

Summary

Traditional diets *maximized* nutrients while
modern diets *minimize* nutrients

TRADITIONAL DIETS

Foods from fertile soil
Organ meats over muscle meats
Animal fats
Animals on pasture
Dairy products raw and/or fermented
Grains and legumes soaked/fermented
Bone broths
Unrefined sweeteners (honey, maple syrup)
Lacto-fermented vegetables
Lacto-fermented beverages
Unrefined salt
Natural vitamins in foods
Traditional Cooking
Traditional seeds/Open pollination

MODERN DIETS

Foods from depleted soil
Muscle meats, few organs
Vegetable oils
Animals in confinement
Dairy products pasteurized
Grains refined, extruded
MSG, artificial flavorings
Refined sweeteners
Canned vegetables
Modern soft drinks
Refined salt
Synthetic vitamins added
Microwave, Irradiation
Hybrid seeds, GMO seeds

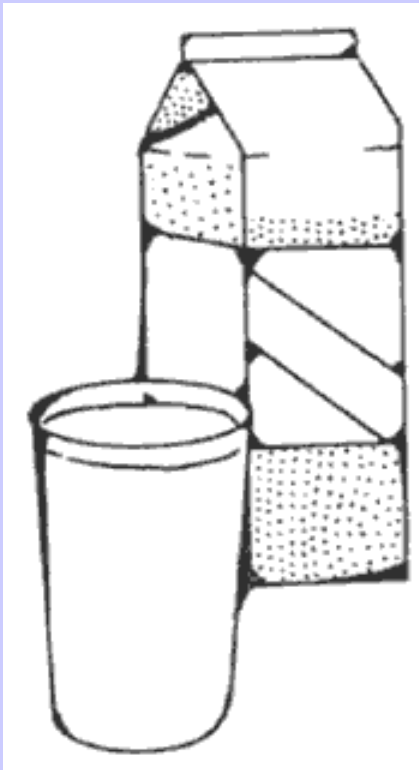
***Health, Beauty and
Strength with
Nourishing
Traditional Diets***

Part III

Modern Commercial Milk

versus

Real Milk



FULL-FAT
PASTURE-FED
UNPROCESSED



Raw Milk is Uniquely Safe

Consider the calf, born in the muck, which then suckles on its mother's manure-covered teat. How can that calf survive?



Because raw milk contains multiple, redundant systems of bioactive components that can reduce or eliminate populations of pathogenic bacteria.

Built-In Protective Systems in Raw Milk

LACTOPEROXIDASE

HYDROGEN PEROXIDE: Uses small amounts of H_2O_2 and free radicals to seek out and destroy pathogens

WIDESPREAD: In all mammalian secretions—breast milk, tears, etc.

HIGHER IN ANIMAL MILK: Lactoperoxidase levels *10 times higher* in goat milk than in breast milk

ALTERNATIVE TO PASTEURIZATION: Other countries are looking into using lactoperoxidase instead of pasteurization to ensure safety of commercial milk

British Journal of Nutrition (2000), 84, Suppl. 1. S19-S25.

Indian Journal Exp Biology Vol. 36, August 1998, pp 808-810.

1991 *J Dairy Sci* 74:783-787

Life Sciences, Vol 66, No 23, pp 2433-2439, 2000

Built-In Protective Systems in Raw Milk

LACTOFERRIN

PLENTIFUL in raw milk; effectiveness reduced by pasteurization¹

STEALS IRON away from pathogens and carries it through the gut wall into the blood stream; stimulates the immune system¹

TB: In a study involving mice bred to be susceptible to tuberculosis, treatment with lactoferrin significantly reduced the burden of tuberculosis organisms.²

CANDIDA: Mice injected with *Candida albicans*, another iron-loving organism, had increased survival time when treated with lactoferrin.³

WEIGHT LOSS: Believed to cut visceral fat levels up to 40%⁴

BENEFITS: Many other health benefits—is sold as a supplement!

1. *British J Nutrition*, 2000;84(Suppl. 1):S11-S17.
2. *J Experimental Med*, 2002 DEC 02;196(11):1507-1513.
3. *Infection and Immunity*, 2001 JUN;69(6):3883-3890.
4. *MSN-Mainichi Daily News*, 2007 APR 11.

Built-In Protective Systems in Raw Milk

Other Bioactive Components I

POLYSACCHARIDES—Encourage the growth of good bacteria in the gut; protect the gut wall.

MEDIUM-CHAIN FATTY ACIDS—Disrupt cell walls of bad bacteria; levels so high in goat milk that the test for the presence of antibiotics had to be changed.

ANTIBODIES—Bind to foreign microbes and prevent them from migrating outside the gut; initiate immune response.

LEUKOCYTES (White Blood Cells) — The basis of immunity. Eat all foreign bacteria, yeast and molds (phagocytosis). Destroyed at 56C and by pumping milk. Produce H_2O_2 to activate the lactoperoxidase system. Produce anaerobic CO_2 that blocks all aerobic microbes.

Built-In Protective Systems in Raw Milk

Other Bioactive Components II

WHITE BLOOD CELLS – Produce antibodies against specific bacteria

B-LYMPHOCYTES – Kill foreign bacteria; call in other parts of the immune system^{1,3}

MACROPHAGES – Engulf foreign proteins and bacteria⁴

NEUTROPHILS – Kill infected cells; mobilize other parts of the immune system¹

T-LYMPHOCYTES – Multiply if bad bacteria are present; produce immune-strengthening compounds¹

IMMUNOGLOBULINS (IgM, IgA, IgG1, IgG2)--Transfer of immunity from cow to calf/person in milk and especially colostrum^{2,3}

1. *Scientific American*, December 1995.
2.,3.,4 *British J of Nutrition*, 2000:84(Suppl. 1):S3-S10, S75-S80, S81-S89.

Built-In Protective Systems in Raw Milk

Other Bioactive Components III

ENZYMES, e.g. Complement & Lysozyme—Disrupt bacterial cell walls. Complement destroyed at 56C; Lysozyme at 90C.^{1,2}

HORMONES AND GROWTH FACTORS – Stimulate maturation of gut cells; prevent “leaky” gut.²

MUCINS – Adhere to bacteria and viruses, preventing those organisms from attaching to the mucosa and causing disease.^{1,2}

OLIGOSACCHARIDES – Protect other components from being destroyed by stomach acids and enzymes; bind to bacteria and prevent them from attaching to the gut lining; other functions just being discovered.^{1,2}

1. *British J Nutrition*, 2000:84(Suppl. 1):S3-S10.

2. *Scientific American*, December 1995.

Built-In Protective Systems in Raw Milk

Other Bioactive Components IV

B₁₂ BINDING PROTEIN – Reduces Vitamin B₁₂ in the colon, which harmful bacteria need for growth¹

BIFIDUS FACTOR– Promotes growth of *Lactobacillus bifidus*, a helpful bacteria in baby's gut, which helps crowd out dangerous germs^{1,2}

FIBRONECTIN – Increases anti-microbial activity of macrophages and helps to repair damaged tissues.¹

GLYCOMACROPEPTIDE – Inhibits bacterial/viral adhesion, suppresses gastric secretion, and promotes bifido-bacterial growth.³

1. *Scientific American*, December 1995.

2., 3. *British J Nutrition*, 2000:84(Suppl. 1):S3-S10, S39-S46.

Destruction of Built-In Safety Systems by Pasteurization

Component	Breast Milk	Raw Milk	Pasteurized Milk	UHT Milk	Infant Formula
B-lymphocytes	active	active	inactivated	inactivated	inactivated
Macrophages	active	active	inactivated	inactivated	inactivated
Neutrophils	active	active	inactivated	inactivated	inactivated
Lymphocytes	active	active	inactivated	inactivated	inactivated
IgA/IgG Antibodies	active	active	inactivated	inactivated	inactivated
B ₁₂ Binding Protein	active	active	inactivated	inactivated	inactivated
Bifidus Factor	active	active	inactivated	inactivated	inactivated
Medium-Chain FAs	active	active	reduced	reduced	reduced
Fibronectin	active	active	inactivated	inactivated	inactivated
Gamma-Interferon	active	active	inactivated	inactivated	inactivated
Lactoferrin	active	active	reduced	inactivated	inactivated
Lysozyme	active	active	active	inactivated	inactivated
Mucin A/Oligosaccharides	active	active	reduced	reduced	inactivated
Hormones/Growth Factors	active	active	reduced	reduced	Inactivated

1. *Scientific American*, December 1995.
2. *The Lancet*, 17 NOV 1984;2(8412):1111-1113.

Food-borne Illnesses Associated with Milk: A Comparison with Other Foods - 1997

Food	No. of Outbreaks	%	No. of Cases	%
Milk	2	0.4	23	0.2
Salads	21	4.2	1104	9.2
Fruits and Vegetables	15	3.0	719	6.0
Eggs	3	0.6	91	0.8
Chicken	9	1.8	256	2.1

MMWR Mar 2, 2000;49(SS01):1-51

Some Outbreaks Due to Pasteurized Milk

- 1976**—1 outbreak *Y. enterocolitica* in **36** children, 16 of whom had appendectomies, due to pasteurized chocolate milk¹
- 1982**—Over **17,000** cases *Y. enterocolitica* in several states from milk produced in Memphis, TN²
- 1983**—1 outbreak, **49** cases, **14 deaths** from *L. monocytogenes* in MA²
- 1984-85**—3 outbreaks of antimicrobial-resistant *S. typhimurium*, at plant in Melrose Park IL. The third wave had **16,284** confirmed cases; surveys indicated as many as 197,581 persons may have been affected²
- 1985**—**1,500+** cases, *Salmonella* culture confirmed, in Northern IL²
- 1993-94**—1 outbreak, **2014** cases/**142** confirmed *S. enteritidis* due to pasteurized ice cream in MN, SD, WI⁶
- 1995**—Outbreak of *Yersinia enterocolitica* in **10 children**, 3 hospitalized due to post-pasteurization contamination⁷
- 2000**—1 outbreak, **98** cases/**38** confirmed *S. typhimurim* in PA and NJ⁷
- 2005**—1 outbreak, **200** cases *C. jejuni* in CO prison⁹
- 2006**—1 outbreak, **1592** cases/**52** confirmed *C. jejuni* infections in CA¹⁰

The Money that Pays for Our Food is a Source of Pathogens

E. Coli has been shown to survive on coins for 7-11 days at room temperature.

Salmonella enteritidis can survive 1-9 days on pennies, nickels, dimes and quarters.

Salmonella enteritidis can also survive on glass and teflon for up to 17 days.

Jiang and Doyle. *Journal of Food Protection* 1999;62(7):805-7

Soy Products Contain Pathogens

1998 SURVEY

4 brands of soymilk tested

Five types of microorganisms found in stored soymilk samples.

At 5 degrees C, microbial counts increased sharply after 2-3 weeks.

Journal of Food Protection, Vol 61, No 9, 1998, pp 1161-1164

1978 SURVEY

Salmonella found in many “health food” products

Soy flour, soy protein powder and soy milk powder.

“Soy food derivatives are potentially significant sources of *Salmonella*.”

Applied and Environmental Microbiology, Mar 1979, pp 559-566

Breast Milk Contains Pathogens

MISCONCEPTION: Until recently, the medical profession claimed that breast milk was sterile.

PATHOGENS: We now know that breast milk contains pathogens, often at very high levels.

IMMUNITY FOR LIFE: The bioactive components in milk program the baby to have immunity for life to any pathogens he comes in contact with.

PASTEURIZE BREAST MILK? Should mothers be required to pasteurize their own milk before giving it to their babies?

DISCRIMINATION: Yet laws prevent mothers from obtaining raw milk to feed their babies should their own supply be inadequate.

J Appl Microbiol. 2003;95(3):471-8.

2. *Neonatal Netw.* 2000 Oct;19(7)21-5.

3.-11. various medical journals...

Bias in Reporting Safety of Raw Milk 1983 Georgia Outbreak

OUTBREAK of campylobacter infection in Atlanta.

EXTENSIVE TESTING failed to find campylobacter or any other pathogens in any milk products from the dairy. All safety measures had been followed faithfully.

AUTHORS' CONCLUSION: "The only means available to ensure the public's health would be proper pasteurization before consumption."

DAIRY CLOSING: Led to closing of Mathias raw milk dairy.

Bias in Reporting Safety of Raw Milk

2001 Wisconsin Outbreak

OUTBREAK: November 2001 outbreak of campylobacter in Wisconsin blamed on raw milk from a cow-share program in Sawyer County. The farm has an outstanding safety record.

OFFICIAL REPORT: 70-75 persons ill. (CDC Website)

INDEPENDENT REPORT: Over 800 ill during 12 weeks after

HAMBURGER LIKELY CAUSE: Only 24 of 385 cow share owners became ill. Most had consumed hamburger at a local restaurant. No illness in remaining 361 cow-share owners.

BIAS: Local hospitals tested only those who said they had consumed raw milk; others sent home without investigation.

LAB TESTS CLEAN: Independent lab tests found no campylobacter in the milk.

FDA Powerpoint Presentation Warning Against Raw Milk, Citing 15 Studies

No Valid Positive Milk Sample	12/15	80%
No Valid Statistical Association with Raw Milk	10/15	67%
Findings Misrepresented by FDA	7/15	47%
Alternatives Discovered, Not Pursued	5/15	33%
No Evidence Anyone Consumed Raw Milk Products	2/15	13%
Outbreak Did Not Even Exist	1/15	13%
Did Not Show that Pasteurization Would Have Prevented Outbreak	15/15	100%

Listeria monocytogenes – Deadly food pathogen

RAW MILK OFTEN BLAMED for *Listeria Monocytogenes*, a deadly pathogen that can cause severe illness and fetal death, premature birth or neonatal illness and death.

2003 USDA/FDA report: Compared to raw milk

515 times more illnesses from *L-mono* due to deli meats

29 times more illness from *L-mono* due to pasteurized milk

On a PER-SERVING BASIS, deli meats were TEN times more likely to cause illness

FDA: “Raw milk is inherently dangerous and should not be consumed

WHERE are the FDA’s charges that deli meats are “inherently dangerous and should not be consumed? Where is the FDA’s exhortation to “everyone charged with protecting the public health” to “prevent the sale of deli meats to consumers”?

Intrepretive Summary – Listeria Monocytogenes Risk Assessment,
Center for Food Safety and Applied Nutrition,
FDA, USDHHS, USDA, Sept. 2003, page 17

Raw Milk Production Today

Compared to 30-50 years ago, dairy farmers today can take advantages of many advancements that contribute to a safe product:

- Managed rotational grazing ensures healthy cows

- Herd testing for disease

- Refrigerated bulk tanks

- Refrigerated transportation

- Easier milk testing techniques

Milk Safety in California

Since 1999:

40 MILLION SERVINGS of Organic Pastures raw milk, not one reported illness; in 1,300 tests, no human pathogens ever found in the milk, or even in the manure on the farm.

19 RECALLS of pasteurized milk products during the same period.

Solution to the “Milk Problem”

During the 1800s, there was a 50% death rate among urban children drinking “Swill Milk,” that is, milk produced in inner city confinement dairies, from cows fed brewery swill and raised in unimaginable filth.

The “Milk Problem” was solved by

Outlawing inner city swill dairies,

The Certified Milk Movement,
which ensured clean raw milk, and

Increased consumer access to refrigeration,

NOT by Milk Pasteurization Laws.

Summary of Raw Milk Safety

SAFEST FOOD: Raw Milk is safer than any other food.

BUILT-IN SAFETY MECHANISMS: Raw milk is the **ONLY** food that has built in safety mechanisms.

40-YEAR-OLD SCIENCE: Claims that raw milk is unsafe are based on 40-year-old science.

COURT OF LAW: Claims that raw milk is unsafe would not hold up in a court of law.

Pasteurized Milk = Increasing Health Problems in Children

Allergies

Asthma

Frequent Ear Infections

Gastro-Intestinal Problems

Diabetes

Auto-Immune Disease

Attention Deficit Disorder

Heat Resistant Pathogens in Pasteurized Milk

JOHNE'S BACTERIA (paratuberculosis bacteria) suspected of causing Crohn's disease, now routinely found in pasteurized milk.

B. CEREUS SPORES survive pasteurization.

BOTULISM SPORES survive pasteurization.

PROTOZOAN PARASITES survive pasteurization.

Elliott Ryser. Public Health Concerns. In: Marth E, Stelle J, eds. *Applied Dairy Microbiology*, New York, Marcel Dekker, 2001.

Proteins in Milk

MILK PROTEINS: Three dimensional, like tinker toys.

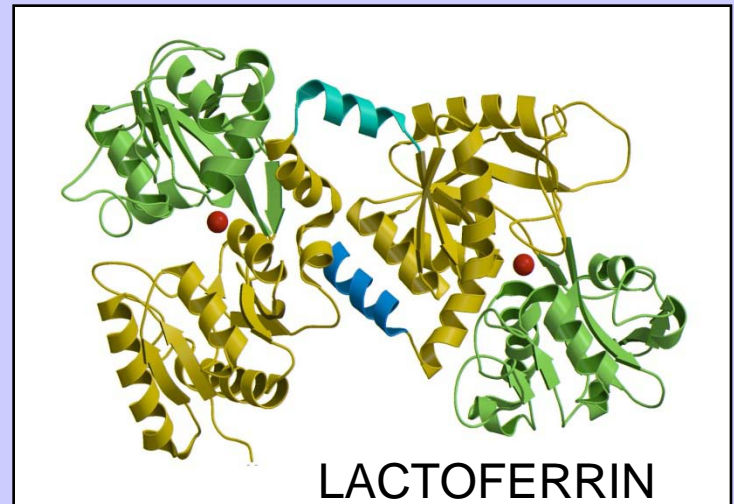
CARRIERS: Carry vitamins and minerals through the gut into the blood stream; enhance the immune system; protect against disease.

IMMUNE DEFENSE: Pasteurization and ultra-pasteurization flatten the three-dimensional proteins; the body thinks they are foreign proteins and mounts an immune defense.

DISEASES: Immune attacks lead to juvenile diabetes, asthma, allergies and other disorders later in life.

ALLERGIES: More and more people unable to tolerate pasteurized milk; one of the top eight allergies; some have violent reactions to it.

DECLINE: Consumption of fluid milk declining at 1 percent per year.



Raw Milk Digestibility

RAW MILK DIGESTS ITSELF!

Enzymes in raw milk are activated in the digestive tract

Enzymes and carrier proteins in raw milk ensure all nutrients are absorbed

Friendly bacteria in milk aid in digestion

No energy required to digest raw milk; net energy gain

PASTEURIZED MILK IS VERY DIFFICULT TO DIGEST

The body must supply the enzymes needed to digest the milk

Proteins warped and distorted by pasteurization put additional strain on digestion

Much energy required to digest pasteurized milk; net energy loss

Studies on Raw vs. Pasteurized Milk at Randleigh Farm, 1935-1940

HISTORY OF RANDLEIGH FARM



Rat fed only raw milk from cows fed dry ice grass silage and grain. Notice absence of acrodynia.



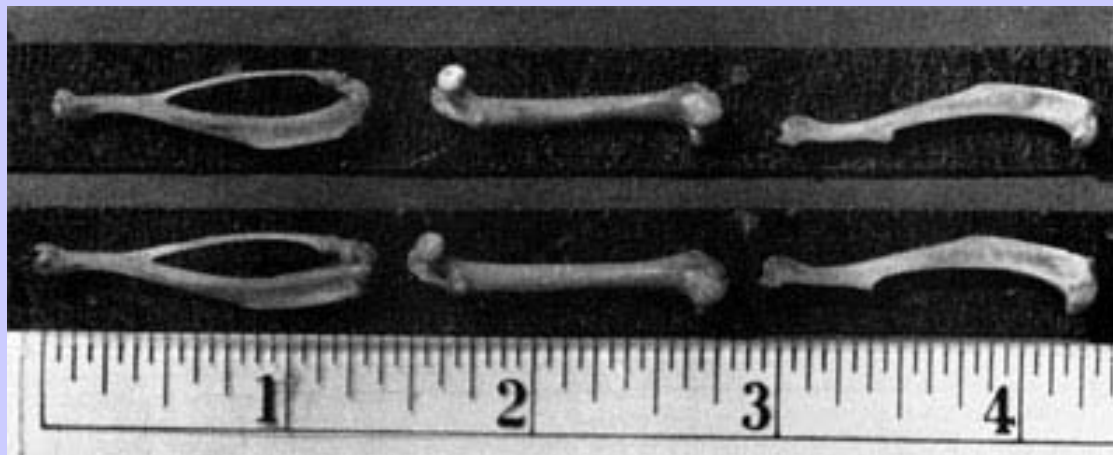
Rats fed only pasteurized milk from cows fed dry ice grass silage. Hairless areas (acrodynia) are due to a deficiency of vitamin B₆.

Above: Rat fed only raw milk. Good development, healthy fur.

Below: Rats fed only pasteurized milk. Poor development. Hairless areas (acrodynia) due to vitamin B-6 deficiency.

Bone Development Six-Month Study

PASTEURIZED Milk-Fed Rat, weighed 146 grams
Bones shorter and less dense



RAW Milk-Fed Rat, weighed 206 grams
Bones longer and more dense

One-to-One Exposure of Femur, Tibia and Fibia

Guinea Pig Studies of Wulzen and Bahrs

Department of Zoology,
Oregon State College, 1941



Whole Raw Milk	Excellent growth; no abnormalities
Whole Pasteurized Milk	Poor growth; muscle stiffness; emaciation and weakness; death within one year. Autopsy revealed atrophied muscles streaked with calcification; tricalcium deposits under skin, in joints, heart and other organs.

American Journal of Physiology 1941, 133, 500

Rat Studies of Scott & Erf

Ohio State University, 1931



Whole Raw Milk	Good growth; sleek coat; clear eyes; excellent dispositions; enjoyed being petted.
Whole Pasteurized Milk	Rough coat; slow growth; eyes lacked luster; anemia; loss of vitality and weight; very irritable, often showing a tendency to bite when handled.

Jersey Bulletin 1931 50:210-211;224-226, 237

The Milk Cure

ANCIENT: Since ancient times, an exclusive raw milk diet has been used to cure many diseases.

MAYO CLINIC: In the early 1900s, the “Milk Cure” was used at the Mayo Clinic to successfully treat cancer, weight loss, kidney disease, allergies, skin problems, urinary tract problems, prostate problems, chronic fatigue and many other chronic conditions.

ONLY WITH RAW MILK: The Milk Cure only works with raw milk; pasteurized milk does not have these curative powers.

Asthma & Raw Milk – 2007

RAW MILK STRONGEST FACTOR: In a study of 14,893 children aged 5-13, consumption of raw milk was the strongest factor in reducing the risk of asthma and allergy, whether the children lived on a farm or not.

FIRST YEAR OF LIFE: The benefits were greatest when consumption of farm milk began during the first year of life.

Clinical & Experimental Allergy. 2007 May; 35(5) 627-630.

Asthma & Foodborne Illness – Relative Risk

- About 5,500 people in the US die from asthma each year.
- About 1250 people in the US die from food-borne pathogens (from ALL sources, not just raw milk).
- Thus, the risk of dying from asthma is over 4 TIMES GREATER than the risk of dying from food-borne pathogens from ALL sources, and infinitely greater than the risk of dying from raw milk.

Lactose Intolerance

29 MILLION: Results from a survey by Opinion Research Corporation (commissioned by the Weston A. Price Foundation) indicate that about 29 million Americans are lactose intolerant.

RAW MILK OK FOR 90 PERCENT: Results from a private survey carried out in Michigan indicate that 90 percent of those diagnosed as lactose intolerant can drink raw milk without problem.

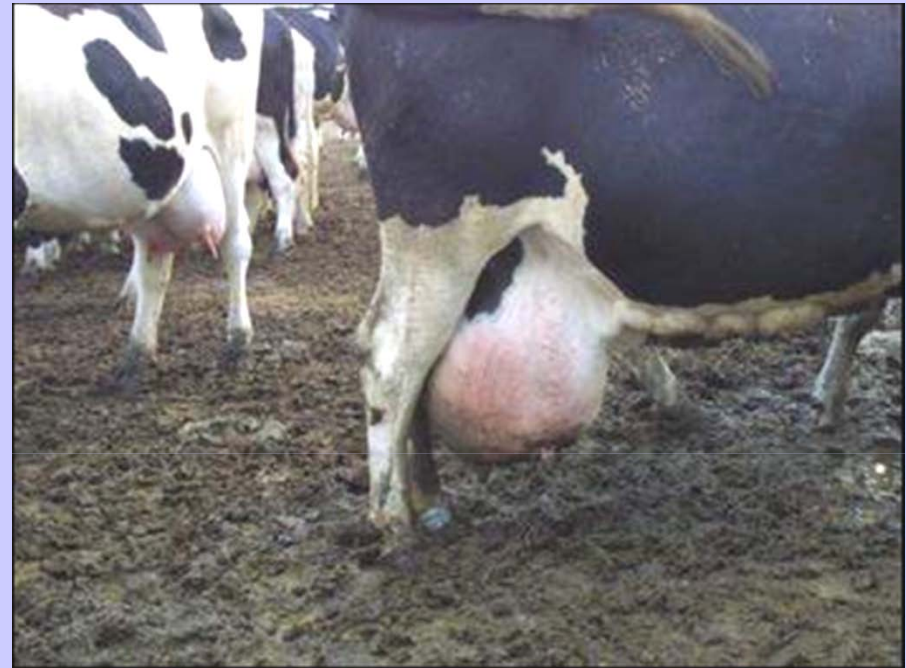
26 MILLION COULD BENEFIT: Thus, 26 million Americans diagnosed as lactose intolerant could benefit from raw milk.

Confinement Dairy System

Cows never leave stalls. Life span averages 42 months.



The Modern Cow



Three milkings per day

Often milked for 600 days without a break, or until death.

Modern Milk From Farm to Factory



Feed Given to Confined Cows

Feed	Result in Milk
Soy	Allergenic soy protein and estrogenic isoflavones
GMO Grains	Aflatoxins (liver poisons)
Bakery Waste	Trans fatty acids
Citrus Peel Cake	Cholinesterase inhibitors (pesticides that act as nerve poisons)
Hormones and Antibiotics	Hormones and Antibiotics
Swill from Ethanol Production!	Chemicals used in ethanol production



The Wasteland

Compulsory pasteurization laws are largely responsible for the decline of American small towns and rural life.

Pasteurization laws transform what should be a local value-added product into a commodity product.



ALL TRUTH PASSES THROUGH THREE STAGES:

First, it is ridiculed.

Second, it is violently opposed.

Third, it is accepted as self-evident.

Arthur Schopenhauer



Raw Milk Resources: A Campaign for Real Milk



- Website: www.realmilk.com
- Detailed scientific information about raw milk
- Raw milk regulations by state
- Sources of raw milk at realmilk.com or through local chapters of the Weston A. Price Foundation (at www.westonaprice.org)

Raw Milk Resources:

The Farm-to-Consumer Legal Defense Fund

Legal Defense for Small Farmers

- Raw Milk Protection
- Right to On-Farm Processing and Direct Sales
- Resistance to NAIS

Website: farmtoconsumer.org

Phone: (703) 208-FARM



4. Eliminate refined sweeteners

Sugar

Dextrose

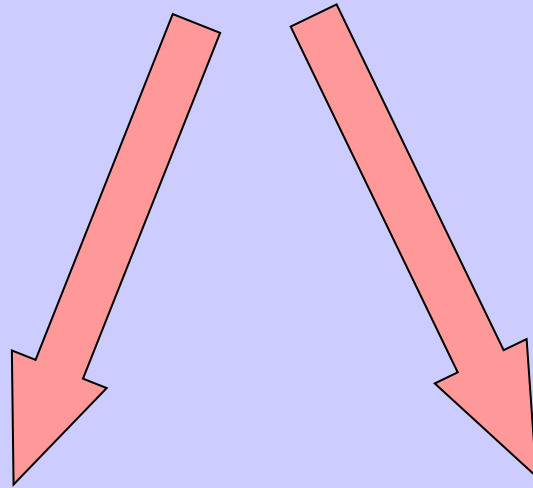
Fructose

Glucose

High Fructose Corn Syrup

Fruit Juices

Sucrose



Glucose

Fructose

In animal studies, fructose was found to be harmful while glucose was not.

Fructose and Health

LIVERS of rats on high fructose diet resembled livers of alcoholics.

MALE RATS did not reach adulthood.

ANEMIA

HEART HYPERTROPHY (enlarged and exploded)

DELAYED testicular development in male rats

COPPER DEFICIENCY in combination with fructose interferes with collagen production, hence rat bodies fell apart (copper deficiency widespread in the U.S.).

FEMALE RATS were unable to produce live young.

U.S. Consumption of Refined Sweeteners



Diseases Associated with Consumption of Refined Sweeteners

Diabetes

Hypoglycemia

Chronic elevated insulin

Coronary heart disease

Cancer

Infectious diseases

Hyperacidity of the stomach

Liver disease

Kidney disease

Infertility

Asthma

Acne

Headaches

Thyroid malfunction

Adrenal malfunction

Obesity

Increased desire for alcohol

Increased desire for coffee, tobacco

Candida albicans infection

Bone loss

Dental decay

Hyperactivity

Violent tendencies

Depression

Natural Sweeteners

(Use in Moderation)



Rapadura (Dehydrated Cane Sugar Juice),
Maple Syrup and Maple Sugar, Molasses,
Stevia Powder and Raw Honey

Possible causes of sugar cravings

Wrong fats in the diet

Improper preparation of grains

Too few or too many animal foods

Mineral deficiencies

Neuro-toxic additives

(MSG, Aspartame)





HOMEMADE ICE CREAM

Cream

Maple Syrup

Egg Yolks

Vanilla





Which gives the most energy – carbohydrates or fats?

ONE MOLECULE GLUCOSE



15 enzymes

Numerous vitamins and minerals, especially chromium and magnesium

38 units ATP (energy carrier)

ONE MOLECULE FAT



5 enzymes

Vitamins and minerals

146 units ATP (energy carrier)

**5. Eliminate toxic
metals and additives
as much as possible**

Sources of Toxic Metals

ALUMINUM

Cookware
Antacids
Commercial salt
Baking powder
Deodorants

MERCURY

Amalgam fillings
Large fish, such as swordfish and tuna

LEAD

Water from lead pipes
Some cookware glazes and enamels
Dark hair dyes

IRON

All commercial white flour products

CADMIUM

Commercially raised fruits and vegetables

Effects of Fluoride

MAIN EFFECTS

Depresses thyroid function
Enzyme inhibitor

LEADING TO

Pre-mature aging
Osteoporosis
Degeneration of bone and cartilage
Mottling of the teeth
Acne and other skin problems
Damage to the immune system
Hardening of the arteries
Genetic damage
Cancer

Arthritis
Irregular bone growth
Violent Behavior

Food Additives

The average American eats NINE pounds of chemical additives per year, including

Preservatives	Dyes	Bleaches
Emulsifiers	Antioxidants	Flavors
Buffers	Noxious Sprays	Acidifiers
Alkalizers	Deodorants	Moisturizers
Anti-caking	Anti-foaming	Conditioners
Curers	Hydrolizers	Drying agents
Gases	Extenders	Thickeners
Sweeteners	Maturers	Fortifiers

Neuro-Toxic Additives

MSG

Hydrolyzed Protein

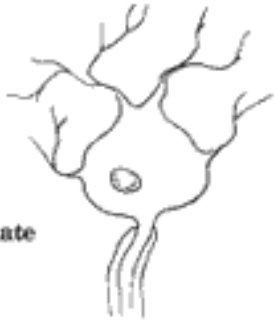
Aspartame

Neurotoxins are found in reduced fat milks, anything hydrolyzed, microwaved foods and many processed products containing "flavorings," "natural flavorings" or "spices."

High Concentration MSG

Lower Concentration MSG

Immediate



One hour



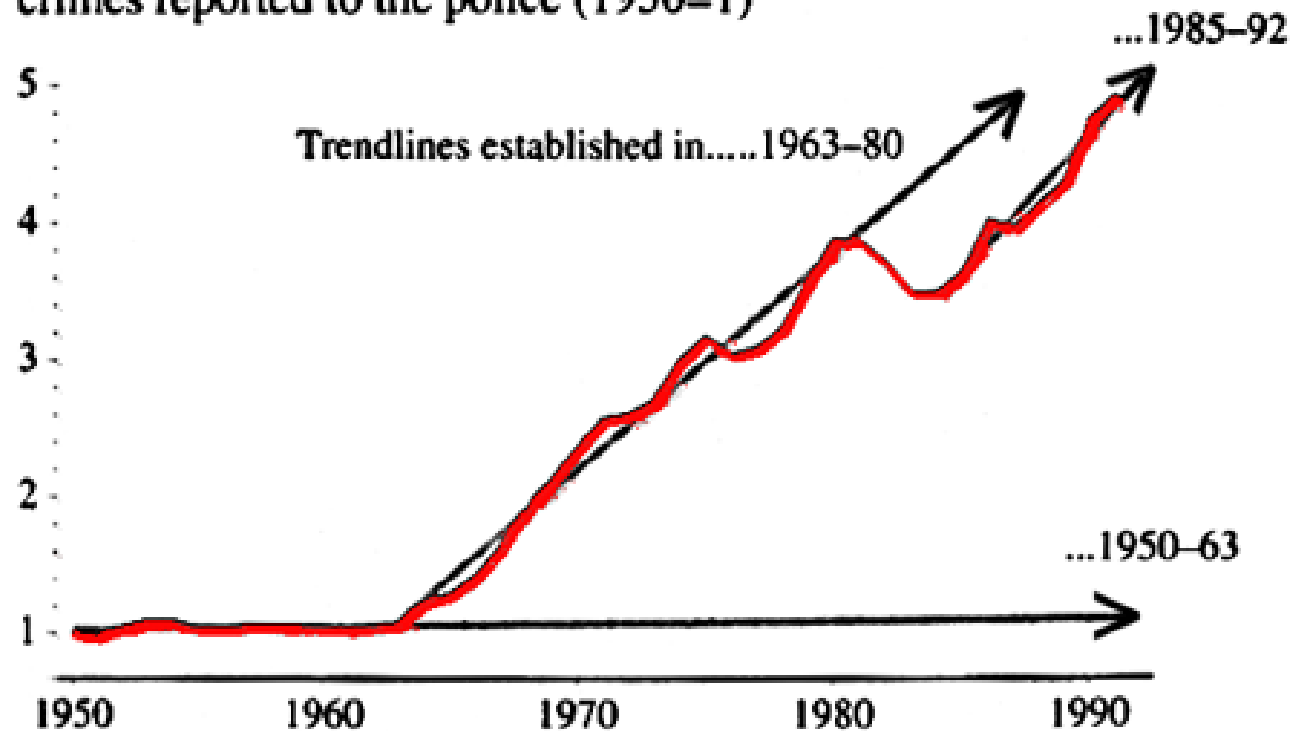
Two hours



From
Excitotoxins
By
Russell Blaylock,
MD

The boom in violent crime after the 1950s

Proportional change in number of violent crimes reported to the police (1950=1)



Source: *Uniform Crime Reports*, annual, Federal Bureau of Investigation.

Artificial Sweeteners

ASPARTAME (Equal, Nutrasweet)

Headaches

Seizures

Sudden drop in BP

Brain cancer

Damage to retina

Altered neurotransmitters

Stimulates insulin release

Increased food
consumption

SUCRALOSE (Splenda)

Shrunken thymus

Enlarged liver and kidneys

Reduced growth rate

Decreased red blood cells

Prolonged pregnancy

Aborted pregnancy

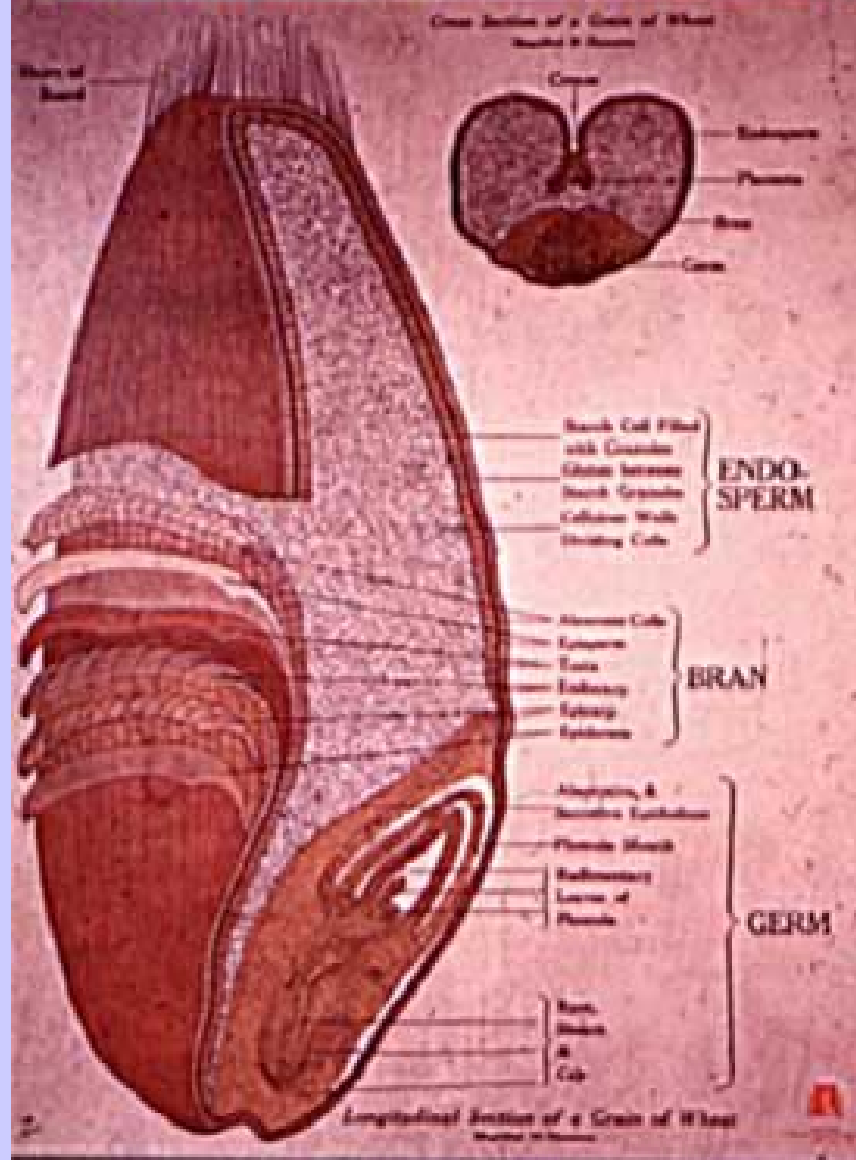
Low birth weight

Diarrhea

**6. Be Kind to your Grains...
and your grains will be
kind to you**

**(This rule applies to all seed foods:
grains, legumes, nuts and other seeds.)**

A KERNEL OF WHEAT



Additives in White Flour

Synthetic vitamin B1

Synthetic vitamin B2

Synthetic Folic Acid

Inorganic Iron

Bleaching Agents









SPELTZ BREAD
NET WT. 22 oz. (1 lb. 6 oz.) 624 g
BERKSHIRE MOUNTAIN BAKERY, INC.

Old Fashioned
Sourdough
SPELTZ BREAD
No Preservatives No Additives
24 oz. (680 g)
Stone Ground • Whole Grain • Small Batch Baking at its Finest!

FRENCH WEAVON
ALTERNATIVE GRAIN
SPELTZ BREAD
YEAST FREE • ORGANIC
NET WT. 24 oz. (680 g)

Proper Preparation of Seed Foods

Imitates natural factors that
neutralize the seed's "preservatives"
and allow it to sprout:

Moisture

Warmth

Slight Acidity

Time

Good Things in Whole Grains

B Vitamins

Macro and Trace Minerals

Vitamin E

Protein

Essential Fatty Acids

Fiber

Bad Things in Whole Grains

Phytic Acid (if not neutralized)

Enzyme Inhibitors (if not deactivated)

Fiber (irritating if not properly prepared)

Rancid Essential Fatty Acids

(if grains are subjected to oxygen & high heat)

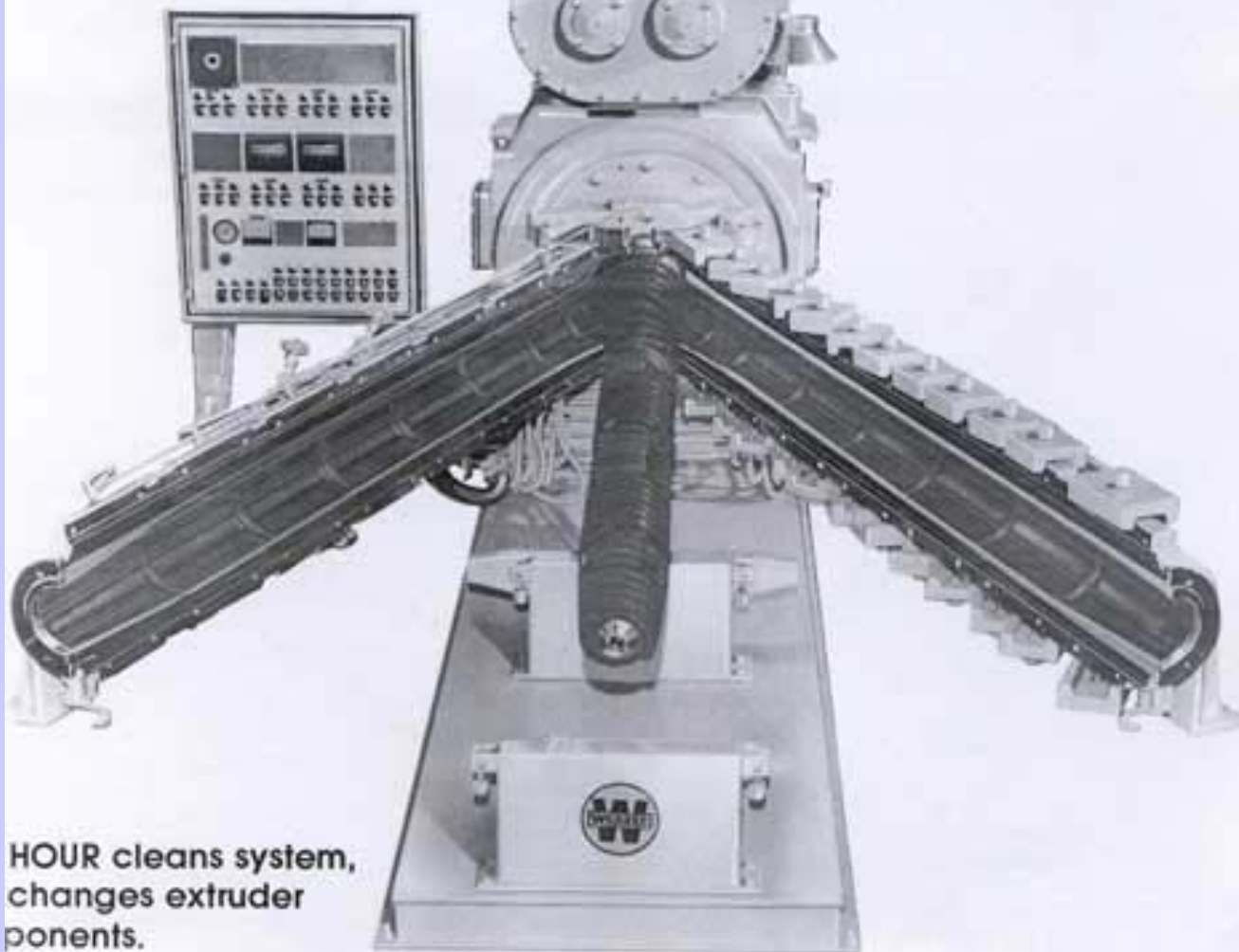
Altered Proteins

(if grains are subjected to high heat & pressure)

QUICK-CHANGE!

from one Fabricated

Food to another



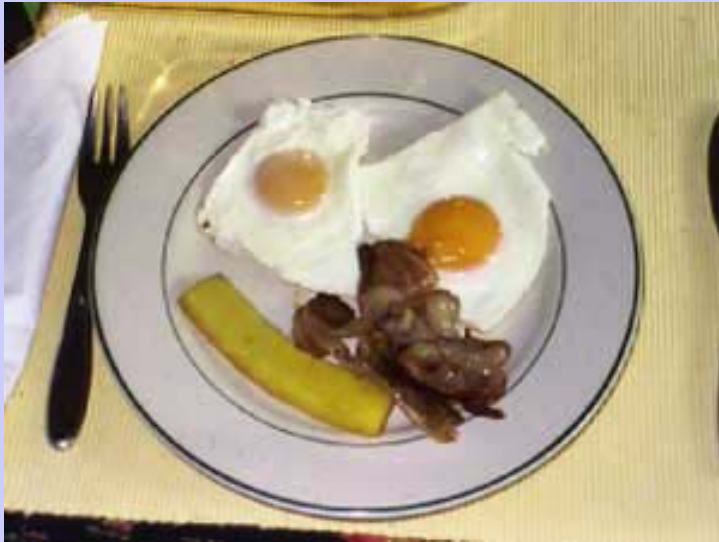
HOUR cleans system,
changes extruder
ponents.



Cruel Breakfast



Good Breakfasts



Fried eggs
with no-
nitrate
bacon and
fruit



Smoothie
made with
whole yoghurt,
egg yolks, fruit
and coconut oil

Scrambled
eggs with
sautéed
potatoes



Good Grain Breakfast



1. Soak rolled oats in warm water and 1 tablespoon of something acidic (whey, yoghurt, vinegar or lemon juice) overnight.





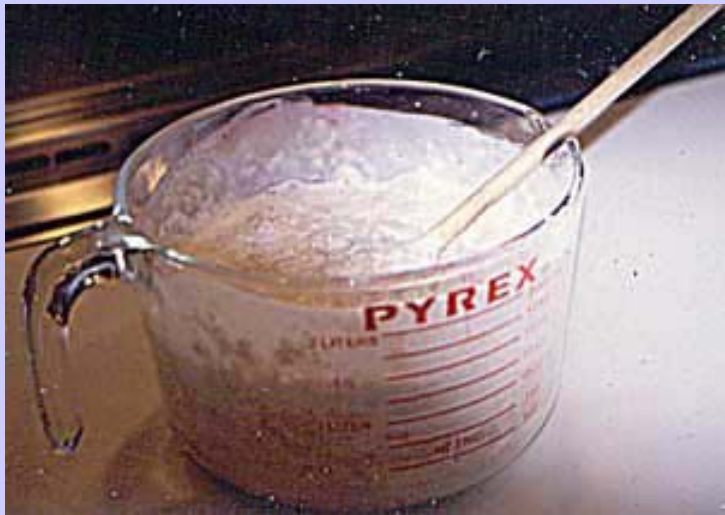
2. Next morning, bring water and salt to a boil.
3. Add soaked oatmeal, bring to a boil and cook, stirring, for one minute.
4. Cover and let sit several minutes.





5. Serve oatmeal with plenty of butter or cream and a natural sweetener. Sprinkle coconut and/or crispy nuts on top if desired.

Sourdough Pancakes I



Sourdough Pancakes II







Yogurt Dough



Yoghurt

Freshly ground
whole grain flour

Butter

Salt





Quiche



Empanadas



Preparation of Crispy Nuts



Soak raw nuts in salted water 6-8 hours to neutralize enzyme inhibitors,

Drain

Dry out in warm oven or dehydrator.



Crispy Nuts



Crispy
Almonds

Crispy
Pecans

Crispy
Slivered
Almonds

Crispy
Cashews

Pepitas

Cookies



Ground crispy nuts

Butter

Flavorings (salt, vanilla, lemon peel, etc.)

Arrowroot powder

Rapadura

**7. Make stock
(bone broth)
at least once a week**

Chicken Stock I



Whole chicken (including feet) or chicken backs and necks

Vegetables (onions, carrots, celery)

Vinegar

Filtered Water

Chicken Stock II



Good broth
resurrects the dead.

South American Proverb





Fish broth
will cure anything!

South American Proverb





Foods that contain high levels of MSG



MSG has been linked to: Diabetes, Migraines and Headaches, Obesity, Autism, ADHA and Alzheimer's

Ingredients that Contain MSG

Monosodium glutamate
Hydrolyzed Vegetable Protein
Hydrolyzed Protein
Hydrolyzed Plant Protein
Plant Protein Extract
Sodium Caseinate
Calcium Caseinate
Yeast Extract
Textured Vegetable Protein (TVP)
Autolyzed Yeast
Hydrolyzed Oat Flour
Corn Oil
Soy Protein Isolate

For flavoriety and expertise, it's never too soon to call FIDCO.



If you're searching for a new flavor sensation, FIDCO can provide you the *flavoriety* and expertise you need EARLY IN THE PROCESS for the most successful and cost effective results.

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Call FIDCO for flavorists who have mastered the fine art of tasting - creative people, working in partnership with a sales force of food specialists who know and understand the food manufacturing process.

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For information circle 117

The flavor masters

**8. Eat a
variety of fresh
vegetables
and fruits,**



**preferably
organic!**

Fruits and Vegetables Highest in Pesticides

Strawberries

Peaches

Apples

Pears

Raspberries

Cherries

Cantaloupe

(Mexican)

Apricots

Grapes

Green Bell Peppers

Red Bell Peppers

Winter Squash

Green Beans

Spinach

Potatoes

Celery



Some vegetables may be eaten raw.



Some Vegetables Should Be Eaten Cooked

Green Leafy Vegetables (Spinach, Chard, Beet Greens, etc.)
Cooking neutralizes calcium-blocking oxalic acid.



Cruciferous Vegetables (Cabbage, Brussels sprouts, Broccoli)
Cooking neutralizes goitrogens.

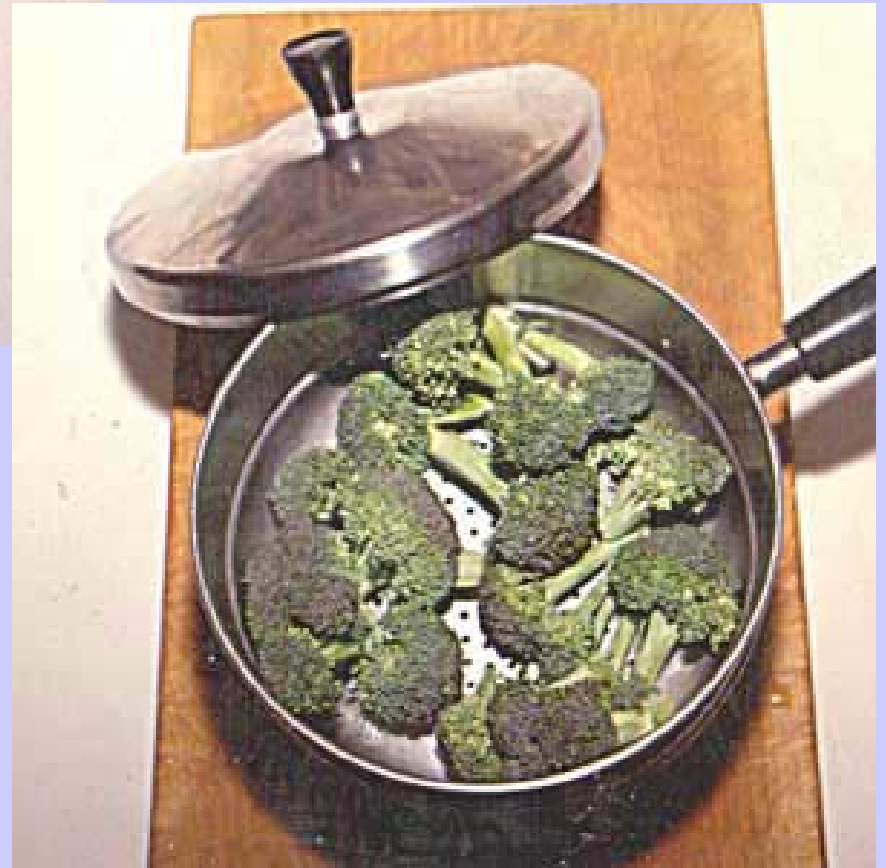




Many vegetables provide more nourishment when cooked.



Broccoli I



Broccoli II



Lentil Soup I





Lentil Soup II





Name this Product

Water, sugar (sucrose), maltodextrin, calcium and sodium caseinates, high-oleic safflower oil, soy protein isolate, canola oil, soy oil, potassium citrate, calcium phosphate dibasic, magnesium chloride, sodium citrate, artificial flavor, magnesium phosphate dibasic, sodium chloride, soy lecithin, choline chloride, ascorbic acid, carrageenan, calcium carbonate, zinc sulfate, ferrous sulfate, alpha-tocopherol acetate, niacinamide, calcium pantothenate, manganese sulfate, cupric sulfate, vitamin A palmitate, thiamine chloride hydrochloride, pyridoxine hydrochloride, riboflavin, folic acid, biotin sodium molybdate, chromium chloride, potassium iodide, sodium selenate, phylloquinone, cyanocobalamin and vitamin D₃.

9. Reduce Stresses to the Body

AVOID

caffeine and other drugs

exposure to pesticides & environmental toxins

amalgam fillings and root canals

Vaccinations

extremes of heat and cold

dirty food, water and clothes

stale air

synthetic fabrics

strong electromagnetic fields

loud, syncopated music

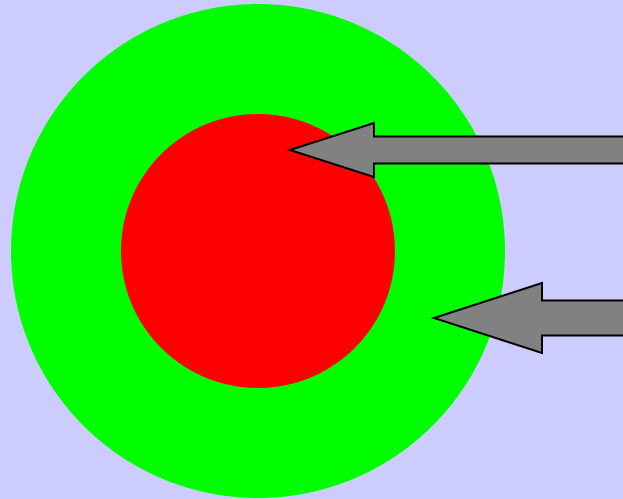
partial spectrum fluorescent lights

microwaved food

cell phones

high heels

The Adrenal Gland



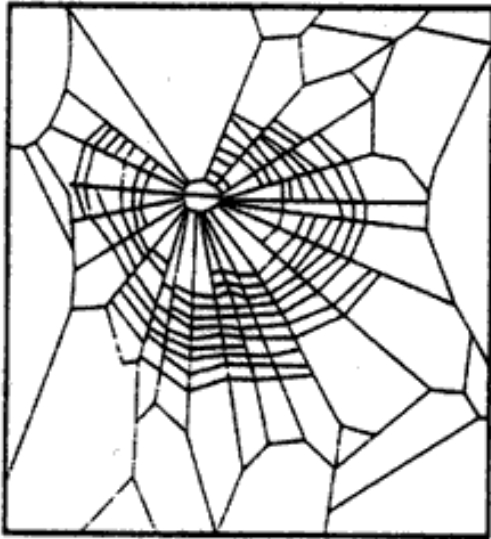
**Adrenal Medulla –
produces adrenaline for
“fight or flight.”**

**Adrenal Cortex –
produces “chill out”
corticoid hormones
that relax and heal
the body.**

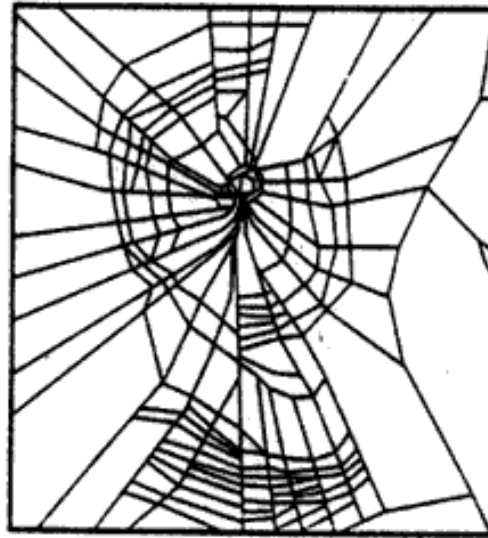
ADRENALINE: **Sugar** and **caffeine** stimulate the adrenal medulla to produce adrenaline.

HOMEOSTASIS: The adrenal cortex then produces hormones to bring the body back into homeostasis.

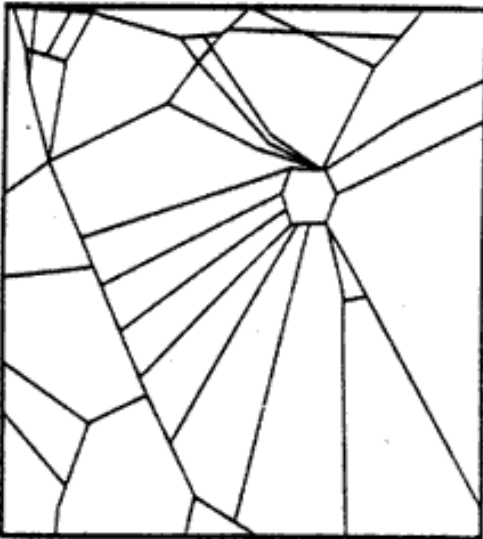
ADRENAL EXHAUSTION: With continual stimulation from sugar and caffeine, the adrenal cortex becomes exhausted and we can no longer deal with stress.



Marijuana



Benzedrine



Chloral Hydrate



Caffeine

Spider Webs

Spiders given caffeine spun the most chaotic webs.

The Body and Brain Cannot Function on Caffeine and Junk Food



Instead of junk food based on sugar, white flour and *trans* fats, eat real food such as eggs, meat, cheese, pate, liverwurst, meat, nuts, etc.

Instead of caffeine beverages, drink whole raw milk, broth-based soups, kombucha and other lacto-fermented beverages.

10. Put the Principles of Lacto-Fermentation to Work for You

FAMILIAR LACTO-FERMENTED FOODS

Natural cheese and yoghurt

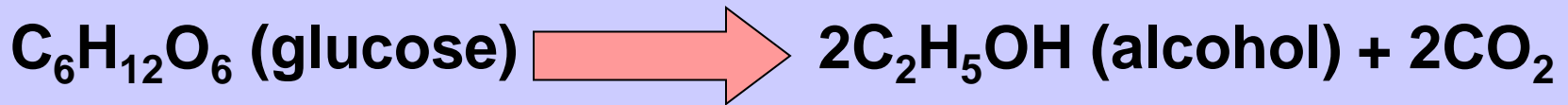
Old-fashioned pickles and sauerkraut

Gravlox (lacto-fermented salmon)

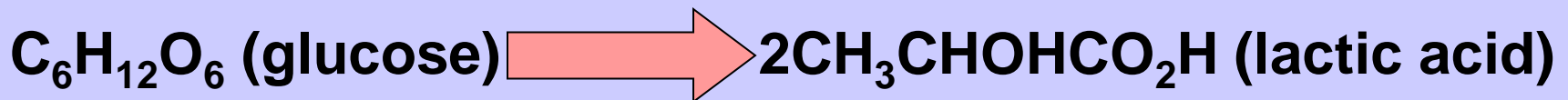


Fermentation

ALCOHOLIC Fermentation
(Action of Yeasts on Sugars):



LACTIC ACID Fermentation
(Action of Bacteria on Sugars)



Benefits of Lacto-Fermented Foods

Lacto-Fermentation of vegetables, fruits, nuts, grains, dairy products and meats:

A PRESERVATION METHOD THAT

Increases vitamin & enzyme content

Adds lactic acid & beneficial bacteria

Neutralizes anti-nutrients & improves digestibility

**Breaks down difficult-to-digest proteins
and carbohydrates**

**Promotes small scale, rather than monopolistic,
farming and food processing**

Basic Equipment:

Pounder and Mason Jars

Basic Ingredients:

Celtic Sea Salt and Homemade Whey



Making Whey I



Making Whey II



Sauerkraut





Lacto-Fermented Pickles





Lacto-Fermented Raspberry Syrup



Peach Chutney





Lacto-Fermented Ketchup



Organic tomato paste
Fish sauce (homemade or commercial)
Seasonings
Whey
Salt.



Lacto-Fermented Beverages

SOFT DRINKS

Concentrated Sweeteners

Aspartame

Caffeine

Phosphoric Acid

Artificial Colors

Artificial Flavors

Quality of Water Unknown

(may contain Fluoride)

Cost: about \$1/qt

LACTO-FERMENTED BEVERAGES

Dilute Sweeteners

Mineral Ions

Enzymes

Beneficial Bacteria

Lactic Acid

Natural Flavors

Good Quality Water

Cost: as little as 20c/qt

Americans consume 56 gallons per person
of soft drinks per year!



Lacto-Fermented Ginger Ale made with

Fresh ginger

Fresh lime juice

Rapadura or honey

Whey

Salt

Water

Kefir Sodas



See recipes in
Eat Fat, Lose Fat
by Mary Enig
and Sally Fallon

Lacto-Fermented Beet Kvass made with



Beets

Whey

Salt

Water

**Commercially
Available
Lacto-
Fermented
Beverages**

Kombucha

Kvass

**Fermented
Grain Drink**







11. Practice forgiveness

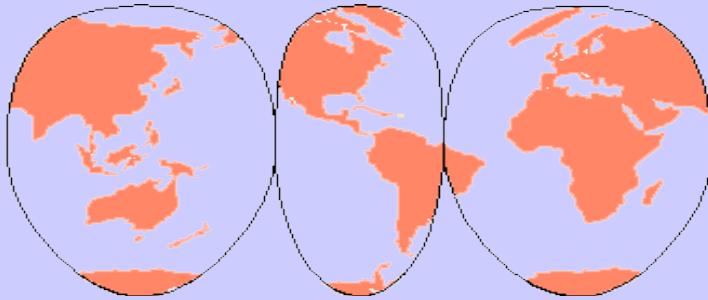




Resources

The Weston A. Price Foundation

www.westonaprice.org



Quarterly Magazine

Informational Brochures

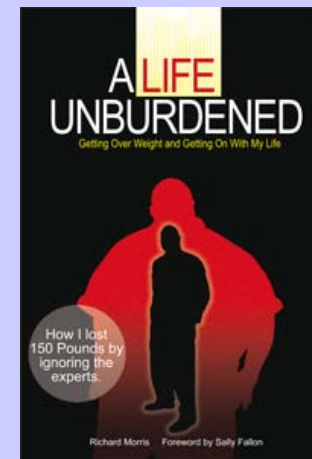
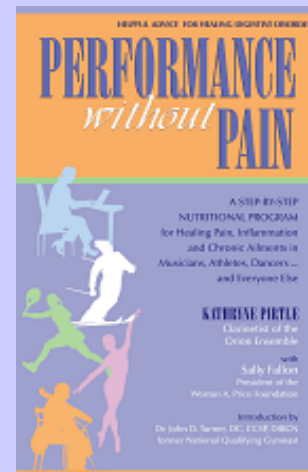
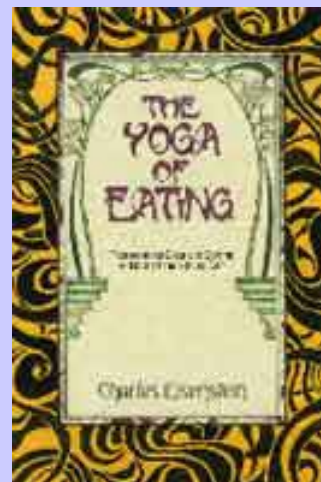
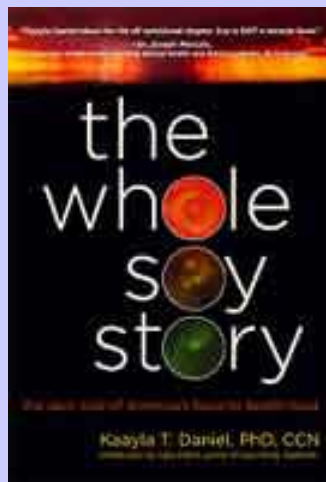
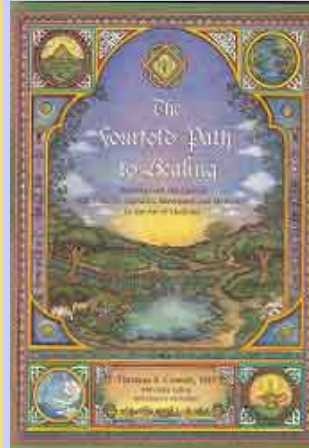
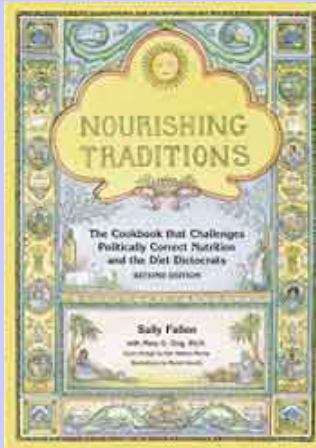
Yearly Shopping Guide

Annual Conference

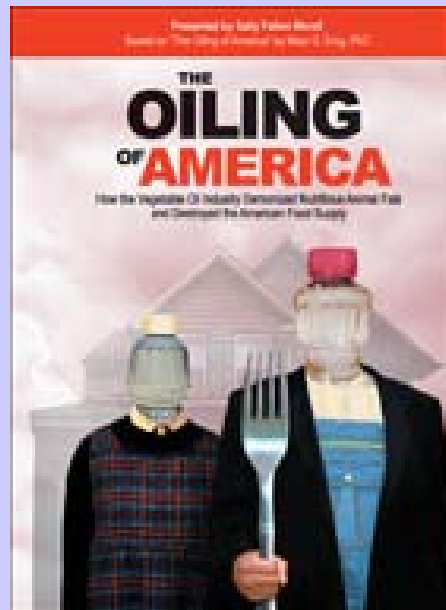
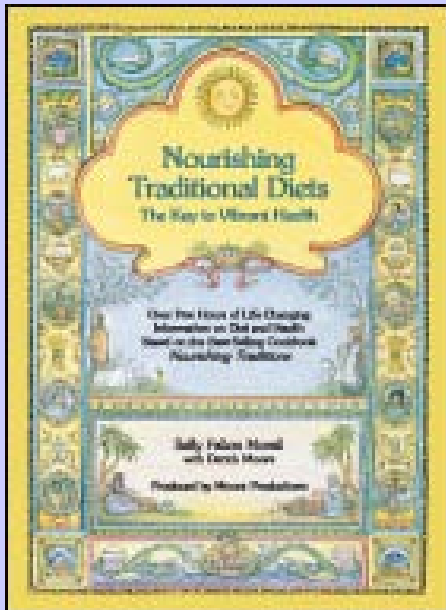
Local Chapters

Books from NewTrends Publishing

www.newtrendspublishing.com, (877) 707-1776



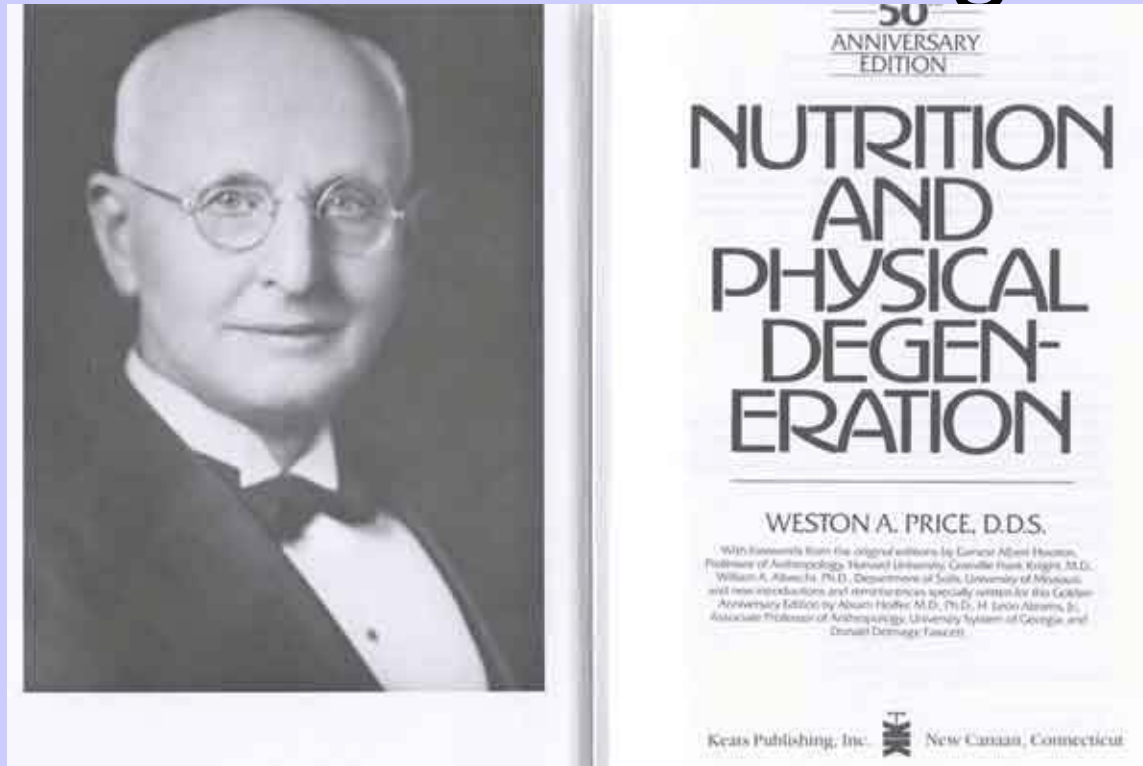
NewTrends DVD Series



Five-Hour
Seminar on
Nourishing
Traditional Diets

The Oiling of
America

Dr. Price's Pioneering Work



The Price-Pottenger Nutrition Foundation

www.price-pottenger.org

(619) 462-7600

Summary

Traditional diets *maximized* nutrients while
modern diets *minimize* nutrients

TRADITIONAL DIETS

Foods from fertile soil
Organ meats over muscle meats
Animal fats
Animals on pasture
Dairy products raw and/or fermented
Grains and legumes soaked/fermented
Bone broths
Unrefined sweeteners (honey, maple syrup)
Lacto-fermented vegetables
Lacto-fermented beverages
Unrefined salt
Natural vitamins in foods
Traditional Cooking
Traditional seeds/Open pollination

MODERN DIETS

Foods from depleted soil
Muscle meats, few organs
Vegetable oils
Animals in confinement
Dairy products pasteurized
Grains refined, extruded
MSG, artificial flavorings
Refined sweeteners
Canned vegetables
Modern soft drinks
Refined salt
Synthetic vitamins added
Microwave, Irradiation
Hybrid seeds, GMO seeds