data that contradicts anything a dietician presents. This is a little hard given the dietitians are pushing a lowfat, high-carb diet and telling patients to eat Egg Beaters and margarine. According to my supervisor, presenting data regarding brain health and nutrition is outside the scope of psychology and only a registered dietitian can discuss food.

Do you have any thoughts on this? I have been an eating disorder/weight loss psychologist and substance abuse psychologist for over twenty years, and it is a little hard to do my job if I cannot mention food. My supervisor also said that psychologists are not permitted to refer to vitamins or amino acids either.

I appreciate your feedback, as I have found your work enormously helpful, and patients love your information and have begged me to give even more classes. However, due to my supervisor's mandate, I am no longer permitted to present your findings. This is very sad for the patients most of all.

Maria Keegan  
Kansas City, Missouri

*It is indeed a tragic situation when the very people supposedly in charge of our nation's health forbid the disseminating of information that could help people regain their health. We can only suggest that you try to find a position in private practice. You might try contacting some of the practitioners advertised in Wise Traditions, or even put an ad in describing the kind of position you are*



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looking for. And for a long-term solution, read on.

## ADA CANDIDATES

"If you can't beat 'em, join 'em!" As I review the candidates running for office in the Academy of Nutrition and Dietetics (American Dietetic Assn) election this year, I am reminded this is a very strong organization. The organization has over 73,000 members and growing. Members pay \$220/year (more when you join a "Dietetic Practice Group"). Financial support is also derived from food companies such as Coca Cola, the National Dairy Council, and Nestlé as well as from publications distributed in most hospitals and doctors' offices.

In recent years, I have observed some slight positive changes within this organization. There is more discussion about the ill effects of refined carbohydrates and sugar, syndrome X, and the nutritional implications of phar-

maceutical medications. I see many of the younger dietitians promoting whole foods and "wondering" why saturated fats are bad for you, as they find evidence that proves otherwise.

There *are* dietitians who believe in the principles the WAPF teaches, but are afraid to speak up for fear of losing their jobs or credentials. I would like to encourage anyone who is a WAPF member to join the ADA. The organization has a new "Practice Group" called "Dietitians in Integrative and Functional Medicine" that appears to be open-minded and energetic. I would also like to encourage anyone planning nutrition study to seek a pathway to become a Registered Dietitian. With volume, voice and sound evidence we can create change. One day we just may have a WAPF RD running for office!

Kim Rodriguez RD LD  
Aiken, North Carolina

## HOMEOPATHY FOR TOOTH DECAY

Thanks for your great article on Homeopathy for Dental Care (Winter 2011). Many people in my life share similar stories of re-mineralization of cavities after improved nutrition and homeopathic cell salts, Calc phos 6x, Calc fluor 6x or 12x, Silicea 6x or 12x and sometimes Mag phos 6x. In England you can purchase this mix of cell salts to support re-mineralization of teeth and healing of bone fractures. Miranda Castro has a nice article on cell salts on her website: [www.mirandacastro.com](http://www.mirandacastro.com).

For dental issues, I also like Colin Lessell's book *A Textbook of Dental Homeopathy*. Most people assume they have few options when it comes to dental health, but it is not so. What a thrill it is to discover the power of nutrition and the magic of homeopathy! Thank you Weston A. Price Foundation!

Tanya Renner, CCH, RSHom(NA)  
Hollis, New Hampshire

## WAPF on the WEB

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BLIP TV: [westonaprice.blip.tv](https://westonaprice.blip.tv) These are longer format videos such as our Press Conference on the USDA Dietary Guidelines and Farmageddon panel discussions.

BLOGS: See blogs by Chris Masterjohn and Kaayla T. Daniel, PhD at [westonaprice.org/blogs](https://westonaprice.org/blogs). Our publicist, Kimberly Hartke blogs at [hartkeisonline.com](https://hartkeisonline.com). For nutrient dense recipes, subscribe to [Realfoodmedia.com](https://Realfoodmedia.com).

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# Letters

## WAPF AND HOMEOPATHY ARE LIFE-CHANGING!

Some things in life prove to be major positive influences. For our family two of these are the Weston A. Price Foundation and homeopathy. Concerned about the rise of chronic illness and degenerative disease, we had been trying to eat better but were discouraged that there was so much contradictory advice on what was good for us and what was not—particularly when such advice bashed the farm products that are our livelihood. We had also used homeopathy enough to know it really worked—like the time our 18-month-old son had a sudden rapidly rising fever and began to be unresponsive. It turned out to be food poisoning which was easily resolved at home with a few doses of homeopathic *Belladonna*.

But still, we felt so limited with the information we were able to obtain from homeopathic self-help books. Thankfully, we found answers to both our dietary and homeopathic questions.

Around the year 2000, we learned about nourishing traditional diets. It made so much sense to eat the foods that kept our ancestors healthy—particularly for my husband and myself who had both grown up on farms, had chosen the farm life as a great way to raise our children, and who had watched most of our parents and grandparents live vibrant lives into their nineties. So we made changes to our farming practices and began to provide drug-free pork and lamb, grass-fed and corn-finished beef, free range chicken, turkey, eggs, and naturally grown vegetables both for ourselves and for local consumers. Our efforts paid off in that our children

have grown up with no cavities and free of serious illness, and we have many satisfied customers grateful for a source of high quality food.

However, despite eating as well as we knew how, we wondered why we still had health issues that seemed to escalate with age. In 2008, we found Ellen Bench, Master Homeopathic Clinician ( [www.homeopathyinformation.com](http://www.homeopathyinformation.com) ), who not only does phone consultations but was also willing to travel to our area to teach classes on homeopathy. We discovered that diet and environment are influences in our health but that our roots—those factors we come into the world with—and stress, those hard knocks life deals us, cannot be overlooked. Our vitality is often diminished by putting disease into our body with vaccinations or by suppression of symptoms with drugs and medications that drive disease deeper. Business and financial pressures, difficulties in personal relationships, past griefs or emotional traumas and so on also play a huge part in our health and well-being.

Fortunately, we learned that homeopathy is capable of healing on the mental, physical and emotional levels beyond what we imagined possible! Following our homeopathic consultations, I quickly got over anxiety that began with a flu episode ten years previously and chronic fatigue and depression from past emotional issues. I continued to improve to the point that in my late fifties I now feel better than I ever have! I have lots of energy, am happy, and life just seems easier. My husband has overcome pain and stiffness from a congenital hip condition that worsened with age, plus he also is enjoying a more positive

outlook on life. Our children no longer have frequent colds and are thrilled that their dad and mom are more easy-going. Our entire family and many friends also enjoy the benefits of homeopathy for first aid and acute situations thanks to knowledge gained from Ellen's classes. She was able to answer our many questions so that we are now empowered to use homeopathic remedies for ourselves and even our pets and livestock. That means our customers benefit as well, since our animals are now raised using homeopathy and are free from vaccinations and drugs.

Yes, we thank God every day for our health and knowledge. A nourishing traditional diet and the use of classical homeopathy are life changing!

Richard and Kathleen Sobotka  
Inman, Nebraska

## DEER IN THE MEADOW

In the distant horizon line, where the sky meets the sea, an undulating rhythm can just barely be detected among the sparkling ocean rhythms. Tom has excellent sight and his distance vision surpasses most. "Yes," he says, "Definitely kayakers, two most likely, are working their way into the bay." A brisk easterly wind is blowing and it will take them an hour or more to work their way into the protected waters near our cabin. We stop working and sit comfortably on a big log settled high on the beach, staring intently at the horizon line. The possibility of visitors is exciting, as it is May and we have seen only a few from the outside since fall. Who could it be, especially coming from the South? Our step quickens, finishing the work of stacking the wood, carrying



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fresh water up from the creek and tidying up our little cabin. We are delighted and want to prepare to host new friends into our world.

The year is 1975 and we make our home on the protected southern edge of Burnaby Island, on the Queen Charlotte Islands, later re-named Haida Gwaii. These northern-most islands on the British Columbia coast are called the Canadian Galapagos for their tremendous biological diversity. An elder in Skidegate village said the traditional name for this bay is L'aanaa Dagang.a, but it's known to the locals as Swan Bay. The serene bay with natural barriers to the winter winds welcomed us, creating a first sighting that was epic! A southeasterly wind had been slapping the bow of our freighter canoe, making headway slow until we came around the western point. The calmer waters of the small bay glistened in the rising tide. The clouds parted and a shaft of light illuminated the emerald meadow, filling our spirits with hope. We stopped paddling and let the momentum and tide carry the canoe through the giant kelp forest. We knew in the depths of our souls we would call this magical place home.

We then became three, having built our log cabin in time to birth our first child in the long days of the previous summer. Our first summer was spent searching for a home-site, two city kids longing for a natural life in the wilderness. We paddled down the west coast, high tide falling, to the old whaling station at Rose Harbor then up the forbidding west coast, low tide rising, where the powerful Pacific meets the

continental shelf and the steep hillsides of San Cristoval Mountains of South Moresby. In the end, we made our way back to town late in the fall with dancing visions of L'aanaa Dagang.a and the simple life we dreamed of.

Our visitors finally arrive, along with their looks of amazement. We help them up the beach, securing their kayaks against the tide. We invite them in for tea and a warm place near the stove, which they gratefully accept. We soon discover that they are on the adventure



of their lives, having dreamed of exploring the southern Charlottes for years. They flew from Seattle and hired a float plane to carry them from the airport in Sandspit to Rose Harbor, where they launched their inflatable kayaks. After a few days, the weather cleared for them to brave well-known rip tides on the southeast coast. They share the tale of their adventure, inquiring about good fishing and camping sites; all the while drinking their hot tea with relish.

They tell us that the smoke from our

wood stove greeted them far out in the inlet, and they wondered where it could be coming from. They couldn't imagine anyone living so far into the wilderness and didn't see our little cabin until they were almost upon us. We offer to dry their wet woolen clothes over the stove and soon the aroma fills our cabin, a familiar smell. Gratefully, they accept when we offer them the tiny shelter and a warm meal. After a while Tom asks them if they would like to share in taking a deer with us and they answer that deer meat would be a delight to complement their dried rations.

Tom gets out the wooden cutting boards and begins sharpening our knives with confidence. Then he retrieves and loads his twenty-two rifle as our visitors watch with intense curiosity. As the evening mist settles, four or five deer come out and begin to graze peacefully on the meadow outside the cabin. After they settle into nibbling the choice meadow grass, Tom opens the upper part of our Dutch door and carefully balances the rifle on the ledge. He silently says to the deer, "If one of you is willing to give your life so we can sustain ours, show us." One deer's head rises up, and looks into Tom's eyes as the others slowly amble off. He takes careful aim and the sharp crack of the rifle reverberates through the ancient forest. It is a clean kill and the deer hits the soft meadow soundlessly. Calmly, Tom puts down the rifle and walks out to care for the animal that had graciously given its life.

Our new friends have just witnessed something that has become a normal part of our life. We hunt and gather



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daily, giving thanks for all that is, each season bringing its unique gifts. Salmon in the fall, herring and roe-on-kelp in the spring, seagull eggs through the early summer, and the daily gathering of miner's lettuce, cleavers and sorrel among the ancient sphagnum moss meadow. We take only what we need and we waste nothing; everything serves a purpose. The rich seafood and deer meat gifted us with a healthy pregnancy, an easy birth, and a beautiful son, who was greeted into this life by only his father and myself gently guided by candlelight.

The men walk out into the falling dusk to honor and clean the deer. The inedible organs are collected in a large wash tub and carried down to the low tide for the crabs to feast on. The liver, heart and kidneys are carefully washed and brought in to cook. I have our deep dish fry pan warmed on the small stove. Tom made from a beach-combed barrel. We have wild greens from the meadow, brown rice and gently cooked heart and liver for dinner. They seem skeptical at first, but the meat is sweet and their appetite fresh, and they gobble it up. We tell stories long into the night until we find our guests worn out from their adventure filled day. They trundle off to sleep and prepare for another day of timeless adventures. The three of us climb the ladder into the loft to fall into a deep sleep that can only be known to those living within the natural cycles of the earth.

Victoria Schneider  
Eugene, Oregon

## GRASS-FEEDING AND FAT-SOLUBLE ACTIVATORS

I have been doing some library

research to prepare for a seminar on *Function of Pasture in Organic Farming and Food Systems*. Today I found some interesting books on milk. In case you are not already aware of them: Fundamentals of Dairy Science by Lore A. Rogers, published in 1935 by Reinhold Pub.

On page 520 it reads: "The D content of butter varies greatly according to how the milking animal is fed and according to how much ultra-violet irradiation she receives. Under ordinary conditions the butter from animals on pasture is likely to be richer in D than that from animals kept in barns under winter feeding conditions. The D content of butter can, however, be driven up much higher than it ever is under ordinary conditions by feeding to the milking animal such D concentrates as cod liver oil, irradiated yeast, or irradiated ergosterol."

On the same page it says: "Yolk of eggs from hens on blue grass range may contain ten times as much D as that of hens confined indoors on the same basal mash." Some measured values are given on this same page.

Joseph Heckman, PhD  
New Brunswick, New Jersey

## HOW TO LIE WITH NUMBERS

One way the CDC misrepresents the data associated with foodborne illness is in the way they categorize the outbreak as being from pasteurized versus unpasteurized products. Take the Jalisco listeriosis outbreak from 1985, which sickened eighty-six people. CDC's database categorizes this as an unpasteurized milk outbreak. But I disagree with this categorization because

Jalisco products are all sold as pasteurized products. It just so happens that in this case, some of the milk didn't get adequately pasteurized. In my mind, this is an example of a pasteurized product contamination because that's how the product is sold. Additionally, milk that is produced with the intent of being pasteurized is produced with much lower standards than milk that is intended to be consumed raw, and therefore must be pasteurized. So in my opinion, this categorization is totally misleading.

When I did my own analysis of the CDC's data on listeria outbreaks (see <http://churnyourown.com/2011/09/28/listeria/>), I changed the categorization of this one row. And sure enough, the numbers led me to the following conclusions: 1) In the dairy category, far more people were sickened by pasteurized dairy than unpasteurized dairy, both in absolute numbers and as a percentage of those who consume the product; and 2) More people contract listeriosis from processed meats compared to dairy products of any kind.

Nevra Ledwon  
Arlington, Virginia

## CRESTOR MEMORY AND COGNITIVE ISSUES

While taking the cholesterol-lowering drug Crestor, I had problems with everyday vocabulary. I couldn't come up with words like "Niagara Falls," "air conditioning," or "roller coaster." My brain substituted "the New York waterfall," "turn on the wind" and "Montaña Rusa" (Spanish for roller coaster). I would stumble in conversation and had to insert replacement words because the ones I wanted were not coming to mind.



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I was depressed. Hobbies and interests were no longer enjoyable. I couldn't remember conversations. I forgot where I parked the car or left the keys. I took someone else's grocery cart at the supermarket by mistake.

I had to concentrate on tasks that were usually second nature, like driving. I had to focus on how to get to locations. It's not that I forgot how to get there, I just had to put it in focus and had to shut off the radio and ask my wife to stop talking so I could concentrate. Before Crestor, I could do all three effortlessly.

I had trouble focusing at work. This has never been an issue before. I would go to the bathroom at work just to run my head under cold water to get rid of the "cobwebs" or "lift the fog." I was even considering buying smelling salts to keep by my desk so I could wake up and focus. I had to look at the keyboard to find keys. My typing speed was diminished by 75 percent. I was hunting and pecking. I would sometimes have to read a sentence three or four times to grasp its meaning.

I developed a tingling (pins-and-needles) sensation on the left side of my scalp towards the back of the neck. Slight pain in my finger joints came in waves that would last for a few minutes to an hour, then go away.

Before seeing a report on NBC highlighting the addition of "memory loss" to the list of possible side effects of statins, I went through my own diagnosis: 1. Sleep deprivation: Got more sleep and it didn't solve my memory problems; 2. TIA or stroke? No family history, no headaches, no vision or hearing problems; 3. Aging: Just turned forty. If it progresses like this, I'll be comatose by

the time I hit forty-one.

Then I stumbled on the TV report and wrote a letter to my cardiologist begging to see if he would remove me from Crestor as a test. I had complained to him twice before about memory issues and he said it was a natural occurrence as we get older, not to worry about it. He called back and said OK, but that my cholesterol was great. I had done a blood test the previous week and he told me my total cholesterol was one hundred eight. Now I see that this is dangerously low and may be the cause of my memory issues.

After being on a statin for seven months, on March 8, 2012 I stopped taking 5 mg Crestor 1XD. Within three days my "joy of life" started coming back. I had renewed my interest in hobbies. My focus is now beginning to return. I am still having memory problems but, God willing, it will return with time. I have read reports that, for some return of memory takes as little as three days, for others as long as two years, and for a few not at all. I just hope that I have not done permanent damage.

As a result of my research, I also put myself on 200 mg of ubiquinol and on krill oil. I did not ask my cardiologist, but will follow-up with him in three weeks. He said he wants to do some tests to "get to the bottom" of my memory issues since he does not know of any correlation between statins and memory loss or cognitive impairment.

Dan Gonzalez  
Miami, Florida

*Hopefully you can educate your doctor on the dangers of all statin drugs. One thing is certain: you do not need your*

*doctor's permission to get off any drug. We would suggest adopting our dietary principles and adding cod liver oil to your routine.*

## A CASE FOR SUPPLEMENTS

Just wanted to say how my life has changed since starting the WAPF way of eating back in 2004. I feel that I continue to learn about how our food and drink has changed and not for the better.

Many of us are coming from families where we suffer from severe deficiencies, manifested in all kinds of ailments. Many of us have been born to vegetarian or vegan mothers eating a lot of soy; many of us have been born to mothers suffering from adrenal fatigue and whose mothers, in turn, had suffered from adrenal fatigue. Some of us have to go back more than three generations in order to see a generation that did not suffer from bad health, were vibrantly healthy, had wide broad shoulders and faces, a healthy disposition to life and died a natural death.

As a result of this dysfunction spanning a few generations, many of us including myself are not well, despite consuming the bone broths, raw milk, sourdough breads, and pastured meats and fats that WAPF fervently endorses. I, myself, was still experiencing an autoimmune disease that was not going away despite these measures. I tried GAPS, felt great for six months and then, experienced insomnia and a worsening of symptoms. I found with the GAPS diet, it was too low-carbohydrate for me and I needed to wise up to that fact and start adding back in the good carbohydrates, only to see many of my problems abate or disappear.





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My situation is complicated by mercury fillings. I feel that when one is not experiencing better health with the addition of the WAPF diet and protocol, then one should automatically assume that toxic metals are to blame. In my case, I abandoned GAPS and was able to find a nutritionist who follows the WAPF diet. She has had me on a supplementation and nutritional balancing program in order to address the heavy metals as well as to supplement missing essential minerals. She advised me to continue to take fermented cod liver oil, high-vitamin butter oil, nutritional yeast and acerola powder as well as to maintain a good diet following WAPF principles.

I am aware that the WAPF position is not to take any supplementation beyond food supplements such as cod liver oil, nutritional yeast, acerola powder and the like. However, I am beginning to see that many of us have such dire nutritional deficits that can have serious consequences for future generations, if not addressed. There is definitely a great need for nutritional professionals who can address the heavy metals that we have been exposed to and provide proper supplementation which, of course, includes a good WAPF diet and WAPF-approved supplements.

Dionne Marcellin-Lewis  
Scarborough, Ontario, Canada

## IODINE AND SEA SALT

There is evidence suggesting that some people who use Celtic sea salt or other non-iodized sea salts may not be obtaining adequate iodine in their diets.

Here is what my own research has turned up. Iodine is lacking in the soils in many areas of the world, and thyroid

diseases such as goiter may result. "Worldwide, the soil in large geographic areas is deficient in iodine. Twenty-nine percent of the world's population, living in approximately 130 countries, is estimated to live in areas of deficiency . . . . Persons who consume only locally produced foods in these areas are at risk for iodine deficiency disorder . . . . In the early 1900s, the Great Lakes, Appalachian, and northwestern regions of the United States were endemic regions for iodine deficiency disorders, but since the iodization of salt and other foods in the 1920s, dietary iodine levels generally have been adequate" (<http://emedicine.medscape.com/article/122714-overview>).

Also, "In 1980, the first global estimate from the WHO on the prevalence of goiter, a thyroid disease related to a deficiency of iodine, was reported; it estimated 20–60 percent of the world's population was iodine deficient and/or goitrous" (<http://jn.nutrition.org/content/138/11/2060.full>).

In 1924, the U.S. started adding iodine to salt in order to prevent goiter, and the success of this program was impressive. ". . . Lee et al. . . . point out that since the introduction of iodized salt (there has been a) near-magical disappearance of goiter." <http://pubs.acs.org/doi/pdf/10.1021/es0719071>

Celtic sea salt and other non-iodine-supplemented sea salts are a poor source of iodine. A gram of Celtic sea salt contains only 0.45 mcg of iodine. (<http://www.dowsers.com/Celtic%20Sea%20Salt%20analysis%202.pdf>). In contrast, a gram of iodized salt contains 77 mcg. . . . that's about 170 times more iodine than Celtic sea salt ([http://lpi.oregon-](http://lpi.oregon-state.edu/infocenter/minerals/iodine/)

<http://lpi.oregon-state.edu/infocenter/minerals/iodine/>).

Adequate dietary intake of iodine can be achieved without the use of iodized salt, but special care may be necessary to ensure that iodine-rich foods are included in the diet.

"Japan is one of the few countries where salt is not iodized because the Japanese diet contains large amounts of iodine-rich seaweed. One study reported the average urinary excretions in Japan to range between 700 and 3200 µg/d (58); this is considerably over what U.S. doctrine would regard as the maximum safe level. Nevertheless, thyroid health in Japan is excellent; there is no excess incidence of autoimmune thyroiditis that supposedly results from excess iodine consumption (<http://pubs.acs.org/doi/pdf/10.1021/es0719071>).

Some dietary, environmental and pharmaceutical substances can increase the need for iodine, for example: "Lithium is used for the treatment of bipolar manic-depressive disorder. Lithium treatment has been associated with the development of goiter." (<http://emedicine.medscape.com/article/120243-overview>)

Pollutants can also increase the need: "In the wake of the discovery that perchlorate is widely present in our environment, in our food and beverages and milk, human or bovine, there has been much concern about inhibition of iodine uptake, regardless of whether perchlorate originates from natural, rocket propellant, Chilean nitrate fertilizer, or other sources" (<http://pubs.acs.org/doi/pdf/10.1021/es0719071>).

Other nutrients are also required for adequate iodine utilization. "Selenium and iodine are thus linked biochemically

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because both are involved in thyroid hormone production" (<http://www.ibis-birthdefects.org/start/iodine.htm>).

My conclusion: those who use Celtic sea salt and other non-iodized sea salts should take care to obtain adequate iodine from other sources, such as seafood and sea vegetables. While these non-iodized salts are healthier than commercial alternatives, they should not be counted on as a source of iodine.

Roger Windsor

Former editor of *Spectrum Magazine*  
Pleasantville, Tennessee

*The healthy nonindustrialized peoples that Dr. Price studied did not use iodized salt. However, many groups did just as Roger suggests, that is, they made a point of including iodine-rich foods in the diet to avoid "big neck." These include fish eggs, butter and seaweed.*

*The problem with iodization of salt is that it can lead to overdosing of iodine in some iodine-sensitive people (your editor is one of these). For more on iodine, see our article [www.westonaprice.org/metabolic-disorders/the-great-iodine-debate](http://www.westonaprice.org/metabolic-disorders/the-great-iodine-debate).*

## HOLISTIC DENTISTRY CURE

My wife and I would like to thank you and your staff for the excellent article on toxic dentistry in your Winter 2011 publication. We both have been victims of this practice before we met Dr. James M. Ouye, DDS and Dr. Andrew Landerman, DDS, both biological dentists.

Both my wife and I are now past eighty, but fortunately met these holistic biological dentists in the mid-1970s. My wife and I had just been married. In 1980, she was suffering from Par-

kinson's disease for many years, and the medical profession had her on six drugs to control tremor, memory loss, muscular nerve pain, etc. Our eyes were opened by Dr. D. Eggleston's article in the journal of the *Holistic Dental Convention* in 1983 and by our discussion with Dr. Ouye and Dr. Landerman.

I had been an engineer and manager in several high tech companies, serving at the latter ones as quality assurance manager and general manager. I was forced to give up my profession due to a complete nervous breakdown.

When we realized that both of us were the victims of the allopathic medical and dental professions, I took my wife to my naturopathic doctor, Dr. Max Gastin, ND, former MD from Germany in San Jose, California.

After listening to my wife's story, his first request, much to my surprise,

## NEW ZEALAND CHAPTER LEADERS

New Zealand chapter leaders hosted WAPF president Sally Fallon Morell and husband, WAPF secretary, Geoffrey Morell, for a two-week tour of New Zealand, March and April of 2012. The tour netted over two hundred new members. We now have a total of three hundred thirty members in New Zealand. With a small population of four million, this gives New Zealand the honor of having the most members per person of any country in the world, an even better ratio than the U.S.



Sherry Elton, Invercargill chapter leader, with husband Jeff Elton.



Deb Gully and Ian Gregson, Wellington chapter leaders.



Sharon Moiken welcomes a full house in Christchurch.

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was to open her mouth. There were titanium-stainless steel posts, capped root canaled teeth and other metal dental features, which were causing large quantities of galvanic electricity several hundred times the level of the current in her brain. Dr. Huggins, DDS, subsequently established that the typical level of current in these situations was generally four hundred times the level of the brain.

He stated quite emphatically that this was the cause of her Parkinson's disease. Over the next few years, we first removed all amalgam fillings, then root canals, then metal posts and bridges and eventually had all her teeth removed and went to full dentures. We of course initiated a strict natural organic diet, employed homeopathic remedies selected by Dr. Volls, MD, used an electrical acupuncture instrument, and did some fasting on water and juice.

By 1985, she was almost symptom free, but we left the Bay area that year due to the state spraying of malathion,

a toxic pesticide to kill the medfly. Malthion is known to destroy the cholinesterase enzyme that controls the nerve transmission over the synapse gap in the central nervous system.

Recently, I had a strange outbreak of a rash which covered my entire body. I never had a rash in my entire life up until then. It was subsequently verified by Stanford University that it was Grover's disease. When I asked my dermatologist what caused Grover's disease, he stated the medical profession doesn't know and has no clue about treating it except toxic drugs.

I had my neighbor go on the web and search for Grover's disease. No real conclusion, except that one study by the University of Kentucky suggested mercury. I immediately went back to Dr. Landerman who I knew could identify any residual mercury in my body with his electronic acupuncture instrumentation. He located four areas, two in my upper jaw and two in my lower jaw. Apparently, in spite of his thorough

cleaning of the tooth sockets thirty-five years earlier, he overlooked a few small quantities of mercury from repaired teeth. The mercury had permeated my dentures making them unusable.

Dr. Landerman performed surgery, checking for mercury before and after surgery. Within two to three days the rash began to recede, the swelling at the time of the surgery was approximately thirty pounds (in the lower legs, testicles). Three months of natural therapy at the True North Health Center in Santa Rosa eliminated the toxic edema with a minimum of drugs along with some supervised water and juice fasting.

We hope that this story will inspire your readers to correct their dental health as soon as possible.

Charles and Cal Martin  
California

## COCONUT OIL IN THAILAND?

Although it would be nice if coconut oil was responsible for the lack of major outbreaks of diseases during the recent

## NEW ZEALAND CHAPTER LEADERS



Caroline Marshall, tour coordinator, and Alison Ellett, Auckland area chapter leaders.



Kay Baxter, Hawkes Bay chapter leader.



Deborah Murtagh, Cambridge chapter leader with Natasha Gwilliam and Michelle Macdonald, sisters who serve as Hamilton chapter leaders.



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flooding in Thailand, as suggested in the Winter 2011 Caustic Commentary section of *Wise Traditions*, it is highly unlikely. Thais really don't consume or cook with coconut oil: coconut oil is only recently available as a specialty health item and is quite expensive. Coconut is consumed only in some mainstream curries and soups (there are actually more curries made without coconut milk than with, and the coconut curries and soups tend to be thin and are not consumed on a daily basis) and in traditional desserts and snacks. Thais today just don't eat that much food with coconut in it and much less than in the past.

Twenty years ago the open-air markets and stores were full of coconut snacks. Now in many markets you see more western-style cakes, donuts and sweet things made from white flour and sugar than the traditional snacks. Then, too, the Thais are being misinformed about coconut these days. My (Thai) wife knows many people in Thailand, and nearly all of them are afraid to eat curries with coconut too often or use coconut oil because they've been brainwashed as to its alleged dangers. She has a very difficult time convincing her friends that it's an extremely healthy food; they just don't believe her.

Thais have discovered the fear of saturated fat and the pervasive misconception that fat makes people fat. The main cooking oils are now vegetable oils. Peanut oil is completely non-existent while soybean oil is being touted as a healthy oil and soybean milk as a healthy beverage. The current saving grace is that palm oil is less expensive and street vendors still prefer to use the

50-50 blend of crude coconut and palm oil for deep-frying because the oil makes their food taste better and crispier and can be used over and over again before it tastes old.

In addition, over the past year or so a beetle infestation has made coconuts less widely available and much more expensive, leading to a lowered coconut content in many traditional foods. Certainly people living in the flood areas weren't getting coconuts during the recent flood: their own coconut



groves had been decimated and little could be trucked in from the country's main coconut-producing region in the south as delivery to the flooded areas was virtually impossible.

It's far more likely that there was no major outbreak of diseases because of the wide availability of clean, uncontaminated food and drinking water. Much of the flooded areas in the central region and particularly those provinces closer to Bangkok had adequate warnings of the oncoming flood (incidentally,

most of Bangkok was spared from flooding). The flood was not a sudden event, as much of it was due to runoff from the northern region (which was flooded only a few days). Experts in water management were able to predict, based on the velocity of flow in the rivers, how long it would take for the floodwaters to reach particular areas in the flat, alluvial central plains. With prior warnings, people were able to prepare and stock up in advance with bottled water and food. Many evacuated before the flood came.

The Thai government kept the tap water drinkable and clean throughout the flooded areas.

There were excellent flood relief efforts — a prime "savior" was TV Channel 3, which efficiently handled perhaps the most tireless flood relief effort ever—delivering flood relief bags filled with dried food products, ready-to-eat canned food, bottled water and antibiotics quite widely in the flooded areas. They also

provided nearly around-the-clock live coverage with pleas to the rest of the country of items flood victims needed most (medicines were on the top of the list). Besides TV Channel 3, the Thai PBS TV station, various political parties and charitable organizations put in enormous efforts in providing food and drinking water to flood victims. Not only dried and canned foods, fresh cooked food in styrofoam boxes was delivered on a daily basis (actually, it was a photo op for politicians to be shown





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cooking up food in huge woks and pots for flood victims). Of course, setting the example and the standard for disaster relief effort was the swift and generous response of the Thai royal family to the suffering of their people.

It was also possible that the widely used "EM" balls (for Effective Micro-organism) helped to mitigate disease: they are made of a culture of good microbes and were meant to set up areas of beneficial microorganisms to combat bacteria and the like. Mosquito problems were abated by widespread delivery of repellents and wide-scale spraying of mosquito-control poisons into areas of stagnant water. Floating toilets were provided by all kinds of public and private flood relief agencies.

Thailand is far from being a poor, third-world country, where a disaster of such a scale might have triggered major epidemics brought about by water and food contamination. Thais in general have high cleanliness standards and an overflowing generosity to help those in need. With the economy in better shape than many western countries, both public and private funds poured into flood relief agencies and the heroes of the relief efforts were volunteers from all sectors of society who spent tireless hours every day packing relief bags, making sandbags, cooking and delivering fresh food, making EM balls and much more. Public health facilities were well prepared to dole out medicines and prompt medical advice. The entire army and navy were involved in helping evacuate victims and delivering necessities. Because of Thailand's relative affluence and the Thai people's unfaltering spirit of generosity, as with the 2004 tsunami,

relief efforts were effective and there were no major outbreaks of diseases during that disaster as well.

One reason there was no major disease outbreak could be that Thais have strong immune systems, perhaps because they don't grow up and live in such a sterile environment. As Rob Dunn suggests in *The Wild Life of Our Bodies: Predators, Parasites, and Partners That Shape Who We Are Today*, there is a growing body of evidence that our immune systems evolved along with parasites and pathogens and that they are necessary in order to create a strong immune system. (I'd love to see one of your great writers give us an article on helminthic therapy.) My wife tells me stories of her childhood when it was common for children to play and catch fish in muddy waters during Bangkok's flash flooding every monsoon season and swim in muddy klongs (canals) during the unbearably hot months. In fact, Thai children still do as you can see driving through the Thai countryside.

In the open-air markets of Thailand, butchered meat is displayed in the open air, either hanging or lying directly on wooden counters in the tropical heat. Prepared food is left out, unrefrigerated, for hours and when sold to go is often placed, hot, in subsequently sealed plastic bags. While visiting Thailand, we routinely buy prepared food in the morning and leave it out all day until we consume it for dinner. I've never heard of a serious outbreak or incident of food-borne illness in Thailand. In addition, all meals are family style and the dishes are put on the table without serving spoons: everyone serves themselves with their own eating spoon. It could be that steady

exposure to more bacteria and pathogens makes a stronger immune system that is better able to deal with added dangers during flooding.

Michael Babcock  
Oakland, California

*Thank you for this enlightening letter. For more on the use of coconut in the traditional (not modern) Thai diet, see [www.westonaprice.org/traditional-diets/thailand-land-of-coconut](http://www.westonaprice.org/traditional-diets/thailand-land-of-coconut).*

## EXCEPTIONAL ELDERS AND LAZY BONES

Thanks for another great issue of *Wise Traditions* (Spring 2012) Kim Scheutte's letter on her one-hundred-year-old new friend reminded me that I had wanted to suggest some time ago that when there is space available, a reverse of the Healthy Baby Gallery page might be well accepted called "Exceptional Elders." They don't have to be one hundred years old—but strapping while elderly, and have secrets to share that will validate the WAPF teachings, and remind us of ways of times gone past that are worth remembering. Photos would be great. I am sure many readers have stories to share of their loved ones! I have a great photo of my petite mom holding seventy-pound barbells above her head—she is gone now but it shows how the goat's milk she grew up on at the homestead helped her win a title in weightlifting in her younger days.

Regarding Jen Albritton's "Soup-stenance" article, I have a good name for the crock pot method she describes: "The Lazy Bones Method for Bone Broth," or "Lazy Bones Beef Broth," I have been doing this myself for ten



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years now and it has always worked well. I would caution readers not to let the broth go more than twenty-four hours at a time—the gelatin seems to break down with just twelve hours, and the bone marrow becomes unidentifiable. I'll go for a week or ten days with back-to-back bones in my crockpot—and tossing the fat frisbees from the cooled drained stock into my freezer until it is full—and then finally clean the crock pot.

I always think of the old nursery rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old." Bet they didn't like cleaning out the big iron pot either!

My next project is to figure out what to do with the bones. I would like to find a way to gracefully recycle them. I put them outside in the back where animals can't get to them. Some of them have been bleached enough and soft enough to crush and put into the garden!

Finally, on your Caustic Commentary about supermarket scents (Spring 2012), I am horrified by the prospect of scents in the supermarket aisle. Thanks for the heads up about this. More reason to stay away from the supermarket chains—hopefully natural food stores will be slow to follow. Dryer sheets are the worst offender I have encountered. By the way, whatever the solvent is in the soy inks used to print *Wise Traditions*,

it is enough to make me hold it at arm's distance now. I still enjoy it though, and just read it with good ventilation!

I am so saddened by the passing of Jack Samuels. I had a special connection with him. In 2001, I was T-boned by a sixteen-year-old driver and my car was thrown into a tree at forty-five miles per hour. Jack was in a car just behind the kid, saw everything, gave me his card and offered to be a witness. He stayed with me for forty-five minutes until the ambulance came—what a dear and caring man! What a joyous surprise it was to discover him at a WAPF convention years later, a true Samaritan on the lookout to protect the welfare of others.

Nancy C. Henderson, MFA  
Rancho Santa Fe, California

## WAR ON REAL FOOD

The FDA has declared war on traditional living foods like raw milk, home canned pickles, and home processed charcuterie. How much life must food have before the FDA thinks it unsafe for human consumption?

The FDA has decided that Twinkies, Cocoa Puffs, and Mountain Dew are safe, but raw milk, compost-grown tomatoes, and home-made charcuterie are unsafe. Must food be sterile to be safe? If not, how much life can food possess until it is deemed unsafe?

Do American citizens have a right to the food of their choice? If so, then why does the government intervene between the voluntary transactions between producer and consumer for such things as raw milk, home-made quiche, or home-smoked pork?

Do American citizens own their bodies or do their bodies belong to society? If Americans own their bodies, then what right does FDA have to hamper the food choices we make with licenses and inspections between willing, consenting adults to engage in food commerce of their choice?

Joel Salatin  
Swoope, Virginia

## AN IDEA

As one who lives in a trailer park on a very limited income, and who struggles to pay bills, I have come up with an idea. Thanks to a gift membership, I'm a member of a fabulous organization called the Weston A. Price Foundation, which is involved with farmers and food, and, farmers sometimes tithe in cash to churches or charities. So, I'm thinking, what if they tossed into a carton some extra or leftover pieces of fruit or veggies or milk or cheese or bread or whatever they sell. Then, address the carton to members of WAPF who aren't quite as affluent as the other members,

## DO YOU EVER SHOP ON AMAZON?

If you ever purchase items from Amazon.com, your purchase can generate referral fees for the Weston A. Price Foundation if you click through to Amazon from our website. All our Thumbs Up book and DVD reviews have links to buy them on Amazon (such as our NAPD review here: [www.westonaprice.org/thumbs-up-reviews/nutrition-and-physical-degeneration](http://www.westonaprice.org/thumbs-up-reviews/nutrition-and-physical-degeneration)), or you can just go directly to our Amazon Store at <http://astore.amazon.com/thewestonapri-20>.

You don't have to buy one of the items we've linked to; any purchase you make after clicking through from our site earns WAPF a small commission. Over the years these small amounts have added up and really helped. So bookmark our store and click through from there whenever you want to buy from Amazon, and you'll help fund our work just by shopping!



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members like myself, folks who run out of food every month.

The farmer's only cash output is postage to one or two people, that's much cheaper than a 10 percent tithe. Plus, they could get a kick out of helping others who appreciate them and fight for their rights!

Forget Food Stamps, they can only be used in supermarkets, not health food stores. I use health food stores.

About tithing: in Genesis, God held out for a great goat as a tithe; I think He got grain too. So why not food from a farmer? Is this a cracked brain idea or a good one?

Candy Reed  
Lake Panasoffkee, Florida

*This is a wonderful idea and we suggest a section in Wise Traditions that puts struggling individuals into a partner-*

*ship with a generous farmer. We nominate Candy to be the first participant in this Food Tithing program. An interested farmer in the Florida area should contact WAPF to make a connection with her.* ☉

## THE ETHICS OF EATING MEAT

Submitted by Rob Elliott to the *New York Times* essay contest: Tell us why it is ethical to eat meat.

What am I to make of this request? Is it a trap set by some vegetarian witchfinder to catch an unwary omnivore in a heads-I-win-tails-you-lose equivalent of the ducking stool? Or is it an attempt to enter into serious debate? If the latter, the invitation is still booby-trapped through its lack of contextual reference. Thus the response from a hungry Pirahã or a Kalahari bushman will not be that of an overfed Westerner spoilt with choice by supermarket abundance.

Then of course there is that troublesome word, "ethical." In common with so many words used in relation to the politics of food, it has undergone something of a transformation into a handy catch-all, bandied about by those who use it to justify personal food choices. It is not to be trusted. It has a touch of the weasel about it. Words are indeed weapons, and can be dangerous in the hands of an increasingly solipsistic species. The formal concept of ethics enjoys an elevated status, yet is essentially little more than an intellectual distraction, almost an esoteric irrelevance in a society that has become dysfunctional, divided and disconnected from the natural order of the universe. An obsolete them-and-us attitude ensures that Homo arrogans still struts his puerile stuff, believing he can live outside natural laws.

It is time we grew up. We must abandon our ivory towers, climb down from our moralising and look at the world around us. An absence of hubris will enable us to contemplate the damage we have done, much of it through the massively destructive application of chemically supported industrial agriculture that has laid waste to millions of acres of fertile soils across our planet. Contrition might also be appropriate, allowing a clearer view of our relationship with our food, defining the word "ethical" and giving it a valid frame of reference.

In this materialistic world in which love itself has been commoditised, the politics of food is about fear, peddled by those who have lost touch with the spirituality of eating. Love opens the door to an understanding of how we move from rapacious exploitation to nursing our soils – and our souls – back to health. Domesticated farm animals will play a major part in this future, as a return to true pasture farming is an essential component of land regeneration, underpinning a localised system of permanent polyculture. Industrialised grain and cereal production is insane, and all the arguments for "more of the same" collapse into farce in the face of the evidence provided by those engaged in the planet-friendly alternative.

Thus we come at last to the question of whether it is ethical to eat meat, and the answer is surely a qualified "yes" – qualified by the understanding that there is no place in our future for feedlot cattle, pig factories, grain-fed Holstein milk monsters or battery hens. Love rejects such unmitigated cruelty but accepts the highest principles of good husbandry. All living things, including us and our farm animals, are part of the food cycle. We have domesticated plant and animal alike, and we have responsibility to both, but it is well nurtured animals on managed grassland that hold the key to a healthy future. We must value their ability to convert vegetation into essential manure to help us grow plant food, but we must also accept the clear understanding that farming is management and necessitates the control of animal numbers. The meat from those animals is too precious and nutrient-dense to be wasted, but love and respectful husbandry are an essential input. Then, and only then, is it ethical to eat meat.



# Caustic Commentary

Sally Fallon Morell takes on the Diet Dictocrats

## SALT TAX?

The food puritans are hard at work pushing for a tax on salt, promising that even small reductions in salt intake could lead to reductions in heart attacks and stroke (foodnavigator.com, April 23, 2012). While admitting that salt is "a vital nutrient and is necessary for the body to function," the anti-salt crowd wants us to reduce our consumption to 5 grams (1 teaspoon) per day, much less than the body needs to function. They promise that reducing salt intake around the world by 15 percent would prevent almost nine million deaths by 2015—where have we heard such promises before? (We heard them from the McGovern Committee in the late 1970s, promising that our ten greatest disease killers would be solved if only we'd use margarine instead of butter.) The salt reducers are touting a recent article published in the journal *Stroke* (2012 43:1200-1205), which claims "evidence for a strong relationship between excess sodium intake and increased stroke risk in a multi-ethnic population." But what the study actually found was that the ratio of salt in the diets (sodium per kilocalorie of food) of all risk groups was the same. The big difference was found in the total kilocalories consumed per day, with the highest risk group consuming three times more food as the low risk group. Yet the authors place the blame on salt even after showing that sodium had no effect on systolic and diastolic blood pressure! Salt taxes have been used in the past, not to control disease but to control people, in places like France, China and India. It's hard not to suspect a similar agenda in the recent calls to tax this most necessary of foods.

## AUTISTIC MONKEYS

According to vaccination defenders, vaccines are not the cause of autism. This claim became harder to justify with the 2010 publication of a study conducted by scientists at the University of Pittsburgh, which revealed that many infant monkeys given standard doses of childhood vaccines developed symptoms of autism. The researchers found that young macaque monkeys given the typical CDC-recommended vaccination schedule from the 1990s and in appropriate doses for the monkeys' sizes and ages, tended to develop autism symptoms, while their unvaccinated counterparts developed no such symptoms. MRI and PET scans showed pathological changes to the amygdala, which performs a primary role in the processing and memory of emotional reactions (*Acta Neu-*

*robiol Exp (Wars)* 2010;70(2):147-64). Included in the vaccine mix were several containing the mercury-based compound Thimerosal, which has been phased out of some vaccines but is still present in batch-administered influenza vaccines. Also administered was the measles, mumps and rubella (MMR) vaccine, which has been linked many times with autism and other serious health problems. The study was presented at the International Meeting for Autism Research (IMFAR) in London, England, in May of 2012 and points to the need for more such investigations into the effects of immunizations. All other drugs must undergo safety testing prior to approval, but not the vaccinations we give to our vulnerable children (naturalnews.com, May 7, 2012).

## DARK SIDE OF BETA-CAROTENE

A frequent theme in these pages is the need for robust levels of true vitamin A in the diet, vitamin A that comes from animal sources, not the precursors found in fruits and vegetables. Vegetarians insist that we can get all the vitamin A we need by converting beta-carotene into vitamin A in our own intestinal tracts, but researchers from Ohio State University have found that beta-carotene has a dark side. The team found that molecules derived from beta-carotene can block certain actions of the true vitamin A (*Journal of Biological Chemistry*, March 14, 2012, doi: 10.1074/jbc.M111.325142). According to head researcher Earl Harrison, "These materials definitely have anti-vitamin-A properties, and they could basically disrupt or at least affect the whole body metabolism and action of vitamin A." The discovery could explain why previous clinical trials have found that people who were heavily supplemented with beta-carotene had a higher incidence of lung cancer than participants who took no beta-carotene. Because vitamin A provides its health benefits by activating hundreds of genes, compounds contained in beta-carotene supplements could lower the activity of vitamin A. Says Harrison, "... too much beta-carotene could paradoxically result in too little vitamin A" (nutraingredients.com, May 3, 2012). These findings do not mean you need to avoid fruits and vegetables, but they certainly show that we can't depend on plant foods as a source of vitamin A; beta-carotene supplements pose real dangers, as may a diet high in beta-carotene-containing fruits and vegetables in the absence of animal sources of vitamin A.



# Caustic Commentary

## NEW WARNINGS

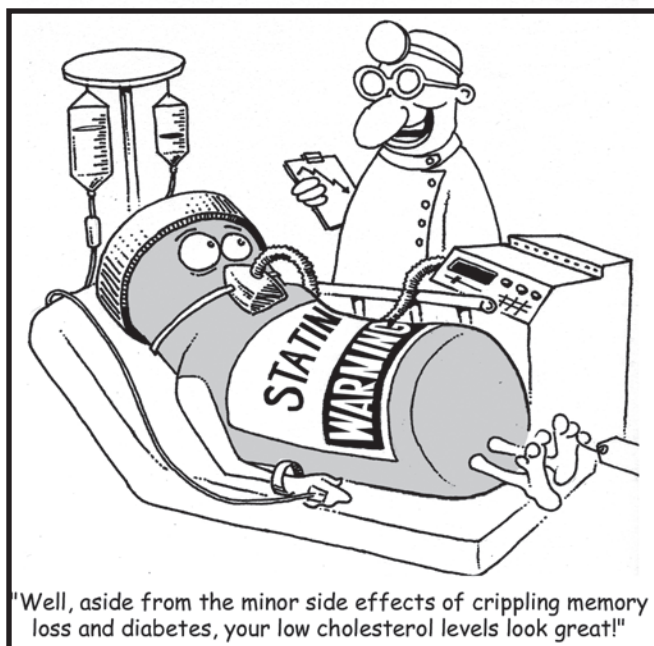
The FDA has added two new warnings for cholesterol-lowering statin drugs, taken by more than twenty million Americans and grossing over one hundred thirty billion dollars for Pfizer over the years. The agency now required warning labels saying that statins can increase the risk for diabetes and memory loss. Reluctant to admit any problems with this modern wonder drug, Steven Nissen, chief of cardiology at the Cleveland Clinic says, "These are nuances, tiny little tweaks to the label, and the bigger picture doesn't change." According to Nissen, "There are few drugs that have saved as many lives as statins. . . ." (www.reuters.com, February 28, 2012). Reference, please? Try as researchers may, they have not shown that statins save lives, they just lower cholesterol, with consequences ranging from crippling back pain to cancer. Diabetes is not a "tiny little tweak," but a serious disease. As for cognitive impairment and memory loss, former astronaut Duane Graveline, MD, MPH, describes this tiny little tweak as follows: "The most important cognitive dysfunction mentioned [by the FDA] is transient global amnesia, followed by severe memory lapses, disorientation, confusion and increased forgetfulness. . . [Transient global amnesia] occurs without the slightest warning. Apruptly, within a matter of seconds, you lose completely the ability to formulate new memory and become completely non-functional. . . Can you imagine a pilot having one of these conditions in a new aircraft, one in which he has no recall for training. . . Or to a school bus driver or heavy equipment operator or to anyone requiring constant vigilance to suddenly experience transient global amnesia. This would be a nightmare situation."

## A CURE FOR TOOTH DECAY?

Tooth decay is emerging as the number one problem in children, even as young as two years of age. Dentists regularly

see preschoolers with ten cavities at a time, and the problem is "so severe that they often recommend using general anesthesia because young children are unlikely to sit through such extensive procedures while they are awake" (*New York Times*, March 6, 2012). While dentists rightly warn parents about feeding sweets and fruit juice to children, their only real solution to the problem is drill and fill. The notion that teeth can

heal themselves is completely foreign to the dental profession. Yet Julian D. Boyd, MD and C.L. Drain, DDS, of Iowa City have reported "numerous instances of definite arrest of caries in children. Teeth containing large cavities, which ordinarily would have an area of softened dentin surrounding the zone of destruction, were found instead to be very dense." The doctors made the fascinating observation that all the children with arrested cavities were diabetics who had been put on a high-fat, low-carb diet for blood sugar control. The regimen consisted of "milk, cream, butter,



Cartoon by Richard Morris

eggs, meat, cod liver oil, bulky vegetables and fruits. The daily menu was designed to include approximately a quart of milk and cream daily." Levels of vitamins and minerals in the diet were high. The doctors concluded that oral hygiene had little to do with dental health, and that resistance to dental decay was due mainly to a nutrient-dense diet during the period of growth. The study was published in the *Journal of the American Medical Association*, June 9, 1928. One can just imagine Dr. Price reading this article and receiving inspiration for his subsequent travels.

## ARA AND AUTISM

Arachidonic acid (ARA) is a much maligned long-chain omega-6 fatty acid found in organ meats and meat fats. Accused of causing inflammation, ARA is given as yet another reason to avoid animal fats; but as reported in these pages, ARA plays many important roles in the body chemistry, one



# Caustic Commentary

of which is to ensure tight cell-to-cell junctions needed for a healthy, non-porous gut, and beautiful, well-hydrated skin (<http://www.westonaprice.org/know-your-fats/precious-yet-perilous>). New research finds that ARA may ameliorate social impairment in individuals with autism—which makes sense since 11 percent of the brain is composed of ARA. Scientists examined the efficacy of large doses of ARA added to the omega-3 fatty acid DHA in a sixteen-week, double-blind, randomized, placebo-controlled trial involving thirteen subjects. They were examined on the Social Responsiveness Scale and the Aberrant Behavior Checklist-Community. The results showed improvement in social interaction with added ARA. How much better to just eat butter and other animal fats!

## SOY TRAGIC


Soy is not only toxic in its own right; in addition, the way it is cultivated adds further toxins to the environment. The tragic proving ground for these two facts is the Argentinian Pampas, which used to be dotted with dairy and vegetable farms, but now is blanketed with large-scale genetically engineered soybean monoculture. Fifty-six percent of Argentina's cultivated land is now planted with Roundup Ready soy beans with the result that 190 million liters of glyphosate (the active ingredient in the herbicide Roundup) are sprayed in Argentina annually. The practice is leading not only to the dieoff of trees but also to serious disorders in human beings! The immediate symptoms in the spray zone are dizziness, allergic reactions, itching, mouth swelling and general malaise. People are warned to stay inside when spraying is underway, but they report getting sick anyway. Authorities are turning a deaf ear—why would they disrupt Argentina's major export crop—but some scientists are speaking out. For example, Andres Carrasco of the Argentine Ministry of Science has found that glyphosate exposure can cause defects in the brain, intestines and hearts of amphibian fetuses, and these results can be applied to humans. The work of Carrasco and others indicates that soy causes endocrine disruption, developmental and reproductive toxicity, DNA damage, neurotoxicity and cancer—especially in the poorly nourished who are forced to eat a lot of soy.

## GOOD NEWS FROM SWEDEN

From a low-carb, high-fat listserve we learn that in Sweden, over 25 percent of the population is now actively following a low-carb, high-fat diet. Sales of "lite" and lowfat products have slumped and many supermarket chains are introducing

low-carb, high-fat sections—not always with full understanding of what that diet entails. Margarine can be had at under half price almost everywhere while butter is often sold out. There are even restaurants offering low-carb, high-fat alternatives and an institution offering certification in the dietary principles. Virgin coconut oil, although expensive, is seeing a huge increase. Bread sales are down 30 percent, with predictions of continued decline.

## CHILD ENDANGERMENT?

In an editorial published in the *Des Moines Register* (March 5, 2012), Daniel H. Gervich, MD, a board-certified infectious diseases and critical care medicine doctor, declared that feeding raw milk to babies is "child endangerment." This outlandish claim was part of a larger rant against raw dairy. Fortunately, our own Sarah Pope, Tampa, Florida chapter leader and Healthy Home Economist blogger, succeeded in getting the *Des Moines Register* to publish a rebuttal. In it she noted that, "Parents seek a raw milk formula when their baby is failing to thrive on commercial formula. Many of these children suffer from severe constipation, eczema, reflux and other mild to severe digestive and developmental problems. Often, these parents feel abandoned by their pediatricians who only suggest a different brand of commercial formula or medications to cover the symptoms without actually resolving the ailment. Parents are relieved and delighted once they try homemade raw milk formula. Many report that their babies finally begin to sleep through the night. Such problems as reflux and eczema significantly improve and even disappear. Not even one parent has gone back to commercial formula after trying the homemade formula. The satisfaction rate for parents is at or near 100 percent." For her full reply, visit <http://www.thehealthyhomeeconomist.com/op-ed-refutes-doctors-raw-milk-child-endangerment-claim/>. 

## 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.

# **Your Body on Drugs**

## **What Are Those Miracle Drugs Really Doing to Your Insides?**

By Sylvia Onusic, PhD

**H**istorically pharmacy and pharmaceuticals related to healing originated from plants and knowledge of their use that developed over the ages from pre-historic times (Ellis, 2000). The Arabs established the first drug stores in the world in Baghdad around 754 AD. Their research and pharmaceutical science included some two thousand medicinal herbs to be used in specific treatments (Hadzovic, 1997).

Over time the pharmacy tradition spread to Europe. In the Middle Ages, pharmacy and healing herbs often operated under the purview of the various monastic orders. The monastery of Olimje in Slovenia, founded by the Pauline monks, has the third oldest pharmacy in Europe after Paris and Dubrovnik. Over time, healing herbs and herbalist monks gave way to physicians, modern-day pharmacies and many small drug companies.

A drug interaction occurs when a drug or another substance modifies the effect of an ingested drug with an alteration in drug absorption, distribution, bio-transformation or excretion.

#### DISEASE TREATMENT WITH NUTRITION

Although in 1601 some physicians understood that lemons and limes could prevent scurvy, the idea that a substance in the diet could prevent certain diseases did not register with the medical experts for hundreds of years. Pellagra is a good example of a deficiency disease that can be eliminated with proper nutrition. In 1915, eleven thousand deaths from pellagra were reported in the southern U.S. and just two years later there were more than 170,000 cases. Dr. Goldberger showed that he could eliminate the disease by improving the diet in 1918. But despite this knowledge, people continued to die from pellagra in large numbers, even into the 1950s.

Why did people continue to fall victim to a disease that was entirely preventable? Pasteur's and Koch's postulates regarding germ theory, namely that microbes cause all diseases, were widely accepted. Medical doctors believed that the nutritional diseases of rickets, beriberi and others were caused by a microorganism.

The victims of pellagra were poor and mostly black Americans living in the South. Their diet consisted largely of maize which contained no tryptophan, the precursor of niacin (vitamin B<sub>3</sub>) (Mahan, 2004). In Europe, maize was introduced from the Americas after the voyages of Columbus and other explorers and soon came into the food supply. In Italy, Spain and other countries, many poor peasants died from pellagra because of a steady diet of maize polenta made from milled maize. American Indians knew how to prepare maize properly to preserve or enhance the nutrients. The traditional method of preparing maize calls for soaking the grain in lime water which releases the niacin that is bound up in the grain, improves the quality of the amino acids (Fallon, 2001), and significantly reduces the molds that can infect maize. The Indians also mixed it with many kinds of other foods and therefore were not niacin-deficient and victims of pellagra (Jacob, 2007).

In fact the health of America was at such a low state at the turn of the twentieth century that almost one-third of World War I new recruits were rejected for a range of more than two hundred diseases. Young draftees were rejected for rickets, pellagra, goiter and many other diseases.

The uproar that ensued led to food fortification programs, widely claimed to solve the problem (Markel, 2005).

It wasn't until 1941 that the Food and Nutrition Board, part of the National Academy of Sciences, addressed the issue of nutrition's role in disease and issued the first RDAs (required daily allowances) in 1941. The panel set the lower limits of nutrients needed to prevent diseases such as beriberi, rickets, pellagra, scurvy and others. In 1997 the Food and Nutrition Board created the DRIs (dietary reference intakes), a complicated four-level set of guidelines that tries to put some substance into the amounts of nutrients required for health at different ages: the updated RDAs; the tolerable, nutrient levels which could be harmful if exceeded; the EAR, an estimate average requirement, which meets the needs of 50 percent of people with that level of consumption; and AI, adequate intake, a value similar to the RDAs.

According to Ross Pelton, RPh, PhD, CCN, the author of *Drug Induced Nutrient Depletion*, RDAs represent the "minimum wage of nutrition." He says that the government has been promoting the RDAs for over fifty years as guidelines that will meet the needs of healthy individuals. "Could this be the reason why the United States has the highest level of technology and the highest rate of disease?" he asks. "It is important for people to realize that the RDAs have nothing to do with optimal health and wellness. In most cases nutrient intake for optimal health is far beyond the RDAs" (Pelton, 2001).

#### ENTER MIRACLE DRUGS

At about the time that the Food and Nutrition Board got around to establishing RDAs, the drug penicillin started to make headlines. When it came into use shortly after World War II, it was referred to as a "miracle drug" (Bynum, 2006).

In the United States, these erstwhile "miracle drugs" have left a legacy of disease and death. Adverse drug reactions or ADRs are one of the leading causes of death in the U.S., accounting for over one hundred thousand deaths and one and one-half million hospitalizations a year. An additional three-quarters of a million people a year develop an adverse reaction after they are hospitalized. An ADR is a serious reaction to a



drug that has been prescribed by a physician. As statistics show, taking prescription drugs is a high-risk behavior (Lazarou J, 1998).

The older you get, the more you are at risk for ADRs. Studies of the percentage of hospital admissions related to adverse drug reactions found that up to 88 percent of ADR-related hospitalizations in the elderly are preventable and that elderly people are four times more likely to be hospitalized by ADR-related problems than nonelderly (Vestal, 1984).

Studies revealed that almost 30 percent of all emergency department visits were drug-related, including a large proportion due to adverse drug reactions and inappropriate prescriptions. About 70 percent were preventable. (Patel, 2002).

## DRUG-NUTRIENT INTERACTIONS

The shockingly high number of people affected by death, illness and suffering related to ADRs is only the tip of the iceberg. Drugs are also involved in drug-nutrient interactions and drug-nutrient depletions.

Drug-induced nutrient depletion refers to the chronic nutrient deficiencies that occur over time through the use of drugs. A major source of information about the effects of drugs on nutrients, *Drug Induced Nutrient Depletion Handbook*, 2nd edition, by Pelton, LaValle and others, is out of print with no plans for another edition. It is even difficult to find this book in medical libraries.

A drug interaction occurs when a drug or another substance modifies the effect of an ingested drug with an alteration in drug absorption, distribution, biotransformation or excretion. Various types of interactions exist, including drug-drug, drug-nutrient, food-drug, and herb-drug. Adverse effects due to drug interactions are one of the leading causes of death in hospitalized patients (Boullata, 2004).

A drug-nutrient interaction, or DNI, is an interaction resulting from a physical, chemical, physiological, or pathophysiological relationship between a drug and a nutrient involving a single or multiple nutrients, food in general, or nutritional status which is considered clinically significant.

The DNI can change the effect of the drug, leading to malnutrition, provoke a state of altered metabolism or cause a nutrient imbalance (Boul-

lata, 2012). Drugs and nutrients interact because they use the same enzyme systems in the small intestine and liver. Drugs may enhance or inhibit the activities of enzymes, or nutrients may act on drugs (Rolfes, 2006).

One classic and well-known interaction is the interaction between grapefruit juice and simvastatin—grapefruit juice increases bioavailability and makes the simvastatin toxic (Boullata, 2012). Daidzein, a phytoestrogen in soy, increases the bioavailability of theophylline, and further depletes vitamins B<sub>1</sub> and B<sub>6</sub>. Antiepileptic drugs adversely affect vitamin D and K; they affect folate metabolism, biotin status, carnitine status and bone health; and they can cause liver toxicity. Antipsychotic drugs are associated with weight gain, hyperglycemia and elevated lipids (Boullata, 2012; Rolfes, 2006).

Drugs may also cause nutrient depletions by altering the appetite, interfering with taste or smell, inducing nausea and vomiting, causing dry mouth or inflammation in the mouth, changing the acidity of the digestive tract, damaging the cells, binding to nutrients, using similar enzyme systems, competing for transporters, and causing diarrhea (Rolfes, 2006).

Drugs can inhibit specific enzymes which affects the metabolism of other drugs, hormones, vitamins, bile acids and other substances. The most commonly affected are those involving biotransformation of the cytochrome P 450 pathways. The cytochrome P 450 enzyme systems play vital roles in a myriad of reactions in the body, from hormone production to detoxification (Jones, 2005).

## YOUR FAVORITE OVER-THE-COUNTER DRUG?

The American College of Cardiology (ACC) and the American Heart Association (AHA) recommend the use of aspirin in low dosages under a doctor's care for people who have experienced a variety of heart conditions. According to a Bayer Aspirin website, "Aspirin isn't right for everyone so you should always check with your doctor before beginning an aspirin regimen."

Aspirin is recommended for those who have a heart condition. Does that mean that aging and being elderly are synonymous with having a heart condition? Many elderly people regularly

Drugs can inhibit specific enzymes which affects metabolism of other drugs, hormones, vitamins, bile acids and other substances.



## Aspirin may have a significant impact on the nutritional status of users.

take aspirin on the advice of their doctor “because it is good for their heart.” The Bayer Aspirin website states that taking the aspirin regularly “protects against heart attack and stroke.”

My eighty-six-year-old mother takes Ecotrin every other day: 325 milligrams (mg) of coated aspirin. She does not have a heart condition and never has had a heart attack. The coating is designed to protect the stomach lining which will become inflamed from too many of these drugs. The coating of the aspirin contains 50 mg of aluminum (Olree, 2008). Aluminum has been linked with dementia and senility (Flaten, 2001; Banks and Kastin, 1989).

Aspirin may have significant impact on the nutritional status of users. Nausea, vomiting and induced bleeding can lead to nutritional depletions. Larger doses of aspirin affect carbohydrate metabolism, induce hyperglycemia and deplete muscle glycogen. They inhibit lipolysis, the breakdown of fatty acids from adipose tissue, and may cause liver damage and decreased renal function (Boullata, 2004). Aspirin depletes folic acid, iron, potassium, sodium and vitamin C (Pelton, 2001). Vitamin E taken with aspirin can cause excess bleeding, colitis and damage to the villi of the brush border enzymes and intestinal transport systems. The result is general malabsorption, especially of iron and calcium. This over-the-counter remedy has many dark sides.

For years my mother has also been taking Prilosec, a proton pump inhibitor (PPI), which lowers acid production in the stomach. Her doctor says that she needs it to protect the stomach lining from the aspirin. PPIs are commonly used in the elderly for gastritis, GERD, and to prevent NSAID-induced ulcers. The currently available PPIs are omeprazole (Prilosec), lansoprazole, esomeprazole, rabeprazole and patoprazole (Boullata, 2004).

Despite the Prilosec, my mother's last endoscopy showed that her stomach and esophagus are inflamed. During that visit, I asked the gastroenterologist if she would be harmed from lowered stomach acid. He told me that she doesn't need hydrochloric acid, because it is not that important, and he wasn't going to argue about it. Yet we know that hydrochloric acid in the stomach kicks off digestion and tells the pancreas to do its job. It is an important step in the process of successful digestion. With aging, levels of hydrochloric acid lessen over time. Yet the prescribing of an acid-lowering medication to an aging population with a characteristic low stomach acid production continues by medical professionals.

### STOMACH ACID REDUCERS

Pepcid and Zantac are also drugs used to treat ulcer disease and GERD, gastro-esophageal reflux disease. They inhibit gastric acid secretion

## PHARMACEUTICAL DRUGS AND ZINC

Zinc is depleted by over one hundred drugs, including estradiol and oral contraceptives; corticosteroids such as prednisone; captopril (ACE inhibitor); antivirals; and blood pressure medications (Boullata, 2004).

The biological functions of zinc involve many enzymatic activities, such as alcohol dehydrogenase, which detoxifies alcohol; alkaline phosphatase, necessary for bone metabolism; zinc-copper superoxide dismutase; cytochrome C, which is important in electron transport and energy production; and carboxypeptidase, necessary for digestion of dietary protein.

Zinc is necessary for a healthy prostate and for maturation of sperm. It is required for ovulation and fertilization. Couples planning a child need diets rich in zinc prior to conception. Zinc deficiency in growing children and adult males causes dwarfism, hypogonadism and failure to mature sexually.

Zinc is also required for cell division, immunity, wound healing, growth and maturation, regulation of vitamin A levels, production of insulin, conversion of thyroxine ( $T_4$ ) to triiodothyronine ( $T_3$ ) in the thyroid, and is a critical regulator of taste, smell and vision. It controls salt-taste perception.

Zinc depletion is frequently seen in macular degeneration, diabetes, malignant melanoma, celiac disease and inflammatory bowel disease.

Zinc is lacking in the food chain because fast foods and processed foods are zinc depleted. Food processing removes zinc, and foods are grown on zinc-depleted soils. The best dietary sources of zinc are meats, liver, eggs and seafood (Pelton, 2001). Plant foods contain zinc but the bioavailability is poor due to phytates and fiber in the food (Tuormaa, 7).

Dr. Ananda Prasad, MD, PhD, a pioneer in the field of zinc in human metabolism, will be a speaker at the Wise Traditions Conference in November, 2012.

and raise the gastric pH of the stomach. These effects impair B<sub>12</sub> absorption. Raising pH is thought to lead to decreased absorption of calcium, iron, zinc, folic acid, and beta-carotene (Mahan and Escott-Stump, 2004).

Proton pump inhibitors and H2 blockers have been linked with osteoporosis and brittle bones (Briot, 2012; Yang, Lewis, Epstein, & Metz, 2006), and increased risk of *Helicobacter pylori* infection. *H. pylori* is strongly associated in many studies with gastritis, duodenal ulcer, gastric cancer and nonulcer dyspepsia (Zhang, 2005; Veldhuyzen van Zanten and Sherman, 1994). There is also cause for concern that PPIs directly induce the pattern of gastritis most associated with increased risk of gastric cancer (McColl, 2004).

During the long course of PPI therapy, my mother was diagnosed with an *H. pylori* infection. The treatment was a course of antibiotics. At the end of the first week of therapy she experienced severe digestive issues and visited the emergency room where she was detained for several hours. Despite her distress over not being able to complete the therapy, her doctor was not concerned. He recommended no further treatment for the *H. pylori*. A short time later she began to lose large patches of hair, which was extremely unsightly. After improving her diet and cutting back on the dosage of PPIs, the hair grew back, not of good quality but at least she did not become completely bald.

#### VITAMIN B<sub>12</sub> DEFICIENCY

One of the most serious areas of concern with PPIs is B<sub>12</sub> deficiency induced by chronic use of acid-lowering drugs. B<sub>12</sub> was first isolated in 1948. Lower levels of stomach acid are associated with inadequate production of intrinsic factor, needed for B<sub>12</sub> absorption. B<sub>12</sub> deficiency can easily lead to pernicious anemia, a serious and potentially fatal disease in which the blood cells become macrocytic, that is, fewer in number and enlarged (Pelton, 2001).

Pernicious anemia was described in the late nineteenth and early twentieth century. Gastroenterologists at that time believed that the gastric mucosa was the problem and that hydrochloric acid was a remedy. Doctors also prescribed liver and observed that it improved the condition (By-

num, 2006).

B<sub>12</sub> plays a central role in the replication of the genetic code. Symptoms of depletion include fatigue, neuropathy, depression, dermatitis and easy bruising. B<sub>12</sub> deficiencies in the elderly often cause neuropsychiatric symptoms such as moodiness, confusion, abnormal gait, memory loss, agitation, delusions, dizziness (falling) and hallucinations (Pelton, 2001).

B<sub>12</sub>-deficient patients display a variety of signs and symptoms: chronic fatigue, weakness, dizziness, burning and numbness, confusion, disturbances in smell and taste, restless legs, tremor, incontinence, paranoia, violence, sore tongue, premature graying of hair, tinnitus, loss of balance and tendency to fall, multiple sclerosis-like symptoms, and others (Pacholok, 2005).

At greatest risk for B<sub>12</sub> deficiency are vegetarians, vegans, and those eating macrobiotic diets; the elderly and those who use proton pump inhibitors, H2 blockers such as Zantac, Tagamet, Pepcid; users of antacids such as Maalox, Mylanta, and Tums; patients taking metformin and other biguanides used to treat diabetes; colchicine, used to treat gout, and those undergoing dental procedures with nitrous oxide. Also at risk are women using oral contraceptives; those with autoimmune diseases like celiac disease, and those taking cholestyramine (Questran), a bile acid sequestrant (BAS) to reduce cholesterol (Pacholok, 2005).

BAS are potent depletors of body nutrients. They actively deplete beta-carotene, calcium, folic acid, iron, magnesium, phosphorus, vitamins A, D, E, K and B<sub>12</sub>, and zinc. Malabsorption of fat soluble vitamins can occur because the absorption is facilitated by bile acids (Boullata, 2004). With prolonged use, many nutrient deficiencies will manifest themselves (Pelton, 2001).

#### STATINS—BLOCKBUSTER AND HEALTH BUSTER

According to IMS health, simvastatin is the second most prescribed drug in the U.S. with Lipitor coming in thirteenth place. One in four Americans aged forty-five and older takes statin drugs to lower cholesterol and presumably lower the risk of heart attacks (Mercola, 2011).

Serious side effects have been emerging over the years since statins were introduced.

One of the most serious areas of concern with PPIs is B<sub>12</sub> deficiency induced by chronic use of acid-lowering drugs.

## LET'S GET TECHNICAL BIOTRANSFORMATION: HOW DRUGS GET FROM HERE TO THERE

Most drugs, xenotoxins, hormones, vitamins and nutrients are processed through the Phase I and II detoxification systems where they are metabolized or bioactivated, which involves transforming lipid-soluble substances into water-soluble substances that can be excreted through urine, feces or bile.

The cytochrome P 450 (CYP) enzymes act in Phase I, and conjugation pathways act in Phase II to detoxify substances and prepare them for elimination by the body. This process, called biotransformation, is primarily the function of the liver and intestinal wall.

CYPs are the major enzymes involved in drug metabolism and activation. These enzymes are distinct gene products and are involved in the processing of many compounds including bile acids, fatty acids, phytonutrients, steroids, vitamins A,D,E and K, pollutants and carcinogens (Jones, 2005).

Phase I CYP enzymes form bioactive intermediates from prodrugs or drug substrates through the processes of oxidation, reduction, hydrolysis, hydration and dehalogenation reactions (Jones, 2005).

Free radicals and reactive oxygen species (ROS) are the products of Phase I. If not further metabolized, they may cause damage to RNA and DNA. These intermediates go through further metabolism in Phase II. The balance between Phase I and II is critical. If Phase I is induced and Phase II inhibited, an increase in free radicals can result (Jones, 250). This can happen because of another drug, or an environmental toxin or pollutant.

A number of factors influence the enzymes involved and they may be induced or inhibited by genetics, disease state, other drugs, nutrients, herbs, supplements, cigarette smoking and other environmental factors. Induction (potentiation) results in an increase in Phase I activity while inhibition results in lower enzyme activity (Jones, 2005).

Some CYP enzymes metabolize only one intermediate while others transform many substances.

CYP 3A is responsible for the metabolism of about 60 percent of all drugs prior to Phase II conjugation. It metabolizes the statins lovastatin, simvastatin, and quinine, verapamil, erythromycin, and others (Boullata, 2004). Because of competition for this pathway, drug-drug and drug-nutrient reactions are common with this enzyme. CYP 3A is inducible by other drugs, St. John's wort, and grapefruit juice. As for the other enzymes, CYP 2C accounts for 25 percent; CYP 2D6 for 16 percent; and CYP 1A2 for 10 percent of metabolism.

CYP 1A2 metabolizes caffeine, melatonin and theophylline. Caffeine in food increases the adverse effects of amphetamines and theophylline (Mahan, 2004). This enzyme is induced by consumption of charbroiled meats, cigarette smoke and cruciferous vegetables. Coffee or caffeine inhibits the CYP1A2, 2E1 and the 3A pathways. A high percentage of medications metabolize through these pathways and caffeine usage can dramatically increase the medication levels in the blood (Jones 291). Inhibition results in more of the drug being free in serum due to low enzyme metabolism.

Two of the drugs metabolized by CYP 2E1 are acetaminophen and alcohol. CYP 2 E1 usually metabolizes only a small amount of alcohol, but excessive alcohol consumption increases its activity (Boullata, 2004; Weathermon & Crabb, 1999).

Phase II involves distinct reactions. The main reactions are glucuronidation, sulfation, glutathione conjugation, acetylation and methylation. These pathways act to transform the intermediate metabolite of Phase I.

A common way of inhibition for some Phase II enzymes is a depletion of necessary cofactors such as in sulfation. Sulfur reserves must be continually replenished through intake of sulfur-containing amino acids. Sulfation reactions require vitamin A, animal protein and adequate sources of dietary sulfur such as garlic and onions (Jones, 2005). High intake of acetaminophen dramatically decreases levels of sulfur which is involved in its metabolism (Jones, 2005).

Research has established a wide range of variation in the composition of the CYP enzymes (polymorphisms), which affect both Phase I and II pathways. Each gene has two alleles. One allele can show average activity, the other lower activity, high activity on both alleles, or any combination. Individuals with varying enzyme composition can be poor metabolizers, average, or extensive metabolizers for a particular drug depending on the genetic variation in their enzyme pathways used to detoxify that drug.

This genetic consequence affects the metabolism of all drugs, toxins and nutrients that go through that particular CYP pathway. Genotyping or genetic profiling can successfully identify some of individual enzyme polymorphisms in metabolism of warfarin (Coumadin), anticancer drugs, antidepressants and many others, and is now available in research settings (Jones, 2005), thus identifying individuals who require a higher dose of drugs to achieve the therapeutic effect or lower doses to avoid an adverse drug reaction.



The FDA has now announced that statins may increase the risk of type 2 diabetes. This applies to Zocor (simvastatin), Lipitor (atorvastatin) and Crestor (rosuvastatin) (*The New York Times*, 2011). Statins have been linked with liver damage, muscle weakness, memory loss and confusion (Mercola, 2011).

Statins are involved in major drug-induced nutrient depletions and increase the risk for heart disease because of their method of action. Depleting the body of CoQ<sub>10</sub> by blocking the pathway used to produce cholesterol can lead to heart failure, high blood pressure, angina, mitral valve prolapse, loss of cellular energy and increase in free radicals damaging the mitochondria (Pelton, 2001).

The majority of CoQ<sub>10</sub> is manufactured by the cells in a complicated seventeen-step process that requires vitamins B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>, C, and folic acid (Pelton, 2001).

Statins, which are intended to reduce cholesterol production, increase insulin levels, blood sugar levels and belly fat. The higher the dosage of statins, the higher the diabetes risk. Cholesterol is necessary for the production of vitamin D, sex hormones and bile production. About 25 percent of the brain is cholesterol (Mercola, 2011).

## FOLIC ACID

Without folic acid, DNA synthesis is inhibited, cell replication stops and the cell dies. It is necessary for production of red blood cells. A number of drugs deplete folic acid or suppress folic acid activity, such as methotrexate, daraprim, aspirin, cholestyramine, cortisone, prednisone, estrogens, metformin, hydrocodone and aspirin, ibuprofen, and many others (Pelton, 2001).

Folic acid is one of the most common nutrient deficiencies; the vitamin is easily destroyed by light, heat and oxygen. Heavy losses occur during cooking and storage.

Symptoms associated with folic acid include cervical dysplasia, insomnia, nausea, increased infections, anorexia, megaloblastic anemia, birth defects and elevated homocysteine, which is an independent risk factor for heart disease. During pregnancy, the requirements for folic acid are increased and deficiency increases the risk of spina bifida and cleft palate.

Food sources include dark green leafy vegetables, liver, eggs, beets, broccoli, orange juice, cantaloupe and kidney beans (Pelton, 2001).

## SELENIUM

Selenium is depleted by several drugs including corticosteroids and some antibiotics. Symptoms include destructive changes in the heart and pancreas, sore muscles, red blood cell fragility, weakened immune system and increased rates of cancers. The primary cause of deficiency is insufficient dietary intake, food processing losses, and lack in soil because it is not added for crop growth.

In addition, selenium is one of the most powerful anticancer agents and has an important role in detoxification. It is a cofactor for glutathione peroxidase, one of most important antioxidant enzymes in our immune system. Selenium is needed for conversion of thyroid hormone from the storage form, T<sub>4</sub>, to the active form, T<sub>3</sub>.

Dietary sources include Brazil nuts, whole grains, seafood, garlic, liver, eggs, dairy, and some vegetables (Pelton, 2001).

## GLUTATHIONE

Glutathione, a sulfur containing tripeptide, is a critical nutrient in the body. Acetaminophen, hydrocodone with acetaminophen, and oxycodone with acetaminophen deplete glutathione. This depletion results in a decreased capacity for metabolism and excretion of toxic substances.

Glutathione is a critical part of the detoxifying and antioxidant system, important in cancer prevention. It reduces oxidative damage in mitochondria and red blood cells, and free radical damage.

Dietary sources are avocado, tomatoes, spinach, garlic, asparagus, fish, meat, raw milk, fresh unprocessed meat and tomatoes (Pelton, 2001).

## BIFIDOBACTERIA AND LACTOBACILLUS

Bifidobacteria are depleted by most antibiotics, causing a condition called dysbiosis. This probiotic is the primary strain of beneficial bacteria in the large intestine. They produce short-chain fatty acids which are the main sources of energy for the colonocytes that line the colon. The short-chain fatty acids produce an acidic

Without folic acid, DNA synthesis is inhibited, cell replication stops and the cell dies.

Magnesium is a cofactor in over three hundred reactions in the body, necessary for transmission of nerve impulses, temperature regulations, detoxification in the liver and formation of bones and teeth.

environment hostile to the growth of pathogens, yeasts and molds (Pelton, 2001).

*Lactobacillus acidophilus* is depleted by almost all antibiotics as well.

#### MAGNESIUM

Magnesium is a cofactor in over three hundred reactions in the body, necessary for transmission of nerve impulses, temperature regulations, detoxification in the liver and formation of bones and teeth. Deficiency is related to atherosclerosis, hypertension, strokes and heart attacks. Deficiency symptoms include insomnia, muscle cramps, kidney stones, osteoporosis, fear, anxiety, and confusion. Low magnesium levels are found in more than 25 percent of people with diabetes. But magnesium shines brightest in cardiovascular health. It alone can fulfill the role of many common cardiac medications: magnesium inhibits blood clots (like aspirin), thins the blood (like Coumadin), blocks calcium uptake (like calcium channel-blocking drugs such as Procardia) and relaxes blood vessels (like ACE inhibitors such as Vasotec) (Pelton, 2001).

Magnesium is depleted by many estrogen compounds such as oral contraceptives, antibiotics, cortisone, prednisone and blood pressure medications (Pelton, 2001).

Food processing, low levels in the soil and modern farming techniques deplete stores of magnesium. For every molecule of sugar we ingest our bodies use fifty-four molecules of magnesium to process it. Alcohol speeds up the excretion of magnesium from the body. Diuretics in coffee and tea (caffeine) also raise excretion levels.

It is difficult to obtain enough magnesium from food because the magnesium content in foods varies widely. Good sources include nuts, legumes, dark green leafy vegetables and some whole grains (Pelton, 2001).

#### DIABETIC DRUGS

Diabetic drugs such as metformin (Glucophage) used for the management of type 2 diabetes cause malabsorption of B<sub>12</sub> with long term therapy, and folic acid deficiency as well (Pelton, 2001).

An increasing frequency of neuropathy was observed in patients treated with oral diabetic

sulfonylureas. The sulfonylureas (phenformin and tolazamide) depleted CoQ<sub>10</sub>. Research shows that diabetic patients are CoQ<sub>10</sub> deficient, and that the drugs used to treat them further deplete the nutrient. This deficiency may create a pancreatic energy deficit that could account for impaired insulin synthesis (Pelton, 2001). It is also important to mention that many diabetic patients are magnesium-deficient and magnesium seems to play a role in neuropathy. Serum magnesium levels can test as normal, and yet there can be an intracellular depletion of magnesium (Boullata, 2004).

#### ESTROGENS

Oral contraceptives deplete the levels of six nutrients: vitamins B<sub>6</sub>, B<sub>2</sub>, B<sub>12</sub>, folic acid, zinc and vitamin C. Copper levels can be significantly increased. Iron and vitamin K can be elevated. Uterine dysplasia and changes in cervical cells related to oral contraceptives improved with folic acid supplementation. Other side effects include anxiety, decrease of libido, and depression, related to disturbances in the metabolism of tryptophan (Pelton, 2001). Also observed were decreased brain tyrosine concentration, increased triglycerides, ceruloplasmin, beta lipoproteins, blood glucose, a decrease in high density lipoproteins HDL (the so-called good cholesterol) and increased low density lipoproteins LDLs (the so-called bad cholesterol).

Data from the national study, NHANES, showed that those women on oral contraceptives had low serum magnesium compared to a control group of non-pregnant women who were not taking oral contraceptives (Pelton, 2001).

#### WARFARIN

Warfarin (Coumadin), the most widely prescribed anticoagulant in the world, is used to prevent blood clots in patients who have had heart attacks, open heart surgery and a variety of other problems. Patients using warfarin must be closely monitored. Aspirin, tamoxifen, acetaminophen, some antibiotics, statins and many other drugs can increase the risk of serious bleeding when used with warfarin. Warfarin interferes with vitamin K metabolism. The effects of the drug are reduced by vitamin K foods such as green leafy vegetables. When too much warfarin is given or



the patient experiences severe bleeding, vitamin K is given as an antidote (Ansell et al., 2004).

CYP2C9, an important P 450 enzyme, metabolizes warfarin and over one hundred other drugs. The gene that directs this enzyme produces many other versions (polymorphisms) and a great deal of inter-individual variability is involved making the use of warfarin not an “exact science.”

CYP4F2 is a critical enzyme for metabolism of vitamin K and vitamin E and affects warfarin metabolism as well (Caldwell, 2008). Garlic and ginger can decrease clotting, which could enhance warfarin’s effects. Bee pollen can increase action of enzymes that regulate warfarin requiring a reduction in the dose (Boullata, 2012). Ginseng, ginkgo biloba, borage (starflower) oil or fish oils have been reported to increase bleeding. Onions, garlic, vitamin E supplements certain herbals like dong quai, will enhance the effects of warfarin leading to less clotting ability (Rolfes, 2006).

Vitamin K plays an essential role in blood clotting and in bone formation. Without vitamin K the bones produce an abnormal protein that cannot bind to the minerals that normally form bones, and bone density is low. Warfarin inhibits the regeneration of the vitamin K cycle. Even small amounts of vitamin K will inhibit warfarin (Rolfes, 2006). Patients are only advised to consume similar amounts of vitamin K daily to keep the level stable (Rolfes, 2006). Many herbs increase the activity of warfarin. These include St. John’s wort, ginkgo, garlic, ginseng, dong quai and others (Rolfes, 2006).

## THE CHALLENGE

In this day of the Standard American Diet (SAD), fast food, and industrial agriculture, finding nutritious food is a challenge. Even organically grown vegetables can be lacking in minerals. Organic farmers are concerned mainly with avoiding chemicals. The best way to get mineral-rich produce is to purchase it from the farmer’s market, your farming neighbors, a local CSA, or grow your own garden using biodynamic practices.

Raw milk from approved farms contains a rich store of nutrients. Look to your local farmer also for pastured beef, chicken and pork. Try-

ing to eat a whole foods diet, with bone broth, homemade beverages, soaked and fermented grains, will go a long way to keeping you healthy. *Nourishing Traditions*, written by Sally Fallon and Mary Enig, is a rich collection of recipes using traditional methods of food preparation.

Most drugs deplete nutrients, even those drugs we buy over the counter. We have given you a summary here on the actions of drugs on our health. And we are fortunate in our communities to have reference sources at our disposal. Your local library or university library and the Internet have access to information about drug-nutrient interactions and drug-nutrient depletion. To remain healthy and energetic, it is necessary to be aware of what drugs do and don’t do. Be proactive. Read and learn about the drugs you are taking, whether you really need them and what nutrients they are compromising, and then do something about it! ☺☺

*Sylvia Onusic, PhD, nutritionist, writer and researcher who spoke at Wise Traditions 2010 on "Traditional Foodways of Slovenia." An active contributor to the blog on [www.hartkeisonline.com](http://www.hartkeisonline.com), she wrote, "Milk-o-Matic," one of the website's most visited stories in 2009. She holds a BS in home economics, foods and nutrition education, an MS in the field of Public Health Administration and Policy, and a PhD in Public Health Education. She completed dietetic studies at Penn State University. She is a member of the American College of Nutrition. A Fulbright Scholar to the Republic of Slovenia in the field of public health, she completed her research while working there at the National Institute of Public Health. Sylvia will lead a food tour to Slovenia in Summer 2013. She can be reached at [sponusic@gmail.com](mailto:sponusic@gmail.com).*

Without vitamin K the bones produce an abnormal protein that cannot bind to the minerals that normally form bones, and bone density is low.

Gifts and bequests to the  
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<input type="checkbox"/> Full Registration Member	\$390.	\$440.
<input type="checkbox"/> Full Registration Non-Member	\$430.	\$480.
<input type="checkbox"/> Daily Registration Student/Senior Member*	\$120.	\$160.
<input type="checkbox"/> Daily Registration Student/Senior Non-Member*	\$145.	\$185.
<input type="checkbox"/> Daily Registration Member	\$170.	\$210.
<input type="checkbox"/> Daily Registration Non-Member	\$210.	\$250.
<input type="checkbox"/> Friday Dinner & Events	\$ 60.	\$ 85.
<input type="checkbox"/> Saturday Evening Awards Banquet	\$ 75.	\$100.
<input type="checkbox"/> Monday Posture and Movement (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Farm Tour (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Nutrition Topics (8-4, includes lunch)	\$ 75.	\$ 85.
<input type="checkbox"/> Monday Seven Days of Dinner (8-4, includes lunch)	\$ 75.	\$ 85.

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

<input type="checkbox"/> Thursday, November 8 FTCLDF FundRAISER Dinner/Dance	\$ 75.	\$ 95.
<input type="checkbox"/> Thursday, November 8 FTCLDF FundRAISER Child Price	\$ 45.	\$ 45.

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

- ☐ Friday November 9 Registration includes Conference Materials, Friday Sessions and Friday Lunch  
☐ Saturday November 10 Registration includes Conference Materials, Saturday Joint Sessions and Saturday Lunch  
☐ Sunday November 11 Registration includes Conference Materials, Sunday Sessions and Sunday Brunch

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

- ☐ Traditional Diets ☐ Gut & Psychology ☐ Nutrition & Behavior ☐ Science of Farming ☐ Cooking

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

- ☐ Main General Session: Nutrition & Behavior ☐ Wellness Track ☐ Science of Farming

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

- ☐ Frontiers of Science ☐ Nutrition & Behavior ☐ Native Ways ☐ Wise Entrepreneurs ☐ Nutrition

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

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

\_\_\_\_ @ \$210 per child for Friday - Sunday includes Friday lunch & dinner, Saturday lunch, Sunday brunch  
☐ GF/CF meals OR ☐ GF only OR ☐ CF only for \_\_\_\_ children OR \_\_\_\_ @ \$100 per child, includes no meals.

### Continuing Education Credits

LACs, RNs, RDs (pending). Sorry, we are not offering CEUs for other professions. A certificate of attendance is available.

- ☐ Friday, \$25. ☐ Saturday, \$25. ☐ Sunday, \$25. ☐ All 3 days, \$65. ☐ Cert of Attendance \$5.

### Payment Processing

Total Due: \_\_\_\_\_ ☐ MasterCard ☐ Visa ☐ Check Payment/Money Order (make payable to WAPF)  
 Full Name \_\_\_\_\_ Security Code (3 digits on back of card) \_\_\_\_\_

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

By submitting this form, I authorize Wise Traditions to charge the applicable registration fees. I understand that all cancellations must be submitted in writing and must be received by October 19, 2012 to be eligible for a refund, less a \$25.00 administrative fee. All refunds will be issued following the conference. Substitutions will be permitted at any time. Registration packets will not be mailed and must be picked up on-site at the conference registration desk at the Santa Clara Convention Center.

## CHAPTER LEADERS

- ☐ Please check here if you are a chapter leader.  
☐ I plan to attend the Chapter Leader Meeting  
 NOTE NEW DAY: Thursday, Nov 8, 10 - 4

### What is your current occupation?

- ☐ Medical Practitioner ☐ Farmer  
☐ Nutritionist ☐ Homemaker  
☐ Massage Therapist ☐ Student  
☐ Chiropractor ☐ Retired  
☐ Nurse ☐ Teacher  
☐ Agriculture Professional ☐ Journalist  
☐ Artisan Worker ☐ Chef  
☐ Other, please specify \_\_\_\_\_

### PLEASE COPY THIS PAGE AND FAX OR MAIL IT TO:

**Fax:**  
 WAPF Wise Traditions Conference  
 (304) 724-3007

**Mail:**  
 WAPF Wise Traditions Conference  
 159 Jenny Lind Drive  
 Harpers Ferry, WV 25425

**Contact:**  
 Conference Registration (304) 724-3006  
 registrar@ptfassociates.com  
 or  
 WAPF (202) 363-4394  
 info@westonaprice.org

Poster Presentations Info:  
 info@westonaprice.org

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

NO REFUNDS will be issued after December 31, 2012.

**FOR FURTHER INFORMATION** visit  
[www.westonaprice.org/conference](http://www.westonaprice.org/conference)

# CONFERENCE SCHEDULE

**THURSDAY, NOVEMBER 8 and MONDAY, NOVEMBER 12 see boxes below**

## FRIDAY, NOVEMBER 9

### ALL-DAY WORKSHOPS

Nourishing Traditional Diets, Sally Fallon Morell, MA  
Gut and Psychology Syndrome, Natasha Campbell-McBride, MD  
Nutrition and Behavior, Julia Ross, MA  
Science of Farming, Rachel Kaplan and Peter Ballerstedt, PhD  
Food Preparation, Sandor Katz, Lauren & Brandon Sheard and Hannah Crum

### EVENING ACTIVITIES

Treating Diabetes, Nancy Herrick, PA, DH, and Deborah Gordon, MD  
Farm and Food Activism, Judith McGeary, Esq  
The Decline of Pasteurization & Rise of RAW, Mark McAfee  
GMO Dangers, Don Huber, PhD  
Film: American Meat

## SATURDAY, NOVEMBER 10

### PLENARY SESSION, NUTRITION AND BEHAVIOR

Nutrition and Behavior, Chris Masterjohn  
Mercury, Glutathione and Alzheimer's, Steven Fowkes  
The Gut, Brain and Skin Connection, Chris Kresser, LAc  
Alzheimer's and Coconut Oil, Bruce Fife, ND

### WELLNESS TRACK

Treating Mineral Imbalances, Theresa Vernon, LAc  
Healing Chronic Pain, Jerry Tennant, MD

### LOCAL FARMING TRACK

Tara Firma Farms, Tara Smith  
Chaffin Family Orchards, Chris Kerston  
Massa Organics, Greg Massa

### EVENING AWARDS BANQUET

Keynote Address by Andrea Malmberg, Allan Savory Institute

## SUNDAY, NOVEMBER 11

### TRACK I: THE FRONTIERS OF SCIENCE

Dark Field Microscopy, Beverly Rubik, PhD  
The Threefold Man and the Fourfold Man, Tom Cowan, MD  
Muscle Testing, Biocom, Holly McClenahan  
NAET, Ruth Mueller

### TRACK II: NUTRITION AND BEHAVIOR

Gut, Mind and Homeopathy, Joette Calabrese, HMC, CCH, RSHom (NA)  
How to Fix a Broken Brain, Pam Killeen  
Treating ADD/ADHD, Kaayla Daniel, PhD  
Treating Schizophrenia and related conditions with the GAPS diet, Kim Schuette

### TRACK III: NATIVE WAYS

Traditional Posture and Movement, Esther Gokhale, LAc  
Tending the Wild, Kat Anderson and Jennifer House (will not be recorded)  
The Plants We Eat, Anore Jones  
Indigenous Ways, Tamara Wilder

### TRACK IV: WISE ENTREPRENEURS

Fermented Foods Business, Monica Ford  
Dealer.com, Scott Bevins  
Marketing with Facebook and Blogs, Ann Marie Michaels and panel  
Mastering Artisan Cheesemaking, Gianacis Caldwell

### TRACK V: NUTRITION

Nutritional Adjuncts of the Fat-Soluble Vitamins, Chris Masterjohn  
Zinc Deficiency, Ananda S. Prasad, MD, PhD, MACN  
Taurine, Stephanie Seneff, PhD  
Magnesium Miracle, Carolyn Dean, MD, ND

CLOSING CEREMONY: Jeffrey Smith

## THURSDAY, NOVEMBER 8

Chapter Leaders Meeting 10 - 4  
featuring Michael Schmidt  
and other raw milk speakers

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

\* Additional fees apply.

## FRIDAY, SATURDAY & SUNDAY

Farm-to-Consumer Legal Defense FundRAISER  
Breakfasts\*

\* Additional fees apply.

## MONDAY, NOVEMBER 12

Farm Tour with Kathy Kramer, CN\*  
Posture and Movement with  
Esther Gokhale, LAc and Kim Thompson\*  
Nutrition Topics with Stephanie Seneff, PhD\*  
Seven Days of Dinner with Jessica Prentice\*

\* Additional fees apply.  
Space is extremely limited so be sure  
to secure your space today.

# Vaccinations

## The Ongoing Debate

By Leslie Manookian

**V**accinations, what a topic! They rank right up there with politics and religion as things not to discuss around the Thanksgiving table. Vaccinations are sure to elicit emotional responses from most people, though generally these responses are based largely on belief and lore rather than facts and hard science. It is easy to understand why the subject is so charged given that all parents would want to protect their children. And of course all people, even those who aren't parents, want to believe there is a way to protect themselves from the dangers of life, which makes it easier for vaccine makers and policy makers to spread fear and sell products that promise a safer existence.

But do we really understand all there is to know about vaccines? Are those who ask questions about vaccines really fringe lunatics or are they perhaps more informed than the masses and using this information and their intelligence, combined with a healthy diet, to choose another path to health? In this heated debate, it is imperative that we parse fact from fiction so that we can all make genuinely well-informed decisions about our health and well-being.



My film, *The Greater Good*, does just that. *The Greater Good* weaves together the stories of families whose lives have been forever changed by vaccination with the perspectives of doctors and scientists from around the world. Our tagline for the film is "If you think you know everything about vaccines... think again." The film shares different perspectives on vaccinations to help the viewer understand what we know and don't know about vaccine science, and shows that parents who ask questions about vaccines or forgo them for their children are not crazy or ill-informed. The film also shows that vaccines may be responsible for the epidemic of chronic illness that plagues our planet today.

So let's address the facts of what we do and don't know about vaccines today as we begin to reconsider this controversial topic.

#### HOW MANY?

How many vaccines do kids get today? A child receiving all the recommended vaccines and boosters today receives:

- Twenty-six doses of nine vaccines by the first birthday;
- Forty-eight doses of fourteen vaccines by age six;
- A total of seventy doses of sixteen vaccines by age eighteen.

This is almost three times the recommended number of shots recommended by the CDC in 1983:

- Eleven doses of four vaccines by the first birthday;
- Twenty-two doses of seven vaccines by age six;
- A total of twenty-three doses of eight vaccines by age eighteen.<sup>1</sup>

#### VACCINES FOR ADULTS

Is vaccine safety just an issue for new parents? No. The CDC is now recommending a flu shot every year from cradle to grave as well as many adult booster shots for childhood diseases and new vaccines such as shingles. The pharmaceutical industry has an estimated two hundred vaccines in development for use in many popula-

tion groups, not just children.

#### VACCINE SAFETY

Are vaccines safe? A large, long-term clinical study comparing the medium or long-term health outcomes of vaccinated and unvaccinated groups of people has never been done. Moreover, while vaccines are often given simultaneously, with as many as ten vaccines given in one visit, safety studies do not evaluate the safety of simultaneous shots. Nor have the different ingredients of human infant vaccines taken individually or in combination been evaluated in large, long-term clinical studies. Until these studies are done, it is not possible to fully answer this question.

#### THE RISKS

What kinds of risks am I taking if I vaccinate my child?

Like all pharmaceutical products, vaccines carry risks. The National Childhood Vaccine Injury Act of 1986, signed by President Ronald Reagan, acknowledged that vaccines can cause injury or death. It sets up a trust fund for resolving vaccine injury and death claims and provides compensation to those found to be injured by vaccines.

Recent research has shown neurological damage including motor function deficits, cognitive impairment, and behavioral changes in mice given the aluminum in vaccines.<sup>2</sup> Research has also shown impaired immune function and autoimmune disease in humans following administration of these same compounds.<sup>3,4</sup> Despite these findings, large scientific gaps remain; until those gaps are filled, the overall safety of vaccines is difficult to assess.

#### ADVERSE REACTIONS

How often do adverse vaccine reactions occur?

A large, long-term clinical study comparing the health outcomes of vaccinated versus unvaccinated patients has never been done therefore this question is difficult to assess. In addition, most vaccine trials last only a few weeks so many reactions may be unknown. Furthermore, the U.S. has a system called the Vaccine Adverse Events Reporting System (VAERS) to monitor vaccine reactions. VAERS is a passive report-

The National Childhood Vaccine Injury Act of 1986, signed by President Ronald Reagan, acknowledged that vaccines can cause injury or death.



ing system and the CDC states that underreporting "is one of the main limitations of passive surveillance systems, including VAERS. The term underreporting refers to the fact that VAERS receives reports for only a small fraction of actual adverse events."<sup>5</sup>

## COMMON REACTIONS

Doctors often say that reactions such as swelling, soreness, tenderness and a lump at the injection site, fever, fussiness, tiredness, and vomiting after vaccination are normal and nothing to worry about. Is this true?

While most of these reactions may seem benign on the surface, it is not known for certain what causes these reactions and whether they reflect some deeper problem. In *The Greater Good*, Dr. Lawrence Palevsky states that no studies exist to determine what happens to the body's systems and tissues when a vaccine is given. In the making of the film and while conducting screenings, we have come across many parents who said their child had these "normal" reactions after a round of vaccines but never was quite the same again and went on to develop a learning disability, allergies, ADHD, or another type of chronic disease.

## VACCINE INGREDIENTS

Are all the ingredients in vaccines safe? The truth is that vaccine ingredients have not been tested for safety in doses given to human infants either singularly or in combination for co-toxicity. The list of ingredients in vaccines includes but is not limited to: mercury, aluminum, formaldehyde, cells from aborted fetuses, cells from monkey kidneys, chicken embryos, viruses, antibiotics, yeast, polysorbate 80 and detergents.<sup>6</sup> While the amount of mercury has been reduced in most vaccines, it is still used in the manufacturing process and trace amounts (less than 1 mcg) still exist after filtering.<sup>7</sup> Moreover, most flu vaccines still contain 25 mcg of mercury.<sup>8</sup>

Mercury is a well-known neurotoxin and is particularly damaging to the brain of a developing fetus or child.<sup>9</sup> Formaldehyde has been classified

as a known human carcinogen by the International Agency for Research on Cancer.<sup>10</sup>

## ADJUVANTS

Adjuvants are substances added to vaccines to stimulate an immune response because without adjuvants, the vaccines do not work. Aluminum is the adjuvant most commonly used in vaccines. In their study, "Aluminum Vaccine Adjuvants: Are They Safe?" published in *Current Medicinal Chemistry*, Lucija Tomljenovic and Christopher Shaw write: "Aluminum is an experimentally demonstrated neurotoxin and the most commonly used vaccine adjuvant. Despite almost eighty years of widespread use of aluminum adjuvants, medical science's understanding about their mechanisms of action is still remarkably poor. . . . Experimental research, however, clearly shows that aluminum adjuvants have a potential to induce serious immunological disorders in humans. In particular, aluminum in adjuvant form carries a risk for autoimmunity, long-term brain inflammation and associated neurological complications and may thus have profound and widespread adverse health consequences."<sup>11</sup>

## VACCINE STUDIES

Are vaccines properly studied for safety and effectiveness?

Vaccine studies often last just a few weeks and focus on efficacy, namely whether the vaccine being studied stimulates the "desired" im-

### MY FILM, *THE GREATER GOOD*

While it is clear that the vaccine debate is uncomfortable for many, it is far from over. In May 2012, I attended a conference on autoimmunity and vaccine safety and listened to a dozen scientists present their research showing a wide spectrum of harm following vaccination, ranging from brain damage including cognitive impairment and behavioral changes, to autism, autoimmune disease, obesity and even infertility. A growing body of science shows cause for concern and it is important that we as a society recognize that the vaccine debate is a scientific debate, not one between emotional parents and their doctors. In *The Greater Good*, we tried to present all sides and perspectives and in doing so to show that this issue warrants further attention and discussion.

We hoped that by sharing a wide variety of perspectives in a fair and balanced way, we could present the issue and let the public decide for themselves what to believe. We hoped to educate audiences that the vaccine debate is not as black and white as they may have perceived, that vaccinations are a topic worth investigating and discussing, and that there is much science that needs to be carried out to fully understand the biological impact of vaccinations.

The film has been widely applauded by lay, medical, and film audiences alike and featured at film festivals all over the world. *The Greater Good* received the Koroni Award for a documentary feature addressing an issue of importance to public health from the School of Public Health at the University of Alabama, Birmingham and *The Greater Good* was featured at the Amsterdam Film Festival where it was awarded the Cinematic Vision Award. The film recently aired nationally on Current TV in the US. Members of the public and medical professionals have signed up to host screenings and join the Think Again campaign.



mune response in the blood. The pharmaceutical company developing the vaccine conducts the studies and then submits them to the FDA for approval for licensure.

Most seriously, the study is allowed to use another vaccine or a liquid containing an adjuvant such as aluminum as the placebo.<sup>12</sup> This way, the vaccine producer can say that the vaccines cause no more adverse reactions than a placebo.

The complete vaccine schedule has not been studied for safety nor have all the various possible combinations of vaccines that might be administered on a single day.

#### PHYSICIAN KNOWLEDGE

Do doctors know all there is to know about vaccines and their safety?

Doctors are taught that vaccines are safe and effective; they are not taught how vaccines are studied, the components of vaccines, or the gaps in research. Doctors are taught that decades of clinical use of vaccines have demonstrated their safety and that vaccine side effects are rare, but there are no large, long-term clinical trials comparing the health and well being of those vaccinated to those unvaccinated to back up these assumptions.

#### RELATIVE RISK

Aren't vaccines safer than getting the diseases?

This is a very difficult question to assess, as we don't know the long-term health outcomes of the vaccine schedule. Given that we only have a passive surveillance system to determine adverse reactions, we don't know the true numbers of reactions that occur. Many diseases vaccinated against today were considered fairly benign in past decades (flu, chicken pox, mumps, rubella) or quite rare (hepatitis A and B, meningitis).

This does not mean that all diseases are rare or benign, but rather explains the difficulty in making a statement assessing the relative risk when the true health outcomes and reactions are as yet unknown.

#### INFECTIOUS DISEASE

Are vaccines responsible for the low levels of mortality we see from infectious diseases in the developed world?

According to a study by Bernard Guyer and others, published in *Pediatrics* in December of 2000, "nearly 90 percent of the decline in infectious disease mortality among U.S. children occurred before 1940, when few antibiotics or vaccines were available." What happened? According to the authors: "State and local health departments implemented these public health measures including water treatment, food safety, organized solid waste disposal, and public education about hygienic practices."<sup>10</sup>

#### CHRONIC ILLNESS

Do vaccines cause chronic illness?

There are studies linking vaccines to chronic cognitive dysfunction, behavioral changes, motor function impairment, eczema, learning disabilities, arthritis, asthma, autism and more.<sup>2-4, 14-18</sup>

#### WHAT IS HAPPENING IN VACCINE LAWS AT THE STATE LEVEL?

The Vermont House and Senate have been battling over whether to retain a philosophical exemption to vaccination. While it looked like the philosophical exemption to vaccination was all but lost, in the weeks running up to a new vote, over thirty Vermont lawmakers watched *The Greater Good* and heard heated testimony from concerned parents. Small groups of families organized around kitchen tables and worked with groups like National Vaccine Information Center (NVIC) to reach as many policymakers as possible. And ultimately, the Vermont House decided overwhelmingly to retain the philosophical exemption—that's the good news. Unfortunately, the bill also requires parents who choose not to vaccinate to sign a statement annually that they understand they are posing a risk to the community. Do the vaccine makers also have to sign a statement that they know their products pose a risk to some children? And do the Vermont lawmakers realize that vaccine makers bear zero liability when their products cause harm?

In California, things are worse. On December 31, 2011, a law went into effect that allows school nurses to vaccinate children twelve and over for sexually transmitted diseases without parental consent and parents will have no access to the child's medical records that pertain to these shots. So California children cannot go on a school field trip or get an aspirin from the school nurse without parental consent, but they can be injected with vaccines that injure some kids and their parents will never know. In addition, California is now requiring all seventh graders to get the TDaP (Tetanus, Diphtheria, and attenuated Pertussis or whooping cough) booster shot. Why are they doing this? Because in 2010 there was a massive outbreak of pertussis in California and elsewhere. Most of those who contracted the disease were fully vaccinated, demonstrating that the vaccine either does not work in many people or does not confer any long-term immunity despite the promises that it does. Lastly, California is considering a bill that would require parents who choose not to vaccinate to consult with a medical professional every year in order to be educated about the benefits of vaccines and the risks of choosing not to vaccinate and then obtain that medical professional's signature.

A recent study by Tomljenovic and Shaw connected the rising incidence of autism to the use of aluminum in vaccines.

#### AUTISM

Do vaccines cause autism?

While vaccine authorities assert there is no science linking mercury or vaccines to autism, there is in fact peer-reviewed scientific evidence connecting both to autism. A study by Gallagher and Goodman found that boys who received the birth dose of Hepatitis B containing mercury were nearly three times more likely to receive an autism diagnosis than those that did not receive the vaccine. They went on to study the three doses of Hepatitis B and found that boys who received the whole series were nearly *nine* times more likely to require special education services than boys who did not.<sup>14,17</sup>

A recent study by Tomljenovic and Shaw connected the rising incidence of autism to the use of aluminum in vaccines.<sup>19</sup>

Helen Ratajczak, PhD, a former senior scientist at a drug company, conducted a review of all the available autism research since autism was first described in 1943; her results were published in the *Journal of Immunotoxicology*. When interviewed after publication and asked whether the science on autism shows any relationship between vaccines and autism she said: “The data show that when more vaccines were given, and were given at earlier ages, the incidence and prevalence of autism increased. There are many aspects of vaccines that cause autism.”<sup>20</sup>

But hasn’t science proved there is no link between mercury and autism? A review by Catherine DeSoto, PhD, of all the empirical research available on the mercury-autism link found that the body of research actually shows a link between mercury and autism by more than a 3-to-1 margin. Her findings are in stark contrast to government claims that there is no scientific link.<sup>21</sup>

#### MANDATORY VACCINES

Are vaccines mandatory? The fact is that all states have exemptions for vaccines: medical, religious or philosophical. Some states have only medical exemptions, some have medical and religious and some have all three types. The difficulty of obtaining exemptions differs from state to state. Visit our website to explore the laws in your state: <http://www.greatergoodmovie.org/state-laws>.

#### DAMAGES

What recourse does one have after vaccination damage?

If you or your child suffers a vaccine injury, you must apply to the National Childhood Vaccine Injury Compensation Program for damages. The program manages a trust fund that pays damages to those injured by a vaccine and is funded through a seventy-five-cent tax levied on every vaccine given in America. To date, the program has paid out more than two billion dollars and has about three billion dollars in reserves.

If you are denied compensation or are unhappy with the award, you are not allowed to sue the doctor, nurse, government or vaccine manufacturer. On February 22, 2011, the Supreme Court ruled that Americans have no recourse in civil court even if the vaccine manufacturer could have made a safer vaccine.<sup>22</sup>

#### MODERN EPIDEMICS?

Won’t disease come back if we stop vaccinating? The fact is that disease incidence is a very complex issue determined by many variables such as general health and a robust immune system due to proper nutrition; and public health measures such as sewage management and drinking water systems.<sup>13</sup>

Moreover, disease outbreaks regularly occur in fully vaccinated populations so vaccination may not be as effective a preventative as generally believed.<sup>23</sup> Given these facts, it is difficult to make any statements about what patterns disease might take if vaccination rates declined.

#### AND NOW WHAT?

The coming few years will be critical for the issue of vaccine safety, and I hope you will get involved. I was thrilled to bring my film *The Greater Good* to WAPF’s national conference last fall, and to hear from so many chapters that the film has been a valuable discussion starter. If your chapter hasn’t screened the film yet, please visit our website for details and resources to help you do that, including a discussion and facilitation guide, tips for hosting a screening, an FAQ, links to studies and resources mentioned in the film and much more available at [www.greatergoodmovie.org](http://www.greatergoodmovie.org).





One particularly important policy issue emerging in the coming months is the protection of state level exemptions to vaccines for philosophical, religious and medical reasons. It is important that all fifty states give families the right to all three of these exemptions. Coalitions are forming across the country to educate their communities about the complex issue of vaccine safety. These groups include natural health practitioners, families, midwives, doulas, nurses, teachers, elected leaders and vaccine safety advocates of all stripes.


A vital link in that emerging group is the WAPF community. I encourage you to reach out to groups in your community and learn what is happening in your state. Collaborating on a screening is a great way to get started. I believe that together we can create a world where:

- Vaccines can be made safer;
- Doctors and parents are educated about adverse reaction to vaccines, so that these reactions may be treated appropriately, thereby reducing long-term impact;
- Parents have the information they need to make informed choices about vaccines;
- Schools and doctors respect and value parents' rights to choose how they keep their families healthy;
- Families feel safe to make their own choices regarding their families' health and well being without fear of expulsion from school or exclusion from their communities;
- Scientists are free to pursue research into vaccine safety without fear of jeopardizing their income or career prospects;
- All fifty states uphold family's rights to exemption from vaccination for religious, philosophical or medical reasons;
- The top priority is health and wellness, and all vaccines go through a vigorous due diligence process for safety.

I hope you will visit our website and consider bringing the film to your chapter and to those you love. You can stream the film, buy a DVD or share either as a gift. Consider hosting an event yourself, or make a donation to our engagement campaign online to help us bring the film to families, healthcare practitioners and policymakers

nationwide so they too can "think again" about vaccine safety issues.

Most importantly I hope you will tell five friends about the film, and continue to learn more yourself.

Find us at [www.greatergoodmovie.org](http://www.greatergoodmovie.org), on Twitter @GreaterGood-Film, and join our active community on Facebook at [www.facebook.com/greatergoodmovie](http://www.facebook.com/greatergoodmovie). 

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## ERRATA

The Caustic Commentary "Another Cause of Resistant Infections" (Spring 2012), incorrectly stated that heartburn drugs are a cause of MSRA. The commentary focused on a study showing that heartburn drugs reduced immunity to *Clostridium difficile*.



# Microphotography of Raw and Processed Milk

## A Pilot Study

By Beverly Rubik, PhD

**R**aw milk is a colloid, in which fat globules of various sizes are dispersed within a watery phase of dissolved proteins, carbohydrates, vitamins, electrolytes and minerals, along with low levels of probiotic bacteria such as lactobacillus. The purpose of this pilot study is to examine whole milk—raw and processed—to look for any differences in its colloidal structure that can be seen using an optical microscope. In particular, we looked for differences between unpasteurized raw whole milk compared to whole milk that is pasteurized (heated to 170 degrees F for nineteen seconds) or ultrapasteurized (heated to 280 degrees F for two seconds, using superheated metal plates and steam, and then chilled). We also looked at the effects of homogenization of milk. Milk samples were observed under the microscope over a large range of magnification and two types of illumination, bright field and dark field.

## PROCEDURES AND METHODS

Five types of commercial fresh whole milk were sampled, as follows:

1. Ultrapasteurized, homogenized whole milk
2. Organic pasteurized (not ultrapasteurized), homogenized whole milk
3. Organic pasteurized (not ultrapasteurized), unhomogenized ("cream top") whole milk
4. Raw whole organic milk, brand "A"
5. Raw whole organic milk, brand "B"

The milk was purchased and sampled on the same day and kept under the same refrigeration until minutes before sampling. Because milk is a heterogeneous liquid, each milk container was gently inverted in the carton or bottle several times in a similar fashion to mix it just before sampling. Using a pipette, a small volume (50 microliters) of milk was placed on a clean glass microscope slide. A glass cover slip was placed over it to spread out the droplet. This constituted a sample slide. Sample slides were made just before observation and photography under the bright-field microscope and again just before dark-field observation, so that all samples observed were individually and similarly prepared just before microphotography.

The following magnifications were used with bright-field microphotography, in which the sample was illuminated from below with a tungsten lamp: 75x, 175x, and 350x.

The following magnifications were used with dark-field microphotography, in which the sample was edge-illuminated with a xenon lamp using a dark-field condenser: 500x, 800x, 1200x, 2100x, and 4200x. We achieved higher magnifications than the usual limit of light microscopy by means of digital optical enhancement. Altogether eight different magnifications, ranging from 75x to 4200x, were used to examine each milk sample.

Representative photographs were taken at least in triplicate for each power of magnification. Thus, at least twenty-four digital microphotographs per type of milk were produced and compared, for a total of one hundred twenty photographs.

## RESULTS

The one hundred twenty photographs were visually examined and qualitatively compared to examine the colloidal structure of the different types of milk at different magnifications and illumination.

Figure 1 shows raw milk at 175x under bright field, which shows a distinct colloidal structure of aggregates of the fat globules (white) amidst aqueous regions (dark). By comparison, Figure 2, which shows pasteurized unhomogenized milk also at 175x, shows much smaller aggregates of fat globules and a more uniform colloidal structure. Figure 3, which shows pasteurized, homogenized milk, and Figure 4, which is ultrapasteurized, homogenized milk, both at 175x, show no discernible colloidal structure at this magnification, as a virtually uniform gray field is seen. The horizontal scale for Figures 1 to 4 is 1.33 mm (millimeters) for the full width of each microphotograph.

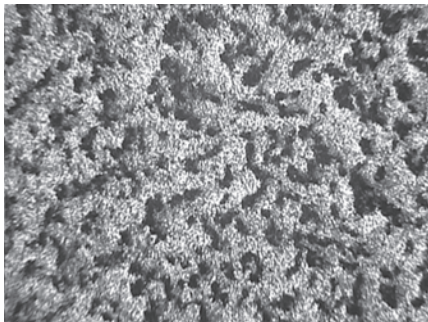


FIGURE 1  
Raw milk  
magnified 175 times

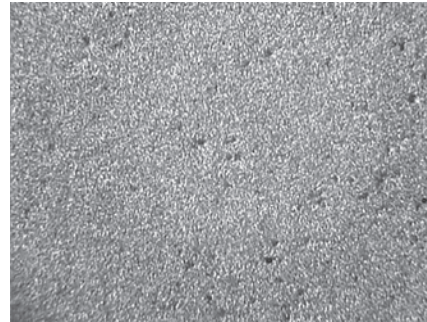


FIGURE 2  
Pasteurized,  
unhomogenized milk,  
magnified 175 times



FIGURE 3  
Pasteurized,  
homogenized milk  
magnified 175 times



FIGURE 4  
Ultra-pasteurized,  
homogenized milk,  
magnified 175 times



The raw milk ultrastructure consisted of a variety of sizes of milk fat globules.

Figures 5, 6, 7, and 8 show raw milk; pasteurized, unhomogenized milk; pasteurized homogenized milk; and ultrapasteurized, homogenized milk respectively. All photographs are 800x magnification.

Here, too, the raw milk shown in Figure 5 exhibits the most detailed ultrastructure, with greater variation in density of structure and material in regions throughout the photograph. Figure 6 showing pasteurized unhomogenized shows a less detailed structure at the same magnification compared to raw milk in Figure 5. A visual comparison of Figures 5 and 6 (unhomogenized milk) to Figures 7 and 8 (homogenized milk), shows how homogenization breaks down fat globules to a size that is no longer distinguishable at this power of magnification. Here the horizontal scale

for these 4 figures is 0.29 mm (millimeters) for the full width of each microphotograph.

Figures 9 and 10 compare raw milk and ultrapasteurized, homogenized milk at 4200x. The horizontal scale for these 2 figures is 0.055 mm (millimeters, 55 micrometers) for the full width of each microphotograph.

The heterogeneity in size of the fat globules is seen for the raw milk, ranging in size up to 7 micrometers in diameter, with many in the range of 3 to 5 micrometers. However, the fat globules are smaller, more homogeneous in size, and indistinct in the processed milk, ranging in size only up to 2.3 microns, and with mostly smaller fat globules present.

There is an apparent trend seen in these examples shown and all of the photographs

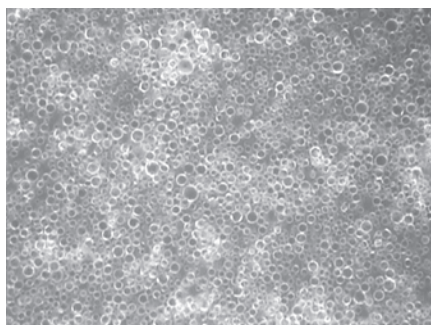


FIGURE 5  
Raw milk  
magnified 800 times

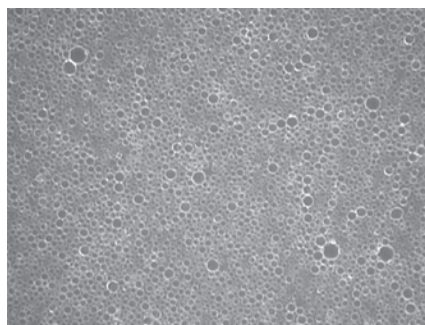


FIGURE 6  
Pasteurized,  
unhomogenized milk,  
magnified 800 times



FIGURE 7  
Pasteurized,  
homogenized milk  
magnified 800 times

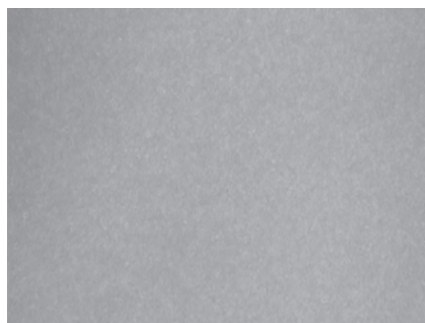


FIGURE 8  
Ultra-pasteurized,  
homogenized milk,  
magnified 800 times

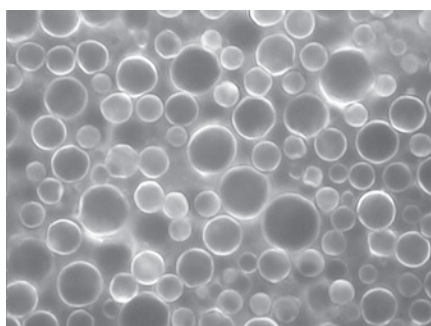


FIGURE 9  
Raw milk  
magnified 4200 times

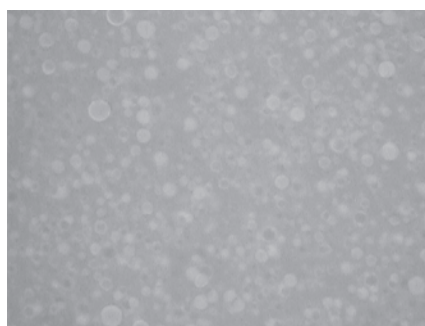


FIGURE 10  
Ultra-pasteurized,  
homogenized milk,  
magnified 4200 times





taken, that the most highly processed milk—ultrapasteurized and homogenized—shows the least distinct colloidal structure and the most homogeneity using the optical microscope. By contrast, raw milk shows the most distinct colloidal structure under the microscope at all magnifications observed, and this was the case for both commercial brands of raw milk. The raw milk ultrastructure consisted of a variety of sizes of milk fat globules, as seen under the highest powers of magnification, and in addition, patterns of organization of these globules when viewed under lower magnifications that appeared to be fractal in nature, that is, self-similar at various powers of magnification.

## CONCLUSION

Raw whole milk is a natural colloid which has a structure that can be seen across a range of magnifications under a light microscope. In this regard, it is like a living system that shows an organized structure seen under the microscope at the same levels of magnification that living cells show organized structure, too. Thus, raw milk appears to have an organized yet complex and heterogeneous structure, as do living organisms, that is, the property of organized heterogeneity in various domains of order.

Pasteurization as well as homogenization alters the colloidal structure of milk, rendering it a less complex and more homogeneous liquid. Such milk has lost its structural complexity.

We could not distinguish any differences between pasteurized milk and ultrapasteurized milk from the microphotographs. Moreover, the milk that was pasteurized at the lower temperature but unhomogenized looked similar to raw milk at high magnifications as the heterogeneous size of the fat globules, ranging from about 2 to

7 micrometers, were similar.

It must be said that the optical microscope has limitations and cannot distinguish particles smaller than about 0.2 micrometers. Thus, any structure about this size or smaller cannot be resolved by light microscopy.

During sample preparation, it was noted that organic whole milk that is pasteurized but unhomogenized could not be completely mixed by hand mixing or shaking. Chunks of fat similar to butter were floating at the surface of the milk or stuck to the milk container, despite gentle inversion of the milk or even vigorous shaking for minutes. Thus, it appears that pasteurization itself has permanent effects on the fat globules of whole milk, making much of the fat congeal and separate from the watery phase of the milk, much like butter.

## DISCUSSION

A colloid is a unique state of condensed matter in which small particles are dispersed in a liquid phase such as water. Milk is a complex aqueous colloid: a micro-structured aggregate of water, fat globules, various proteins, carbohydrates, electrolytes, vitamins and minerals. This may be compared to the colloidal state of the living cell itself, composed of similar constituents, which used to be called protoplasm, the primary material inside the living cell, as shown in the amoeba in Figure 11. Moreover, raw milk and blood (see Figure 12) look remarkably similar at high magnification.

Scientific research shows that this colloidal state is dynamic, ubiquitous and appears to be integral to life's functions. In fact, some natural colloids, such as proteins and fat particles in water, even display life-like responses to certain stimuli. That is, aqueous colloids—sols and

Aqueous colloids show some typical properties of living organisms, such as sensitivity to geo-cosmic rhythms.

## WANTED: VOLUNTEERS FOR PORK SAUSAGE-BLOOD STUDY

Human subjects are needed for a pork sausage-blood study. Must consume a 90 percent or more WAPF diet for at least the past five years. No history of any disease or health condition, including no food allergies or other allergies. Must reside in or nearby the San Francisco Bay Area and be willing to come to Emeryville, California, for testing on two separate days, starting mid-day, fasted at least five hours, undergo initial blood testing, then consume pork sausage, and then come back to the lab five hours later for another blood test. Results will be shown to subjects. Data will be reported in the *Wise Traditions*, but subjects' identity will be concealed. Interested prospective subjects please contact Beverly Rubik, Ph.D., principal investigator, at [brubik@earthlink.net](mailto:brubik@earthlink.net)

Thus, whereas raw milk may be considered “alive,” processed milk is seen to be “lifeless.”

gels—show some typical properties of living organisms, such as sensitivity to geo-cosmic rhythms (Piccardi, 1962), including circadian rhythms of day and night and solar rhythms such as the sunspot cycle of eleven years. Colloids can also absorb energy, such as light, and self-organize into larger, more complex forms, similar to living systems (Zhao et al., 2008). Some pioneering scientists working at the frontiers of water research think that many of the mysteries of life are intimately related to properties of aqueous colloids and water interfaces with membranes, a topic that is under considerable research activity at present (Pollack et al., 2006).

In light of the apparent relationship between colloidal structure and living function, let us reflect further on the results of this study. We have observed that pasteurization, ultra-pasteurization, and homogenization impact the colloidal structure of milk, altering its organizational integrity. Heat, as is used in pasteurization, is well known to denature the quaternary structure of proteins, deactivate enzymes, destroy vitamins and kill microbes. Homogenization affects the integrity of the fat globules, rendering them smaller and more uniform, and thus, alters raw milk’s colloidal ultrastructure, too. In summary, we have observed that processed milk loses “organized heterogeneity,” a term synonymous with

the living state. Thus, whereas raw milk may be considered “alive,” processed milk is seen to be “lifeless.”

## REFERENCES

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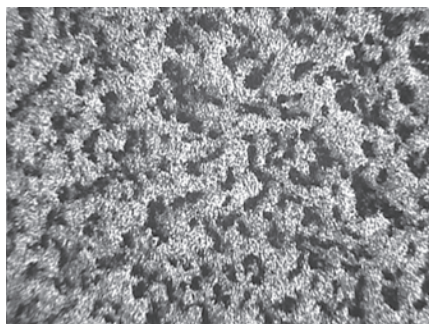


FIGURE 1  
Raw milk  
magnified 175 times

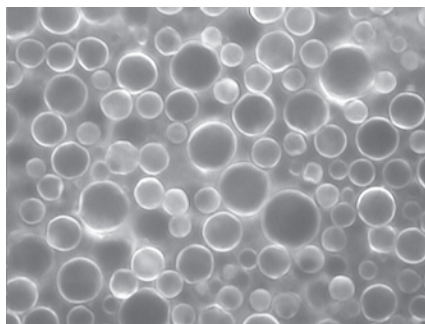


FIGURE 9  
Raw milk  
magnified 4200 times

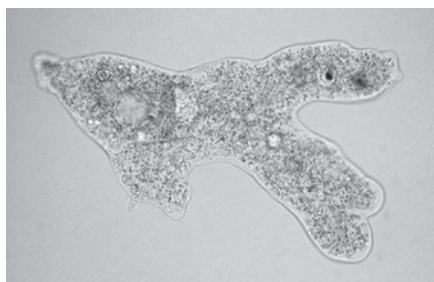


FIGURE 11  
Amoeba observed  
under dark-field  
microscopy,  
which has a similar  
colloidal structure to  
raw milk.

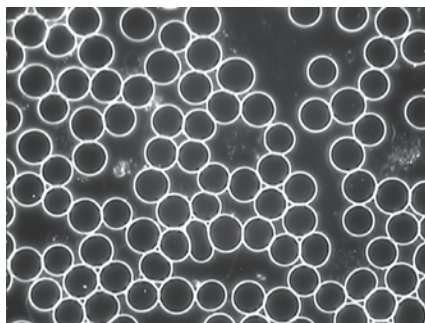


FIGURE 12  
Normal healthy blood  
magnified 4200 times.

# Getting at the Gut

## A Solution for Treating Bipolar Disorder

by Kim Schuette, CN, Certified GAPS Practitioner

**T**he *Merck Manual* describes bipolar disorder as “a condition in which periods of depression alternate with periods of mania or lesser degrees of excitement.”<sup>1</sup> Historically known as manic-depressive disorder, this psychiatric condition is typically defined by the presence of abnormally elevated energy levels affecting mood and awareness, with or without states of depression. Manic states are often accompanied by psychotic symptoms such as delusions and hallucinations.

Allopathic medicine’s solution generally involves one or more pharmaceuticals for a lifetime; it never offers a cure but rather, management of erratic behavior via medications that often need to be changed from time to time. Quite commonly, those suffering from bipolar disorder are very bright, creative and loving individuals. Sadly, when brain chemistry goes out of balance, the sufferer most often deals with chaos involving hallucinations, as well as extreme mania and rage. Hippocrates, the father of modern medicine, once said, “All disease begins in the gut.” While not all individuals with gut dysbiosis experience psychological or psychiatric disease, I have yet to find in thirteen years of practice the absence of gut dysbiosis in those suffering from psychological or psychiatric challenges.

In September 2008, I had the privilege of meeting a very bright but troubled nine-year-old girl, whom I will call Mary. Mary had been diagnosed bipolar eleven months earlier by a psychiatrist. This conclusion came after years of deeply concerning behavior. By the second grade, she was expelled from her private school due to her aggressive behavior towards students and her teacher. This prompted her parents to make the decision to home school. Mary's mother quit her practice in the health field in order to give full time attention to her daughter's daily needs.

## DISTURBING BEHAVIOR

Prior to seeing the psychiatrist, Mary described in detail to her counselor how she planned to kill herself some day. It was at this point the counselor and her parents realized Mary needed serious help. Her parents' "gut sense" was that pharmaceuticals would not offer the long-term solution they desired for their daughter. It was at this junction they were referred to my office.

During my first meeting with the family, Mary was in a state of mild agitation with constant fidgeting and head shaking. She described the sensation of "things crawling" in her head. Mary presented with a very red and expansive rash on her bottom, which had been longstanding.

## HEALTH HISTORY

Before focusing on Mary, I took a look first at her parents' health history and habits. I suspected that Mary might be a GAPS patient. GAPS is an acronym for Gut and Psychology Syndrome, based on the work of neurologist Natasha Campbell-McBride, MD. This work finds that those individuals with psychiatric disorders, as well as depression, anxiety, ADD and ADHD also have digestive problems. This is evidenced by many symptoms including (but not limited to) acne, allergies, asthma, constipation, diarrhea, eczema and other skin rashes. Dr. Campbell-McBride's findings echo the words of Hippocrates that "all disease begins in the gut." Given the GAPS research, and the fact that children inherit many gut and psychology issues from their parents, I examined her parents' histories.

Mary's mother had been a frequent user of the birth control pill and numerous rounds of antibiotics to address chronic bladder infections. She also had a history of vaginal yeast infections, which is common following the use of antibiotics. Antibiotics wipe out most bacteria, good and bad, leaving room on the mucosal lining of the gastrointestinal tract and the vaginal canal for opportunistic yeast to grow.

Mary's mother also followed a typical American diet with an emphasis on lowfat foods, based on Dean Ornish's recommendations, prior to conception. Mary's father was addicted to sugar, Cokes and Oreos. He presented with chronic subcutaneous dermatitis, inflammation of the skin, most commonly seen as eczema. This condition is the result of imbalance of good flora in the gut. Both parents' diet had a history of strict adherence to the USDA's recommended food group of choice: grains. They both had used Accutane for the treatment of acne and appeared to suffer from the typical distressed liver function, which generally follows Accutane usage.<sup>2</sup>

The history of both parents gave me great insight into the weak links in Mary's development. Both parents suffered from gut dysbiosis. Both

parents were unable to pass on strong immunity to their child due to their own weakened states from diets composed primarily of processed foods, high in sugar and gluten and their exposure to antibiotics and other pharmaceuticals that weaken liver function.

Mary showed signs of large motor skill delays in her first year of life. I learned that Mary was conceived in the Sierra Mountains at a time when Lyme disease was widespread. Mary's mom was an avid hiker, as well as a veterinarian, making it likely that she had come in contact with the spirochete that causes Lyme disease. Research has shown that pathogens like the spirochete, *Borrelia burgdorferi*, and its hitchhiking partners, *Babesia*, *Ehrlichia*, *Bartonella*, *Mycoplasma* and *Anaplasma*, can cross the placenta barrier and infect the developing child.<sup>3</sup>

A breached gut wall barrier leaves a child—or adult—vulnerable to pathogenic invaders and bacteria that are simply looking for a home. The gut wall barrier can become breached when there is an absence of life-giving, probiotic bacteria protecting the gut lining and the presence of partially digested proteins, creating lesions in the gut lining. The result is impaired assimilation of nutrients along with inflammation. This is in part due to consuming highly refined grains, or grains not properly soaked and properly prepared. The lack of lacto-fermented foods is another contributing factor in developing a breached gut wall barrier.

Mary was born via C-section, therefore she would have missed out on the natural inoculation of friendly bacteria that should have been residing in the vaginal canal. However, due to mom's history of antibiotics, birth control pills and regular sugar consumption, she would have lacked sufficient beneficial bacteria to impart to Mary during delivery anyway.

Mary was breastfed for sixteen months. Nonetheless, she suffered from chronic constipation beginning at five months of age. She was fed rice cereal with mineral oil per the advice of her pediatrician. Mineral oil, a petroleum-derived product, can be contaminated with cancer causing PAHs (Polycyclic Aromatic Hydrocarbons) and is known to be immunosuppressive.<sup>4</sup> In the European Union's Dangerous Substances Directive (UNECE 2004), in September 2004 banned



all petroleum oils with the following caveat: “The classification as a carcinogen need not apply if the full refining history is known and it can be shown that the substance from which it is produced is not a carcinogen.” Her pediatric gastroenterologist concluded “nothing is wrong with Mary,” and confirmed the use of mineral oil.

After her first birthday, Mary began five years of chronic ear infections. Within this five-year period she was placed on ten different antibiotics. At the age of four, her tonsils and adenoids were removed. The tonsils were so enlarged due to chronic infections that they were touching one another. As a result, Mary’s snoring could be heard throughout the house.

#### FROM ANGER TO FLAT LINE

Up until Mary entered kindergarten, her parents thought she was just very strong willed and bright. Bright she was. Mary has an IQ of one hundred forty. It was soon after she began kindergarten that Mary’s parents realized that her anger and behavior were far from normal. By first grade she was throwing chairs and other objects in the classroom at children, especially boys. She would threaten homicide to others. Despite many attempts by patient teachers trying to redirect her behavior, Mary was uncontrollable. By the beginning of second grade, Mary was suspended.

Mary understood she was different from her peers. She would run down the hall at home flailing her arms and raging for two hours at a time. Often she crawled in between her mattress and box springs or buried herself under the bed for hours on end. Other times she would withdraw into herself and her books. (To date, at age thirteen, Mary has read over two thousand books.)

As her parents saw Mary “going dark,” they sought help from a local marriage and family therapist, who had a PhD in education with an emphasis on gifted children. At the same time they began working with several neurological developmental specialists and eventually the psychiatrist who diagnosed Mary as bipolar.

All agreed that Mary likely had a genius level IQ but, sadly, no long-term solutions for her disorder were offered. As her obstinate behavior grew and threats of suicide increased, their therapist felt something immediate needed to be done. After four hours of meetings with

the psychiatrist, the mood disorder diagnosis was given. The psychiatrist was reluctant to prescribe anti-psychotic drugs to such a young, smart child—Mary’s parents agreed.

Many times Mary’s eyes would “flat line,” to use her father’s words. She would become completely disconnected and unable to communicate. Often after an hour and a half of head butting, biting, and raging, Mary would pass out and then wake with words of apology.

#### ADDRESSING THE GUT ISSUES

With full history in hand, we ran a comprehensive three-day stool test. Proper Lyme testing, which can be done through a specialty lab, is very costly and therefore, the parents chose to forego the testing and began addressing the diet and support for the gut. To best accomplish this, I recommended they use the Gut and Psychology Syndrome (GAPS) Diet as designed by neurologist Dr. Natasha Campbell-McBride. We decided to keep her nutritional supplementation to a minimum, using primarily fermented cod liver oil and high quality probiotics. After several months, we added various homeopathic remedies and eventually, some botanical products that have antimicrobial effects.

The GAPS Diet was a huge shift for this family of three whose diet had been primarily centered around refined carbohydrates with some lowfat dairy and meats. But in desperation, they made it a family affair. Within a few weeks, Mary’s rash began disappearing. Within three months of the GAPS Diet and our nutritional support, Mary’s raging ended.

We limited her nutritional supplementation to Bio-Kult, minerals, and Blue Ice Royal, a combination of X-factor butter oil and fermented cod liver oil. This combination was used often by Dr. Weston A. Price in treating many different states of deficiency. Bio-Kult helped us quickly populate Mary’s gut with much needed beneficial bacteria as she adapted to eating lacto-fermented foods on a daily basis. The Blue Ice Royal, a rich source of vitamins A and D, and daily bone broth, supplying amino acids and minerals, provided all the nutrients needed to heal the gut lining. I also included homeopathic drainage remedies to assist her body in slowly eliminating toxins in the gut and brain. Botanical tinctures were used to address infection in the body.

Mary and her parents agreed the two biggest challenges presented by the GAPS Diet are the elimination of gluten and casein. The elimination of these are essential in healing the gut, which is almost always required in healing psychiatric conditions.

#### GLUTEN AND THE BRAIN

One of the earliest works showing the effects of gluten on the brain was done by psychiatrist F. Curtis Dohan, who noted that schizophrenic patients had fewer hospitalizations when bread became unavailable during World War II. This trend was seen throughout Canada, the United States, Finland, Norway and Sweden. He found similar correlation in New Guinea, where schizophrenia was basically nonexistent in people on primitive diets until cultivated wheat products and beer made from barley (a gluten-containing grain) were introduced. At that point schizophrenia rates increased sixty-five fold.

## THE MIRACLE BABY

Connor, age two years and nine months, came to see me after his mother, Kelley, spent his entire life seeking help from the conventional medical community, including one of the nation's most prestigious university hospitals. Kelley realized when Connor was just a few days old that something was sorely wrong. It was determined that he was having seizures throughout the day. In December of 2011, Connor was experiencing forty seizures daily, spending many days hospitalized. On bad days, he was registering one hundred seizures within a twenty-four-hour period. His hospice doctor told the parents not to expect him to live to see his third birthday due to the effect of the constant seizures.

In January of 2012 Connor's mother switched him to a ketogenic (high fat) commercial formula. This change brought his seizures down to six to ten daily. In April they were referred to me. At this point Connor had not crawled, talked, sat or walked. He exhibited signs of chronic indigestion. A look at Kelley's preconception and prenatal history was very telling. She had been a vegetarian since she was nine years old. She had one child who was sixteen months older than Connor. This child had a history of chronic ear infections. At the time of their first visit with me, the older child had been on thirty rounds of antibiotics. They also now had a six-month old son who was showing signs of gut disorder, including eczema and vomiting after feedings.

Kelley had miscarried several months prior to conceiving Connor. Her doctor had put her on antibiotics during her complete pregnancy due to supposed urinary tract infections. She was also being given opiate drugs for the pain simultaneously. Unfortunately she was not properly overseen during her prenatal period and learned just prior to delivering her son via C-section that she was severely anemic. She required four pints of blood before delivery.

Connor was receiving most of his nutrition via a G-tube that entered his stomach. He was on a commercial formula, which boasted a frightening list of synthetic ingredients including high fructose corn syrup. We immediately changed his formula to the meat-based formula designed by Sally Fallon Morell and Dr. Mary Enig found in *Nourishing Traditions*. I made a few minor changes to accommodate Connor's special needs. I referred him to an excellent osteopath, Dr. Jim Murphy, for osteopathic manipulation as well as emotional healing.

We focused on increasing his animal fats, as these do not exacerbate seizures the way other fats often do. Within ten days Connor's seizures ended. Roughly thirty-five days after being seizure free, Connor began to make eye contact for the first time in a year and a half. A day later, he was smiling and then giggling.

Connor is currently on the GAPS Introduction Diet. He has learned to chew for the first time and is thoroughly enjoying his egg yolks scrambled in ghee, homemade cultured sour cream, avocados and of course, bone broth soups and stews.

The hospice doctor saw Connor about thirty-five days after his seizures stopped. She was floored but insisted that "these things don't happen" and while they shouldn't get their hopes up, they should continue whatever they were doing. At the end of the visit she burst into tears, admitted that Connor's progress defied everything she has been taught and had to leave as she was crying too much. Our hope is that this doctor will learn through her observations of Connor.

Connor continues to improve. Recently he began talking, greeting friends and family with "hi"; saying "up" when he wants to be held and voicing "ah" when wanting his pacifier. He is learning to sit and can presently stand by himself for thirty seconds at a time. Needless to say, many tears of joy are being shed in Connor's home, as well as my office. Connor's father, Randy, calls him their "miracle." I thank God for the privilege of working with such incredible parents and watching their miracle unfold.

Connor's six-month-old baby brother has adapted excellently to a homemade formula using raw camel and sheep milk. Kelley continues to learn to cook the GAPS way as her entire family of five is now on the GAPS Diet (although baby brother, Cameron, will continue his raw camel and sheep milk). Kelley and I are starting to make plans for Connor's third birthday party, GAPS style.

In addition to nutritional support, Connor's parents, Kelley and Randy, are incorporating Recall Healing and osteopathic treatments with Dr. Jim Murphy. One day, Connor's parents asked Connor for forgiveness for their times of hopelessness. Connor smiled and has been beaming ever since. He woke the next day and started all the big steps in his cognitive development, chewing his food for the first time ever, saying "hi" to greet people and learning to sit.

It is obvious that Connor came into the world to be a blessing to his family, and to lead them, however painfully, to the right dietary practices for his parents and siblings.

One of the most extensive clinical trials of our time regarding food and behavior took place in Denmark. Fifty-five autistic children were placed on a gluten- and casein-free diet. Tremendous improvement in behavior was seen in these children. Dr. Dohan and his colleagues at the Veterans Administration Hospital in Philadelphia saw similar results in schizophrenic patients in the mid-sixties after putting patients on a gluten-free diet for four weeks. There was a reduced number of auditory hallucinations, delusion and less social detachment. Once gluten was reintroduced, the disturbing behaviors returned.<sup>5</sup>

Obviously not everyone who is gluten- or casein-sensitive exhibits the extreme symptoms of autism, schizophrenia or bipolar disorder. But other health issues may ensue when the gut wall lining has been breached. Allergies, acne, eczema and gastrointestinal complaints are just a few of the symptoms that can point to gut dysbiosis.

I have found the GAPS program to be the body's best support for healing. Prior to using the GAPS Diet in 2005, I saw the Specific Carbohydrate Diet assist many to a certain degree of wellness. The GAPS Diet, however, because of its emphasis on nutrient-dense, gut-healing foods like cod liver oil and bone broth, can bring complete healing to those with gut disorders.

## A HAPPY ENDING

Several months after I began working with Mary, we re-tested her stool to find that the high levels of previously detected MRSA (methyl-resistant *Staphylococcus aureus*) had left her body. Over the next nine months her behavior gradually normalized. Exactly one year from beginning the GAPS Diet, Mary and her parents attended a family reunion where family members were shocked at Mary's transformation.


Today, Mary is a vivacious, happy, normal thirteen-year-old, still reading books and bringing laughter to those around her. Her kind and loving spirit touches all who are blessed to know her. Mary is fortunate to have parents dedicated to her healing.

## THE WISDOM OF HIPPOCRATES

Today, modern cultures are seeing soaring

rates of ADD, ADHD, allergies, autism and psychiatric disorders in the very young as refined carbohydrates, particularly modified gluten products rapidly produced in sixty minutes or less, and pasteurized, denatured dairy products continue to dominate diets. More and more research points to the wisdom of Hippocrates that "all disease begins in the gut."

Hippocrates also offered this insight: "I know, too, that the body is affected differently by bread according to the manner in which it is prepared. It differs according as it is made from pure flour or meal with bran, whether it is prepared from winnowed or unwinnowed wheat, whether it is mixed with much water or little, whether well mixed or poorly mixed, overbaked or underbaked, and countless other points besides. The same is true of the preparation of barley meal. The influence of each process is considerable and each has a totally different effect from another. How can anyone who has not considered such matters and come to understand them possibly know anything of the diseases that afflict mankind? Each one of the substances of a man's diet acts upon his body and changes it in some way and upon these changes his whole life depends."

This truth is never more evident than today. We are bearing the consequences of departure from traditional food preparation in exchange for modern technology and so-called convenience. The fallout lies in the minds and guts of our young. The good news is our bodies are capable of self-healing. As we return to the wisdom of our ancient forefathers and foremothers, we can help our children to recapture their potential for wellness. 

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# The Mighty Highlanders

## A Lesson for Modern Times

by Stanley A. Fishman

**T**he plow of the farmer, tilling the soil at the old battlefield of Assaye in India, hits something solid. The farmer examines the bone his plow has turned up. It is a human thighbone, much larger, stronger and thicker than usual. The farmer knows he has found the remains of a Highlander.

Once, the Highlands of Scotland were inhabited by a group of people noted for their incredible strength, size, health, endurance, vitality, and prowess in battle. Armed only with swords and small shields, they consistently defeated much larger armies of professional soldiers armed with guns and cannon. Finally defeated by overwhelming numbers and superior technology, they were recruited by their conquerors and won victories for them all over the world. While most of the men were away fighting for the British Empire, their families were eventually driven off their land and out of their country to accommodate the demands of industrial agriculture. These people were known as Highlanders.



## THE HIGHLAND DIET

What was the secret of the Highlanders' prowess? Why were they larger, stronger, faster, and able to defeat much larger groups of enemies in hand-to-hand combat? What gave them their incredible endurance that enabled them to march sixty miles over steep roadless hills and fight a battle—all in one day? Why did they recover from horrible wounds that would have been fatal to most other men?

It could not have just been their hard physical work, because all the peasants of Europe and India did hard physical work. The difference was in their diet. While most of the people of Europe ate a grain-based diet, the Highlanders ate mostly animal foods, just as their ancestors did.

The Highlands of Scotland is a high land, full of hills, mountains, streams and valleys. The soil is not very good for agriculture, but provides great grazing lands.

The Highlanders' diet was based first on the raw milk of their herds. They kept large herds of small, agile cattle, of tiny sheep, and of goats. All of these animals produced milk, which was drunk either fresh or fermented, added to porridges raw, and made into raw cheese and raw butter. The cheese and butter were used at all times, but especially in the harsh, cold winters.

The Highland diet varied with the seasons. During the spring and summer, wild game of all kinds, including the native red deer, were hunted and eaten. Fresh fish was a vital part of the diet during these seasons, as the many rivers and streams were rich with salmon and many other kinds of wild fish.

Beef was not eaten during good weather, which led some travelers to conclude mistakenly that the Highlanders did not eat beef. But during the fall, many cattle, sheep and goats were killed, and their meat salted to provide meat during the cold part of the fall and during the long winter.

Every part of the animal was used for food,

including all the internal organs. The famous Scottish dish known as haggis, made from innards and oatmeal cooked in the stomach of a sheep, originated in the Highlands.

Few vegetables were available (though onions and turnips could be found in season, along with some wild vegetables, such as nettles). The main fruit available was wild berries, in season. The only grains that could be grown in the Highlands were barley and oats, which were made into breads, porridges and cakes. Sugar was largely unavailable, though some honey could be found. Grains were usually eaten with raw milk, raw butter or raw cheese, or all of them. Oats were cooked and dried and carried in a pouch in wartime as a survival food.

It should be understood that the Highland cattle were not bred for giving huge amounts of milk, like modern dairy cattle. The amount of milk they produced was dependent on the quality of the plants they grazed on. In a bad year, when a particularly cold winter had damaged the native forage, they produced less milk. At these times, the Highlanders would take some blood from their cattle, and use it for food, often in the form of blood puddings.

This diet produced a group of people who were much stronger, larger and

healthier than most other Europeans. Their incredible vitality even extended into old age. One Highlander in England enlisted in a Highland regiment at the age of seventy and fought in the French and Indian War, becoming famous for his prowess with the broadsword, when he led small parties of men into the thick brush to hunt down enemy sharpshooters.

## PROWESS IN BATTLE

Thousands of pages have been written about the amazing prowess of the Highlanders in battle. Their wonderful diet gave them incredible strength, endurance and agility, which enabled

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them to accomplish astonishing feats in battle. Two significant examples stand out in the annals of history.

During the English Civil War of the seventeenth century, a small Highland army under James Graham, Marquess of Montrose, won many astonishing victories over much larger and better equipped enemy forces. In one battle, Montrose decided the best way to deal with the enemy cavalry was to lure them into a bog, where their horses would sink into the soft ground. But no cavalry would knowingly ride into a bog. Montrose stationed a group of Highlanders in a bog, where the ground was so soft that a man who stood still would sink deeply into the muck. The only way to avoid sinking was to shift one's feet constantly, pulling them out of the strong grip of the muck and planting them on another part of the bog, then repeating the process endlessly. Most people would have been exhausted after a few minutes of this "bog dance." The Highlanders kept this up for well over an hour, long enough for the enemy to deploy their army, long enough to convince the enemy cavalry that the ground was solid, long enough for the enemy cavalry to charge. The enemy cavalry charged right into the bog and got stuck there, the horses sinking in to their bellies. At this point, the Highlanders cut down the helpless cavalry, winning the battle. It is remarkable that they had the energy to swing their swords in grueling hand-to-hand combat after struggling with the clammy muck of the bog for over an hour.

A second example is the battle of Assaye in India in 1803, when two Highland regiments, the 78th and the 74th, played a crucial role in a battle where the British were heavily outnumbered by a well-armed, well-trained enemy. The British army had only six thousand men, including a thousand Highlanders in the two regiments. The Maratha confederation had sixty thousand men and hundreds of modern cannon, while the British had only a handful of guns. At least ten thousand of the Maratha infantry were trained and equipped to the most modern European standards and had many European officers. These men were veterans who had won many battles.

The battle began with an exchange of artillery fire. The British commander, Sir Arthur Wellesley (later the Duke of Wellington who

defeated Napoleon) ordered his army to attack before the greatly superior enemy guns could destroy them.

The five hundred men of the 78th Highlanders led the attack. They marched in a thin straight line, directly at the enemy artillery. Cannonballs ripped off limbs and cut Highlanders in half. They marched forward. Thousands of musketballs, known as grapeshot, were fired from the cannons at close range, shredding many Highlanders. They marched on. The ten-thousand veteran, European-trained infantry stationed just behind the artillery watched in disbelief as the 78th kept coming, despite heavy losses, marching right into the deadly fire of the cannons.

At fifty yards, the 78th raised their muskets, and fired a single deadly volley right into the artillerymen, killing many and disorganizing the rest. The Highlanders charged with the bayonet and overwhelmed the gunners, despite being heavily outnumbered. Several Indian regiments in British service came up to join the attack and all the guns were taken. The surviving Highlanders then marched beyond the guns, formed another line, and prepared to attack the ten-thousand veteran infantry facing them. As they marched forward, the ten thousand broke and fled, wanting no part of the giants who had done the impossible and captured the guns. The 78th and the Indian regiments pursued. A number of the Maratha gunners had pretended to be dead. They started firing their guns into the rear of the Highlanders. The 78th turned around, and once again marched through the hell of cannonballs and grapeshot, charging the gunners with the bayonet. This time, they made sure the gunners were dead.

In the meantime, the 74th Highlanders had been ordered to attack another part of the Maratha army. They suffered even greater losses from deadly artillery fire. So many of them were down that the few survivors were charged by thousands of Maratha cavalry. They formed a square and fought on. Though only a few of them were left, they beat off constant attacks in vicious hand-to-hand fighting. Finally, some British cavalry charged the Marathas from behind, causing them to flee. Wellesley came up and ordered the 74th to meet him. Only forty men answered his order. Wellesley angrily asked where the rest of

the five-hundred man regiment was. “They are all down, sir,” was the reply.

## RESISTANCE TO WOUNDS AND INFECTION

Though only forty men of the 74th Highlanders were able to stand after the battle of Assaye, hundreds of the wounded recovered fully and were able to fight in the battle of Argaum two months later. This ability to heal from battle wounds was typical for the Highland regiments.

Tens of thousands of Highlanders served in the British army during the period 1750–1870, and over eighty-six Highland regiments were formed. The medical services of the day were terrible and wounded men often died horrible deaths from infections. Amputation was the common treatment for most wounds.

The British army doctors recorded many seemingly miraculous recoveries by the Highland soldiers. Highlanders who were so badly wounded that they were left to die without treatment often recovered. These included men who had been shot in the abdomen, lungs, head, or back, often with the musket ball still lodged in their bodies, even a man who had his shoulder blade and several ribs ripped off by a cannonball. Time and time again, the Highlanders would recover from terrible wounds that were considered fatal by the doctors of the time. They would recover from these wounds with no medical treatment although their cases were considered hopeless. Many simply did not get the fatal infections that were so common to wounded men in the days before wounds were disinfected. All of these miraculous recoveries were accomplished by the natural functions of the Highlanders’ healthy, well-nourished bodies. Many of these men who were left for dead recovered so completely that they spent many more years in the military.

Despite their strong immune systems, many of the Highland soldiers died from the plague, typhus, yellow fever, and other diseases that plagued the armies of the time, especially when they were short of food. The Highlanders survived these diseases at a much better rate than other soldiers.

## THE CLEARANCES

The Highland way of life and their healthy diet were destroyed by industrial interests. While most of the Highland men were off fighting for the British Empire, the way of life they cherished was being destroyed.

In the early eighteenth century, Britain had a huge textile industry and wool was in great demand. However, just about all the good grazing land in Britain was already used. The wealthy and powerful decided that they could get more wool if the Highlands were used for large herds of sheep only. But the Highlands were already well populated with the Highlanders, who were almost all small farmers and herders, with diverse herds of cattle, native sheep, and goats which already used the land.

This was not an obstacle for the large industrial wool industry, which developed a plan to drive the Highlanders off their land so it could be used for large herds of wool-bearing sheep.

The land in the Highlands was owned by the clans, and each clan chief was supposed to administer it for the benefit of his clan. The industrialists used their money and power to change the ownership laws. In 1746, the law was changed to give ownership of all the clan lands in the Highlands to the clan chiefs, who were tempted with great wealth if they cleared their lands of people and replaced them with sheep. Greed usually won out. This effective strategy also deprived the Highlanders of their leaders. The new landlords drove the Highlanders off their land, often paying for them to emigrate to the Americas, Australia, or New Zealand, which many of them did. Those who refused to go were met with brutal farm raids, where the police would kill their herds, burn their crops, and actually set their homes on fire to force them to move. Sometimes they were given so little time to pack their belongings and leave that they were burned alive in their homes. Many died from exposure and starvation as they tried to make their way to a source of food and shelter. This evil and brutal assault on innocent farm families was known as “the Clearances.”

Nearly all the fighting men were off serving the same British government that was driving their families off their land, and those who were left had no clan organization to help them resist, since industry had corrupted most of the clan chiefs.

The traditional Highland diet was also destroyed, along with the herds and small farms that provided so much of the food, and people who were driven off the land could no longer hunt or fish on it. The displaced Highlanders began eating the same diet as other Scots and Europeans, since the food they needed was no longer available. Without their healthy diet and way of life, the health of the former Highlanders became no better than that of other Europeans.

Objections were raised in Britain to the brutality of the Clearances, but nothing effective was done to stop them. The Clearances finally stopped because nearly all the Highlanders had been driven from the Highlands.

The Highland way of life, along with its healthy diet, had been destroyed. Large flocks of wool sheep, tended by a few Lowland shepherds, occupied the hills and valleys that had been inhabited by a strong, healthy people and their diverse herds.

## THE LESSON

Unfortunately the use of the government to drive small farmers off their land for the benefit of industry was not limited to the Highlands.

Similar events have happened in the United States of America, and are happening now. The Nixon administration told farmers to “get big or get out,” and instituted policies that forced many small farmers to leave their farms.

The current government, under the excuse of “food safety,” has slaughtered herds of healthy animals, confiscated farm equipment, destroyed valuable farm products, and threatened and terrified many farmers and their families. Small farmers are being driven out of business. This has been documented by the magnificent movie, *Farmageddon*, which everybody should see.

Small sustainable farmers, producing real food products such as raw milk and raw cheese, are the main target at the moment. But the regulatory agencies are perfectly capable of turning on any farmer, at any time, even if no one has been harmed in any way by the farm or its products.

The one agricultural group they treat with kid gloves is the large industrial agriculture industry, the huge factory farms, and the CAFOs.

The Highland diet was destroyed when the needed foods were no longer available. The real food diet that has benefitted so many of us will also be destroyed if we can no longer get the necessary foods. We need to protect our small farmers. The use of government agencies to harass and destroy small sustainable farms must stop.

It is said that those who do not learn from the mistakes of the past are condemned to repeat them. Let us do all we can to stop the U.S. version of “the Clearances,” before our small farmers are driven from their land. ☯☯

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## THE HIGHLAND PIPER

The Highland bagpipes were a weapon of war. The pipes were played to call the clans to war, to inspire the men, to keep them marching when they were tired, and to get their blood up in battle. The wild, piercing, droning notes of the bagpipes would carry through the noise of any battle, and their inspiring effect on the Highland soldiers was recorded in hundreds of cases. Men who had marched dozens of miles up and down hills would pick up their feet at the sharp music of the pipes and march on. The irresistible Highland charge took place to the wild skirling sounds of the pipes, which would inspire the men to be even stronger, faster and fiercer. Particular tunes (called charging tunes) were played to inspire the men when they charged into battle. When Highland regiments were raised to fight for the British Empire, they brought their pipers with them. The British generals tried to get the Highlanders to replace the pipes with the standard military drums, but gave this up once they saw the effect the pipes had on the Highlanders. After many years, drums were added to the Highland regiments, but the pipes remained.

Playing the pipes took great strength, dexterity and endurance. The Highland bagpipes require the piper to do several things at once. The unique sound of the pipes is created in part by air leaving the bag. The pipes have no bellows, and the only way to refill the bag is for the piper to blow into it through a special tube. The piper holds the bag under the left arm, blows a melody into a flute-like tube called the chanter, squeezes air out of the bag with the left arm to create certain sounds, at certain times strikes the bag precisely with the right hand to create other sounds, uses the fingers of the right hand to help play the melody on the chanter, continually blows more air into the bag, and refills his own strong lungs so they have the breath to blow into the bag. All of these actions are done together or in quick succession, and need to be done perfectly. The piper also had to march in perfect step with the other soldiers when they were traveling.

The pipers were often called upon to play the pipes for hours on end. When the Highlanders were in battle, the pipers were expected to be right in the front of the battle, playing their inspiring music with great vigor. Once the charge began and the men were fighting hand-to-hand, the pipers were expected to play even more loudly and faster, as it was believed that the more furious the music of the pipes, the more they would inspire the fighting men. The piper would also have to avoid being shot or killed by the enemy, who would often target the pipers. Doing all of this all at once, in the madness of battle, took enormous strength, powerful lungs, and great endurance, another testimony to the incredible health and vitality of the Highlanders.







# Homeopathy Journal

THE DEVIL'S IN THE DETAILS  
(DRUGS INDUCE CHRONIC ILLNESS)

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

Chronic illness is the bad boy of modern society. It puzzles conventional medicine, oils the pharmaceutical industry and plagues millions of families. Allergies, food intolerances, eczema, colitis, cancer, diabetes, reproductive problems—lists like this constitute a sobering reality that mystifies conventional medical methodology.

What's the treatment allopathic medicine offers? Management of symptoms. Drugs indeed suppress symptoms, but they also may be a major factor causing chronic disease.

## THE DEVIL'S IN THE DETAILS

Allow me to offer the homeopathic version of chronic disease manifestation that seamlessly parallels the WAPF and GAPS methodology. Let's begin with one of the foundational aphorisms of classical homeopathy set forth by the Father of Homeopathy, Dr. Samuel Hahnemann. He taught in his treatise, *The Organon*, that there are two underlying prerequisites to chronic illness: 1) The predisposing cause and 2) The *causa occasionalis*, or the exciting cause.

The predisposing cause is the inclination to a certain type or category of illness. The diseases our kin have suffered are likely to be down the pike for us. Genetic predisposition represents the terrain from which we're formed. Knowing this allows us to make sensible decisions regarding how we care for ourselves and our family. One of the ways to achieve optimal health is to take care not to rouse the demonic sleeping giant.

Modern medical conjecture over-simplifies and trivializes chronic disease. For example, chronic illness may be blamed on a stressful job or your bad genes. To explore what causes chronic illness any further is considered speculative and utterly superfluous.

But isn't it human nature to ask "Why does my child have eczema?" Certainly an inquiring mind is a fundamental quality for avoiding and

reversing chronic illness.

While conventional medicine conveniently lays blame on the patient or an anonymous third party, such as genes, germs or stress, homeopathy squarely blames the allopathic method of treating acute illness with drugs, drugs used to suppress symptoms. Typically, drug use begins with antibiotics for infections in early childhood, sometimes even infancy. Later there are birth control pills to suppress normal human reproduction, acne meds such as Accutane that cover up and drive skin issues to a grim pathology, and—most tragically—psychotropic drugs to control behavior in children.

Long-term use of drugs can be injurious enough to incite that slumbering giant of chronic disease. And depending on the vital force and susceptibility of DNA, the stage for chronic illness can be set with even a dose or two of a pharmaceutical drug, particularly in childhood, when the novice gut flora is just forming. Indeed, drugs have a commanding long-range effect that conventional medicine rarely considers. The detrimental effects of antibiotics used months, even years previous, have far-reaching tentacles. The results of taking drugs can be far worse than simple side effects.

## CHRONIC ILLNESS IS SET A STIRRIN'

The Mayo Clinic warns that MRSA is an infection associated with previous use of antibiotics (<http://www.mayoclinic.com/health/antibiotics/FL00075>). Allopaths recognize that their methods can craft artificially fashioned pathology: a synthetically induced disease that skirts their own treatments. Despite this, the engine to continue this practice chugs on, leaving only the most observant to note how sweeping, fateful and even generational effects these routines can deliver. More often than not, it's only those who have personally suffered or witnessed the effects of MRSA in a loved that take notice.

Long-term use of drugs can be injurious enough to incite that slumbering giant of chronic disease.



## MAGPIE MEDICINE

One can't help but note that allopathic medicine has a distinct aversion to natural methods yet gets giddy over shiny new objects; a novel imitation food instead of breast milk; the up-to-the-minute new vaccine; the latest pain reliever.

While drugs of commerce have promotional appeal because the marketplace loves bigger, better and newer, they're a tricky substitute for the reassurance of long-term full scientific discovery. Indeed, each decade spotlights yet another quiver of drugs revealing their injurious effects via the mortality or morbidity rate that follows.

## PAIN KILLERS

How scientific, rational, and useful is allopathic medicine when treating normal acute illness? Let's take a cursory look at only one tiny chapter in its history of meds used to treat pain. In 1900, James R. L. Daly published an article in the *Boston Medical and Surgical Journal* which claimed, "It [heroin] possesses many advantages over morphine. . . . It is not hypnotic; there is no danger of acquiring the habit. . . ." (<http://www.trivia-library.com/a/history-of-legal-and-illegal-drugs-from-1900-to-1910-ad.htm>).

Around the same time, cocaine was used as the preferred treatment

for teething babies (<http://wings.buffalo.edu/aru/preprohibition.htm>).

A few decades later, parents were directed by their trusted family doctors to administer aspirin to their children and teens at the first sign of fever or pain associated with childhood illness. It took years before the results were tallied, showing that by doing so, a deadly illness, Reyes Syndrome may be contracted.

The next fashionable nostrum was Tylenol, and as always, the public dutifully complied. Recently, NPR released a story about how acetaminophen, the active ingredient in Tylenol, has been found to cause asthma in children, sometimes within minutes and often with long lasting episodes ([www.npr.org/blogs/health/2012/02/20/147002356/does-tylenol-worsen-asthma-for-kids](http://www.npr.org/blogs/health/2012/02/20/147002356/does-tylenol-worsen-asthma-for-kids)). A simple fever has morphed into chronic or deadly illness.

Some call these effects "side effects," but

## MASTERY OF THESE METHODS GRANTS INNER STILLNESS

Pain can drive someone to take conventional drugs, but knowing a handful of homeopathic remedies can help keep your family drug-free—highly valuable knowledge even if needed on just a single occasion!

Undoubtedly, we must acknowledge the value of certain drugs such as anaesthesia, and it would be irresponsible to simply eliminate medications that are presently being used without forethought and some professional supervision. However, if we can minimize our reliance on drugs and make prudent, sensible, and educated decisions, we'll have protected our family from the side effects of drugs of commerce.

## ACONITUM, THE KING OF INJURY REMEDIES

The first and most commonly recognized remedy for an injury is *Arnica montana*, but in my experience, there's another remedy equally valuable that offers a more calming response: *Aconitum napellus*. The pain this remedy helps is one that is tender, bruised, and lame.

When my son sprained his ankle skiing, we used *Aconitum 200c* every thirty minutes or so for the initial pain and the shocky feeling that often accompanies an injury. Once the pain was under control, we administered the remedy every hour, and then less frequently as it became more manageable. In most injury situations, pain is the only indicator. Yet, homeopathy offers so much more than just relief from pain. It will also support the system in minimizing the chance of infection and even has a reputation for aborting hemorrhages.

By the end of the first day, my son took the remedy every two to three hours, but by the third day it was only required every four to five hours. Remember, the objective is not only to reduce pain and minimize swelling, but more importantly to protect from gratuitous methods. Each injury, pain, infection, and pathology is an occasion to learn and ultimately guard.

## THIS TIME, EAT THE DAISIES

*Bellis perennis* is a no-nonsense remedy made from the simple daisy, but of course, made in homeopathic formulation. Its action is skewed specifically to contusions, bruises, and lacerations, especially to the trunk of the body. So it's an essential remedy for trauma to the breast such as mechanical injury caused by a mammogram or from a seat belt in an auto accident. Particularly when the accident is from a blow, then think of this remedy. *Bellis* has a reputation for minimizing the potential of impending harm.

Whenever a safe and restorative alternative can be substituted for a drug, especially for normal childhood illnesses, common colds, ear infections or pain, it's rational to take advantage of that opportunity. In no time, you'll be your family's expert. Indeed, experts are just students who have kicked their commitment up a notch.



that's playing down the fallout. Upon closer examination, symptom-reducing drugs like aspirin and Tylenol force a normal and mild childhood illness to develop into long-term disease. This is quite a price to pay for the reduction of a normal fever, wouldn't you agree?

No doubt it's become familiar, even trite news that a legal and "tested" drug has been found to cause a more sobering disease than the one it was meant to "treat." After years of marketing the safety of the product, how are these insidious discoveries made? Why, by having the public ingest it!

When addressing an illness, a homeopath draws a timeline in reverse chronological order. This maps out when the symptoms of the chronic illness began and most importantly what preceded them. When we lay out the details of events that lead up to the pathology, a picture often emerges. An ear infection treated with antibiotics, followed by another ear infection, (actually, the same one in encore) and another round of antibiotics. Then, a yeast infection from the antibiotic. After that, the yeast infection is treated with Nystatin which is followed by inability to digest a myriad of foods. Subsequently, this is followed by allergy shots which in turn becomes full blown Crohn's, debilitating food allergies or colitis, depending on the demons that lurk in the family's DNA.

#### SYMPTOMS NEVER LIE

I make no apologies—we homeopaths love symptoms. It's not that we're sadistic; it's that symptoms tell all. Since suppressing them is often dangerous, the decision to use drugs ought to be soberly weighed.

Symptoms provide clues to determine the

remedy that most closely suits the person's explicit pathology. More significantly, they are vital representations of the inner workings of the body. When we suffer, our aches and pains offer useful information because we all suffer differently. The genius of homeopathy resides in the details. Pain shouldn't be ignored, nor subdued without first categorizing it in our mind and then using it to choose a remedy. Nor should it dictate immediate removal at any cost.

Each individual has his own tolerance to pain, so it is helpful to know just how intense the suffering is. *Belladonna* 30, for example is a remedy that addresses extreme pain, such as a very painful ear infection, strep throat, or certain migraines. If the pain isn't agonizing, then *Belladonna* won't work, because it isn't indicated.

It's worth noting, though, that we shouldn't get too caught up with the "condition." Gripping or colicky pains may alert us to an imbalance in the bladder, but bear in mind that in homeopathy, we are not treating a bladder infection, but the entire person whose imbalance is observable in the bladder. Similarly, when there is uterine pain with menses, the correct remedy will not merely address menstrual cramps, but the concomitant headache, too, and will invigorate the woman with renewed energy. The entire person must be observed and the remedy that covers all of the observations employed. In this way, and only in this way, will the patient find complete improvement. Anything less is what I call polyester medicine.

For mild, occasional pain, I wouldn't administer a remedy. This is where we depend on a good cup of bone stock or a warm glass of raw milk instead. We also don't want our children to assume that every little scrape and wound requires a pill. However, if an injury is

Symptoms provide clues to determine the remedy that most closely suits the person's explicit pathology.

#### SWISS REPORT

The Swiss government recently released a report referencing a momentous number of randomized double-blind clinical studies on homeopathy that documented the effectiveness of homeopathic therapy. Because of the large numbers of the Swiss population using homeopathy, in 2009, a nationwide referendum with two-thirds majority favored the integration of it and other holistic methods into the Swiss Health System, allowing reimbursement by the government's health program. Since the referendum is not available on line, interested readers may go to [www.naturalnews.com/035714\\_homeopathy\\_Switzerland\\_health\\_care.html#ixzz1uEX50CcW](http://www.naturalnews.com/035714_homeopathy_Switzerland_health_care.html#ixzz1uEX50CcW).

Today, even some fed-up medical doctors in the U.S. are questioning the wisdom of the employment of drugs. In my hometown of Buffalo, New York, it has been reported that patients in the emergency room of a well-known Buffalo hospital (normally a citadel of conventional medicine) are treated with a few doses of *Arnica montana* 200 for injuries. Perhaps a devilish detail that the pharmaceutical rep for the ER has not yet noticed! Shhh.



Whenever a safe and restorative alternative can be substituted for a drug, especially for normal childhood illnesses, common colds, ear infections or pain, it's reasonable to take advantage of that opportunity.

harsh, the sufferer is clearly shaken and has the potential for concussion or internal bleeding, then it makes sense to administer the remedy in as high potency as you own, repeated every few minutes while on your way to the emergency room. Continue administering every few minutes until out of danger and then a few more times for good measure. Resolution can occur within a few minutes or may take as long as days later. The more serious the pathology, the faster the remedy acts.

#### MASTERY GRANTS INNER STILLNESS

Nearly every day I hear folks say, "I don't like drugs, but I didn't know what else to do." That's why it's wise—even mandatory—that folks learn to take care of themselves and their families.

It's about being in the kitchen, preparing your fermented vegetables, setting up your kombucha, listening to and observing your family's symptoms. The quality of the dinner you're preparing tonight is in the details. The cause of chronic illness can be found by seeking out the original stimulus. The choice of the curative remedy is in the person-specific symptoms. It's

in acknowledging and utilizing the details that develops the portrait of a life well lived, and in so doing keep the demons and slumbering giants serenely comatose. ☯

*I wish I could offer a fleshed out manual here, but homeopathic medicine can be an in-depth course of study. Allow me to offer you tidbits to whet your appetite. I urge you to delve deeper if it does. For a free First Aid Chart to keep in your medicine closet, go to <http://homeopathyworks.net/downloads/FirstAidChart.pdf>. You may also schedule a free 15-minute consultation to see if homeopathy is a fit for your family, (716) 941.045, [www.HomeopathyWorks.net](http://www.HomeopathyWorks.net). Meet Joette and see her presentation at the September Buffalo Regional Conference and at the November WAPF Conference in Santa Clara, California and share your victories with her.*

#### SURVEY ON PREGNANCY OUTCOMES Sponsored by the Weston A. Price Foundation

If you have given birth between May 1, 2010 and May 1, 2012, we welcome your participation in our survey. The purpose of this survey is to collect information that can help us determine how certain foods and supplements affect the health of pregnant mothers and their newly born infants, in the hopes of improving the experience of future mothers and the levels of health their babies achieve.

It is important to us that a large number of mothers with different dietary habits and different pregnancy outcomes participate in our survey. Whether you perceive your dietary habits as usual or unusual, and whether you consider your pregnancy to have been eventful or uneventful, we welcome your participation.

The survey should take less than twenty minutes to complete. We will incorporate the information you provide into statistics that we may eventually publish, but we will not publish the individual, personal information you share with us, nor will we share it with anyone publicly or privately. If you would like to participate, please do so by September 30, 2012.

Once again, we thank you for your invaluable participation in this survey.

TO PARTICIPATE IN THE SURVEY, VISIT: <https://www.surveymonkey.com/s/3NHBSR7>

PLEASE SEND THIS SURVEY TO OTHER GROUPS: In order to achieve the fullest participation possible, we ask that you send this survey to other groups, such as groups involving midwives, new mothers, young families, etc.



# All Thumbs Book Reviews

***Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health***  
by William Davis, MD  
Rodale Press, 2011

Preventive cardiologist, Bill Davis, throws down the gauntlet in this provocative exposé on the dangers of consuming modern-day wheat. It is not too many calories, too little exercise, or eating at night that causes double chins and protruding bellies, he says. It is wheat. He speaks from personal and professional experience. For over twenty-five years, Davis has been treating patients with cardiovascular diseases and observing the effect of wheat on the function of the body, not only on his patients' bodies, but on his as well, the not-so-proud former-owner of a wheat belly.

*Wheat Belly* gives strong evidence linking the consumption of wheat with celiac disease, other digestive diseases, arthritis, osteoporosis, diabetes, obesity, heart disease, aging-related conditions, and skin and hair problems.

When you look at old photos of parents and grandparents, there was seldom a wheat belly among them. Usually the people in those photos were on the lean side. Not so many years ago, a two-hundred-fifty pound person was an unusual sight. But now stroll the shopping mall on any given day, and you will see the majority of persons are overweight, some so fat that they must use a special vehicle to get around. And the shocking truth is, that many of those persons are children and young adults.

The history of the wheat belly begins in 1985 with a governmental campaign to reduce fat and cholesterol in the American diet. Eliminate eggs, butter and other animal products, and then what's for supper? Carbohydrates and more processed carbohydrates, increasingly from GMO genetically modified grains. This coincides precisely, Davis says, with the start of a sharp increase in body weight for both sexes, which has continued aggressively onward and upward. Despite monu-

mental increases in obesity since that time, the U.S. Public Health Service, the USDA and FDA, still have their noses to the lowfat/low cholesterol grindstone, prodding the overweight public to eat yet more carbs, highly processed oils and soy products.

Davis submits that eating two slices of whole wheat bread is not much different from eating a candy bar or drinking a soda. All raise blood sugar very quickly. We know the connection between blood sugar, insulin and fat. Insulin is a fat storage hormone, and what provokes outbursts of insulin? Wheat for breakfast, lunch, dinner, snacks and even beverages, causes rapid peaks and valleys of blood sugar, calling forth more and more insulin at a rapid pace. And the more wheat you eat, the more insulin is on the job, efficiently storing fat away, rounding out that wheat belly. Gradually this pattern leads to insulin resistance and type 2 diabetes.

All that is hard to believe for those of us who consider bread an essential part of life. Just the smell of bread baking evokes warm and comforting feelings, and is reminiscent of home, of mom or grandma in the kitchen, conjuring up a taste of heaven. We pray to God to "give us this day our daily bread," and sing out our patriotism with "amber waves of grain" in the national anthem. These words describe the strong connection that we, as a society, have to wheat bread, which has sustained generations of Americans.

So how can something that is so beloved, be so bad for us? Where has wheat gone wrong? This sacred food of yesteryear bears no resemblance to the modern-day loaf which Davis says is a product of genetic engineering and intense hybridization. The four-foot-tall "amber waves of grain" were reduced to a miniaturized "dwarf" which produces high yields, is quick growing, requires less maintenance and resists drought. These changes have caused today's industrial bread to differ in more ways than one from grandma's loaf. The new products of wheat engineering were not subjected to rigor-



The history of the wheat belly begins in 1985 with a government campaign to reduce fat and cholesterol in the American diet.



# All Thumbs Book Reviews

ous toxicology studies, and were released upon an unsuspecting public without consideration for human safety.

Davis maintains that the changes in the wheat protein, called gluten, that resulted from genetic tweaking prove devastating to the human immune system. The modern dwarf has become the Public Enemy Number One to many American immune systems. Celiac disease or gluten intolerance, a devastating disease, is on the rise, increasing four-fold in the last fifty years. In addition to the standard digestive problems like diarrhea, constipation and bloating, this disease can present with many different signs and symptoms, including tooth abnormalities, depression, anemia, osteoporosis, acne, migraines, fatigue and infertility. Tests which confirm celiac disease may miss many sufferers because they only confirm the most advanced cases where intestinal villi have been severely damaged. Gluten is contained in wheat, rye and barley, but wheat is by far the most common food containing gluten in the Standard American Diet (SAD).

Modern wheat is higher in carbohydrate and lower in protein than any of the earlier wheat varieties. But most of the “complex carbohydrate” in wheat is different from many other carbs, which makes it so “fattening.” Amylopectin A, the most digestible form of amylopectin, a “supercarbohydrate” model of efficiency and appetite stimulant, is modern wheat’s heavy hitter. Unlike amylopectin B and C, which exist in beans, bananas and other foods, amylopectin A works faster and harder to increase blood sugar more than any other complex carb.

Davis says that this particular amylopectin is the reason that wheat causes such a blood sugar roller coaster ride throughout the day, every day. The more wheat in the meal, the higher the blood sugar climbs, the greater amount of insulin is needed to bring it down, and the more fat is put into storage, particularly into the abdomen. The wheat belly fat, called visceral fat, with its fat cells, or adipocytes, is a special kind of fat

with its own command center, a distinct organ, making its own hormones, and influencing the disease processes throughout the body.

Davis has found that the wheat belly is a sign of future diabetes. The bigger the wheat belly, the more insulin resistant the person becomes; and the bigger the belly, the more inflammation builds, triggering cancer and heart disease, even producing more estrogen and “man boobs.” In women, the estrogen factory going on in the fat belly tissue has been associated with a risk for breast cancer that is almost four-fold.

Davis also implicates wheat as a “vigorous trigger” for the development of AGE-advanced glycation endproducts, the stuff of cataracts, retinopathy, neuropathy, nephropathy, dementia, male erectile dysfunction and other conditions associated with aging. Foods that dramatically increase blood sugar increase AGEs. Carbs in wheat trigger blood sugar the most, and make the most AGEs.

He says that the health outlook for those who consistently consume mostly industrial foods is grim. Fructose, as in high fructose corn syrup (HFCS), is often found together with wheat in bread and baked goods. In fact high fructose corn syrup is everywhere. The bad news is that HFCS triggers AGE formation in the body up to one hundred fold more than wheat.

But the solution to the modern spiral of obesity, diabetes and cancer, is in our hands—and bellies. Studies show that people who must eliminate wheat from the diet, such as those who are diagnosed with celiac disease, have lost large amounts of weight, and fat. Davis claims that he has seen belly fat “vanish” when his patients eliminated wheat, “with weight losses of twenty, thirty and fifty pounds over a few months.” He says he continues to be amazed at the improvement in chronic health conditions, even though he has seen this phenomenon “thousands of times.”

Davis recommends cooking one's own food as a way to eliminate wheat and regain health. In addition to many menu suggestions, he in-

Davis maintains that the changes in the wheat protein, called gluten, that resulted from genetic tweaking prove devastating to the human immune system.



# All Thumbs Book Reviews

cludes twenty-eight pages of creative recipes for smoothies, cereals, wraps, entrees, salads and desserts, which introduce the reader to the use of quinoa, flax seed, pumpkin seeds, nuts, coconut, eggs, dairy—including the use of cauliflower as pizza base, in recipes where wheat is usually used.

He gives many thoughtful suggestions on kicking wheat, and following a wheat-free life: what to expect in the first hours, day and weeks. Davis says that about 30 percent of people will experience a withdrawal effect, something like a withdrawal from nicotine, which can last from two to five days. But most people, he says, do not have much difficulty. He prepares the reader to be mentally and physically ready for the new experience and to condition their blood sugar cycles by avoiding other high glycemic foods such as rice, desserts and snack foods to prevent jumping head first back into a pizza or “Subway.” Because cravings occur in two-hour cycles, he talks about keeping blood sugar levels on even keel, how to minimize them, and ease into a wheat-free diet.

My only reservations about *Wheat Belly* is that it fails to acknowledge the fact that many people *do* tolerate wheat bread without problems

if it is eaten with plenty of butter and properly prepared the WAPF way, and this is especially likely to be true if the wheat comes from a traditional non-hybrid form such as spelt. Ancient wheat forms of emmer, einkorn and spelt have been a part of the human diet for generations. Our ancestors prepared these grains through soaking, sprouting and souring to neutralize the anti-nutrients in the seed. Although emmer and einkorn are not readily available at present, some small farmers are interested in re-establishing these grains. Spelt can be purchased at the market. This wheat variety was not hybridized to the extent of modern wheat bread flour, contains more protein and fat, and lends itself well to the sourdough process. Preliminary studies show that celiac patients tend to tolerate sour dough breads prepared from spelt in the traditional way.

For more information on traditional wheat, souring and sour dough bread, and celiac disease, see [www.westonaprice.org/digestive-disorders/against-the-grain](http://www.westonaprice.org/digestive-disorders/against-the-grain) and [www.realsourdough-breadrecipe.com](http://www.realsourdough-breadrecipe.com).

Review by Sylvia P. Onusic, PhD

Ancient wheat forms of emmer, einkorn and spelt have been a part of the human diet for generations.

## SUPERNUTRITION FOR BABIES by Katherine Erlich, MD and Kelly Genzlinger, CNC, CMTA

This badly needed book provides a blueprint for feeding your baby based squarely in the principles of the Weston A. Price Foundation. Cod liver oil, liver and other organ meats, raw dairy, pastured animal fats and butter, bone broths, free-range eggs, fish eggs, lacto-fermented condiments and beverages and unrefined salt—all figure large in these pages. The authors stress the need for animal fats for optimal neurological development, and warn against popular empty foods for babies like juice and cereals. There are chapters devoted to our raw milk baby formula and to nutrient-dense diets for pregnant mothers.

In addition to all this wonderful information, the authors have amassed an interesting collection of antique ads for canned baby food—not because they recommend canned baby food but because these ads all tout the benefits of animal foods like meat and liver for growing babies. Nowadays you can hardly find baby food meat in jars—it's all just vegetables and water. How would you feel if you were fed only vegetables and water? No wonder our babies are cranky and have trouble sleeping through the night!

The authors have worked hard to get all the details in line with the principles of traditional diets; this book is highly recommended for anyone with a baby, or planning to have a baby. A big Thumbs UP. Review by Sally Fallon Morell

# All Thumbs Book Reviews



***The Meat Fix:  
How a Lifetime of Healthy Eating  
Nearly Killed Me!***  
**By John Nicholson**  
**Dialogue Press, 2012**

Funny, angry, insightful, informative and narrative—these are the five words I would use to describe *The Meat Fix* by John Nicholson.

It is a unique book and a welcome and important addition to the growing number of books advising fellow humans that the dietary messages coming from our governments are terribly, dangerously wrong. From Dr. Kaayla Daniel to Barry Groves to Mark Sisson to Dr. Malcolm Kendrick—there is no shortage of outstanding literature, whether on general dietary advice or specific tomes on soy or cholesterol. What is unique about this contribution is the raw, personal nature of the writing and the nothing-spared approach Nicholson has to telling his story.

And it is a story—a story of a young couple who left the modern world to live closer to nature, who decided that they couldn't kill the animals in their new environment and so it would be unethical to eat animal products if they could not kill themselves. They became vegan. The book becomes the most graphic documentary of what happened next that you may ever read.

In the brilliant *The Vegetarian Myth*, Lierre Keith only touches on the legacy of damage that her veganism left. If you want a blow-by-blow account of how a vegan deteriorates physically, mentally and emotionally—Nicholson delivers. Sometimes crude, often painful, always heartfelt. If you don't want to become intimately acquainted with conditions such as hemorrhoids and the bowel consequences of eating “more fibre than a horse,” then don't read this book—or skip the passages that spell it out.

If you don't like swear words, then don't read this book. However, destroying one's body from

the inside out, because you thought you were the role model for healthy eating, is likely to make one pretty angry and the cursing made me laugh rather than cringe.

My husband read this book first and my curiosity was aroused when I heard him laughing on several occasions. “Bloke humor,” I thought, but then I read it and heard myself laughing out loud. It's very much a case of “You've got to laugh or you'd cry.”

Nicholson shares the conditions he and his life partner, Dawn, developed by eating fruit, vegetables, healthy whole grains and soy. As Nicholson says, “I would wager that no one reading this, not one person, has eaten more soya foods than me.” The prize for this “exemplary” behaviour? Irritable bowel syndrome; acid reflux; no energy; no libido; obesity; forgetfulness; headaches; bloating; muscle loss; sleep loss; impaired mood; and everything that could go wrong with one's gut having done so.

The couple's interactions with the British medical profession are horrific and funny at the same time. They became their own healers and worked out what they needed to do. Dawn was the first to suggest that maybe meat could be their fix and, if a vegan or vegetarian has ever wondered—how do you start eating animals again—this book will tell you. What do you buy? From where? What does it taste like? How will you feel? What happens next? From vegan to virtually Paleo, the whole journey is shared.

As “the meat fix” was prescribed and administered, Nicholson learned a vast amount along the way. The book moves from his experience of medical conditions to his learning about nutrition. He does a fine job of covering the key factors in the main areas of debate taking in fat generally, saturated fat specifically, as well as cholesterol, sugar, soy, salt, five-a-day and all the nutritional myths that need slaying.

While *The Meat Fix* is not intended to be a diet book, Nicholson's final chapter is an excel-

If you want a  
blow-by-blow  
account of  
how a vegan  
deteriorates  
physically,  
mentally and  
emotionally—  
Nicholson  
delivers.





# All Thumbs Book Reviews

lent summary of what to eat and what not to eat—no government plates or pyramids, just the facts about what should be in your consideration set and what shouldn't be.

We then have a postscript “. . . And in the end,” which is the best summary of the conflict of interest-blocking change that I have yet seen. “If you're a government do you really want to push a message that might keep the population healthier but would also undoubtedly mean the collapse or decline of a lot of the food processing and agrarian industries, which employ a lot of people and give up a lot of tax dollars?” Quite so.

The biggest problem with this book is that the people who most need to read it—the Nich-

olsons "before"—are those least likely to read it. The Nicholsons "after," or the we-were-never-as-daft-as-the-Nicholsons-in-the-first-place, are those most likely to read and appreciate this narrative. This is no fault of the book, of course—it's the price that some people will pay for not listening to their bodies or not rethinking beliefs when more information becomes available. The Weston A. Price Foundation knows all about this. As Sally Fallon Morell says: “It's no longer the survival of the fittest; it's the survival of the wisest!”

Review by Zoë Harcombe,  
author of *The Obesity Epidemic:  
What caused it? How can we stop it?*

From  
vegan to  
virtually  
Paleo, the  
whole  
journey is  
shared.

## TRUE AND FALSE ABOUT DIET by Anita Supe

I'm very excited about the release in Croatia of the book *True and False about Diet*. This is a book that you will want to read in one sitting; it is interesting and leaves no one indifferent. Not meant to be an encyclopedia or scientific work, it is rather a collection of articles by nutritionist Anita Supe, a Croatian living with her family in Sweden. The book is her debut and for our readers makes a real splash.

If it were possible to place between the same covers the anthropology of Paleolithic times, thousands of years of experience of healthy traditional cultures that were studied by Weston A. Price, low-carb, high-fat modern clinical practice in Sweden and the health problems of modern man since he included in his diet foods that have existed barely a hundred years, then *True and False about Diet* is definitely the book of an author who dares. Anita Supe it that kind of author. Her articles are simple, informative and uncompromising.

There is hardly anyone who does not own at least one book about healthy eating. But this book also includes information that no recognized Croatian authority in this area either mentions or clearly represents in one place, apparently inhibited by some suspicious codexes or due to possible threat to his own professional career.

To whom would I recommend the book? First, to those who already follow some kind of "healthy eating" to save money and health. Then to vegetarians and vegans, so that even they, within their beliefs, can improve the quality of their lives and the lives of their families. To Croatian professionals and institutions to see that the "ice is broken"—as a kind of incentive to resist those meaningless, imposed and harmful dietary guidelines drawn from the United States, where they have experienced a fiasco. Then, to those who would like to start with a healthy diet because it's really liberating to know that a healthy diet does not mean buying expensive and often exotic foods, but is primarily a matter of choice between foods that we eat every day anyway, such as a choice between butter and margarine, red and white meat, whole and lowfat cheese, but often degenerates to a kind of silliness—such as suggestions to boil milk, or eat raw grains or various cereals and soy-based foods that imitate meat, milk or eggs.

Many subjects are covered: how to lose weight without being hungry while improving your health; why saturated fats are healthy; what are fat-soluble activators; how to neutralize antinutrients from cereals, legumes and seeds; how to fight candida; raw milk; gluten and celiac disease; and the dangers of soy.

I hope this book is going to be an introduction to the author's professional career.

Review by Domagoj Džojic, Samobor, Croatia WAPF Chapter Leader

# All Thumbs Book Reviews



In many cases where conventional medicine can only suggest surgery and drugs, which often don't work, simple posture improvement often makes those medical procedures unnecessary.

## ***8 Steps to a Pain-Free Back***

**Esther Gokhale, LAc**  
**Pendo Press, 2008**

Back pain is yet another malady that is more common in industrialized countries than elsewhere. We blame the pain on several things—standing upright, sitting too much, being too lazy, exercising too much, stress, excess weight, excess height, and excess age. As is often the case, we are wrong. Some of these things may well be factors but the real cause is poor posture.

Gokhale goes on to explain what normal posture used to look like in this country and still does look like in much of the rest of the world, especially Africa and South America. There are many pictures to illustrate. Once again traditional or “primitive” cultures can teach modern Americans a thing or two about basic health. She also expounds on reasons why our posture is all wrong now. Those reasons include a disconnect from the wisdom of previous generations and the influence of the fashion industry. Poor posture can be further propagated by badly designed furniture. I think the observations of Dr. Raymond Silkman (Winter 2005/Spring 2006) are also relevant but not mentioned in this book. He explains how poor nutrition can lead to poor

skeletal development which can lead to poor posture. That, however, is not the main point of this book.

There are many advantages to correct posture. Standing, sitting and moving properly reduce the likelihood of degenerative arthritis, improve circulation, improve breathing and lung capacity and make you less prone to injury. Chronic pain issues may go away, not just in your back but hips and other joints. Organ function in general may improve. In many cases where conventional medicine can only suggest surgery and drugs, which often don't work, simple posture improvement often makes those medical procedures unnecessary.

What follows are detailed instructions on how to sit, stand, walk, bend over and even lie down. Many of these things take no extra time, just development of new habits. Simple but different ways of sitting and lying down can be very therapeutic. Again, all of these instructions are demonstrated and illustrated with a lot of pictures. The pictures show not only how a person with good posture looks on the outside but what is going on inside with the spine and why you want to maintain that shape for your spine. The posture of my thumb for this book is UP.

Review by Tim Boyd

## **TENDER GRASSFED BARBECUE by Stanley A. Fishman**

From the author of the classic *Tender Grassfed Meat* comes *Tender Grassfed Barbecue*, a great addition to any collection for the traditional, primal or paleo dieter. Before presenting his collection of recipes, Fishman provides a useful chapter on how to barbecue, not by incinerating a piece of meat but by indirect cooking. Then comes a chapter on dietary principles, with plenty of praise for animal fats like tallow and lard. Fishman suggests rubbing meat with lard before cooking, or placing a piece of tallow or suet directly on roasting meat, so it can baste the meat as it cooks.

Even though the book highlights recipes for the barbecue, Fishman doesn't neglect bone broth, which he uses for basting and sauces.

Then comes the steak chapter, worth the price of the book alone. In addition to recipes for old favorites like porterhouse and ribeye steaks, the collection includes Portuguese butter steak, Hawaiian steak, Shashlik steak (with Russian flavors), top sirloin steak with Korean flavors, “R&R” steak with Thai flavors, thick Korean steak, and tender shoulder steak in the style of ancient China. Bison, burgers, lamb and pork are all featured. Side dishes are dripping in butter or pork fat.

Is your mouth watering? Then head to your barbecue with this book in hand! Thumbs UP.

Review by Sally Fallon Morell

# All Thumbs Book Reviews

***The End of Illness***  
by David B. Agus, MD  
Free Press, 2012

Dr. David Agus makes some interesting admissions for an oncologist. When he was first deciding to go into oncology he was asked why he chose a field that gave poison to patients, with little or no benefit. A few lines down he speaks of this being one of the few medical areas where traditions are abandoned. I'm thinking traditions like Hippocrates (first, do no harm), but he didn't word it quite like that.

Dr. Agus says point blank that there is still no cure for cancer and that progress on curing the disease stalled out decades ago. He even has a chart which shows the death rate due to cancer. That rate has gone nowhere since 1950. Later on he states that the pharmaceutical industry is broken and has no magic bullets to shoot at this problem. Near the end of the book he refers to being stuck in the current era of stagnation. I found one of his comments on biology amusing. He said DNA may be the biggest success story in biology because it started as a theory and was later confirmed to be correct, which hardly ever happens in the field. Not exactly a ringing endorsement of biology.

Dr. Agus looks at the history of cancer, covering incidents from ancient to modern times. This is where I think he misses the biggest key he's going to find to unlock the mystery. What about cultures that did not have cancer? What was different about them? Why didn't they suffer from cancer?

Agus does recognize the fact that cancer is not primarily genetic. Some people may be more predisposed to cancer but that doesn't mean they are doomed to suffer from cancer. In his view, studying genes is not the path to a cure. That is like looking at a list of materials needed to construct a building and trying to understand how the building is laid out, what the floor plan is, where's the bathroom, how many stories the

building is going to have. He also recognizes that environment and lifestyle play a role and spends several chapters going into more detail on issues like exercise, keeping a regular schedule, sleep, chemical toxicity and diet. In all fairness I can't say he overtly downplays the importance of those things but I don't get the impression he thinks any of those things have the greatest promise.

His treatment of diet is not bad if you want to get your nutrition advice from an oncologist, but there are at least a few gaping holes. There is an extended discussion of vitamin D but he concludes that 600 IU per day is adequate for most people. There is no mention of the importance of balance with vitamin A and other fat-soluble nutrients. He refers to a major study by Manson looking at the effects of high doses of vitamin D and omega-3 from fish oil supplements. Several pages later Agus even says isolated vitamin fragments are drugs. Since that is not real nutrition I don't expect the Manson study to prove anything about real nutrition.

Dr. Agus is a big believer in flu vaccines. The American Heart Association and American College of Cardiology jointly recommended them so they must be great. Then again, it seems to depend on whom you listen to. The Cochran Library says they are 99 percent ineffective. The Association of American Physicians and Surgeons (AAPS) opposes mandatory flu vaccines for its workers. In their letter to the Colorado Board of Health they wrote, "...it is shocking that there is so little evidence that the influenza vaccination program is effective ..." According to Gary Null in *Germs, Biological Warfare, Vaccinations*, no vaccine has undergone a placebo-controlled, double-blind study. According to Hugh Fudenburg, MD, if an individual has had five consecutive flu shots, that individual has ten times the risk of developing Alzheimer's. If these concerns were addressed in the book I might be more open to trying a flu shot. For now, it's not on my bucket list.

The doctor is also a fan of statin drugs and



Dr. Agus says point blank that there is still no cure for cancer and that progress on curing the disease stalled out decades ago.

# All Thumbs Book Reviews

he feels confirmed by the JUPITER study. The JUPITER study examined the benefits of a statin drug called Crestor, made by AstraZeneca. Who funded the JUPITER study? By happy coincidence, it was AstraZeneca. I guess conflict of interest means nothing these days.

As I was reviewing this book the FDA issued new warnings on all statins. It seems statin drugs can cause memory loss, myopathy (muscle damage), and diabetes. Why does Dr. Agus take statins? Does he have high cholesterol? No, it's under 200. Was there something wrong with his lipid profile? No. He had extensive DNA analysis done which mysteriously led him to believe he had a high risk of cardiovascular disease. This analysis also told him he had lower-than-average risk for colon cancer, but then he had a polyp removed from his colon. Why does he have so much faith in this DNA analysis? I really don't know.

When he starts getting into protein analysis, which produces such elaborate results that he needs the help of a computer scientist to comprehend those results, I sit back and shake my head. I'm a computer engineer so maybe I should be impressed, but I'm not. This stuff may yield some useful information but is this really the path to a solution for cancer? With these results he seems to think he can then come up with just the right drug for each patient. But he said elsewhere that the pharmaceutical industry doesn't have any drugs that work.

An article from Dr. Mercola tells about a Dr. Potti of Duke University who discovered a method for precisely matching up the right drug with a specific kind of tumor. After running a trial on over one hundred patients, not only did it fail, it apparently was a fraud. I don't accuse Dr. Agus of any fraud, but this illustrates how desperate some people are to come up with some kind of results using drug-based approaches.

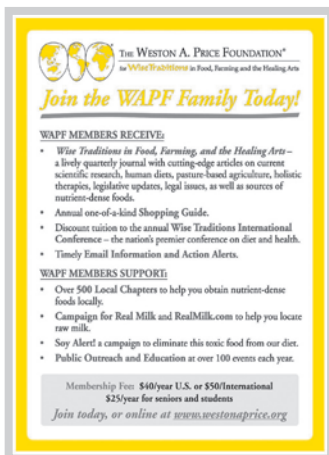
I like technology but there is a proper time and place for it. Then there's

a proper time and place for common sense. I have a copy of an old government report titled *Cancer Mortality in the Ten Original Registration States*. It was published in 1926 and looked at cancer trends in ten states from 1900 to 1920. It concludes that the death rate due to cancer increased 25-30 percent over that twenty-year period. The number of cancer deaths per one hundred thousand in 1920 was 83.4 according to a public health report from January 1922. As of 2008 the number is around 175 according to the CDC. Even if you don't want to look at other cultures who don't have cancer, if you look at the United States, the further back we look, the less cancer there was. I don't think that's because we had some technology that has since been lost. We've been working the drug-based technology angle for decades now. How much longer do we beat that dead horse before we plumb the depths of insanity?

When I discuss this with friends it is usually around this point someone asks whether cancer is on the rise because we are living longer. But cancer is a leading cause of death among children. I will admit I have not spent millions of dollars studying this but my preliminary conclusion is that cancer is not on the rise in children because they are living longer. The thumb is DOWN.

Review by Tim Boyd 

## MEMBERSHIP POSTER



Membership is the main source of financial support for the many projects of the Weston A. Price Foundation. We appreciate any help you can give to increase membership. We are happy to send a free copy of our Membership Poster to those who will display this poster.

The poster is 8.5" x 11" with a cardboard flap that allows it to stand. It goes well with our Dietary Guidelines booklet. It can be displayed at an exhibit, a doctor's office, a library, a farmers market, etc.

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# All Thumbs Book Reviews

***The Art of Fermentation***  
by Sandor Ellix Katz  
Chelsea Green Publishing, 2012

If there is one method of preparation that marks the divide between traditional and modern foods, it is fermentation. If there is one kind of food that unites the many corners of the food revolution, it is fermented foods. And if there is one who has led the clarion call to renew the fermentation traditions, it is Sandor Ellix Katz.

When his book, *Wild Fermentation*, was published in 2003, it opened a wide door to young and old and all in between to renew the home preparation of live-cultured foods. But the book was just a step in Katz's extensive travel and web presence to teach ferments, which in turn aided his exploration of the global phenomena. *The Art of Fermentation*, subtitled "an in-depth exploration of essential concepts and processes from around the world," contains practical information on fermenting vegetables, fruits, milk, beans, meats and more is the result of that considered and continued research. It is a fermenter's compendium (over five hundred pages all told) that considers the warp and woof of ferments world wide, both practical and philosophical.

The introductory chapters, "Fermentation as a Coevolutionary Force" and "Practical Benefits of Fermentation" are concise and inspiring reflections on the role of microorganisms not only in our diets and health but also in the natural world at large. Given our modern antibiotic practices, we are introduced to a radical notion that is illuminated throughout the book: bacteria, yeasts and molds are our invisible flavoring, preserving and health agents. The microorganisms of a place create the particular and captivating flavors of the world's cuisines. By cultivating them, societies have nurtured the esteemed terroir of their land and enriched their larger culture in countless ways. And Katz astutely cautions, "If our evolutionary imperative is to adapt to shifting conditions, then we must embrace, encourage

and work with microorganisms rather than attempting, however futilely, to eradicate them or imagining that we can engineer them to our will in precise and predictable ways."

What follows is a wide-ranging consideration of all things cultured: vegetables, fruits, dairy, grains, tubers, legumes, nuts, meat, fish and eggs, and, of course, forays into the world of fermented drinks, alcoholic and non. And the book is cultured in more ways than one, as it explores ferments both familiar and exotic from all continents, save Antarctica. (Even so, many ferments of the cold extremes are described, including those of Alaskan Inuit and a number of Scandinavian traditions.) While Katz himself observes: "The realm of fermentation is too vast and non-standardized to be comprehensively contained in one volume," he has nevertheless produced an amazingly thorough one. There is a great deal of information on obscure ferments, which are difficult to find even in our web-based information age. (Try finding, for instance, reliable reports on *Jun* or ground fermenting outside of the book.)

While the book contains a staggering number of ferments described in detail, including ingredients, proportions, methods and "troubleshooting," *The Art of Fermentation* is not a recipe book, and those seeking hard and fast instructions will be disappointed. Katz continues the old fashioned narrative descriptions of recipes, outlining the range of possible techniques but never imposing one way to ferment. His suggestive style is both incredibly inviting and frustrating as, at times, we are left to figure things out for ourselves. But this, I believe, is his point. When we ferment food, we are working with live microorganisms, numerous food possibilities and varied environments. Fermenting is, as the title reminds us, an art. There are traditions and processes to understand, but the possibilities are endless.

Yet Katz does not shy away from scientific information where it exists, even when contro-



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# All Thumbs Book Reviews

versial. In the section on "Kombucha: Panacea or Peril?" he informs us that in numerous laboratory tests, the famed glucaronic acid (thought to be the source of its detoxifying action) has not been found in kombucha, and likely the ingredient claims are a confusion with gluconic acid which *is* in kombucha. But Katz does not therefore dismiss kombucha's experienced benefits. Unsubstantiated accusations that kombucha is dangerous are also logically addressed.

Related to concerns that fermented raw meat is unsafe, he reports on a notable study of dry cured raw salami. The researchers inserted *E. coli* and *L. monocytogenes* into the raw meat at much higher levels than ever likely to occur, but they then followed traditional fermenting instructions. After the salami was cured, the meat was tested again. No evidence at all could be found of any *E. coli* or *L. monocytogenes* in the meat! This study enabled the USDA to accept the fact that traditional fermentation "makes raw meat safe to eat" despite their theoretical presuppositions otherwise.

There are also technical explanations throughout the book. Many phenomena I have observed in fermenting but didn't understand are made clear, such as why more salt causes a crisper ferment. (Salt hardens the pectin in vegetables and prevents the microorganisms from digesting the vegetable into slush.) Even a possible origin to kefir grains is considered. (A Mexican plant naturally exudes a growth of kefir-like microorganisms.) All in all, cultured food and drinks are surveyed in an exploratory way, recognizing many overlooked benefits, but not making any overreaching claims.

The scope of the book is extensive and offers a clear sense of a dynamic reinvigoration of fermentation traditions. But Katz also makes us aware that much is in danger of being lost. When a tradition of local fermentation dies away, so do the particular microorganisms that offer unique flavors and likely particular health benefits. For example, many lesser-used dairy ferments are

now cultivated in a lab and no longer have the bio-diverse strength to be continuously stable for the home fermenter. Many other obscure cultures are rapidly disappearing or have disappeared. Despite the phenomenon of raw sushi enjoyed worldwide, Katz reports that its ancient precursor, *Nare Zushi*—fish and rice fermented together—is in danger of dying out. Hopefully, the consideration of our age-old ferments will help spur the preservation of particular microbial cultures, just as we seek to preserve the biodiversity of other kingdoms of life.

I was pleased to see a whole chapter devoted to "Commercial Enterprises," which is critical to helping the larger population have access to live cultured foods again. Small artisanal food businesses also help to spur diverse local economies in significant ways. The compendium is rounded out with final inspiring consideration of many "Non-food Applications of Fermentation" such as pickling of food waste (including meat, bones and fats) with EM ("effective microorganisms," commonly know as *Bokashi*) to create nutrient-rich soil. After these past weeks immersing myself in *The Art of Fermentation*, it is now affectionately referred to as the "The Art" in my home. And truly the book is well named. With this distillation of the vast scope of world-wide culturing practices, these almost lost arts can find their rightful place in nurturing and inspiring our greater human culture once again.

Review by Claudia Keel

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We now have our journal converted into an audio format available for the visually impaired. Special software is required for this, such as Dolphin Easy Reader. Go to the JOURNALS tab on our homepage. Starting with Fall 2011, click the journal you are interested in. Please tell others! Many thanks to Amy Adams of ePubUSA.com for this service!

Small artisanal  
food  
businesses  
also help to  
spur diverse  
local  
economies  
in significant  
ways.

# All Thumbs Book Reviews

***The Complete Idiot's Guide  
to Fermenting Foods*  
by Wardeh Harmon  
Alpha Publishers, 2012**

*The Complete Idiots Guide To Fermenting Foods*, by Wardeh Harmon, is a perfect accompaniment to *The Art of Fermentation*. Whereas Katz's book is an in-depth consideration of ferments worldwide, Harmon's book is a very practical how-to book for the home fermenter with an emphasis on ferments familiar to the western palate.

Harmon has become known for her web-based traditional food preparation courses at GNOWFGLINS (God's natural, organic, whole foods, grown locally, in season) and she continues her clear and conversational style in writing. *The Guide to Fermenting Foods* offers over a hundred step-by-step recipes, which outline

details of the processes in a simplified manner. This approach is particularly helpful to those who are new to a fermenting technique. The emphasis is on making home fermentation very doable and easy for the home fermenter, but one has the added sense of a skilled mentor walking you through the experience.

Both fermenting books discuss wild and inoculated starter cultures, but "The Art" tends to emphasize wild fermentation, while "The Guide" includes known starter cultures in a great number of recipes. (For instance, Katz recommends draining the naturally occurring separation of curds and whey in milk to make cream cheese, while Harmon calls for the use of a mesophilic cheese starter. Both work beautifully, but purchasing the culture will guarantee a more consistent flavor, and is important to use if one doesn't have access to raw milk.) The book is also an exceptionally well-organized cookbook.



## THE WOMANLY ART OF BREASTFEEDING, Eighth Edition, published by La Leche League

I gave the sixth edition of this book a negative review in the Spring of 2002 due to the extremely poor dietary advice it provides—the sixth edition suggested a diet low in animal fats and salt, and high in vegetable oils. Recently a member asked me to look at the eighth edition, sure that it would be an improvement over earlier editions.

Vain hope! The eighth edition solves the problem of bad dietary advice by giving hardly any advice at all—just half a page of discussion on diet, with the recommendation to eat whole grains, unprocessed meats, nut butters, olive and canola oils and . . . leftover birthday cake! The one concession to good diet, buried in over five hundred pages, is "whole-milk cheeses and yoghurts." Without qualification, the authors insist that "Your milk has every vitamin, mineral and other nutritional element that your baby's body needs." Oh, except for B<sub>12</sub> if you are a vegetarian. But the woman on the standard American diet needn't worry at all—not about calcium, B<sub>6</sub>, nor vitamins A, D and K—nor does she even need to eat more than she normally does. "There's no need," they insist "to worry about the quality of your milk."

"Eating more won't make more milk and not eating enough won't make less milk." Not even more liquids are needed, say the authors. Yet any dairy farmer knows that dairy cows won't produce well unless they get plentiful water and lots of food.

Since problems with milk supply are on the increase, one would hope that *The Womanly Art of Breastfeeding* would present a realistic discussion of this challenge. But no, the authors assure us that most women have plenty of milk. If baby cries all the time, if mom's every instinct tells her her baby is not getting enough—it's just all in your head, say the authors, or someone has been "scaring you." In such situations, the authors don't even suggest weighing of the baby to see whether he is gaining weight, an omission that is highly irresponsible. Yet, they do admit that milk supply can be a problem in mothers with a "hormonal" or "anatomical" problem. Such mothers "supplement to make up for the amount of milk they can't make," but there is nary a word on what that supplement should be.

As the national voice for breastfeeding, La Leche League has an enormous responsibility to provide nursing mothers with accurate information on diet and nutrition. Instead, the very women who have the will and intelligence to enact the dietary changes that will ensure the optimum development of their children are soothingly assured that it doesn't matter.

Review by Sally Fallon Morell



# All Thumbs Book Reviews

Recipes have their own page (or two), with pictures and extra sections on tips, possible problems, definitions and relevant ferment info right by the recipes. This design is especially useful in the kitchen.

Like Katz, Harmon encourages us to culture everything, from guacamole and nut butter to pepperoni. Her recipe sections cover vegetables, fruits, condiments, beans, grains, dairy, cheese, meats, fish, and completes our diet with cultured beverages, with and without alcohol. The section devoted solely to fermented condiments is notable, as it offers us easy recipes to eschew all the supermarket products that replaced all the original fermented condiments a century ago.


All the fermenting basics such as sauerkraut, pickles, yogurt and kefir are well covered. But creative recipes for food and drink also abound. For instance, along with kombucha, kefir and kvass, there are flavorful combinations for other fermented beverages such as *kanji* and cultured cream soda. And being a lover of all things with nettles, I am looking forward to trying my hand at the recipe for nettle-lemon beer! The cultured fruit recipes help renew ways to savor fruits beyond the season, in ways more flavorful and healthful than jams and canning.

The sourdough section is exceptional. It is relatively short, but makes the whole process eminently clear and accessible. The no-knead sourdough recipe offers an easy way for busy households to have home baked bread again. And for those who don't want to throw away their extra sourdough starter, there are a number of creative recipes for using the extra culture such as the biscuit top of a spinach and salmon pot pie.

There are many time-saving recommendations sprinkled throughout the book. The suggestion to have a basic brine on hand ready to ferment

is incredibly useful. (I learned this earlier from her on-line course and found myself fermenting more vegetables quickly at the end of the day as a result.) She also offers numerous recipes for including fermented foods in meals.

*Fermenting Foods* is more than an excellent guide to culturing foods. It is also a wonderful introduction to traditional foods in general. Information about modern food choices (such as dairy and fats) is succinct and clear. And there are many uncomplicated recipes for including them into everyday meals.

The Idiot Guides are a trade book series geared to what is now called the do-it-yourself or DIY movement. Kudos go to them for including live cultured foods in the series, and for having Wardeh Harmon write the book. It is just another testimony to the number of people who want to learn how to prepare traditional foods in their homes again. And Harmon, a homesteading mother, is a skilled guide. *Fermenting Foods* is truly an exceptional reference, helping us "re-skill" with the ancient traditions of our forebears in preserving all manner of food for our health and well being. 

Review by Claudia Keel

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# Tim's DVD Reviews

## ***Well Fed Family – Breads***

### **Presented & Produced**

**by Amy Knowles & Lee Burdett**

One of the keys to making nutrient-dense bread is to soak the grains or flour. This point is made and demonstrated throughout this video. We get to see each step of the process from grinding the grain in a grinder that sounds like it is powered by a jet engine, to soaking in a warm, acidic medium, to adding ingredients and baking. In addition to showing us the details, they explain why they do what they do.

A variety of different bread products are demonstrated, including cinnamon bread, sandwich bread, corn bread, tortillas, biscuits and pancakes. One of the choices is an Ezekiel mix bread which has spelt, lentils, wheat, beans, barley and millet. The cooks take advantage of more than one opportunity to point at the Bisquick box and laugh at its long list of good, wholesome ingredients straight from the lab, or another planet. They don't actually use the box otherwise. You can use that box or you can use real ingredients (including a lot of butter) and live a little longer and happier. It will taste better too. For the biscuits you can use a cast iron skillet if you like. They use a griddle in the video because it's cute. Of course it is important to sample the results for quality control. The down side is that if you were too successful, sampling may lead to needing to do the whole thing over again.

One minor quibble: Knowles and Burdett explain the importance of soaking or sourdough fermentation to get rid of phytic acid, which, they say, "makes bread hard to digest otherwise." Phytic acid blocks mineral uptake, but doesn't otherwise make grains hard to digest. It is the tannins, enzyme inhibitors and complex proteins and starches in grains that make them hard to digest, and soaking or sourdough fermentation largely take care of these also.

Knowles and Burdett have fun with their cooking. They do sneak chocolate chips into one

of the recipes (don't tell Sally) but emphasize that it is an occasional treat and that bread in general is not a good base for your diet pyramid. Good fats, meat, dairy, and eggs are properly promoted as the basis for a good diet. My thumb is not exactly an expert on cooking matters but it is UP for this.

## ***The Greater Good***

**Written by Leslie Manookian**

**Produced by Leslie Manookian, Kendall Nelson, Chris Pilaro**

*The Greater Good* puts a very human face on the vaccine controversy by looking at several children who started having serious problems just after receiving a vaccine or cluster of vaccines. There is an autistic boy whose most neutral facial expression shows constant pain, almost torment. There is a girl who was an active cheerleader and straight A student but has started getting F's and barely has the energy to walk. Her kitchen table is filled with drugs she has to take every day, some of them are really wicked like methotrexate (chemo drug). This started after she had the Gardasil vaccine. She said she would rather have cancer. Some children have not survived.

If you are wondering why there are so many conflicting claims about vaccines, *The Greater Good* should give you a few clues. First we see Paul Offit, MD, Chief, Division of Infectious Disease, Children's Hospital of Philadelphia. He tells us that history teaches that vaccines are effective and rarely have side effects.

Then we see Lawrence Palevsky, MD, a pediatrician who states that the science is not there to say that vaccines are safe. He also brings up the questionable Hepatitis B vaccine mandate in New York in 1991. This is odd because newborns are not at risk for Hepatitis B. Next Dr. Diane Harper points out that there is a greater chance of death by motor vehicle than by cervical cancer. Is there a vaccine for automobile accidents

*The Greater Good* puts a very human face on the vaccine controversy by looking at several children who started having serious problems just after receiving a vaccine or cluster of vaccines.



## Tim's DVD Reviews

yet? Maybe I shouldn't give the pharmaceutical companies ideas.

Dr. Offit claims there is no epidemic rise in autism and other neurological or behavioral disorders. Dr. Palevsky invites you to ask any school counselor, teacher or principal. They will tell you there is a clear rise in these problems. I asked my mom, who is a school teacher, and she agrees that there has been a rise in problems. Bill Maher has noticed something going on, as we see in his comment: "Fifty years ago children didn't even get type 2 diabetes. Now it's an emerging epidemic as are a long list of ailments which used to be rare and have now been mainstreamed. Things like asthma, autism, acid reflux, arthritis, allergies, adult acne, and attention deficit disorder. And that's just the A's."

Dr. Palevsky has taken a look at the ingredients in vaccines and found things like mercury, aluminum, formaldehyde, antibiotics, and preservatives like polysorbate 80. He said no one has looked at how a human body processes those chemicals. I don't think he was talking about all of them because I'm pretty sure things like mercury, formaldehyde, and aluminum have been looked at and they aren't good. Dr. Chris Shaw, neuroscience researcher has done animal studies that are very clear about vaccine effects and they are not good.

Mark Feinberg, MD, PhD, Vice President of Medical Affairs and Policy for Merck & Company, says "We are very committed to the safety of our products..." Blah, blah, blah. I wonder how much he was paid to say that. A clip from CNBC shows Governor Perry of Texas trying to mandate the Gardasil vaccine for cervical cancer in that state but the state legislature overturned it. Dr. Palevsky is shown attending a protest rally in New Jersey where four more vaccines were recently required for children to get into school.

Why is the principle of informed consent being violated by governments around the country? Well, here's a clue. Pharmaceutical companies spent more money on bribing, I mean lobbying,

in the last decade than anybody, including the oil or insurance industries. Along those lines, Perry has ties to Merck. Specifically, one of Merck's lobbyists in Texas is Perry's former chief of staff.

Dr. Offit has an interesting perspective. He says, "Sadly, some people don't do what's best for them unless it's mandated." He says he wishes he could find some better word than "mandated" because it just doesn't sit well with us. My translation of that is that you are too stupid to know what is good for you so you should let the arrogant overlords decide for you. And the overlords wish they could find a way to force you to do things without you realizing you're being forced. But he's not done yet. He goes on to say, "The problem is that we're a country that's founded on the notion of individual rights and freedoms. . ." I don't even need to translate that very much. For the vaccine pushers, freedom is a problem. The idiots who founded this country didn't know what they were doing.

Glenn Ivey, state attorney for Maryland's Prince George's County, apparently is on the same page as Offit. When around twelve hundred parents didn't get their kids vaccinated in time for school, he issued an ultimatum. "We can do this the easy way or we can do this the hard way, but it's gonna have to get done." I thought I saw a swastika in the background but that may have just been the power of suggestion. I did see heavily armed police with dogs at the courthouse where the vaccine violators were ordered to appear to make amends. The message I get from that is that you will let the Maryland mafia help you and protect you, or they will beat you senseless.

The film provides even more samples of contradictory information from the vaccine pushers. Melinda Wharton, MD, of the CDC says, "I deeply believe that vaccines are the best choice for almost all children." Dr. Offit says there are six studies that show mercury from vaccines is not a problem. Dr. Palevsky says the majority of vaccine research is paid for by the vaccine manufacturers. The government says

Dr. Palevsky  
has taken a  
look at the  
ingredients in  
vaccines and  
found things  
like mercury,  
aluminum,  
formaldehyde,  
antibiotics,  
and  
preservatives  
like  
polysorbate  
80.



## Tim's DVD Reviews

that eighteen thousand reports of adverse reactions from vaccines are a coincidence. Dr. Offit says it doesn't matter what people say, just what the (industry funded) studies say.

A pattern is emerging here. Everyone who defends vaccines has a vested interest in doing so, including Dr. Paul Offit, co-inventer of a rotavirus vaccine. The defenders point to all the studies the industry has helpfully provided. Dr. Offit sees no problem with conflict of interest and I will admit it is hard to see something if you don't look for it. It's even harder if you really don't want to see it. If you understand that conflict of interest is always a problem then everything becomes pretty clear. If you don't, you're doomed to remain confused. The message of the movie is not that vaccines are all bad all the time but that we really need to do some honest science based on facts and not on industry propaganda or political bullying. I hope the Maryland mafia doesn't break my thumb if I point it UP for this.

### ***Food Beware: The French Organic Revolution*** Film by Jean-Paul Jaud

Richard Nixon declared war on cancer in the early 1970s. Increasingly, the experts are

recognizing that the war is going nowhere. Even some mainstream oncologists are facing up to that fact. If we declared an end to the war right now, the conclusion would be clear: we lost.

*Food Beware* looks at a small village in France that has decided to obtain its food locally as much as possible. Experts in France are also coming to the conclusion that the conventional war on cancer is a failure and this village is taking wise steps away from the processed, chemical-laced food. A lot of film footage shows the children of the village being educated to know the difference between real food and what we've been conned into thinking is food. No real food has six syllables and sounds like it came from another planet—not even in French.

There are always questions about whether organic farming can feed the world but this DVD cites an FAO report from 2007 which says that farming all arable land according to organic precepts would produce enough to feed mankind. Another expert points out that conventional food would cost more than organic if it weren't heavily subsidized.

A lot of farmers are ready to change their ways. In an interview with one farmer's wife, she tells about how her husband gets a nosebleed

A lot of film footage shows the children of the village being educated to know the difference between real food and what we've been conned into thinking is food.



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The feedback to this publication has been very positive. It is suitable for use in schools and inner city programs. To order online, go to [www.westonaprice.org](http://www.westonaprice.org). Booklets are \$10 each or \$6 each for orders of ten or more.



## Tim's DVD Reviews

every time he mixes chemicals to spray on the crops. He hasn't seen a doctor and doesn't like to talk about it much. She goes on to talk about a friend who treated his vines with chemicals and "couldn't pee for a week after. That's a bit of a worry." Organic farmers explain how chemical pesticides, fungicides, etc. kill the soil, which creates unhealthy plants, which then need more chemicals to withstand the attacks of pests. The dead soil washes away more easily, leaving sand and pebbles and the plants get worse.

This film is in French with English subtitles. There is a speaker in the DVD who, at one point, talks about how we eat too much meat and how inefficient that is. That is venturing onto thin ice with me but the movie overall doesn't clearly come out as anti-meat or anti-fat, and going local is a good message, so *le pousse* is UP.

### ***Sweet Suicide – How Sugar is Destroying the Health of Our Society***

**Nancy Appleton, PhD**

**Handheld Productions with assistance from Price-Pottenger Nutrition Foundation**

In a Princeton study rats were fed sugar for several weeks. When the sugar was taken away they displayed symptoms consistent with drug withdrawal. There were changes to their brain chemistry. When they were fed sugar again, they binged. Sugar increases excretion of calcium, magnesium and copper. Depleting these minerals reduces oxygen and the body becomes more acidic. Refined sugar is an anti-nutrient and anti-mineral substance.

In 1931, Dr. Otto Warburg won the Nobel Prize for his discovery of the oxygen transferring enzyme of cell respiration. He said the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by fermentation of sugar. Cancer feeds on sugar. Knowledge about how cancer works has been accumulating for a long time now, yet it continues to be one of the leading causes of death. Warburg said

this would continue as long as "the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in the cancer field." Prophets of agnosticism include organizations like the American Medical Association, which used to oppose sugar but now does not because they just aren't sure it's bad for you. The science of we-don't-know rules today.

Sugar has been implicated in other crimes against health. Athlete Brian Maxwell created the Power Bar which has five teaspoons of sugar. At age fifty-one he died of a heart attack. Doctor-approved Ensure contains eighteen grams of sugar per serving. During George Washington's time we consumed thirteen pounds per year per person on average. During George Bush's time we consumed one hundred fifty pounds per person per year. The difference in cancer and degenerative disease rates during those times is clear.

This video focuses very tightly on sugar, so many of the examples of sugar-laden food also contain other confounding substances like caffeine, MSG, and artificial sweeteners. Overall, though, between the strong correlations and the Nobel Prize-winning science of Dr. Otto Warburg, it is safe to put the thumb down for sugar and UP for this video. ☺☺

*Tim Boyd was born and raised in Ohio, graduated from Case Western Reserve University with a degree in computer engineering, and worked in the defense industry in Northern Virginia for over twenty years. During that time, a slight case of arthritis led him to discover that nutrition makes a difference and nutrition became a serious hobby. After a pleasant and satisfying run in the electronics field, he decided he wanted to do something more important. He is now arthritis free and enjoying his dream job working for the Weston A. Price Foundation.*

In a Princeton study rats were fed sugar for several weeks. When the sugar was taken away they displayed symptoms consistent with drug withdrawal.





# Farm and Ranch

## SUSTAINABLE MEAT: NO MYTH

By Joel Salatin

*On April 12, 2012, the New York Times published an opinion piece by James E. McWilliams, vegan author of Just Food: Where Locavores Get It Wrong and How We Can Truly Eat Responsibly. McWilliams argues that pasture-based animal husbandry is neither environmentally friendly nor sustainable. (To read the article, visit [www.nytimes.com/2012/04/13/opinion/the-myth-of-sustainable-meat.html?\\_r=1&ref=opinion](http://www.nytimes.com/2012/04/13/opinion/the-myth-of-sustainable-meat.html?_r=1&ref=opinion).) We are happy to publish the following reply by Joel Salatin.*

The recent editorial by James McWilliams titled "The Myth of Sustainable Meat" contains enough factual errors and skewed assumptions to fill a book, and normally I would dismiss this out of hand as too much nonsense to merit a response. But since the article specifically mentioned my own Polyface Farm, a rebuttal is appropriate. For a more comprehensive rebuttal, read my book *Folks, This Ain't Normal*.

### THE METHANE ARGUMENT

Let's go point by point. First, that grass grazing cows emit more methane than grain-fed. This statement is factually false. Actually, the amount of methane emitted by fermentation is the same whether it occurs inside the cow or outside. Whether the feed is eaten by an herbivore or left to rot on its own, the methane generated is identical.

Wetlands emit some 95 percent of all methane in the world; herbivores are insignificant enough not to even merit consideration. Anyone who really wants to stop methane needs to start draining wetlands. Quick, or we'll all perish!

I assume McWilliams is figuring that since it takes longer to grow a beef on grass than on grain, the difference in time adds days to the emissions. But grain production carries a host of maladies far worse than methane. This is simply cherry-picking one negative out of many posi-

tives to smear the foundation of how soil builds: herbivore pruning, perennial disturbance-rest cycles, solar-grown biomass and decomposition. This is like demonizing marriage because even a good one will include some arguments.

### THE LAND ARGUMENT

As for his notion that it takes too much land to grass-finish, his figures of ten acres per animal assume the current normal mismanagement of pastures. At Polyface, we call it Neanderthal management because most livestock farmers have not yet joined the 20th century with electric fencing, ponds, piped water, and modern scientific aerobic composting (only as old as chemical fertilization).

Hence, while his figures comparing the relative production of grain to grass may sound compelling, they are like comparing the learning opportunities under a terrible teacher versus a magnificent teacher. Many farmers, in many different climates, are now using space-age technology, bio-mimicry, and close management to get exponential increases in forage production.

The rain forest, by the way, is not being cut to graze cattle. It's being cut to grow transgenic corn and soybeans. North America had twice as many herbivores five hundred years ago than it does today due to the pulsing of the predator-prey-pruning cycle on perennial prairie polycultures. And that was without any corn or soybeans at all.

### GLOBAL WARMING

Apparently if you lie often and big enough, some people will believe it: pastured chicken has a 20 percent greater impact on global warming? Says who? The truth is that those industrial chicken houses are not stand-alone structures. They require square miles of grain to be carted into them, and square miles of land to handle the manure. Of course, many times that land is not enough. To industrial farmers' relief, more often

Wetlands emit some 95 percent of all methane in the world; herbivores are insignificant enough not to even merit consideration.

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than not a hurricane comes along just in time to flush the toilet, kill the fish, and send pathogens into the ocean. That's a nice way to reduce the alleged footprint, but it's devilish sleight of hand with the data to assume that ecological toxicity compensates for the true land base needed to sustain a factory farm.

#### CHICKENS AND PIGS

While it's true that at Polyface our omnivores (poultry and pigs) do eat local GMO-(genetically modified organism) free grain in addition to the forage, the land base required to feed and metabolize the manure is no different from that needed to sustain the same animals in a confinement setting. Even if they ate zero pasturage, the land is the same. The only difference is our animals get sunshine, exercise, fresh pasture salad bars, fresh air, and a respectful life.

Chickens walking on pasture certainly do not have any more leg sprains than those walking in a confinement facility. To suggest otherwise, as McWilliams does, is sheer nonsense. Walking is walking—and it's generally considered to be a healthy practice, unless you're a tyrant.

Interestingly, in a lone concession to compassion, McWilliams decries ranging hogs with rings in their noses to keep them from rooting, lamenting that this is "one of their most basic instincts." Notice that he does not reconcile this moral imperative with his love affair toward confinement hog factories. Nothing much to use their noses for in there.

For the record, Polyface never rings hog noses, and in the few cases where we've purchased hogs with rings, we take them out. We want them to fully express their pigness. By moving them frequently using modern electric fencing, polyethylene water piping, high tech float valves, and scientifically designed feed dispensers, we do not create nor suffer the problems encountered by earlier large-scale outdoor hog operations a hundred years ago. McWilliams has apparently never had the privilege of visiting a first-rate modern highly managed pastured hog operation. He thinks we're all stuck in the early 1900s, and that's a shame because he'd discover the answers to his concerns are already here. I wonder where his paycheck comes from?

#### ECONOMIC REALITIES

Then McWilliams moves on to the argument that economic realities would kick in if pastured livestock became normal, driving farmers to scale up and end up right where we are today. What a clever ploy: justify the horrible by eliminating the alternatives. At Polyface, we certainly do not discourage scaling up—we actually encourage it. We think more pasture-based farms should scale up. Between the current abysmal state of mismanagement, however, and efficient operations, is an astronomical opportunity to enjoy economic *and* ecological advantages.

McWilliams is basing his data and assumptions on the poorest, the average or below. If you want to demonize something, always pick the lowest performers. But if you compare the best the industry has to offer with the best the pasture-based systems have to offer, the factory farms don't have a prayer. Using portable infrastructure, tight management and techno-glitzzy tools, farmers running pastured hog operations practically eliminate capitalization costs and vet bills.

#### SOIL FERTILITY

Finally, McWilliams moves to the knock-out punch in his discussion of nutrient cycling, charging specifically that Polyface is a charade because it depends on grain from industrial farms to maintain soil fertility. First of all, at Polyface we do not assume that all nutrient movement is anti-environmental. In fact, one of the biggest reasons for animals in nature is to move nutrients uphill, against the natural gravitational flow from high ground to low ground. This is why low lands and valleys are fertile and the uplands are less so.

Animals are the only mechanism nature has to defy this natural downward flow. Fortunately, predators make the prey animals want to lounge on high ground (where they can see their enemies), which insures that manure will concentrate on high look-out spots rather than in the valleys. Perhaps this is why no ecosystem exists that is devoid of animals. The fact is that nutrient movement is inherently nature-healing.

*But*, it doesn't move very far. And herein lies the difference between grain used at Polyface and that used by the industry: we care where ours comes from. It's not just a commodity. It has

an origin and an ending, start to finish, farmer to eater. The closer we can connect the carbon cycles, the more environmentally normal we will become.

Secondly, herbivores are the exception to the entire negative nutrient flow argument because by pruning back the forage to restart the rapid biomass accumulation photosynthetic engine, the net carbon flow compensates for anything lost through harvest. Herbivores do not require tillage or annuals and that is why all historically deep soils have been created by them, not by omnivores.

It's fascinating that McWilliams wants to demonize pasture-based livestock for not closing all the nutrient loops, but has no problem, apparently, with the horrendous nutrient toxicity like dead zones in the Gulf of Mexico the size of New Jersey created by chemical fertilizer run off to grow grain so that the life of a beef could be shortened. Unbelievable. In addition, this is one reason Polyface continues to fight for relaxing food safety regulations to allow on-farm slaughtering, precisely so we can indeed keep all these nutrients on the farm and not send them to the rendering plants.


If the greens who don't want historically normal farm activities like slaughter to occur on rural acreage could understand how devastating these government regulations actually are to the environmental economy, perhaps McWilliams wouldn't have this bullet in his arsenal. And yes, human waste should be put back on the land as well, to help close the loop.

#### IN A PERFECT WORLD

Third, at Polyface, we struggle upstream. Historically, omnivores were salvage operations. Hogs ate spoiled milk, whey, acorns, chestnuts, spoiled fruit and a host of other farmstead products. Ditto for chickens, who dined on kitchen scraps and garden refuse. That today 50 percent of all the human edible food produced in the world goes into landfills or greenie-endorsed composting operations rather than through omnivores is both ecologically and morally reprehensible.

At Polyface, we've tried for many, many years to get kitchen scraps back from restaurants to feed our poultry, but the logistics are a nightmare. The fact is that in America we have created a segregated food and farming system.

In the perfect world, Polyface would not sell eggs. Instead, every kitchen, both domestic and commercial, would have enough chickens proximate to handle all the scraps. This would eliminate the entire egg industry and current heavy grain feeding paradigm.

At Polyface, we only purport to be doing the best we can do as we struggle through a deviant, historically abnormal food and farming system. We didn't create what is and we may not solve it perfectly. But we're sure a lot farther toward real solutions than McWilliams can imagine. And if society would move where we want to go, and the government regulators would let us move where we need to go, and the industry would not try to criminalize us as we try to go there, we'll all be a whole lot better off and the earthworms will dance. 

Herbivores do not require tillage or annuals and that is why all historically deep soils have been created by them, not by omnivores.

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#### AWARD-WINNING NEW ZEALAND FISH 'N' CHIPS SHOPS NOW FRY IN TALLOW!



These two award-winning eateries are using tallow again to fry their delicious fresh fish and potatoes.

LEFT: Geoffrey Morell, WAPF secretary, stands in front of Mac's Fish Shop in Havelock North. RIGHT: Fresh fish tempts the eater at the fish shop in Kaiaua.

"We almost lost our business when we started using vegetable oil for frying," says the owner of Mac's. "Our customers hated the taste."





# Soy Alert!

## THE SOY-LING OF AMERICA: SECOND-HAND SOY FROM ANIMAL FEEDS

By Kaayla T. Daniel, PhD



People who are allergic to soy may also react to eggs, dairy and flesh foods. This is usually chalked up to multiple allergies, but the cause might well be soy residues from the soy-based chows fed to poultry, cows, sheep and fish.

Since 2005, when *The Whole Soy Story: The Dark Side of America's Favorite Health Food* was published, many readers have shared stories of allergic reactions to eggs, dairy and meat from soy-fed animals. Not a lot of science supports the premise that soy feed is the culprit just yet, but four studies indicate phytoestrogens end up in egg yolks, and one shows their presence in chicken liver, heart, kidney and muscle meat.

In a 2001 article in *Bioscience, Biotechnology and Biochemistry*,<sup>1</sup> researchers from the Food Research and Development Laboratories of the Honen Corporation, of Shizuoka, Japan, described feeding hens a diet containing a high concentration of soy isoflavones, and then measured the isoflavones in plasma and egg yolk. Over an eighteen-day period, the concentration of isoflavones peaked on the twelfth day with isoflavone levels in the egg yolk at 65.29 µg per 100 g. This value remained constant throughout the rest of the experiment.

The researchers announced a lowering of cholesterol in the egg yolk on day three, the point at which the isoflavone concentration in the yolk jumped up, but were disappointed to find the cholesterol returned to the basal level soon after. With the soy industry champing at the bit at the prospect of selling high-isoflavone chicken feeds so hens could produce low-cholesterol eggs, this finding was not good news. However, all was not lost, since the findings do support a profitable future of selling high-isoflavone eggs to health-conscious consumers who perceive soy as a miracle food for easing menopause and preventing heart disease, cancer, osteoporosis and other ills.

In 2004, the researchers followed up with

a second study published in *Biochimica et Biophysica Acta*.<sup>2</sup> This time they reported the “good news” that they had not only found plenty of the soy isoflavone daidzin but the more active form known as equol “preferentially accumulated” into egg yolk. This was pleasing news for the soy industry indeed as it would “raise the possibility that feeding domestic animals soy-based fodder produces animal-based foods rich in a more active form of phytoestrogens.” The assumption, of course, is that once again health-conscious consumers will jump at the chance to buy premium-priced super eggs not only rich in phytoestrogens, but in the active form of equol.

In 2004, University of Maryland researchers published their findings in the *Journal of Agriculture and Food Chemistry*.<sup>3</sup> This team fed Japanese quail rations supplemented with the soy isoflavone genistein, and reported the isoflavone genistein and its metabolites in the egg yolk, but not in the white. Although trace amounts of genistein also showed up in the controls, those quail fed the genistein-enriched diet showed much higher concentrations in their eggs after three days of supplementation and for two days past the special feeding. Previously this team had focused on the impact of endocrine disrupting chemicals, including pesticides, herbicides, industrial products and plant phytoestrogens, on reproductive and neuroendocrine function in Japanese quail.

In 2009, grad student Dante Miguel Marcial Vargas Galdos at Ohio State University completed a master's thesis entitled “Quantification of Soy Isoflavones in Commercial Eggs and their Transfer from Poultry Feed into Eggs and Tissue.”<sup>4</sup> Forty-eight laying hens were fed three types of chicken feed: a soy-free feed, a regular feed containing 25 percent soybean meal or a special feed that packed 500 mg soy isoflavones per 100 grams.

Vargas Galdos succeeded in his goal of

Four studies indicate phytoestrogens end up in egg yolks, and one shows their presence in chicken liver, heart, kidney and muscle meat.





proving the transfer and accumulation of isoflavones from chicken feed into hen eggs and tissues. Chickens fed the special chow with the extra 500 mg isoflavones per 100 grams laid eggs with yolks containing 1000 µg isoflavones per 100 grams. Chicken livers, kidneys, hearts and muscles contained 7162 µg per 100g, 3355 µg per 100g, 272 µg per 100g and 97 µg per 100g, respectively. He found no soy isoflavones in the eggs laid by hens fed soy-free Cocofeed obtained from Tropical Traditions. Although these chickens had grown up on the regular 25 percent soy protein feed, no trace of soy isoflavones remained in their eggs ten days after switching to the soy-free alternative.

Vargas Galdos's research also included measuring the isoflavone content, including equol, of eighteen brands of eggs currently on the market. Not surprisingly, all brands of commercial or organic eggs, whether free range or caged, contained soy isoflavones, with the total isoflavone content per egg ranging from 33µg to 139µg per 100g of egg yolk. These samples were all from hens fed a soy-based feed as is typical of eggs now sold both in supermarkets and health food stores.

Although variations occurred from egg to egg, there was no significant difference in isoflavone content among the different brands with the exception of those eggs high in omega-3 fatty acids. A premium brand that claimed an omega-3 concentration of 600 mg per egg showed a significantly lower isoflavone content, presumably because flax seed or fish rations replaced some—though not all—of the regular soy feed.

The takeaway? In the words of Vargas Galdos, “The results showed that diet can be altered to modulate isoflavone content in hen eggs and tissues.”

“Modulate” indeed! In plain English, these researchers hope to push more soy on an unsuspecting public. For our own good, of course! The idea is farmers should feed their poultry and other animals more soy — particularly isoflavone-enriched soy. That way all of us foolish people who don’t choose a soy milk shake or “Tofu Scramble” for a healthy breakfast can experience the miraculous health benefits of soy from eating scrambled eggs. We can thus eat soy that does not look like soy, taste like soy or

is required to be labeled as soy. Labels on such “designer eggs” will not be required to name soy, any more than current cartons do.

This represents a clear and present danger for individuals with soy allergies, and for anyone who wants to avoid over-estrogenization (such as growing boys and women prone to breast cancer). And a Food Rights/Freedom of Information issue for the rest of us. ☺☺

*Kaayla T. Daniel, PhD, CCN, is The Naughty Nutritionist™ because of her ability to outrageously and humorously debunk nutritional myths. A popular guest on radio and television, she has been on The Dr Oz Show, ABC's View from the Bay, NPR's People's Pharmacy and will appear this summer on PBS Healing Quest. Dr Daniel is the author of The Whole Soy Story: The Dark Side of America's Favorite Health Food, a popular speaker at Wise Traditions and other conferences, Vice President of the Weston A. Price Foundation and recipient of its 2005 Integrity in Science Award. To share your soy story or get a Special Report on recovering from soy and dealing with soy allergies visit [www.wholesoystory.com](http://www.wholesoystory.com).*

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## ONE HALF MILLION!

That's the number of informational brochures we have printed since the Weston A. Price Foundation was founded in 1999. These brochures have helped educate thousands and have served as our number-one membership tool. To order brochures to give to family, friends and colleagues, visit [westonaprice.org](http://westonaprice.org).

In plain English, these researchers hope to push more soy on an unsuspecting public.

## THE ODWALLA CHOCOLATE PROTEIN MONSTER: THE LITTLE KNOWN SOY/PEANUT ALLERGY CONNECTION

Odwalla's Chocolate Protein Monster, deceptively described as a "dairy-based beverage," made the news last April when four consumers experienced severe allergic reactions. This set off a "nationwide allergy alert", a product recall and a lot of speculation about what might have caused the reactions. Although all four of the victims were allergic to peanuts, and two were also allergic to tree nuts, the drink contained neither peanuts nor tree nuts. There was also no evidence of accidental or malicious cross contamination at the manufacturing plant.

With the possibility of contamination from peanuts unlikely, detectives are considering the potential for cross reactivity. Cross reactivity refers to a reaction that occurs when people allergic to one class of proteins react to another similar in structure. A good example is soy and peanuts, members of the grain-legume botanical family. In fact, scientists have known for years that people allergic to one are often allergic to the other. Food safety experts say they are clueless as to what might have happened in the Odwalla case, but given that the Chocolate Protein Monster drink contained soy protein, and the victims all suffered from peanut allergies, the likely culprit is soy.

Severe reactions to soy were once rare. Today they are increasingly common, and pose especially high risks to children already afflicted with peanut allergies. In 1999, the journal *Allergy* reported that four children in Sweden died after eating a minuscule amount of soy "hidden" in hamburgers. The Swedish National Food Administration promptly warned parents and pediatricians of the soy-peanut link, and stated that children suffering from both peanut allergy and asthma are at very high risk. Additional risk factors reported included other food allergies, a family history of peanut or soy allergies, a diagnosis of asthma, rhinitis or eczema, and/or a family history of those diseases. The researchers found it took only a tiny, almost indiscernible, amount of soy to create a severe and even life-threatening reaction in susceptible individuals. Even more surprising, they discovered severe allergic reactions could happen suddenly and unexpectedly to people with no known soy allergies. In fact, the reactions documented by the Swedes were very similar to the reactions to the Odwalla Chocolate Protein Monster drink.

Tragically, the Swedish National Food Administration warning has not been publicized much in the U.S. Indeed, the Soyfoods Association of North America – and even many allergy support groups – recommend soy nut butter and soy nuts for children allergic to peanuts and tree nuts. As a result, few people have heard of the deadly soy/peanut connection, and numerous adverse reactions have been reported.

Worse, there have also been several deaths. Six years ago, 13-year-old Emily Van Der Meulen died on April 13, 2006. Emily had a severe peanut allergy and assiduously avoided peanuts, but did not know she should also have avoided soy. She died after eating a meal that was apparently peanut free but contained a tiny amount of soy. Just as in the Swedish study, she had not previously reacted to soy.

On February 22, the Weston A. Price Foundation learned the sad news of the death of a nine-year-old girl who was allergic to peanuts but died after drinking soy milk: "My cousin's daughter passed yesterday after having soy milk for the first time. She was known to have peanut allergies and asthma. My cousin watched what she ate but he was not aware of the relationship between the peanut allergy and soy. She had an asthma attack and did not respond to treatment."

Hundreds of other mystery deaths may also have been caused by the soy-peanut connection. Indeed, it's a question that needs to be asked whenever we hear someone with peanut allergies dies suddenly after eating a hamburger, a burrito or some other food that did not contain peanut ingredients. The obvious question is, why so many reactions, and why now?

The main reason appears to be the increased number of allergenic proteins found in genetically modified (GMO) soy. As reported by Robyn O'Brien on the AllergyKids website: "According to previously undisclosed research and the Peanut Genome Initiative, it appears that in the genetic engineering of soy, a soy allergen was created that is 41 percent identical to a known peanut allergen, ara h 3. This new allergen, now found in soy, is recognized by 44 percent of peanut allergic individuals. Recent studies out of the University of London conducted by Gideon Lack support this undisclosed research and highlight the role that conventional soy (and soy formula) play in the development of the peanut allergy. . . In the United States, 90 percent of soy now contains these new proteins, chemicals and allergens."

Why hasn't this news gotten out? Why do so many allergy support groups neglect to issue warnings? Given the fact that soy ingredients are in more than 60 percent of processed or packaged foods and nearly 100 percent of fast foods, this is simply irresponsible. Not surprisingly, the reason appears to be the usual principle of profits over people. According to Robyn O'Brien, "Leading pediatric allergists and researchers have been funded by the agrichemical corporation responsible for engineering these proteins, chemicals and toxins into soy."

Will the Odwalla case bring this lifesaving information into the mainstream media? As yet, the culprit hasn't been identified as soy. Until then, we can only hope, pray, and make a concerted grassroots effort to share this information with as many people as possible.



# Legislative Updates

POLICY UPDATE: CRITICAL TURNING POINT

By Judith McGeary, Esq.

It sometimes seems as though we're being buried in a landslide of different issues on all different levels and topics, from international trade agreements to local zoning restrictions. This article provides an overview of some of the current national issues to provide some grist for your thought mill. The key piece is at the end, with the discussion of developing relationships with your elected officials. Whatever the specific substantive issue is, being involved and active is crucial to the future of our movement, now more than ever.

## THE FIGHT TO LABEL GMOS

On May 2, the California Right to Know campaign turned in nearly one million signatures to place a ballot initiative on the November 2012 ballot to label genetically modified organisms (GMOs).

The biotech and agribusiness industries aren't staying quiet, of course, and have launched a prominent campaign to "Stop Costly Food Labeling." Ironically, one of the core arguments they make against the initiative is that it would be costly to label foods for just one state, although the multinational companies already manage to have two different sets of labels: one for European countries and one for the U.S.

The biotech industry was successful in killing several state bills this year that would have required labeling. The most closely fought battles occurred in Connecticut and Vermont, both of which came very close to passing good legislation. But under threats that Monsanto would sue if the bills passed, both state governors backed down.

While the threat of a lawsuit won't win in California because the ballot initiative will be put to a vote of the people, the grassroots movement faces a tough challenge. The biotech industry will undoubtedly fund tens of millions of dollars of TV ads to try to convince Californians

that the initiative will raise their food costs and cause hardship for California farmers, while whitewashing the harm being done to both farmers and consumers by GMOs. If you live in California, I encourage you to become active with the California Right to Know campaign at [www.labelgmos.org](http://www.labelgmos.org). Those outside the state can help by spreading the word to their friends and donating to the effort.

## A TROUBLING PARTNERSHIP

The Humane Society of the United States (HSUS) has teamed up with a large agribusiness group, United Egg Producers (UEP), to pass a bill that would regulate the living conditions of laying hens nationwide. HR 3798 requires larger cages for laying hens and "enriched environments," limits the amount of ammonia in the hen houses, and prohibits forced moulting through starvation. While the conditions in factory chicken farms undoubtedly need to be changed, a close look at the bill reveals numerous problems with it.

The bottom line is that the bill does nothing to change the fundamental conditions of laying hens crammed into cages, fed low-quality feed containing drugs, subjected to constant lighting to force high production, and never allowed so much as a glimpse of the outdoors or a breath of fresh air. The increased size of the cages amounts to just one square foot per hen, barely enough room for the birds to turn around. The so-called enriched environments involve adding items that superficially look natural (such as roosting perches and dustbaths), but that the hens do not make use of because they are not functional. Animal Welfare Approved, a private certification organization, has an excellent article that documents how little these enrichments actually achieve. See [www.animalwelfareapproved.org/2011/07/13/rotten-eggs](http://www.animalwelfareapproved.org/2011/07/13/rotten-eggs).

The provisions of the bill would be phased

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Those who  
sell through  
retail  
outlets—even  
small local  
co-ops—will  
be placed at  
a significant  
competitive  
disadvantage.

in over a fifteen-year period, and it pre-empts any attempt by state or local governments to set higher standards. In essence, in return for very minor improvements in living conditions for the hens, the factory farms are getting a slow phase-in and protection against any real requirements to improve the lives of these animals.

While there is an exemption for small producers, it covers only those who handle eggs solely from a single flock of three thousand birds or fewer. Thus, if small farmers work together to create a joint brand for marketing purposes, they will not be exempt from the bill no matter how small their individual flocks are. And those farmers who are trying to expand consumer access to high-quality food by maintaining large enough flocks for wholesale or restaurant distribution are likely to be subject to the bill.

For pastured producers, the welfare standards in the bill are irrelevant because every pastured producer already far exceeds them.

But the bill still poses two potentially significant problems for pastured producers: labeling and euthanasia.

First, the bill requires that all eggs from covered flocks be labeled as either “eggs from free-range hens,” “eggs from cage-free hens,” “eggs from enriched cages,” or “eggs from caged hens.” There is no option for labeling the eggs as “pastured.” This labeling requirement will become mandatory just one year after the bill passes. This means that pastured producers will be forced to label their eggs with the same label as a factory farm that allows the minimal access to the outdoors required for the free-range label. This is not likely to have an impact on people selling directly to consumers, but those who sell through retail outlets—even small local co-ops—will be placed at a significant competitive disadvantage.

Second, the bill includes provisions for how hens in covered flocks must be euthanized. The

#### ACTION ALERT: PROTECT OUR FARMS FROM NEW ANIMAL ID REGULATION

USDA is about to finalize a rule that will cause significant problems for independent ranchers, small farmers, and even backyard poultry owners. Please help protect our farms by telling your representative to put a stop to this!

The USDA is on track to issue a final rule on Animal ID this summer and has not indicated that any major changes have been made from the version it proposed last year. That rule as proposed by USDA would subject cattle and poultry owners across the country to new tagging and paperwork requirements that could collectively cost hundreds of thousands of dollars, yet the agency has designated the final rule as “not economically significant.”

The bottom line is that this animal ID rule is a solution in search of a problem. The USDA has failed to identify the specific problem or disease of concern, and the real focus of the program is helping the export market for the benefit of a handful of large corporations. The agency has also failed to account for the true cost to private individuals, businesses, and state agencies, creating an unfunded mandate. The new rule will harm rural businesses while wasting taxpayer dollars that could be better spent on the real problems we face in controlling animal disease, food security, and food safety.

Please help protect our farms and our right to own animals by contacting your representative today!

#### TAKE ACTION

Call your U.S. representative and ask him or her to work to stop funding for the Animal ID rule until and unless the agency addresses the full costs of the proposal.

If you don't know who represents you, you can call the Capitol switchboard at (202) 224-3121 or find out online at [www.house.gov](http://www.house.gov)

#### SAMPLE MESSAGE:

Hi, my name is \_\_\_\_\_ and I am a constituent from (state). I urge Congressman \_\_\_\_\_ to work to eliminate funding for the USDA's Animal Traceability rule. The agency has told the Office of Management and Budget (OMB) that the rule is not “economically significant,” but that is simply not true. The rule as proposed by USDA would impose significant costs on independent ranchers, family farmers, backyard poultry owners and livestock businesses.

In a time of economic hardship, it makes no sense to spend our tax dollars on this program when USDA hasn't properly evaluated the costs or identified specific, concrete benefits. Please work to stop the funding for this unnecessary and burdensome program.

FOR MORE INFORMATION, go to [www.farmandranchfreedom.org/Animal-ID-2011](http://www.farmandranchfreedom.org/Animal-ID-2011)



bill places the American Veterinary Medical Association, an organization that has repeatedly supported factory farm production practices, in charge of what constitutes humane euthanasia. It is unclear whether on-farm slaughter will be allowed, creating a significant problem for pastured producers who sell stewing hens once their layers are no longer productive.

HSUS has developed a campaign of emailing individual sustainable farmers without disclosing that HSUS is behind the campaign. The email sent to farmers also fails to disclose many of the material facts about the bill. I urge everyone to research all of the facts about HR 3798 carefully before responding to any request for support. (Careful research is a good policy when anyone asks for an endorsement!)

Ultimately, HR 3798 will do very little to help animal welfare, but it will certainly do a lot to greenwash the factory farm industry while giving HSUS a lot of good press. Its future is unclear, however. HR 3798 was introduced in January and has yet to receive even a committee hearing. There is significant opposition from other industry agriculture groups who fear the precedent of the federal government setting humane livestock standards, and the bill is not likely to pass this year. But it has garnered a significant number of co-sponsors, and we cannot overlook the possibility that there will be an attempt to include it as an amendment to the Farm Bill. Stay tuned for action alerts.

#### NEW MEAT LABELING REGULATIONS

On March 1, 2012, a federal rule requiring nutrition labeling of meat went into effect. The rule requires sellers to provide consumers with nutrition information for the “major cuts” of single-ingredient raw meat and poultry products, unless an exemption applies. Nutrition information for these products will be required either on their label or at their point-of-purchase (for example, by sign or brochure). The final rule also requires nutrition labels on all ground or chopped meat and poultry products, with or without added seasonings, unless an exemption applies.

Detailed information about the requirements and the exemptions is posted on the WAPF website at [www.westonaprice.org/farm-a-ranch/new-rules-for-labeling-meat](http://www.westonaprice.org/farm-a-ranch/new-rules-for-labeling-meat).

#### CODEX LABELING MEETING

On April 18, WAPF’s Tim Boyd attended a meeting of the U.S. delegation to Codex that was promoted as an opportunity to hear the U.S. delegation’s positions on food labeling issues and provide input. The meeting covered only a few topics, for several of which the delegation hadn’t yet determined a position.

The most significant discussion was on the issue of nutrient claims about items that have not been added to the food. For instance, can a food manufacturer claim that an item is “salt-free” because no salt has been added when there is natural sodium chloride in the ingredients? This issue is an echo of the arguments that have been made in the past about producers being able to claim that their meats or milk are “hormone free,” and will need to be watched closely.

The issue of labeling trans fats was also raised, but was left for further discussion to a committee. In the world of organics, the USDA delegation supported the use of ethylene to ripen fruit artificially.

The Codex committee on food labeling met on May 15-18, but the report has not yet been released.

#### THE FARM BILL STUMBLES ALONG

Policy wonks, grassroots groups, and lobbyists are converging on Congress again to fight over the Farm Bill. This massive bill, which is re-authorized every five years, establishes the government policies and programs for agriculture, nutrition programs like food stamps, rural economic development, agricultural research and much more.

While it is dangerous to try to predict what Congress may or may not do, it is unlikely that the Farm Bill will actually pass this year. Farm bills rarely pass in election years, and the Senate and House drafts of the bill have major differences, including a \$32 billion disagreement over how much to cut from food stamps.

Of course, you can never assume that a bill won’t pass. Unfortunately, there are no proposals on the table this year to address the fundamental problems in federal agricultural policy. There have been a few provisions introduced to support local foods, but they amount to very little money to be distributed among far too many farmers and

Ultimately, HR 3798 will do very little to help animal welfare, but it will certainly do a lot to greenwash the factory farm industry.

communities who need support because of the flawed agricultural policies that have dominated since the 1970s.

About two-thirds of the spending in the Farm Bill goes to food assistance programs such as the Supplemental Nutrition Assistance Program (that is, food stamps). But the most controversial section is usually the commodity title, which deals with the crops that are the raw materials of our industrial food system—primarily, corn, wheat and soybeans, as well as sorghum, barley, oats, rice, cotton and other major grain and oilseed crops. This year's proposals to reform the commodity title and its subsidy programs amount to little more than diversionary tactics. There has been no discussion of the real need to address market fluctuations without creating the distorted incentives for overplanting and monocultures.

From a national policy perspective, the real issue should be how we can address the unique characteristics of agriculture that make our food security—and, by extension, our national security—vulnerable. Unlike other products, the demand for food remains fairly steady because people do not become hungrier when food is cheap, nor less hungry when it is expensive. Yet the supply of food is vulnerable to droughts, floods, pests and even unusually good seasons with high yields. All of these factors can create volatility in the price farmers are paid for their crops. Historically, many farmers would go out of business in good years because the price for their crops would drop too low from over-supply, while consumers would suffer from high prices in bad years.

The farm programs in the 1930s sought to address these very real problems for our national food security. The programs stabilized farm prices by helping farmers manage the supply of major agricultural products like corn and wheat. Farmers who voluntarily joined the program were required to have a certain portion of their land lie fallow each year. (See USDA ERS, "History of Agricultural Price Support Programs, 1933-1984" (AIB 485), Dec. 1985 at p.4.) This policy helped to counteract farmers' natural tendency to plant as much as they possibly can, which promotes overproduction and drives down crop prices.

The second step was to establish grain reserves. (See USDA ERS at p.13.) During extremely productive years, the government reserve purchased farmers' surplus of storable grain crops, which prevented prices from collapsing when farmers brought all their crops to market; if farmers had a bad year because of drought or pest infestation, the surplus grain could be released onto the market.

The third tool was a price floor for grains so that the farmers would not be paid less than the cost of producing the commodity crops. (See USDA ERS at p.6.) Combined, these programs ensured a relatively steady price for farmers and consumers.

Starting in the 1970s, however, the focus shifted from our domestic concerns to international ones. Agribusiness pushed the idea that global demand for U.S. products ("feeding the world") could replace the supply management policies, since excess production supposedly could always be exported for yet more profits. (See USDA ERS at p.27.) Farmers were encouraged to plant "fencerow-to-fencerow" to feed the promised ever-increasing demand for their farm products around the world. Starting with the 1985 Farm Bill, the number of fallow acres was reduced and the crop

reserve program was phased out. The programs were completely halted with the 1996 Farm Bill.

When supply management policies ended, farmers made the rational decision for their individual businesses: they planted more. As prices fell, small and mid-sized farmers went out of business, while the largest farmers depended on sheer volume, combined with subsidies, to produce massive amounts of monocultures.

The result of these policies has been fewer farmers, consolidation of the industry, and the rise of giant agribusinesses who are able to purchase commodities for less than the cost of producing them. Yet the current proposals for change in the Farm Bill do nothing to address these fundamental problems. The proposed replacement for subsidies—crop insurance—will continue the incentives for overproduction of monocultures without providing real protection against low crop prices. For now, it appears we should focus our energies on fighting for reforms in areas other than the current Farm Bill, while building a grassroots movement that can make real changes in the next Farm Bill.

## DEVELOPING RELATIONSHIPS FOR LONG-TERM CHANGE

While this year's Farm Bill might not provide much opportunity for WAPF farmers and consumers, that doesn't mean we should simply throw in the towel. At the federal level, there is still HR 1830, Congressman Ron Paul's bill to legalize the interstate transport of raw milk which has been sponsored in the Senate (S1955) by Senator Rand Paul. And next year may provide greater opportunities for change at the federal level. At the state and local level, there are numerous initiatives, from raw milk to cottage foods, that can help improve our ability to produce and distribute nutrient-dense foods. At the same time, there are ever-growing threats to local food production from agencies across the country, and we must develop a strong grassroots movement to fight back.

At all levels, one of the key elements to making change is developing relationships with elected officials. Like all people, elected officials respond best to people they know—it's simple human nature. While the other side has more money than we do, we have more people, and

we need to make good use of the strengths that we have.

Many people question the value of trying to educate legislators, because they assume that the legislators care only about campaign contributions. That is an undeniable problem. But the reality is that Big Ag gives most of its donations to a relatively small number of legislators and most of the rest simply acquiesce out of ignorance. And even those who take campaign contributions from Big Ag still have to worry about being re-elected, so the concerns of their constituents do matter.

Every WAPF member can help by meeting with state and federal officials in person. Face-to-face meetings with your elected officials and their staff are a powerful way to get to know them and communicate your views on important issues.

WAPF farmers have additional tools—their farms and their customers. Many legislators have never been to a farm or they remember idyllic

childhood days on their grandparents' farm and believe that farms remain unchanged. Those who realize that times have changed all too often believe that the factory farms are the future of food, and small farms are a remnant of the past and do not actually produce much of value.

Helping our legislators to learn about the real world of today's family farm is critical to our ability to win the legislative and policy changes that are needed.

A very effective way of educating legislators is to invite them to your farm for a first-hand experience in the real world of food. You can make it an individual visit with you and your family or,

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### THIRD ANNUAL LONDON CONFERENCE

Congratulations to London chapter leader Phil Ridley for his successful third London conference, held March 17. The conference this year featured Dr. Natasha Campbell-McBride, Dr. Ton Baars, Dr. Stephanie Seneff, Kathy Pirtle, Dr. John Turner and Sally Fallon Morell. WAPF activities in the UK are fostering a growing number of artisan food businesses, such as the conference exhibitors pictured here.



LEFT: WAPF president Sally Fallon Morell with Phil Ridley, WAPF London chapter leader.

RIGHT: Philip Hook and Teresa Pye of Hook and Son Dairy, providers of grass-fed raw milk, [www.hookandson.co.uk](http://www.hookandson.co.uk).



Ruth Tudor of Trealy Farm, producers of artisan cured meats, <http://trealyfarm.com>.



Sonia Dunduri of Cultured Probiotics, [www.culturedprobiotics.co.uk](http://www.culturedprobiotics.co.uk), exhibiting many delicious lacto-fermented foods.




Debbie Vernon of Ellie's Dairy, producers of raw grass-fed goat milk from Kent, [elliesdairy.blogspot.com](http://elliesdairy.blogspot.com), with Jane Bowyer of Cheesemakers of Canterbury, [cheesemakersofcanterbury.co.uk](http://cheesemakersofcanterbury.co.uk), who makes cheese from Ellie's Dairy raw milk.

even better, invite other farmers in the area and your customers. You can have an event focused specifically on meeting the legislators or a food-related community event such as a market day, a class, a gleaning day. Don't worry if your farm isn't an immaculately groomed showplace; your goal isn't to impress them, but to give them the experience of a real family small farm, up close and personal.

Whether you are a farmer or a consumer, WAPF can help with this process. If you're

interested in meeting with your legislators, send an email to [Activism@westonaprice.org](mailto:Activism@westonaprice.org). We'll talk with you about which elected officials may be the best targets, how to invite them, and how to make it a productive visit.

## CONCLUSION

The failure of the conventional agriculture system is becoming more obvious every day. If we can build our grassroots strength and support the growing number of farmers seeking to find a better way, we can succeed in changing the paradigm. 

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# A Campaign for *Real Milk*

## THE SAD CASE OF PASTURE MAID CREAMERY

By Jackie Cleary

By now, many of you have watched the Harvard Food Law Society's raw milk debate (<http://www.youtube.com/watch?v=iLRdihFi6gw>). The debate was thought provoking and informative but really just a teaser—the debate could have gone on for hours and provided a lot more information.

You may have noticed the small but significant mention by attorney Fred Pritzker of Adam Dean, the owner of Pasture Maid Creamery in New Castle, Pennsylvania.

Adam Dean is the farmer who produced the raw milk purchased by Mr. Orchard, the man paralyzed by Guillain-Barre Syndrome, an auto-immune disorder of somewhat mysterious and varied origins, campylobacter infection being one possible cause.

If you have no knowledge of the background story, Mr. Orchard's misfortune is hard to forget and seems to present the worst-case illustration of the potential dangers of raw milk. However, Mr. Pritzker only shared the super-abbreviated one-sided version, trimmed even more to illustrate his point better.

What Mr. Pritzker did not tell the audience was the fact that the Dean family, dairymen since 1867, proudly run a professional and sanitary dairy. The Deans are known by their peers for running one of the highest quality dairies in the area.

Fred Pritzker stated that Pasture Maid Creamery was named in two pathogen outbreaks. And this statement is basically true. However, the situation looks very different from the one Mr. Pritzker painted when the facts are known.

The first 2008 outbreak was unsubstantiated and Pasture Maid Creamery's raw milk license was restored promptly because their milk samples never showed the presence of campylobacter.

But that didn't stop the state from issuing a powerfully worded public warning campaign about the dangers of consuming Pasture Maid

Creamery's milk. At Adam Dean's insistence, after the testing was inconclusive, a small retraction was printed—tiny compensation for the loss of income and expenses suffered by the dairy.

The second incident, which involved Mr. Orchard, occurred in March 2010. After being notified of Mr. Orchard's hospitalization and the possibility of raw milk from Pasture Maid Creamery as a possible cause, three samples of Pasture Maid Creamery's milk were collected on three different dates by Pennsylvania Department of Agriculture inspectors.

The typical testing procedure works like this: milk is drawn and split into two sealed containers. Half is sent to the Pennsylvania State laboratory by the inspector; the other half is left for the dairy so they may order independent tests from an outside laboratory.

In this case, all of the samples were collected and split as usual—except the single sample that tested positive for campylobacter. The inspector failed to leave a split of that particular sample for Pasture Maid Creamery to send to an independent lab.

1. The first of the milk samples was collected immediately upon hearing of Mr. Orchard's illness. That sample was properly split and results were negative (passing).
2. Fifteen days later, the state came to collect the second, non-split sample that tested positive for campylobacter.
3. Four days following collection of the positive non-split sample, Adam Dean took his own sample to an independent lab. Results were again negative (passing).
4. The state's third sample, properly split, was collected five or six days after Adam Dean's independent test and once again was negative (passing).

Meanwhile, Mr. Orchard continues to suffer



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as does the Dean family. Pasture Maid Creamery was selling raw milk in four Pittsburgh stores until his raw milk license was revoked. Now those same stores won't even carry his low-temperature, non-homogenized milk. Legal bills are astronomical and the fight to continue the dairy required purchasing an expensive pasteurizer to keep their bottling operation running.

Never mind the fact that this is an unbelievably tumultuous time for any family-sized dairy. Most small dairies are struggling to keep their heads above water with our current wildly fluctuating grain and fuel prices. Even without the additional financial liability of a lengthy and expensive legal nightmare, the best dairies are finding their federally set milk price to be less than the cost of producing the milk.

But the Deans are not giving up the fight to keep the farm in business. Lab tests have demonstrated again and again no presence of campylobacter in their milk. The dairy maintains a proactive testing practice and their lab results show Pasture Maid Creamery has been in compliance with the stricter standards required to hold a raw milk license in Pennsylvania all along. What more can any business be expected to be accountable for?

This case is still open, and will likely drag on. Cases like this do not often end up in court, but instead are commonly settled at the preference of insurance companies.

And, there are still more questions than answers. If the one unsplit milk sample from the Orchard home did in fact contain campylobacter, how does anyone know whether the milk had been handled properly after leaving the dairy? And if the sample didn't have campylobacter? The snail-like pace of the proceeding has made it impossible to do any real investigative work to identify other possible causes of Mr. Orchard's illness.

In addition, due process translates into a ridiculously long time getting the state to release pertinent evidence to Pasture Maid Creamery. Three very specific items of information were requested by Adam Dean at the time of the initial interview of the Orchard family by the Pennsylvania Department of Agriculture representatives:

1. A split of the milk sample from the Orchard Home for independent laboratory testing.
2. The sell-by date for that milk.

LETTER FROM MARK MCAFEE, CEO ORGANIC PASTURES DAIRY,  
TO THE CENTERS FOR DISEASE CONTROL

As a grade A producer of retail-approved raw milk in California, I find your raw milk page filled with highly erroneous and very misleading information. I have written the CDC officially with certified letters many times in the last several years in an effort to correct the CDC misinformation about raw milk.

In California, we have legal retail-approved raw milk in four hundred stores consumed by seventy-five thousand consumers each week. This retail legal raw milk is tested and state inspected and far exceeds pasteurized milk product standards without any heat or processing. It is clean raw milk from a single source dairy. There have been no deaths from raw milk in California in thirty-seven years.

Two years ago, I submitted a FOIA request to the CDC to request data on the two deaths that the CDC database claims were from raw milk. The data I received back from the CDC showed that in fact there had been no death from raw milk at all. The two deaths had been from illegal Mexican bath tub cheese and not raw milk from any place in America. Why does the CDC persist in publishing this erroneous information?

If the CDC is a scientific organization and not a data spinning, twisting arm of Big Ag dairy processors, processors that hate raw milk because they lose control over markets when farmers connect directly to consumers with clean raw milk, I would urge you to correct the data that is posted at your raw milk website and include the correct data. There have been no deaths from raw milk or even raw milk products in America from an American source of raw milk. That is the data that the CDC gave me. If that is incorrect, please send me that data. Why does the CDC persist in publishing misleading information?

Your CDC website is incomplete and shows massive bias. There is no mention of the peer reviewed and internationally published studies—the PARSIFAL and GABRIELA studies of twenty-three thousand children in the EU done in Basel Switzerland—of how raw milk stabilizes MAST cells and heals and prevents asthma and eczema. There is no mention of the massive market segment departure from fluid pasteurized milk because of lactose intolerance, and no mention of the fact that rarely do consumers experience lactose intolerance with raw milk. The CDC raw milk website is one-sided and only attacks raw milk. This is not the scientific approach. It is a political approach for the suppression and destruction of raw milk.

The CDC website states that raw milk is one of the riskiest foods in America. Yet, the FDA does not mention raw milk on their top ten most risky foods in America list. Pasteurized ice cream and pasteurized cheeses make the top ten risky foods list. This is an outrage! It is disingenuous. It is unethical and it is highly biased and unscientific. I pay taxes and I pay for my government to be honest and truthful.



3. Information on where the milk was purchased.

Today, two years later, the milk sample will never be possible and the rest of the very basic information has only recently been formally shared with Mr. Dean. If you are a diligent, protocol-following business called upon to defend yourself, how can you do so without being told the specific details of your alleged infraction?

Meanwhile, Mr. Orchard's misfortune may just as easily have been caused by one of many other sources. An undercooked burger or egg, well water commonplace in the area, or something altogether different.

Sadly, once the consumption of raw milk by Mr. Orchard was established, even without being confirmed by test results, officials apparently felt they had all the answers they needed and further investigation was dropped. Even though there

were as many as forty other illnesses reported in the area during the same time period and most of those cases had not consumed unpasteurized milk.

It is hard to hear either side of this sad tale and be unmoved by the current convoluted state of our dairy industry and our food regulatory systems. These legal proceedings are serving neither side, and seem to be perpetuating misinformation and lack of clarity.

The only certain way a dairy can avoid involvement in such a catastrophe is by never selling directly to the public and especially never selling raw milk, licensed or unlicensed. This is unappealing for many dairy owners who take pride in the quality and healthfulness of their milk.

And, as a consumer, the only surefire way to avoid a potential illness is to consume nothing. I haven't quite figured out how to manage that, but I'll be sure to let you know if I ever do! ☺☺☺

*Jackie Cleary is a cook and writer living on a small farm in Western Pennsylvania. Ever fascinated with local, hand crafted food and the artisans who make it, Jackie's own adventures in food and farming are a constant lesson in sustainability and humility. And deliciousness. You can visit Jackie and her herd of old-fashioned Milking Devon cattle at [www.AuburnMeadowFarm.com](http://www.AuburnMeadowFarm.com).*

Please tell the whole story. The last people to die from milk died from pasteurized milk at Whittier farms in 2007, not from raw milk. The FDA and NIH website states very clearly that the most allergenic food in America is milk, that is, pasteurized milk. Why would a mom give her child a highly allergenic food. It triggers asthma and causes eczema. Moms have learned better.

I suggest you state all the facts. Start with acknowledgment that there are two kinds of raw milk in America and that raw milk from CAFO operations can be very dangerous because it is intended for pasteurization and should be pasteurized. Then go on to explain that states have enacted laws for clean raw milk that is consumed by hundreds of thousands of people every week and people love it.

The bias at the CDC is so clear. We have experienced the truth of clean raw milk in California. You are picking a fight you will lose because moms are smarter than you give them credit for.

Please make corrections to the CDC website to reflect accurate science and the data that is included in your databases. It is completely false to state that raw milk is more dangerous than pasteurized milk and then go on to make a case based on cherry picked data and not counting numbers of sick people, but instead counting number of outbreaks. One outbreak in the 1990s had almost two hundred thousand people sickened from pasteurized milk in one incident alone, yet this was counted as one outbreak. According to the Cornell study performed on CDC data, there were 1100 illnesses caused by raw milk between 1973 and 2009. There were 422,000 illnesses caused by pasteurized milk. No deaths from raw milk and at least fifty deaths from pasteurized milk or pasteurized cheese—the CDC left out the twenty-nine or more people that died from the pasteurized Jalisco cheese listeria incident in 1985.

Just as a piece of advice, the CDC website is perhaps the greatest pro-raw milk educational tool on the internet. It contrasts so sharply with the truth, the studies and the human experience and evidence that the reader is left with just one conclusion: It is a highly biased Food Inc. lie. The CDC should take notice that if it endeavors to be a respected agency of science, the truth matters.

Mark McAfee, Founder, Organic Pastures Dairy Company LLC. Fresno, California  
Retired Fresno County Medical Educator & EMS PARAMEDIC

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## RAW MILK UPDATES by Pete Kennedy, Esq.

### FDA LAWSUIT

On March 30 federal district judge Mark W. Bennett issued an order dismissing a lawsuit challenging the interstate commerce ban on raw milk for human consumption filed by the Farm-to-Consumer Legal Defense Fund against the U.S. Food and Drug Administration (FDA). Along with six consumers, an agent for a buyers club, and a dairy farmer selling raw milk to out-of-state customers, the Legal Defense Fund filed suit in February 2010 over a federal regulation (21 CFR 1240.61). The regulation prohibits raw milk and raw milk products (other than raw cheese aged at least sixty days) from crossing state lines.

The judge held that all plaintiffs lack standing to pursue the case since there was no "threat of injury in fact." Judge Bennett found that "the FDA has made abundantly clear that it has not and does not intend to enforce the regulations against any of the plaintiffs."

On April 5 agent plaintiff Eric Wagoner and producer plaintiff Mike Buck filed a motion to amend the judgment dismissing the case, claiming the judge erred when he dismissed their claims for lack of standing. Wagoner stated in an affidavit submitted to the court that an FDA agent had ordered him to destroy over one hundred gallons of raw milk that had been shipped from South Carolina to Georgia in October 2009. Buck knowingly sold raw milk to customers from North Carolina and Georgia at his South Carolina farm; in 2010 another South Carolina dairy had received a warning letter from FDA for selling raw milk to out-of-state customers. On May 1 the judge denied the motion to amend.

## RAW MILK FARMER NEEDING HELP

Dear WAPF Members:

In the past three months or so we have been very close to the heart of agriculture here in Michigan through our farmer Steve Banch. Steve has been farming at Cow Bell Dairy in Holly for about seven years.

Cow Bell Dairy is an organic farm. Even though it's not certified organic it follows all the principles of organic farming. Steve's Jersey cows are strictly grass-fed and his pigs and chickens are offered feed only from trusted organic sources. Steve's farm is an example of sustainable farming with a mixture of organic and biodynamic principles. Jose and I have been blessed to enjoy some of Steve's products such as milk, beef and eggs and we find them to be one of the best, nutrient dense, cleanest foods we've ever had.

Recently, however, while visiting Steve, we learned that the farm is in financial trouble. A year ago some of the cows got out due to the fences being down as a result of a power outage. The neighbors called the authorities and accused Steve of neglect and other things. Steve was fined more than \$3,000 and even though he is a hard worker, he lost many of his customers due to bad publicity and hasn't been able to make ends meet. After meeting with Steve and learning some information about this incident, we believe that he has been a victim of the system including ignorance on the part of the neighbors and the exploitation of heightened media looking for improved ratings.

Life on the farm is really harsh during winter. It's a constant struggle to keep the animals warm and well fed. The price of good hay has gone up and some of his out buildings have fallen into disrepair. In a small measure, we have been helping him to keep his farm, donating our time and money.

It is for this reason that we are reaching out to you to request financial help for Steve. Without it he faces an uncertain future and his farm will cease to exist. Jose and I can only go so far with our resources. The involvement of the immediate community is necessary in this case.

If we care about where our food comes from and for the future of agriculture here in Michigan we now have an opportunity to demonstrate that fact and to help improve the quality of life of our farmers one farm at a time. Remember: *no farms, no food!*

Please consider making a donation to Cow Bell Dairy. You can make checks payable to Steve Banch. Checks can be sent directly to him at 2355 Davisburg Rd., Holly, MI 48442. If you have any questions, please feel free to contact me at (248) 906-5508.

May God richly reward your generosity.

Flory and Jose Castillo



Even though Judge Bennett dismissed the case, the lawsuit accomplished the following:

- Exposing weaknesses in the regulation, FDA is on public record promising that it will not take action against individual consumers crossing state lines to obtain raw milk. The judge's opinion noted a November 1, 2011 FDA press release stating, "With respect to the interstate sale and distribution of raw milk, the FDA has never taken, nor does it intend to take, enforcement action against an individual who purchased and transported raw milk across state lines solely for his or her personal consumption." The agency issued the press release in response to a rally held by the activist group, the Raw Milk Freedom Riders, at FDA headquarters in Silver Spring, Maryland. Earlier, FDA made a similar statement in answer to questions posed by the judge.

In his opinion denying the motion to amend the order, Judge Bennett pointed out that FDA had never enforced the regulation against either an agent for consumers crossing state lines to obtain raw milk or a farmer knowingly selling to out-of-state consumers and their agents. The judge stated, "the mere existence of a regulation that ostensibly would prohibit the plaintiff's conduct is not enough to establish a real threat of enforcement, where the regulations have been uniformly and without exception unenforced against the conduct in question . . . ."

- Americans now know FDA's draconian views on food freedom. In the course of the lawsuit, FDA made the following assertions:
  - "There is no absolute right to consume or feed children any particular food."
  - There is no fundamental right to one's "own bodily and physical health."
  - "People "do not have a fundamental right to obtain any food they wish."
- It is clear now that if people want their right to eat the foods of their choice to be respected FDA must be reined in.

The Legal Defense Fund has decided not to appeal the judge's ruling. People should urge Congress to repeal the FDA regulation by passing HR 1830. With the court deciding at this time not to hear the merits of the case, it's up to Congress to protect the rights of Americans and get rid of a bad law. Those who have not used the Farm-to-Consumer Legal Defense Fund's HR 1830 petition to ask their U.S. Representatives to co-sponsor HR1830 are encouraged to do so. Please go to [www.farmtoconsumer.org/hr1830](http://www.farmtoconsumer.org/hr1830).

#### MINNESOTA – MDA CRACKDOWN

The Minnesota Department of Agriculture (MDA) has escalated its campaign to restrict access to raw milk by stepping up enforcement actions against farmers Alvin Schlangen and Mike Hartmann (see *Wise Traditions* Summer 2010, Fall 2010, and Spring 2012 issues for background).

Already facing four criminal misdemeanor counts in Hennepin County for violations of the Minnesota Food and Dairy Code, Schlangen has also been charged with six more misdemeanors in Stearns County for violating food and dairy laws. While the two criminal cases are going forward, there is an ongoing administrative proceeding against Schlangen in which MDA is seeking an order suspending all food sales by the farmer for eleven violations of the state Food and Dairy Code. Schlangen is a poultry farmer who also serves as the volunteer manager of the private food buyers club, the Freedom Farms Co-op. He only makes money selling eggs; he earns no income on the raw dairy products and other nutrient-dense foods he delivers to co-op members.

Schlangen's trial on the charges in Hennepin County was scheduled to take place on May 14 but has been postponed until at least July. In the days leading up to the original trial date, there was considerable national and local media coverage; on the morning of May 14, the Raw Milk Freedom Riders held a rally near the courthouse in support of Schlangen. MDA would welcome less media attention when the trial does actually take place. The Hennepin County charges are for (1) a labeling violation for the raw milk and milk products distributed; (2) selling food that is adulterated or misbranded; (3) distributing foods without a food handler's permit, and (4) distributing raw milk at a place other than the farm where the milk is produced.

Three of the charges in the Hennepin County case have also been filed in Stearns County; the milk labeling charge was not filed in the latter case. The additional charges in Stearns County are (1) selling custom-processed meat (under law, only meat processed at a federally- or state-inspected facility can be sold by the cut, not meat processed at a custom

house); (2) violating a June 2010 embargo MDA placed on food at the Schlangen farm (Schlangen remarked, “MDA ordered me not to eat my own food!”); and the capper, (3) a criminal misdemeanor for not refrigerating eggs at the proper temperature. Schlangen has twenty-five years in the egg business and has never had a complaint brought against him for the quality of his eggs.

The charges against Schlangen aren’t about protecting public health and safety; they are about compliance. Schlangen has committed no crimes against the people; there is no claim that he has injured anyone. He is being charged with crimes against the state for his refusal to recognize the state’s jurisdiction over his operation and his refusal to comply with laws he believes are not applicable to his operation.

In addition to going after Schlangen, MDA has ratcheted up its efforts to put dairy farmer Mike Hartmann out of business as well. The department’s latest move against Hartmann was to convince the Sibley County district attorney’s office to bring nine criminal charges against Hartmann, his wife Diana, his brother Roger, and alleged business associate Linda Schultz in April for violations of the state Food and Dairy Code. One gross misdemeanor for selling improperly labeled dairy products plus eight misdemeanors were filed. The misdemeanor charges included the illegal sale of unpasteurized dairy products, the sale of adulterated or misbranded food, selling food without a license, and operating a dairy plant without a permit.

On May 3 an arraignment was held for the four defendants with only Mike Hartmann being present; Hartmann was released on his own recognizance after the hearing. After the arraignment, the Sibley County DA issued warrants for the arrest of Roger Hartmann and Schultz.

Linda Schultz was named as a defendant for allegedly coordinating the dropsites for people purchasing Hartmann farm products. MDA didn’t stop with Schultz and subsequently sent out warning letters to a least nine families that the department accused of being site hosts for the delivery of Hartmann products. The warning letters stated that MDA had “concluded an investigation that revealed you participated in the sale of unpasteurized milk and other foods requiring you to have a Minnesota food handler’s license.” The letter threatened the families with “administrative penalties, criminal prosecution, or other enforcement remedies available to MDA.”

Families using their residence as a dropsite typically don’t make anything from the delivery of products by the farmer to the customer at the site. Site hosts are generally not in business; they let the farmer use their residence as a delivery site to help make it more convenient for the farmer and the farmer’s customers.

In June 2010, MDA, police and local government officials executed a criminal search warrant at the residence of suspected Hartmann dropsite host, Rae Lynn Sandvig; Sandvig was among those who received a warning letter despite not having her residence used as a dropsite since 2010.

Going after families trying to do nothing more than make it easier for others to be able to provide the foods they believe best for their children’s health showed the depths to which MDA was willing to lower itself to shut down Hartmann’s dairy once and for all, seeking to end the long running battle the department has waged against the farmer. The considerable expense of prosecuting Schlangen and Hartmann is more than worth it to MDA so that it can make an example out of those not submitting to corporate-sanctioned food laws.

#### WISCONSIN – VERNON HERSHBERGER

In a pretrial hearing on March 2 at the Sauk County District Courthouse, Judge Guy D. Reynolds entered a “not guilty” plea on behalf of Loganville dairy farmer Vernon Hershberger to four criminal misdemeanor charges for violating the state food and dairy code (see *Wise Traditions* Spring 2012 issue for background). Hershberger had not entered a plea on his own behalf, opting to wait until motions to dismiss the case he had filed were ruled on by the judge. The judge did not address the motions at the hearing. Judge Reynolds scheduled a trial date of September 25 for Hershberger.

At the hearing the judge refused to consider whether Hershberger had violated the terms of his bail which prohibited him from, among other things, selling food without a retail food establishment permit and from selling or distributing milk produced on his farm. Assistant Attorney General Eric Defort had sent the judge a report from the state Department of Agriculture, Trade and Consumer Protection (DATCP) noting that food was being sold at Hershberger’s farm



store and also a letter asking the court to address the issue of bail at the hearing. The judge told the prosecution that he would take action only on motions that had been properly served and filed. Defort had not filed a motion asking that Hershberger be held in contempt.

Prior to the hearing, a rally was held in front of the courthouse where the Raw Milk Freedom Riders unveiled a "Declaration of Food Independence." The document proclaims that "inherent in every individual is the God-given right to procure the food of one's choice from consenting farmers and producers." Hershberger was given the honor of being the first to sign the declaration (courtesy Rebekah Wilce, "Activists Rally Around Wisconsin Dairy Farmer Facing Criminal Charges", 5 March 2012 posted at DailyKos.com).

#### CALIFORNIA – ORGANIC PASTURES DAIRY COMPANY

On May 10 the California Department of Food and Agriculture (CDFA) issued a press release announcing that raw milk, raw skim milk, raw cream and raw butter produced by Organic Pastures Dairy Company (OPDC) was being recalled and quarantined. The order came after raw cream produced by the dairy tested positive for campylobacter.

This was the second recall and quarantine order for OPDC in six months (see *Wise Traditions* Spring 2011, Winter 2011 and Spring 2012 issues for background). In the press release, it was stated that "from January through April 30, 2012 the California Department of Public Health [CDPH] reports that at least ten people with campylobacter infection were identified throughout California and reported consuming Organic Pastures raw milk prior to illness onset."

#### LETTER TO AN IOWA LEGISLATOR

Dear Representative Lensing,

I urge you to vote yes on HSB 585, to legalize on-farm sales of raw milk in Iowa. Raw milk is important to me because of the health of my children. Both of my young boys (ages 9 and 6) have ADHD and one was recently diagnosed with Asperger Syndrome. Children with AS often have casein (the protein in dairy products) and gluten (found in wheat) sensitivities.

My 9-year old son with AS used to drink pasteurized milk many times each day but a few years ago, we determined that it exacerbated his negative behavior; it acted as an opiate in his body. Removing casein from his diet made a huge difference in his behavior. As a result, we have not given him cow's milk for a long time.

Recently, I found a source of raw milk in Illinois and made arrangements to purchase some. Amazingly, this milk does not have the same impact on my son with Asperger's as pasteurized milk. He can drink this milk freely and without a detrimental impact on his behavior.

Children rely on milk for growth, nutrients, and overall health. But my son cannot drink milk that is sold in Iowa. We must travel to Illinois – it is approximately 90 minutes one way to this small farm – in order to purchase the nutritious milk for him to drink. If we could purchase this milk in Iowa – supporting local farmers – it would save us precious time and money since we would not have to make this long journey.

Some people are very skeptical about the benefits of raw milk but I have seen them first-hand. And I have done extensive reading on the importance of raw milk. The high heat of the pasteurization process kills many important vitamins and minerals, but raw milk has them in abundance and as a result, my son is now getting the nutrition he needs. Nutrition to help him grow. Nutrition for his brain. Nutrition that minimizes the characteristics of Asperger's. Raw milk is a critical component to our health.

As I am sure you are aware, autism (and disorders on the autism spectrum) is diagnosed in 1 in 110 children (1 in 70 boys). If all the children in Iowa on the autism spectrum are given the opportunity to drink raw milk, their chance for success later in life is dramatically increased.

By passing HSB 585, you are giving them this chance. And you will be giving people with many other health and medical issues a chance to have the many benefits of raw milk.

I urge you to allow Iowa citizens to make their own choices about the benefits and risks of raw milk. Please vote yes on HSB 585.

Thank you for your time and consideration,

Amy Rohret Nemacheck  
North Liberty, Iowa

On May 18, CDFA announced the quarantine was lifted; during the quarantine OPDC was prohibited from producing raw milk products for the retail market. According to Mark McAfee (OPDC's founder and CEO), during a hearing with state officials, a CDPH employee reported that thirty-one cases of campylobacter "were received and processed by CDPH from consumers that had drank raw milk between January 1 and April 30, 2012." None of those individuals consumed raw cream; none of the raw milk tested by CDPH was positive for campylobacter. McAfee further stated that a doctor from CDPH disclosed at the hearing that there are large numbers of campylobacter cases the department does not address but they do watch all the cases linked by consumer interviews to raw milk.

Another disturbing aspect of the recall was the conduct of Los Angeles County public health officials. The LA County Department of Public Health (LA-DPH) received a list of OPDC customers in the county that had been shipped the dairy's products via UPS. One customer on the list reported to McAfee that she received six or seven calls from the LA County health department demanding she turn over all OPDC raw milk she had in her possession. When she refused, investigators from LA-DPH showed up at her doorstep and again demanded she turn over her raw milk supply; she refused one more time and ordered them off her property.

McAfee is hoping to have a hearing in the California Senate on CDFA's and CDPH's policy regarding the investigation of foodborne illness outbreaks. Officials from the Food and Drug Administration (FDA) and the Centers for Disease Control (CDC) should be at the hearing as well to be better able to determine how much of the bias against raw milk by the state government is coming from federal pressure.

#### IRELAND

A ban on the sale of raw milk in Ireland that government officials indicated was to take effect at the beginning of this year has yet to happen, with signs that the ban might not be implemented at all. Simon Coveney, the Minister of Agriculture who has pushed for the ban, is being opposed by Dr. James Reilly, the Minister for Health. Dr. Reilly has stated that he "does not consider that a ban on the sale of raw milk for direct human consumption is proportionate to the public health risks involved." Reilly favors regulations being put in place to control the sale of raw milk. Coveney insists that there must be a ban arguing that regulation would not eliminate the danger but appears not to want to put the ban in place unless the Department of Health agrees to it.

For his part, Reilly has asked that Department of Health officials work with the Department of Agriculture to establish a regulatory system for raw milk. Previously there was a ban on raw milk sales in Ireland from 1997-2006; the ban was lifted when new European Union legislation went into effect. For updates, go to the raw milk Ireland Facebook page, [www.facebook.com/pages/Raw-Milk-Ireland/173773186009649](http://www.facebook.com/pages/Raw-Milk-Ireland/173773186009649).

For the latest developments on raw milk issues, go to [www.thecompletepatient.com](http://www.thecompletepatient.com).

#### RALLY FOR FOOD INDEPENDENCE WISCONSIN

Michael Schmidt stands before a giant Declaration for Food Independence in Wisconsin, while hundreds rally in support of Vernon Hershberger.





## Healthy Baby Gallery



Brooke Ashlyn Ramirez was born April 9, weighing eight pounds. Her mother was in labor for thirty-six long hours, and delivered her beautiful baby girl 100 percent drug-free, vaccine-free, and without any intervention or complications. Brooke's parents have been following WAPF dietary principles for many years, though they do avoid grains (and gluten) as much as possible. "We are truly blessed to have access to the information put out by WAPF and to be able to give this precious gift to our new baby girl. It is an amazing feeling for us as parents!" says Brooke's dad Jared.



Sienna Maria Schall was born Tuesday, March 20 at just over eight pounds. Beautiful Sienna's mother ate a WAPF diet including raw milk throughout pregnancy. Says mom, Leslie, "A dear friend from college gave me the best gift. She had a personal chef drop off bone broth, beef stew, lactation cookies (made with soaked oats) and bulgar wheat salad."



Olivia's parents have followed WAPF for several years but really focused on a healthy WAPF diet in the six months before Olivia was conceived, throughout pregnancy and after birth. Through pregnancy and after, Olivia's mom enjoyed a diet of raw goat's milk, raw cheeses, fresh eggs, liver, organic butter, whole milk yogurt, bone broth, vegetables, lots of local meats, seafood, fish, fermented cod liver oil and high vitamin butter. She had a problem-free pregnancy, eight-hour natural labor and delivery, and a healthy baby girl born at forty-one weeks. Olivia has always been very alert, happy, social and healthy. At eleven months she is still breastfed and enjoys eating a variety of foods! She eats eggs, meats, vegetables, raw cheeses, butter, soups made from bone stock, sauerkraut and kimchi, and loves her ginger-flavored fermented cod liver oil. She is such a great baby and so happy!



Natalie Rachael Blouch entered the world in the comfort of her home two weeks before she was supposed to be here! Her little body was built mostly from meat, milk and vegetables from our WAP farmers. She was exclusively breastfed for the first six months as her mother carefully monitored the foods that seemed to make her feel good and those that caused her distress. On her six month birthday she had a soft boiled yolk as her first meal. She loves them as you can see from the picture!

Please send photos of healthy babies to Liz Pitfield at [liz@westonaprice.org](mailto:liz@westonaprice.org). Photos must be labeled with the baby's first and last name and accompanied by an email with text.



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The Weston A. Price Foundation currently has 569 local chapters; of that number 462 serve every state in the United States (except Mississippi), the District of Columbia and Puerto Rico, and 107 serve other countries.



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## CHAPTER RESOURCES

Resources for chapter leaders can be accessed at <http://www.westonaprice.org/local-chapters/chapter-resources>, including our trifold brochures in Word format, chapter handbook, and PowerPoint presentations.

## LOCAL CHAPTER LIST SERVE

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



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## LOCAL CHAPTER BASIC REQUIREMENTS

1. Create a Food Resource List of organic or biodynamic produce, milk products from pasture-fed livestock (preferably raw), pasture-fed eggs and livestock and properly produced whole foods in your area.
2. Provide a contact phone number to be listed on the website and in our quarterly magazine.
3. Provide Weston A. Price Foundation materials to inquirers, and make available as appropriate in local health food stores, libraries and service organizations and to health care practitioners.
4. Provide a yearly report of your local chapter activities.
5. Be a member in good standing of the Weston A. Price Foundation.
6. Sign a contract on the use of the Weston A. Price Foundation name and trademark.

## OPTIONAL ACTIVITIES

1. Maintain a list of local health care practitioners who support the Foundation's teachings regarding diet and health.
2. Represent the Foundation at local conferences and fairs.
3. Organize social gatherings, such as support groups and pot luck dinners, to present the Weston A. Price Foundation philosophy and materials.
4. Present seminars, workshops and/or cooking classes featuring speakers from the Weston A. Price Foundation, or local speakers who support the Foundation's goals and philosophy.
5. Represent the Weston A. Price Foundation philosophy and goals to local media, governments and lawmakers.
6. Lobby for the elimination of laws that restrict access to locally produced and processed food (such as pasteurization laws) or that limit health freedoms in any way.
7. Publish a simple newsletter containing information and announcements for local chapter members.
8. Work with schools to provide curriculum materials and training for classes in physical education, human development and home economics.
9. Help the Foundation find outlets for the sale of its quarterly magazine.

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## SOCCER TEAM SPONSORSHIP

Toni Sparling, Johnstown, Pennsylvania chapter leader, and her husband got the WAPF name on a lot of tee shirts by sponsoring a local soccer team.

Pictured here is their son Elliott.





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## YANKTON SOUTH DAKOTA LIBRARY

The Yankton, South Dakota local chapter of the Weston A. Price Foundation has followed Dr. Price's admonition "You teach, you teach, you teach," by initiating a library within a library.

Shown in this picture is Mount Marty College librarian Sandra Brown displaying the WAPF library shelf within the Mount Marty College Library. All of the donated books and videos are available for inter-library loan. Sandra has noted considerable interest in most of the books, but she and her staff have been amazed to receive *daily* requests for Dr. Natasha Campbell-McBride's book, *Gut and Psychology Syndrome*.



The collection of more than fifty books and videos continues to grow, and there is much interest, with usually less than twenty on the shelf!

Included in the collection are such Thumbs Up titles as *The Case Against Fluoride*, *Could It Be B12*, *Cure Tooth Decay*, *The Fourfold Path to Healing*, *Know Your Fats*, *A Life Unburdened*, *Magnesium Miracle* and of course *Nutrition and Physical Degeneration* by Dr. Weston A. Price.



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## SAN MIGUEL, MEXICO CHAPTER

Pictured here are members of the San Miguel, Mexico chapter at their first meeting, led by Jorge Catalan. Victoria Schneider of the Eugene, Oregon chapter helped set up this first WAPF chapter in Mexico. Victoria teaches classes in lacto-fermented in San Miguel. For the first meeting they watched the beginning of the *Nourishing Traditional Diets* video; all are enthusiastic about next month's pot luck and video showing.







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## *please* HELP WISCONSIN

The Wisconsin Raw Milk Association (<http://www.wisrawmilkassociation.com>) is a small grassroots group of farmers and consumers committed to changing the raw milk laws in Wisconsin. The WRMA is presently working to pass a law legalizing the sale of raw milk and raw milk products, while ensuring a safe supply.

The Wisconsin Raw Milk Association is actively negotiating to get legislation introduced and passed that would legalize on farm sales of raw milk. This would not only make on farm sales legal but would also further protect private food clubs. There are only a hand full of producers, a small number of consumers and one lobbyist doing this work. The opposition has many lobbyists and financial supporters, a well-developed marketing campaign, an apathetic public, DATCP, public health professionals and the despotic federal agencies.

Andrew Mastrocola, Jefferson/Waukesha Chapter Leader and others are spending much time and their own limited money to help this situation. They are calling for help. If you are able to donate to their efforts, see: <http://pledgie.com/campaigns/17430>



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## DC

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## IN

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## MA

Many Hands Organic Farm in Barre, MA. Produces certified organic lard from pasture raised pigs fed Nature's Best Organic Feeds, whey and pasture. \$20/quart in recycled yogurt containers. **We ship** in the US. Order at <http://mhof.net/meat/index.php>. (978) 355-2853; [farm@mhof.net](mailto:farm@mhof.net).

## MI

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Nick's Organic Farm. Grass-fed beef (no grain ever), free range eggs, pastured chicken & turkey. Liver, organ meats, & bones. Pick up in Potomac or Buckeystown. Our cattle are always on organic pasture. Our cattle and

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Soy-free eggs from truly free-range, pastured, heritage hens. Fed organic, local grains, Ferrell fishmeal, kelp. \$6/doz. Soy-free, pastured, heritage pork freezer boxes for pre-order. Holistic horse boarding. Libertytown, MD (near Frederick) [grazydays.com](http://grazydays.com), Leah Mack (301) 639-2027.

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.

## MN

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Pork & Plants Heritage Farm located in SE MN. Heritage red wattle pigs, chickens, ducks, turkeys and eggs. All grain from our organic farm to insure quality soy-free feed. Pasture based with exceptional taste. Contact [eric@porkandplants.com](mailto:eric@porkandplants.com) or (507) 689-4032 [www.porkandplants.com](http://www.porkandplants.com).

## NH

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Bareville Creamery 100% Grass-fed. We offer raw traditionally cultured butter from our grass-fed cows. We **will ship** to you or visit our farm to pick up. Daniel & Katie Zook, Leola, PA (717) 656-4422.

Fresh Grass-fed Raw milk, cream, butter, yogurt & cheese - veal, soy-free poultry, free range eggs, grass-fed beef and lamb. Frozen meats also available. **We will ship.** You are

welcome to stop in or give us a call. Mark & MaryAnn Nolt (717) 776-3417.

Grass-fed organic raw milk and dairy food: 100% grass-finished beef and lamb, pastured pork, chicken and turkey, wild Alaskan salmon, fermented vegetables, raw honey, maple syrup and more. Long Island drop. Paradise Pastures, Paradise, PA (717) 687-6346.

Grass-fed, our specialty - 100% naturally raised beef including MSG-free hot dogs. Farmstead raw milk cheese aged 60 days - packaged or wheels. Heading towards non-A1 Herd. Milky Way Meadows, (814) 967-3406. No Sunday calls please.

If you are looking for milk & golden cheeses from totally grass-fed cows, veal raised at momma's sides, romping on the green, soy-free turkeys, free-range pastured poultry, & eggs, and if you have a desire for beef and lamb raised on fresh green grass without grain, vaccinations, or wormers, rabbits hopping in the grass. You are welcome to stop in or to give us a call! Mark & Maryann Nolt & family Newville, PA (717) 776-3417.

Organically managed 100% grass-fed Dairy from Jersey cows. Eggs from pastured chickens (soy free available) Grass-fed beef, pork, chicken & rabbit. New! Soap made with lard from pastured pork, fermented veggies, crispy nuts and raw honey. **We Ship.** Pleasant Pastures, (717) 768-3437.

Owens Farm Sunbury, PA, grass-fed lamb, pastured Tamworth pork, pastured meat chickens, raw honey, kid's Sheep Camp, farm tours, Adopt-A-Sheep & more. Visit Owens Farm [www.owensfarm.com](http://www.owensfarm.com) (570) 286-5309, [info@owensfarm.com](mailto:info@owensfarm.com).

Raw Dairy products from our no-grain, grass-fed Jersey cows. Milk, cream and cheeses: Cheddar, Colby, Swiss, Havarti, Gouda, Gruyère. Free-range, pasture-raised and organically-fed broilers. No added hormones or antibiotics. **We ship.** Shady Acres, Elizabethtown, PA (717) 361-1640.

Raw milk 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.

Raw milk cheese from our grass-fed Jerseys, made on our family farm with Celtic sea salt. No-grain feed. Also grass-fed beef and pastured chickens, turkeys and eggs. All soy free, No hormones or synthetics. On-farm sales. Wil-Ar Farm, Newville, PA (717) 776-6552.

Raw milk cheeses from organically managed, 100% grass-fed Jersey cows. Retail 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, Hilltop Meadows Farm, 153 Martins Rd. Pine Grove, PA 17963 (570) 345-3305.

## 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](http://www.ShuddeRanch.com) (866) 392-1510.

## VA

Belle Meade in Sperryville. Pastured livestock, no hormones/antibiotics: chickens, other poultry, pork, grass finished beef, eggs; organic vegetables. Contact (540) 987-9748 or [tanya@bellemeadeschool.org](mailto:tanya@bellemeadeschool.org). Join e-mail list to receive availability updates. Pickup at farm; nearby locations; Fairfax County Government Center. [www.bellemeadeschool.org](http://www.bellemeadeschool.org)

Cow/Herd shares available, with Member in Local Kine (M.I.L.K.) Project in Fauquier County at Western View Farm, 2028 Laws Ford Rd., Catlett, VA 20119. For information call Martha Bender (540) 788-9663.

Grass-fed Black Angus beef, pasture-raised pork, goat, lamb & chicken raised in Northern Virginia. Free range eggs from our 600+ chickens! Raw milk herd shares available. Open seasonally Wednesdays and weekends. [www.chicamarun.com](http://www.chicamarun.com) (540) 668-9828.

Mount Vernon Farm raises 100% grass-fed beef & lamb, and soy-free pastured pork and soy-free eggs. We have an on-farm store and buyers clubs throughout Northern and Central Virginia. Contact us at (540) 987-9559 or [mtvfarm@gmail.com](mailto:mtvfarm@gmail.com). [www.mountvernonfarm.net](http://www.mountvernonfarm.net) and Facebook.



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

Virginia Buyers Club. Certified organic grass-fed dairy products from Jersey cows. Eggs from pastured chickens. Grass-fed beef, pork & chicken. Fermented foods, Green Pasture Products, soaked & dried nuts & raw honey. **Will ship.** (717) 768-3437. Pleasant Pastures.

## CANADA, QC

Attracted to becoming part of an organic agri-diversified farm? We raise large animals and birds, vegetables, plus have a bakery and our own flour mills. Our intentional community projects are in development, and are diversified. Interested? Contact John through [www.fermemorgan.com](http://www.fermemorgan.com).

## HEALTHY FOOD PRODUCTS

**BEEF**, All natural grass-fed Texas Longhorn. Heat & serve beef shipped in 28oz cans, cases of 12. Buy direct save with 50lb. box grind. Halves cut & wrapped. hot dogs. **Will ship.** Certified Texas Longhorn Beef, 35000 Muskrat, Barnesville, Ohio 43713, phone (740) 758-5050, [www.head2tail.com](http://www.head2tail.com).

**CUSTOM HERBAL TEAS** for your health and unique constitution. Custom Skin Care and Body Care preparations. Tulsi ~ Holy Basil Essence. Herbs for GAPS Protocol Issues. phone (520) 896-2998, [foundationalhealth@myway.com](mailto:foundationalhealth@myway.com).

**KATALYST KOMBUCHA TEA**, using certified organic ingredients with Fair Trade teas in our raw kombucha. Available in 5 flavors Refreshing, Energizing, Delicious. Sold from Northeastern and Mid Atlantic States, to Chicago Midwest area. Also **will ship** throughout the U.S. (413) 773-9700 or [info@katalystkombucha.com](mailto:info@katalystkombucha.com).

**LACTO-FERMENTED VEGETABLES**, cultured, 100% organic, by Immunitrition. Three delicious, raw blends – Garden, Sea & Sunshine. **will ship** throughout USA via UPS. Available in 32 oz. jars or try our Cultured Veggie Taste Tester with bonus pumpkin oil & sea salt. (877) 773-9229, [www.culturednutrition.com](http://www.culturednutrition.com).

**LAMB** 100% grass-fed Lamb No hormones, antibiotics or chemical wormers used. Available by the whole or cut. **Will Ship.** Call Ernest for a brochure or to place an order. (717) 776-341.7

**OLIVE OIL** - is not regulated. Chances are your oil is adulterated with soybean, canola or even hazelnut oil. Laconiko Olive oil is 100% pure, not rancid no colors added. Bottled fresh when you order. Contact: (571) 208.8203 or [www.thepureolive.com](http://www.thepureolive.com).

**Raw Prey "RAW FROZEN" PET FOOD:** We sell 100% USDA Certified Organic Chicken, Organs, Bones for companion animals. Raw Prey Animal Detox & Maintenance formula; Chicken Necks & Veggie buddies. Contact: [David@RawPrey.com](mailto:David@RawPrey.com), [www.RawPrey.com](http://www.RawPrey.com) (641) 209-6665 Fairfield, Iowa.

**REAL PICKLES.** Lacto-fermented vegetables. Raw, certified organic & regionally grown. Pickles, sauerkraut, kimchi, ginger carrots, hot sauce, beets. **will ship** within Northeast only. See website for store list & mail order info. Real Pickles, Greenfield, MA. (413) 774-2600. [www.realpickles.com](http://www.realpickles.com), [info@realpickles.com](mailto:info@realpickles.com).

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**SAUERKRAUT, RAW ORGANIC.** Fresh, Raw, & Alive! Gold Mine's Fresh Organic Sauerkraut is abundant in friendly, living micro-organisms, powerful aids to digestion & assimilation. Independent lab tests show 7.8 M CFU's of live lactobacillus & bifidobacterium species per gm! Aged in special ceramic crocks that allow the growth of friendly flora in a safe environment, Gold Mine's sauerkraut is, according to the most discriminating "kraut connoisseurs," absolutely delicious! Featured at the annual conference of the Weston A. Price Foundation 2004-2009. (800) 475-3663 or go to [www.goldminenaturalfoods.com](http://www.goldminenaturalfoods.com).

*If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny.*

*Thomas Jefferson*

## HEALTHY PRODUCTS

The Grounding Project –Grounding resources: products and info. Research shows grounding (a.k.a. "earthing") can help: reduce inflammation, normalize stress hormone levels, speed tissue repair, improve sleep patterns, and more. Simple, with powerful benefits. Check out the Project! Feel better! [www.thegroundingproject.com](http://www.thegroundingproject.com).

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## HEALING ARTS

**ANCIENT HEALING ARTS Practitioner Teacher.** Jin Shin Jyutsu and Chi-Gong classes in Tucson Arizona. Custom Herbal Teas for your health needs and unique constitution. Custom Skin care and Body Care preparations. GAPS Protocol experience with Gut Dysbiosis spectrum disorders. email [foundationalhealth@myway.com](mailto:foundationalhealth@myway.com).

I provide **HOLISTIC ONLINE COUNSELING** and Conflict Resolution towards healing and transformation of the body, soul, and spirit; via live chat, email, or Skype. For more information please contact Tom Bufano, LCPC, at [www.holisticonlinecounseling.com](http://www.holisticonlinecounseling.com).





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**YOUR BIOCHEMISTRY MATTERS!** By performing a simple non-invasive lab test and following a wellness program based on the principles of Nutritional Balancing science, you can trigger your body to initiate healing. Learn more about this unique approach@ [www.yourbiochemistrymatters.com](http://www.yourbiochemistrymatters.com).

## INTENTIONAL COMMUNITY

Attracted to becoming part of an organic agri-diversified farm? We raise large animals and birds, vegetables, plus have a bakery and our own flour mills. Our intentional community projects are in development, and are diversified. Interested? Contact John through [www.fermemorgan.com](http://www.fermemorgan.com).

**HERBALIST. TEACHER PRACTITIONER of ANCIENT HEALING ARTS.** Will live on or near your CSA or farm Selling my property to relocate to a biodynamic or WAPF-style farm area. Organic grower of herbs. Practiced biodynamics. Want to make biodynamic preparations on the property I will live on and on neighboring properties if invited. Maker of custom herb formulations and homeopathic preparations. Chapter Leader in Arizona. email [foundation-alhealth@myway.com](mailto:foundation-alhealth@myway.com).

## INVESTORS NEEDED

**HUNGERING** for something more when you're on the road? Seeking partners/funding for an outlet that will offer WAPF-friendly options to travelers at airports and rest stops. Menu items to include grass-fed beef on sprouted buns, bone broth soups, lacto-fermented condiments, and more! Contact Katharine Spehar: [kjspehar@gmail.com](mailto:kjspehar@gmail.com).

**I WANT TO CAN Organic Hot Sauce, Hot Peppers, Tomato Sauces, etc. for sale in stores etc.** good return on your money, Contact (717) 776-0178.

**LOVF** is the dream of a local, sustainable, organic farm serving Virginia. We are raising funds to purchase land and we implore you to make a contribution to our cause. Visit [www.gofundme.com/ehao8](http://www.gofundme.com/ehao8) or our facebook page Lovf for more details.

**MAKE MIRACLES HAPPEN.** Developing, innovative non-profit seeks R & D phase funding for environmentally-sustainable, economically viable production model of one of nature's perfect foods. Help others help themselves to better health. Make a difference. Contact (816) 724-1565.

## LAND SALE/RENT

Dairy ranch on 51.65ac, fenced with grass pasture & utility water in Sierra Foothills. 160' cow barn, 150' hay barn, grain silo, 30'x40' milk house and insulated cheese processing bldg. 3 bed/2.5 bath ranch home. \$650,000 Mike Capelle (530) 252-8022 [mike@sunset-vistarealty.com](mailto:mike@sunset-vistarealty.com).

**FOR RENT** Farm land & barn, aprox 40 acres clear plus woodland with sugar bush. Must be organic, biodynamic preferred. Rent negotiable. NW Massachusetts. [melodyhillfarm@gmail.com](mailto:melodyhillfarm@gmail.com).

Lot For Sale in Berkeley County, WV. 360 acre organic farming community. Shared with 15 other organic farming enthusiasts. Property features natural balance of woods, ponds and fields; borders Back Creek. Many community features. For more information call Charla at (304) 279-0992 (ERA Liberty Realty – John Kilroy Broker) or go to: [www.15MarigoldWay.com](http://www.15MarigoldWay.com).

**MOUNTAIN PROPERTY & HOME FOR SALE** Oak trees and native grasses on 1.25 acres. 4600' elevation. Sunny Oracle Arizona. Light snow in winter. New coop. Fenced coop yard and fenced property. **ORGANIC GARDENS.** Almond, apricot. No toxins ever used. Low property taxes. 3 bedroom, 2 bath with 19' by 11' studio/indoor shop room. \$1,500 finders fee paid to any one who refers a buyer. **NO REALTORS.** For sale by owner. Herbalist-owner may be retained for mentoring. email [foundation-alhealth@myway.com](mailto:foundation-alhealth@myway.com).

## PERSONALS

**SWM, 49, 5'7", thin, healthy, non-smoker, educated, owns 7+ ne WV acres/small house.** Doing market gardening, raising animals, establishing a farm, WAPF nutrition. Working towards sustainable living, permaculture, and Fukuoka natural farming. ISO like minded SF for committed relationship. [mainstreamnot@gmail.com](mailto:mainstreamnot@gmail.com).

## SERVICES

**FINE INTERIOR PAINTING.** Quality residential repaint work for the discriminating home owner. Historical restoration a specialty. Outstanding interior enamel trim work. Fine Interior Painting is a Fine Paints of Europe certified painting contractor. Call for a contractor/client consultation. Remember, there is more to painting than what is in the can! Serving Western Massachusetts but will travel to any geographic location. The on line home of Fine Interior Painting: [PAINT8.com](http://PAINT8.com) JOHN DELMOLINO, Hadley, MA (413) 549-8776 Cell (413) 210-4445.

**REMODELING.** Michael's Remodeling, kitchen and bath design, basements, kitchens, decks. Serving Northern Virginia for 17 years. Michael Meredith (703) 764-9563, [Michaelsremodeling.com](http://Michaelsremodeling.com), [meredith848@yahoo.com](mailto:meredith848@yahoo.com).

## CRAFTS

**BEAUTIFUL CRAFTS** by local artists. Keep your gift-giving dollars in the USA. Alpaca blankets, socks and yarn; hand painted decorations, paintings by award-winning artist Megan Pisciotta Greene; handmade quilts. Exclusive source of Nourishing Traditions posters. Saturday farm tours. Store open Thurs-Sat 10-6 or by appointment. P A. Bowen Farmstead, 15701 Doctor Bowen Road, Brandywine, MD. (301) 579-2727, [pabowenfarmstead.com](http://pabowenfarmstead.com).

## DVDS

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

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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## TRAVEL

California Wine Country retreat in Mendocino County. GAPS consults by certified practitioner, delicious GAPS/WAPF meals, time to relax in serene beauty. Private accommodations in straw bale home, sauna, hiking among the oaks and rolling hills, driving distance to the coast, wineries and state parks. Email [carolhume@comcast.net](mailto:carolhume@comcast.net) or call (612) 849 7551 for details.

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Sunset Ridge VACATION HOME – Stocked with WAPF approved local foods! Enjoy the solitude in this 4+ BR, 3-bath, furnished luxury vacation home on Lewis & Clark Lake, Yankton SD. Sleeps 14. Spectacular lake view. Screened porch. DSS. Fireplace. Great for family, friends, business retreats or holiday parties. As you wish, can be stocked with WAPF approved locally produced organic foods: eggs, raw milk, beef, chicken, & vegetables. [www.yanktonsunsetridge.com](http://www.yanktonsunsetridge.com) (605) 661-6726 retreat@yanktonsunsetridge.com.

## EMPLOYMENT OPPORTUNITIES

Tai Sophia is hiring a full-time faculty member for the MS in Nutrition and Integrative Health program. Interested individuals should forward a) a letter of interest, b) resume, c) a minimum of 3 references, and d) student evaluations from courses taught in the last 5 years to our Office of Human Enrichment at [jobs@tai.edu](mailto:jobs@tai.edu), referencing Nutrition Faculty Position.

Want to grow your own food but don't have enough space? Very small homeschooling family (mom has disability) seeks partnership with other like-minded individual(s)/family. Looking to buy appropriate property in NJ/PA/NY. Please contact my144fun@gmail.com or (908) 508-0441.

## INTERN/APPRENTICESHIPS

EDUCATION/LODGING - McNutt FARM II SCHOOL, 6120 Cutler Lake Road, Blue Rock, Ohio, 43720. (740) 674-4555 We welcome you by reservation and deposit, on-farm lodging, over night, weekend or week. Private quarters/ equipped kitchen. Livestock & pet lodging.

Successful retiring farmer, seeking paid apprentice(s). 110-acre rural forested/pastured land in S. Oregon Cascades. Organic pastured beef main operation. WAP Principles. Established customer base. Seek mature, responsible, teachable person/s, option for your poultry or other business. Opportunities for broad based skill/learning (ongoing construction projects, soil/pasture management, aquaculture, greenhouse, gardening, forest management, equipment operation, etc!). Looking for long-term potential partnership (short term interests don't apply). opportunity of a lifetime, email [skyrock@peak.org](mailto:skyrock@peak.org).

Vermont Farm seeks helpers for 2012. We integrate American Milking Devon cattle, pigs and chickens with growing and fermenting six tons of vegetables. Our grain-free cows support raw milk sales plus butter and cheese making. We focus on selling nutrient-dense foods while eating well ourselves! Learning opportunities include milking, biodynamics, natural livestock care. Positions available April to November, short and long term. Cabins, food, laundry, Internet access and lots of education. Call Doug Flack, (802) 933-7752, Flack Family Farm, [www.flackfamilyfarm.com](http://www.flackfamilyfarm.com).

Small RAW retail dairy in N. Texas looking for interns who want to learn how to run a small farm. You'll have the ability to learn all you want—milking cows, using farm equipment, carpentry, fencing, welding, plumbing. Learn basic animal husbandry, plus minor veterinary work. Previous work with animals a plus but not required. Honesty, a good disposition, and common sense ARE required. Private housing, good food and a weekly stipend. For more information contact Traci Christian [moonryvranchdairy@yahoo.com](mailto:moonryvranchdairy@yahoo.com).

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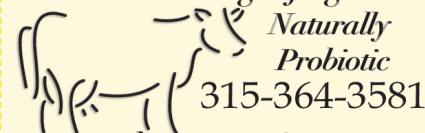


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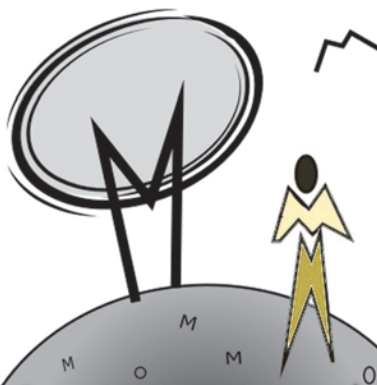
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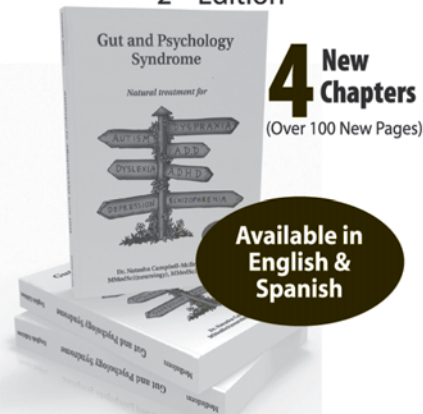
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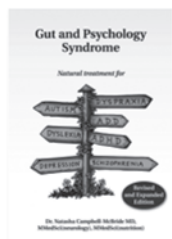
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The second manual, *Iqalut Niginagtuat, Fish That We Eat*, provides information regarding the traditional use of fish, their processing, recipes and eating enjoyment. It was compiled from the local traditional fish knowledge of northwest Alaska and 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 *Iqalut Niginagtuat, Fish That We Eat*, is below. The report is located under the U.S.F.W. Northwest AK section. From here you can read it and/or download and print it. It should be printed double-sided due to the length (341 pages), including 100+color photos, sketches.

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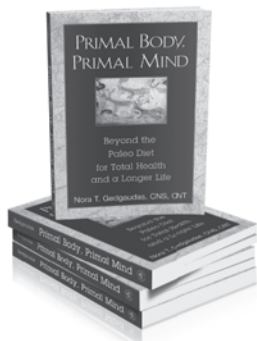




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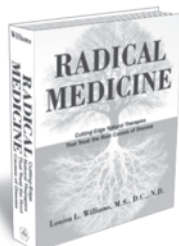
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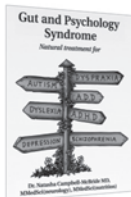
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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Website: \_\_\_\_\_

**DEADLINES** Spring issue: February 20th

Fall issue: August 20th

Summer issue: May 20th

Winter issue: November 20th

Payment method: \_\_\_\_\_ Check (Payable to WAPF) \_\_\_\_\_ Visa \_\_\_\_\_ Mastercard

Credit Card: Visa/MC \_\_\_\_\_ Expiration: (\_\_\_\_/\_\_\_\_) \$ \_\_\_\_\_

Please indicate category of classified ad: \_\_\_\_\_ Mostly local sales \_\_\_\_\_ Mostly mail order sales

Please copy this page and mail to The Weston A. Price Foundation for invoicing, payments & renewals

PMB #106-380 4200 Wisconsin Avenue, NW, Washington, DC 20016, Fax: (202) 363-4396, Telephone: (202)363-4394

Please submit classified advertisement copy or column advertisement graphics to Liz@WestonAPrice.org (301)943-9990.

If the file is large, please send it from [www.yousendit.com](http://www.yousendit.com). Alternately, you may mail artwork directly to the Foundation and we will scan

it for you. Digital files should be grayscale "tiff" or press quality "pdf/eps" at 300 dpi. minimum. Images smaller than 500k will not print well.

The Weston A. Price Foundation reserves the right to refuse advertising space to anyone. We do not accept ads for coffee, tea, chocolate, hemp (as a food) or protein powders, nor products offered by Multi-level Marketing Companies.

### MEDIUM COLUMN

2" tall by 2.5" wide

\$120 per year, 4 insertions.

### CLASSIFIED ADVERTISEMENTS TEXT ONLY, BY STATE & CATEGORY

\$32 per year for 40 words

### TALL COLUMN

2.25" wide by 4" tall

\$240 per year, 4 insertions.

### WIDE COLUMN

2" tall by 4.5" wide

\$240 per year, 4 insertions.



# Membership

**Yes!** I would like to join the Weston A. Price Foundation and benefit from the timely information in **WiseTraditions**, the Foundation's quarterly magazine!

<input type="checkbox"/> Regular membership	\$40	<input type="checkbox"/> Canadian membership	\$ 50
<input type="checkbox"/> Student membership	\$25	<input type="checkbox"/> Overseas (credit card payment only)	\$ 50
<input type="checkbox"/> Senior membership	\$25 (62 and over)		

**Yes!** I would like to help the Weston A. Price Foundation by becoming a member at a higher level of support.

<input type="checkbox"/> Special membership \$100	<input type="checkbox"/> Benefactor membership \$1,000
<input type="checkbox"/> Sponsor membership \$250	<input type="checkbox"/> Millennium membership \$10,000
<input type="checkbox"/> Patron membership \$500	<input type="checkbox"/> Other \$_____

**Yes! Count me in!** I would like to help spread the word!

Please send me \_\_\_\_\_ copies of the Weston A. Price Foundation informational brochure at \$1.00 each, so I can pass them along to my family, friends and colleagues, and be true to Dr. Price's dying words:

"You teach, you teach, you teach!"

(Health professionals are encouraged to provide this brochure to their patients.)

**Yes!** I would like to provide my family and friends with the gift of membership in the Weston A. Price Foundation.  
(Please attach information on gift memberships.)

<input type="checkbox"/> Regular gift membership(s) \$40
<input type="checkbox"/> Student/Senior gift membership(s) \$25
<input type="checkbox"/> Canadian and overseas gift membership(s) \$50

**Yes!** ☐ Please send me details about starting a Weston A. Price Foundation local chapter in my community.

I'm enclosing \$\_\_\_\_\_ for brochures and \$\_\_\_\_\_ for \_\_\_\_\_ annual membership(s), a total of \$\_\_\_\_\_

Payment method: ☐ Check or money order (Please do not send cash) ☐ Mastercard ☐ Visa

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name (Mr)(Mrs)(Mr&Mrs)(Ms)(Miss)(Dr): \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please copy or remove this page and fax or mail to

The Weston A. Price Foundation

PMB #106-380 4200 Wisconsin Avenue, NW Washington, DC 20016

FAX: 202-363-4396

TELEPHONE: 202-363-4394