Summary

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

TRADITIONAL DIETS	MODERN DIETS
Foods from fertile soil	Foods from depleted soil
Organ meats over muscle meats	Muscle meats, few organs
Animal fats	Vegetable oils
Animals on pasture	Animals in confinement
Dairy products raw and/or fermented	Dairy products pasteurized
Grains and legumes soaked/fermented	Grains refined, extruded
Bone broths	MSG, artificial flavorings
Unrefined sweeteners (honey, maple syrup)	Refined sweeteners
Lacto-fermented vegetables	Canned vegetables
Lacto-fermented beverages	Modern soft drinks
Unrefined salt	Refined salt
Natural vitamins in foods	Synthetic vitamins added
Traditional Cooking	Microwave, Irradiation
Traditional seeds/Open pollination	Hybrid seeds, GMO seeds

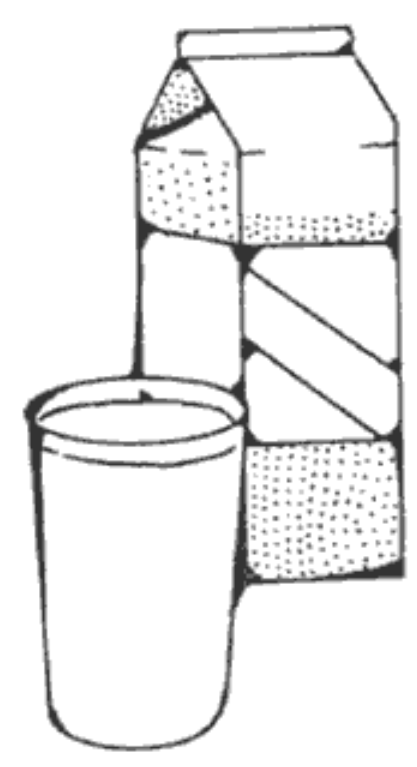
Health, Beauty and Strength with Nourishing Traditional Diets

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 pasteurization[1]

STEALS IRON away from pathogens and carries it through the gut wall into the blood stream; stimulates the immune system[1]

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 bacteria[4]

NEUTROPHILS – Kill infected cells; mobilize other parts of the immune system[1]

T-LYMPHOCYTES – Multiply if bad bacteria are present; produce immune-strengthening compounds[1]

IMMUNOGLOBLUINS (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

B_{12} BINDING PROTEIN – Reduces Vitamin B_{12} in the colon, which harmful bacteria need for growth[1]

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 milk[1]

1982—Over **17,000** cases *Y. enterocolitica* in several states from milk produced in Memphis, TN[2]

1983—1 outbreak, **49** cases**, 14 deaths** from *L. monocytogenes* in MA[2]

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 affected[2]

1985—1,500+ cases, *Salmonella* culture confirmed, in Northern IL[2]

1993-94—1 outbreak, **2014** cases/**142** confirmed *S. enteritidis* due to pasteurized ice cream in MN, SD, WI[6]

1995—Outbreak of *Yersinia enterocolitica* in **10 children**, 3 hospitalized due to post-pasteurization contamination[7]

2000—1 outbreak, **98** cases/**38** confirmed *S. typhimurim* in PA and NJ[7]

2005—1 outbreak, **200** cases *C. jejuni* in CO prison[9]

2006—1 outbreak, **1592** cases/**52** confirmed *C. jejuni* infections in CA[10]

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.

American Journal of Epidemiology, 1983 Vol 114, No 4

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.

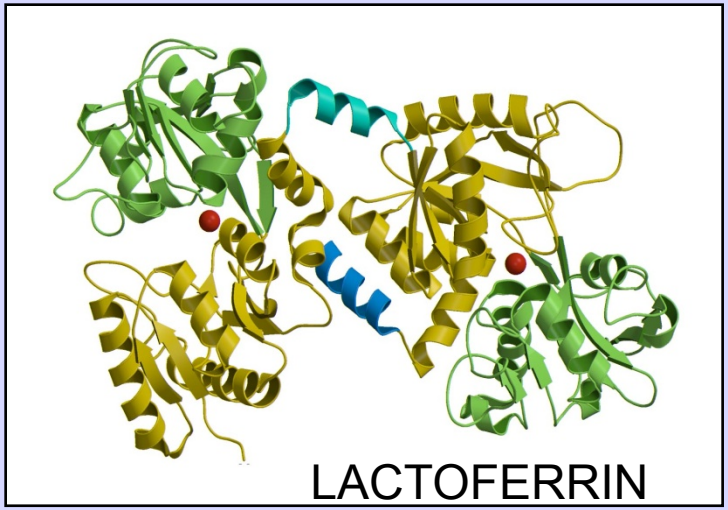
CARRIERS: Carry vitamins and minerals through the gut into the blood stream; enhance the immune system; protect against disease.

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.



LACTOFERRIN

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

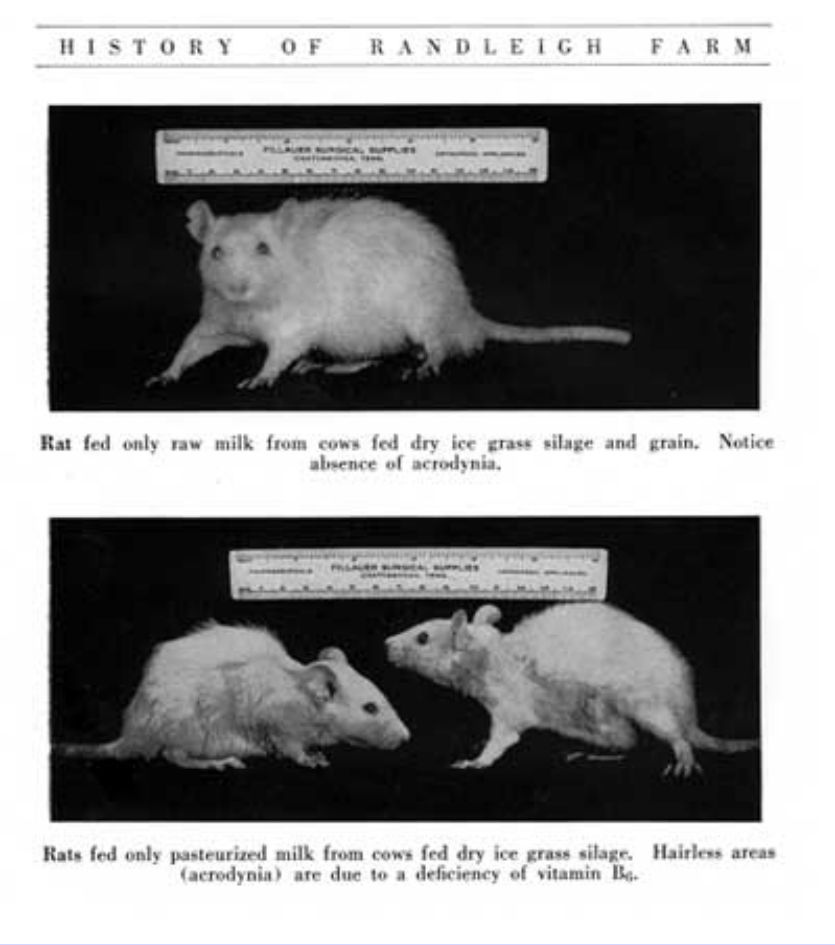
PASTEURIZED MILK IS VERY DIFFICULT TO DIGEST

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

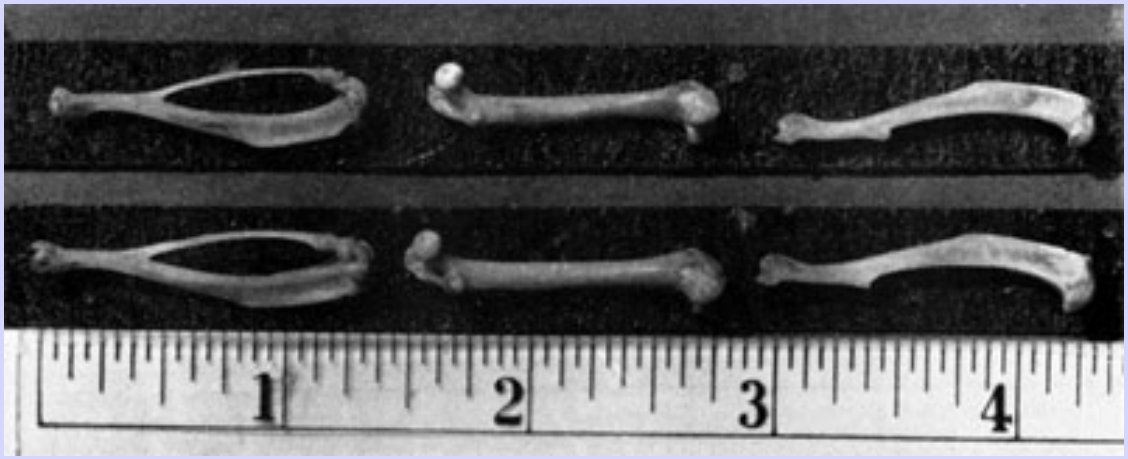


Above: Rat fed only raw milk. Good development, healthy fur.

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.

Crewe, JR. Raw Milk Cures Many Diseases, www.realmilk.com

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

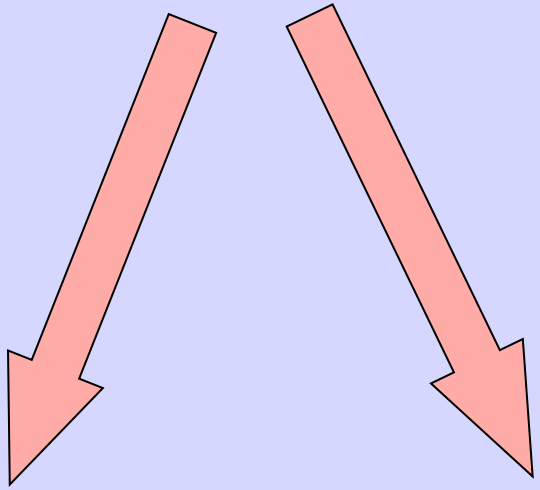
Fructose

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.

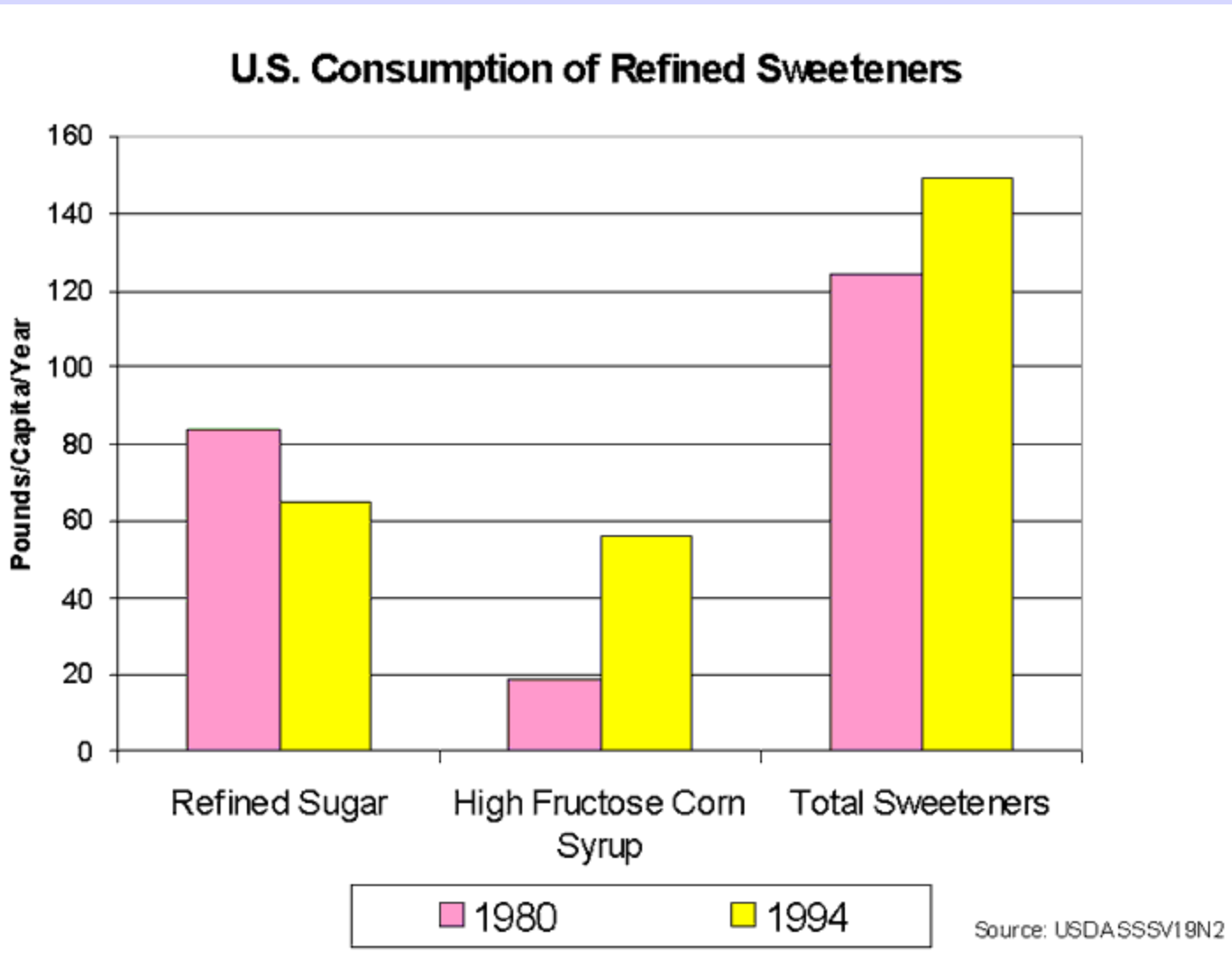
ANEMIA

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
Pounds/Capita/Year
160
140
120
100
80
60
40
20
0
Refined Sugar
High Fructose Corn Syrup
Total Sweeteners
1980
1994
Source: USDASSSV19N2

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)


Zebra Cakes
BROWNIES
Marshmallow Pies
Marshmallow Pies
TAKE OUT

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

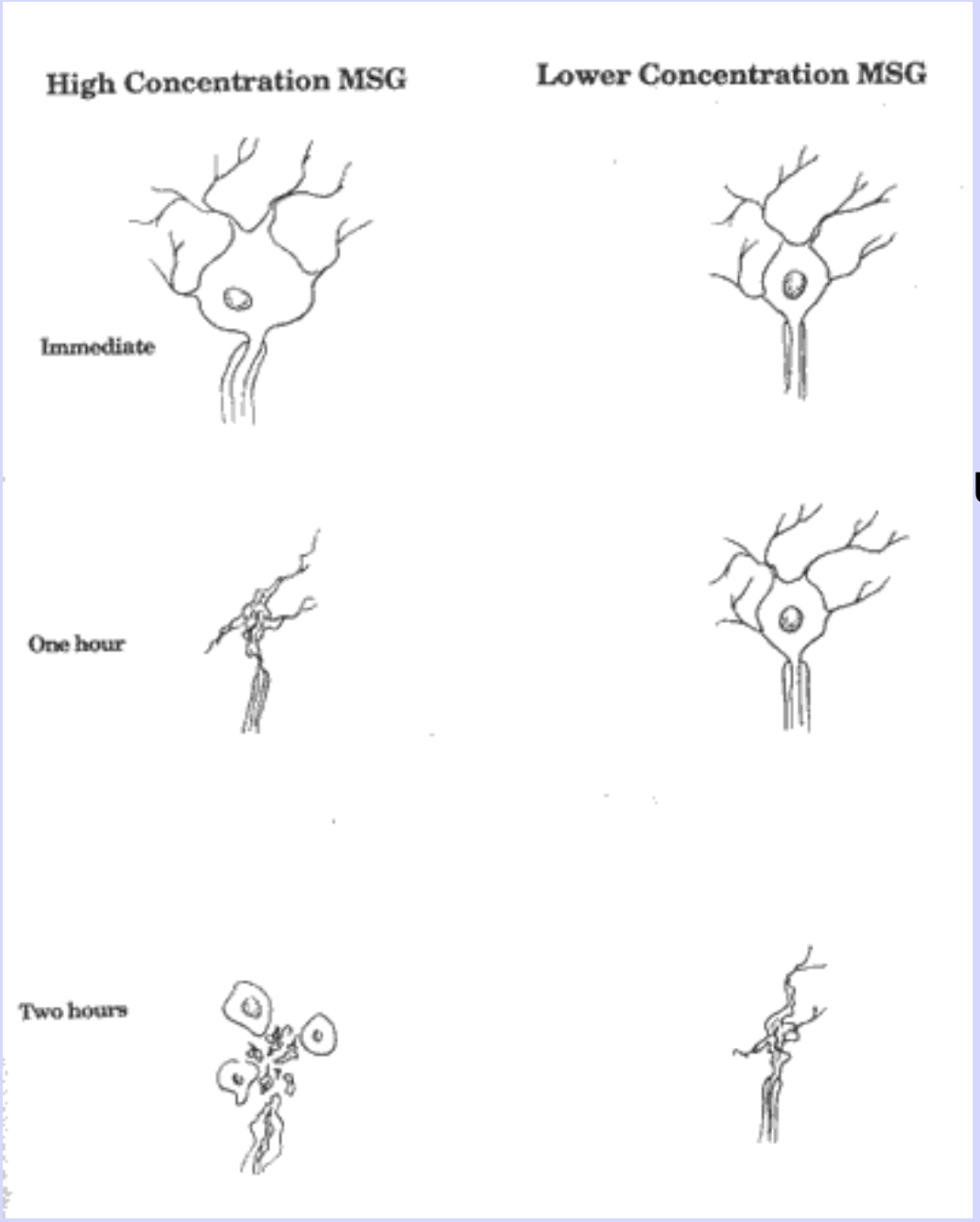
Neuro-Toxic Additives

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."



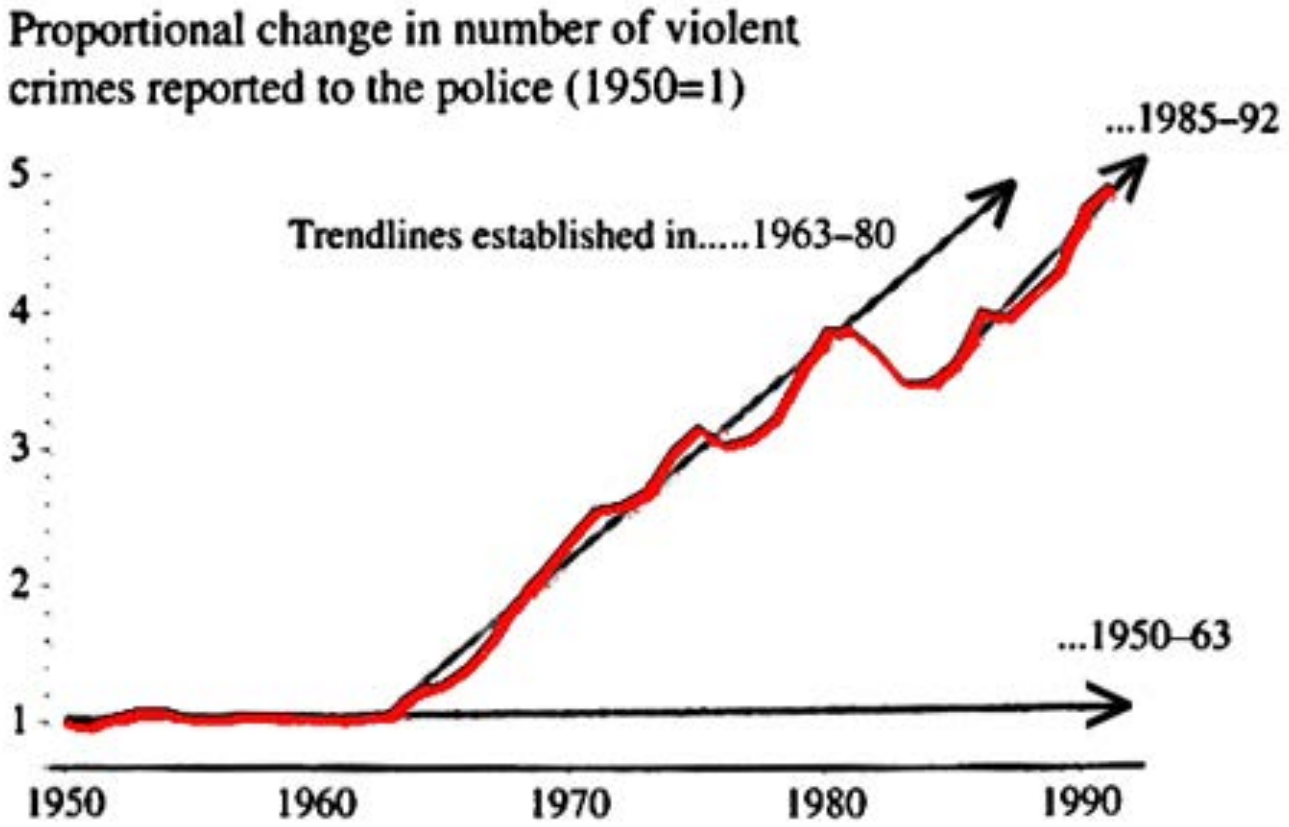
From

Excitotoxins

By

ussell Blaylock, MD

The boom in violent crime after the 1950s



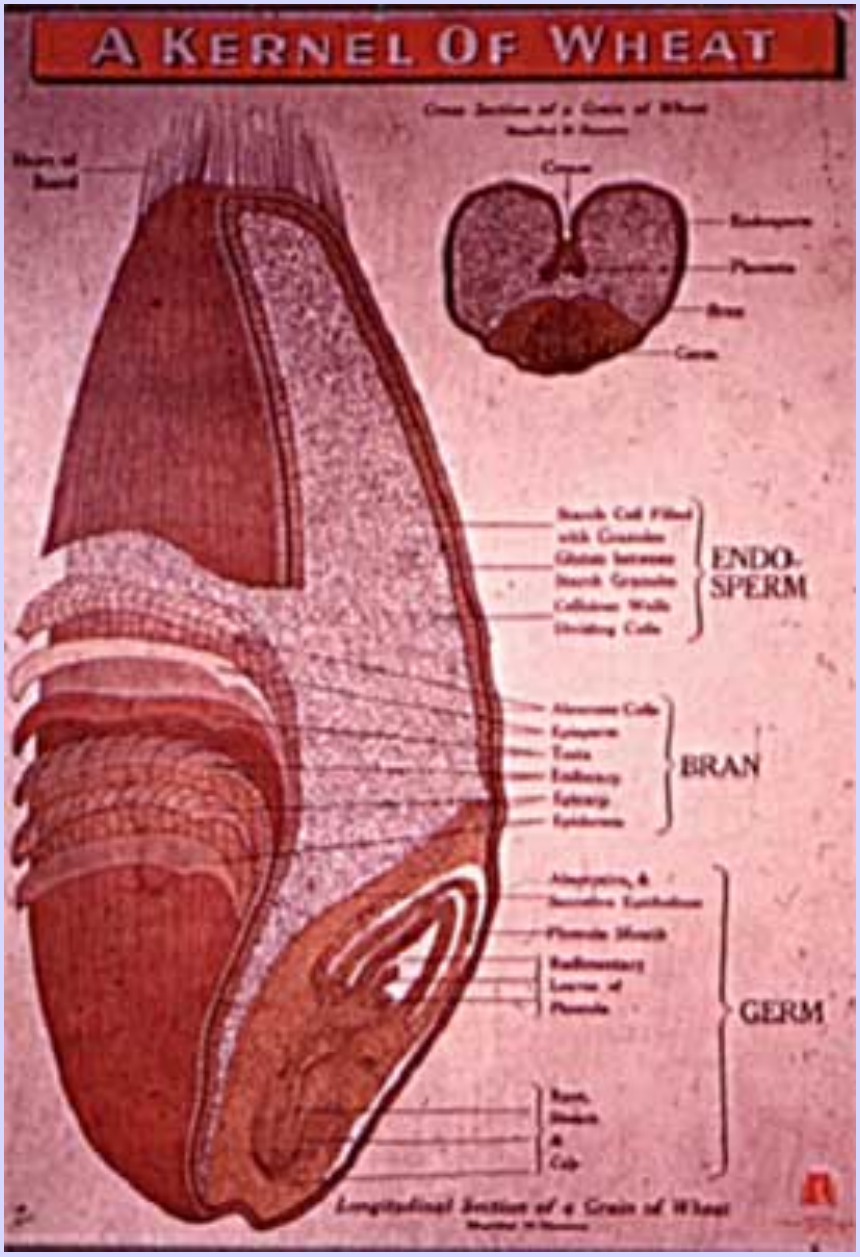
Source: Uniform Crime Reports, annual, Federal Bureau of Investigation.

Artificial Sweeteners

ASPARTAME (Equal, Nutrasweet)	**SUCRALOSE (Splenda)**
Headaches	Shrunken thymus
Seizures	Enlarged liver and kidneys
Sudden drop in BP	Reduced growth rate
Brain cancer	Decreased red blood cells
Damage to retina	Prolonged pregnancy
Altered neurotransmitters	Aborted pregnancy
Stimulates insulin release	Low birth weight
Increased food consumption	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
ENDO-
SPERM
BRAN
GERM
Longitudinal Section of a Grain of Wheat

Additives in White Flour

Synthetic vitamin B1

Synthetic vitamin B2

Synthetic Folic Acid

Inorganic Iron

Bleaching Agents


ITALIAN BREAD


SPELT
BREAD
BERLIN
natural
BAKERY
What great nutrition should taste like!
Old Fashioned
Sourdough
SPELT BREAD
No Preservatives
24 oz. (680 g)
No Additives
Stone Ground • Whole Grain • Small Batch Baking at its Finest!
FRENCH
MEADOW
ALTERNATIVE GRAIN
SPEL
YEAST FREE • ORGAN

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
Vitamin E
Essential Fatty Acids
Macro and Trace Minerals
Protein
Fiber

Bad Things in Whole Grains

Phytic Acid (if not neutralized)

Enzyme Inhibitors (if not deactivated)

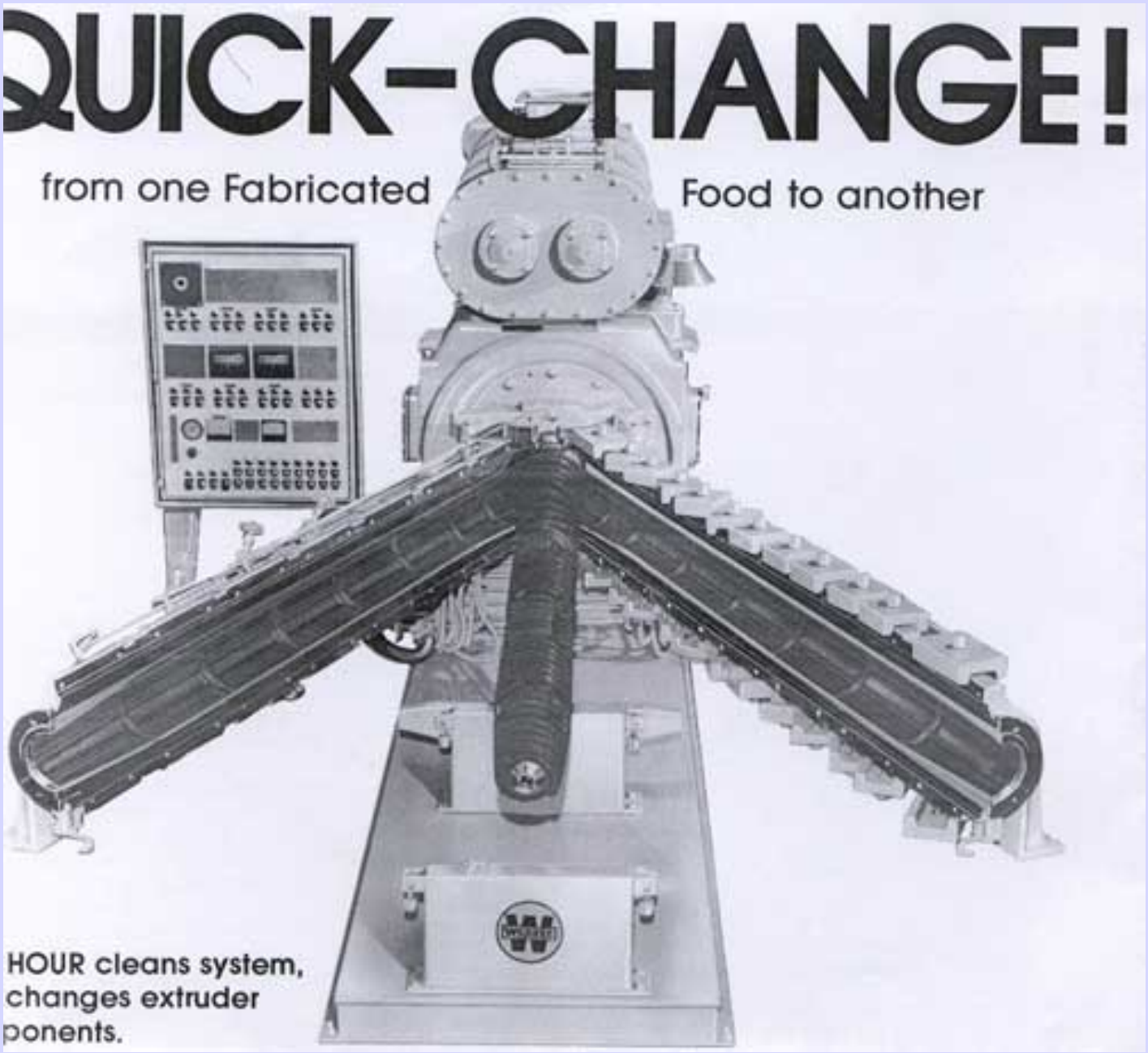
Fiber (irritating if not properly prepared)

Rancid Essentials 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

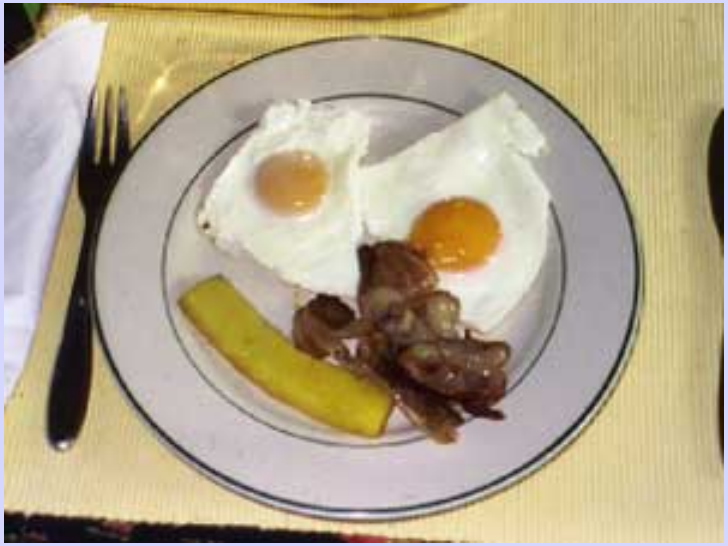


HOUR cleans system,
changes extruder
ponents.


Health Nuggets
Health Nuggets
Nutty Rice
Nutty Rice
Oatios
Oatios
Fruitco's
Fruitco's
Raisin Bran
Alpen
Alpen
Corn Flakes

Cruel Breakfast

Good Breakfasts



Fried eggs with no-nitrate bacon and fruit

Scrambled eggs with sautéed potatoes

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

Good Grain Breakfast

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

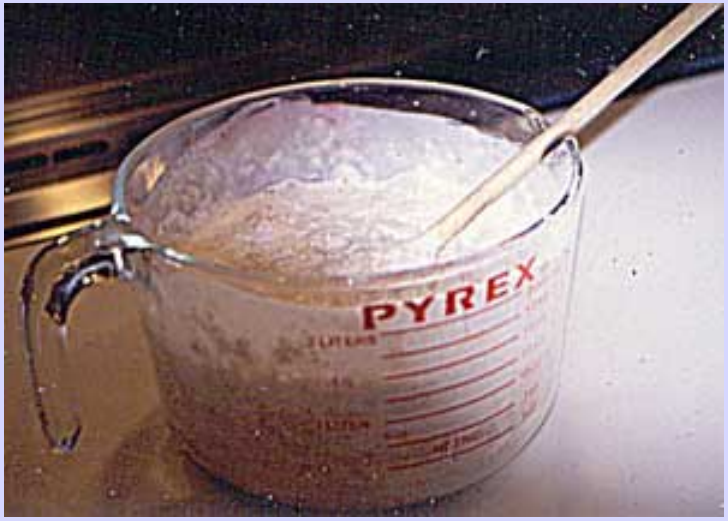
2. Next morning, bring water and salt to a boil.

3. Add soaked oatmeal, bring to a boil and cook, stirring, for one minute.

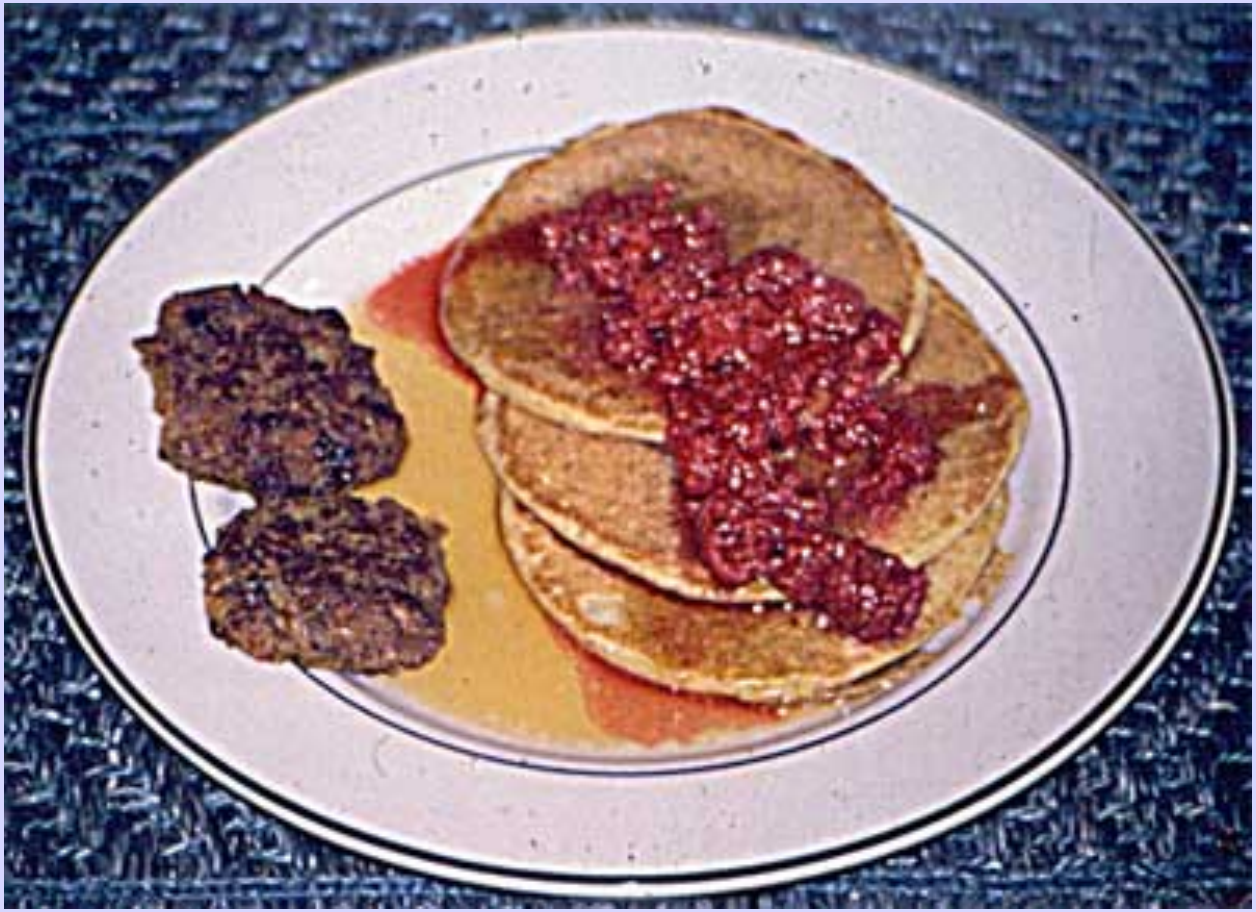
4. Cover and let sit several minutes.

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
Pepitas
Crispy Slivered Almonds
Crispy Cashews

Cookies

Ground crispy nuts

Arrowroot powder

Butter

Rapadura

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

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

Chicken Stock I

Whole chicken (including feet) or chicken backs and necks

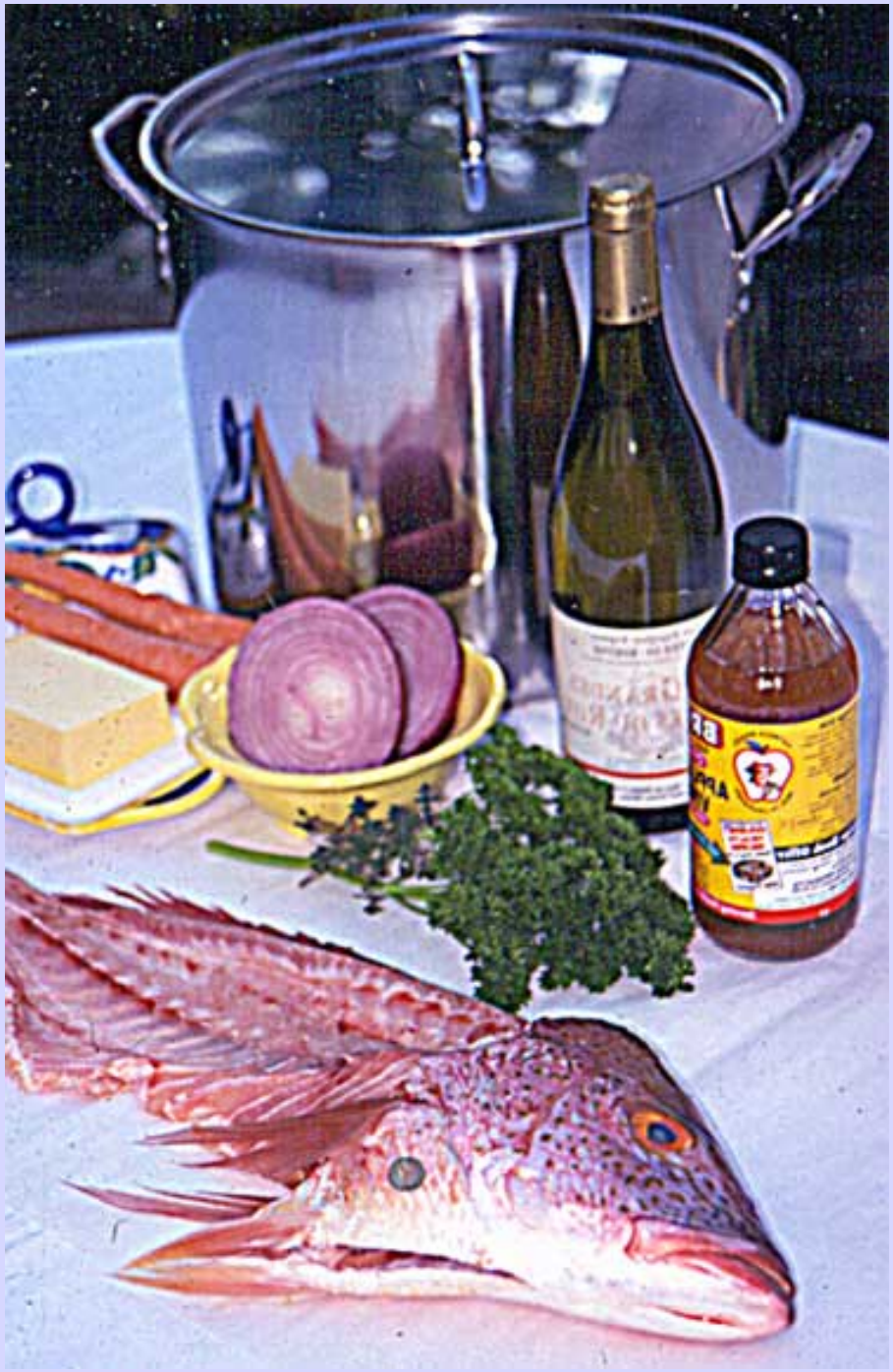
Vegetables (onions, carrots, celery)

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 Proetin
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.

FIDCO can meet the challenge by custom creating the perfect flavor to meet your special need... the one-of-a-kind flavor, as personal as a fingerprint, to assure your product's success.

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.

For quick, personal attention, literature and samples, call 914-697-2828.

FIDCO

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.

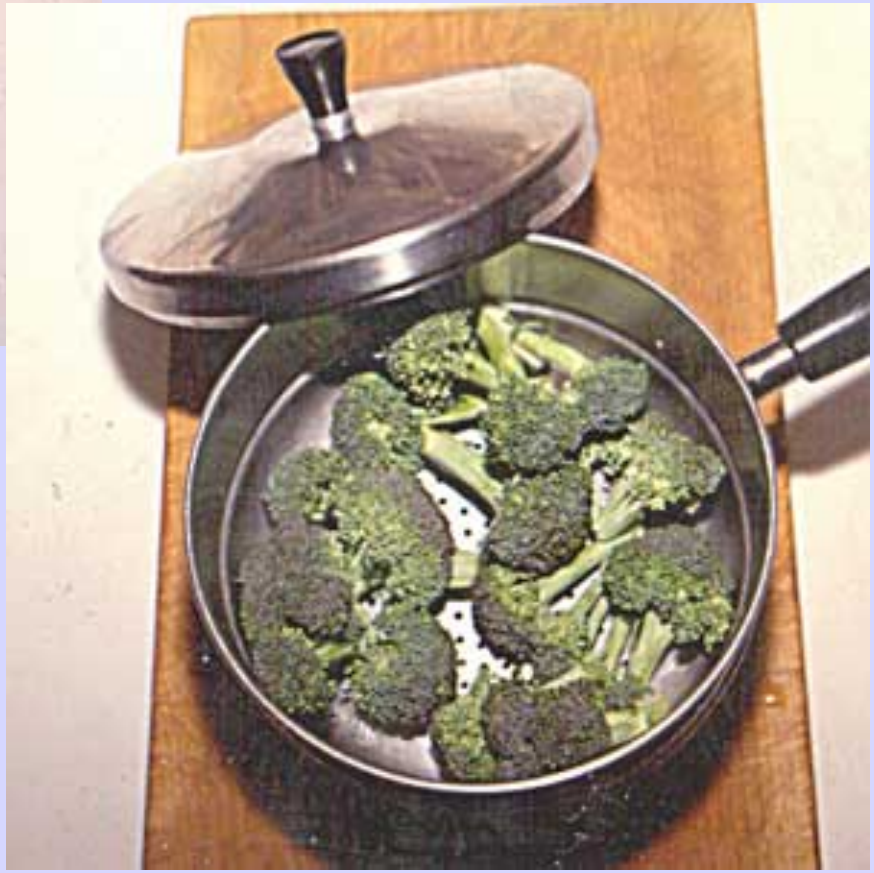
Some Vegetables Should Be Eaten Cooked

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

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

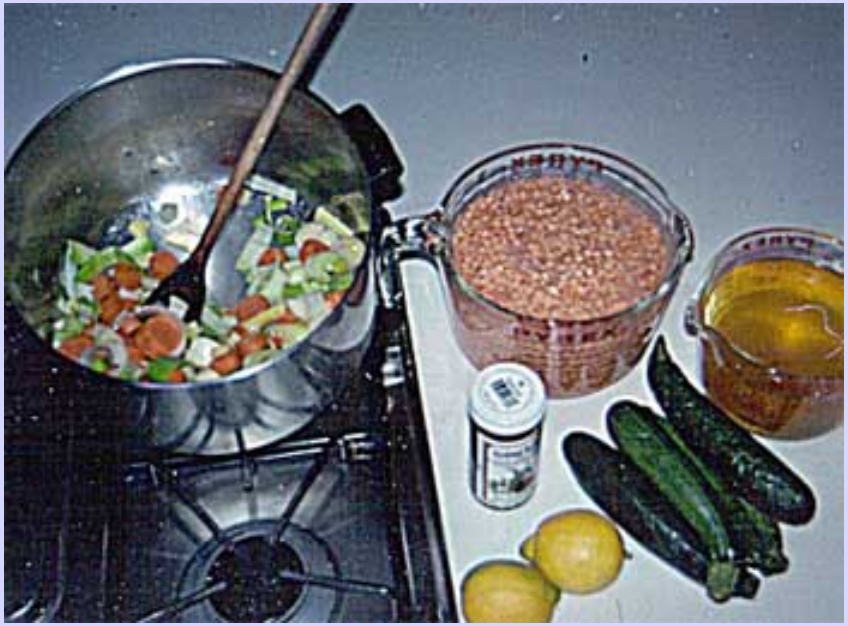
Many vegetables provide more nourishment when cooked.

Broccoli I



Broccoli II

Lentil Soup I



Lentil Soup II

Name this Product

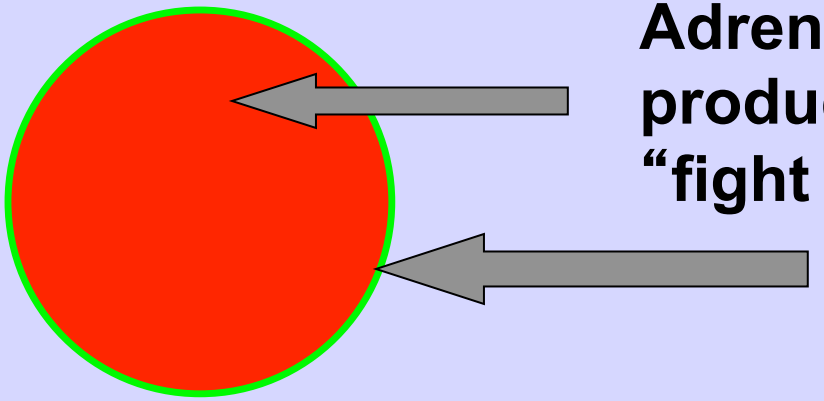
Water, sugar (sucrose), maltodextrin, calcium and sodium caseinates, high-oleic safflower oil, soy protein isolate, canola oil, soy oil, potassium citrate, calcium phosphate dibasic, magnesium chloride, sodium citrate, artificial flavor, magnesium phosphate dibasic, sodium chloride, soy lecithin, choline 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 D_3.

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



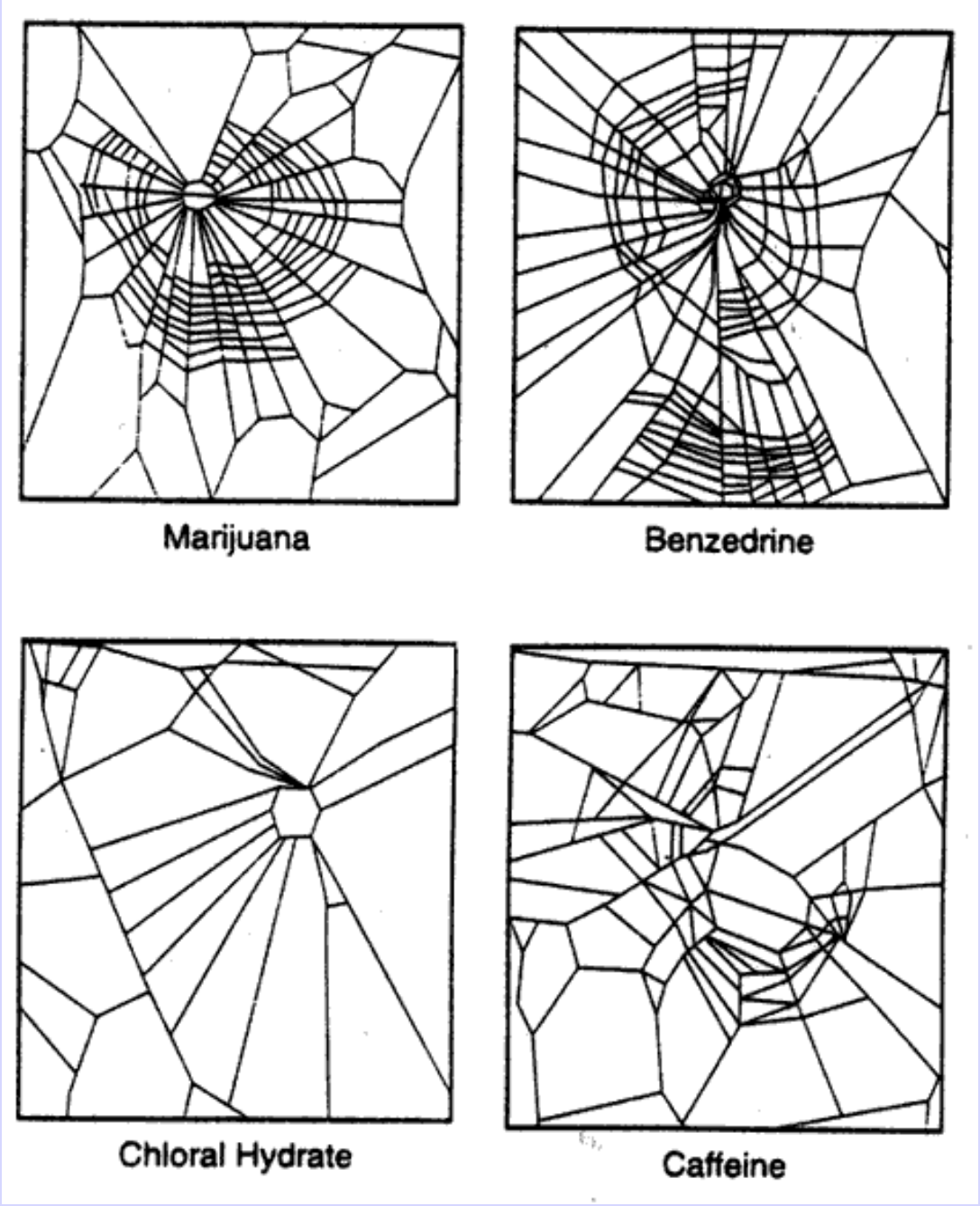
Adrenal Medulla – produces adrenaline for "fight or flight."

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.



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.

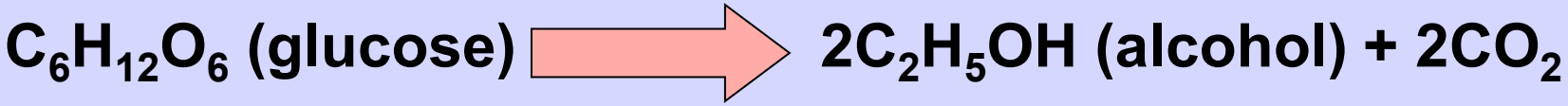
Instead of caffeine beverages, drink whole raw milk, broth-based soups, kombucha and other lacto-fermented beverages.

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

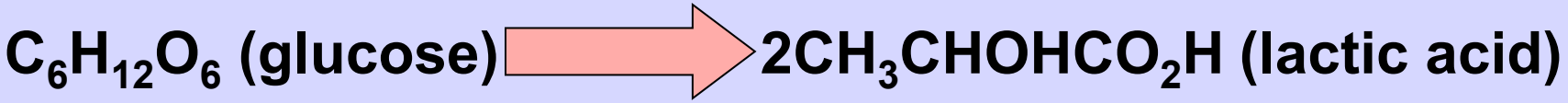
FAMILIAR LACTO-FERMENTED FOODS
Natural cheese and yoghurt
Old-fashioned pickles and sauerkraut
Gravlox (lacto-fermented salmon)

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

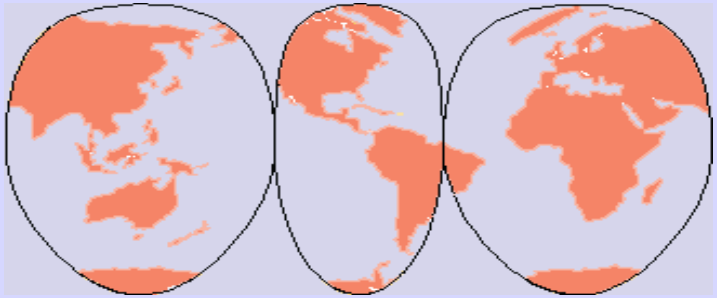

Coca-Cola

11. Practice forgiveness

Resources

The Weston A. Price Foundation

www.westonaprice.org



Quarterly Magazine

Informational Brochures

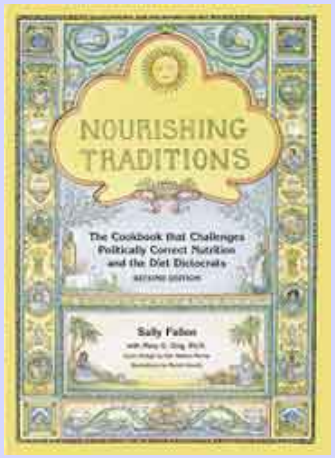
Yearly Shopping Guide

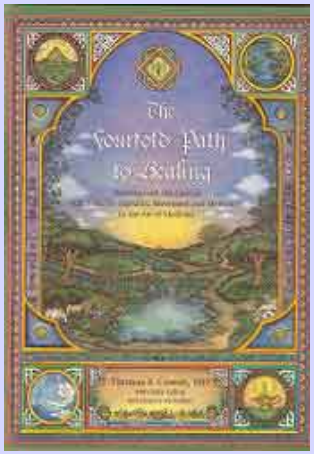
Annual Conference

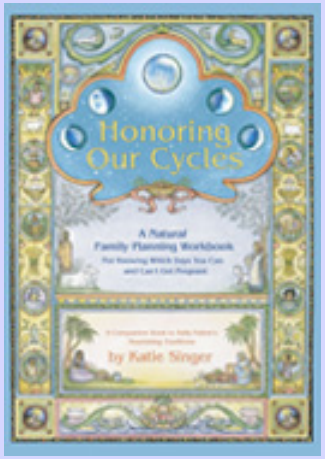
Local Chapters

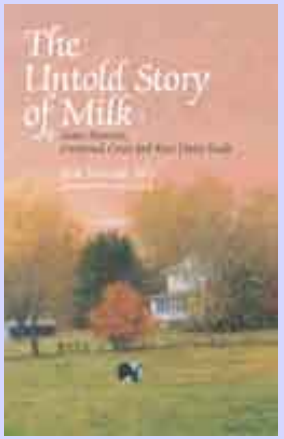
Books from NewTrends Publishing

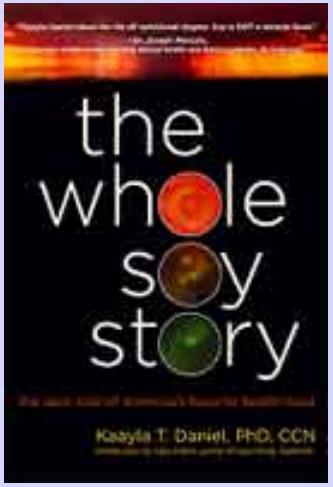
www.newtrendspublishing.com, (877) 707-1776

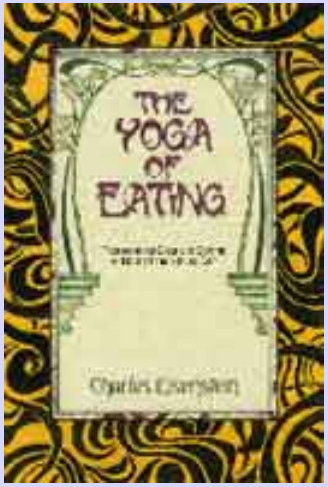


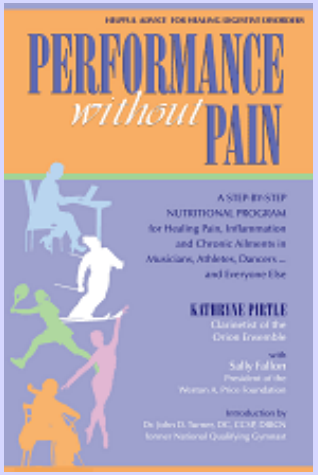


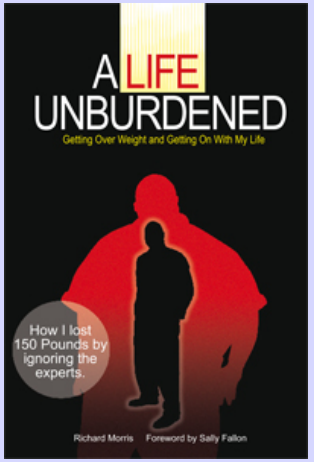




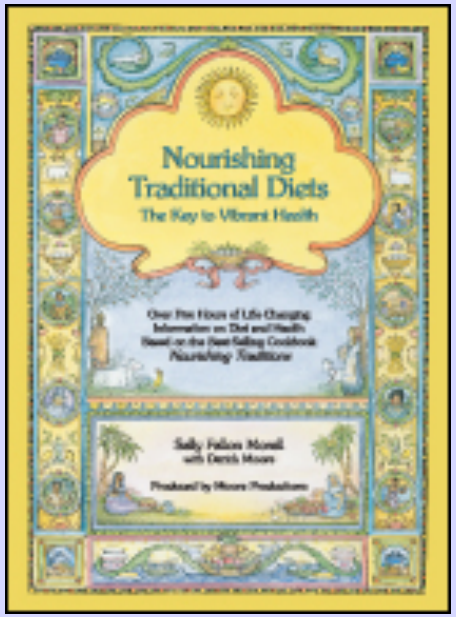








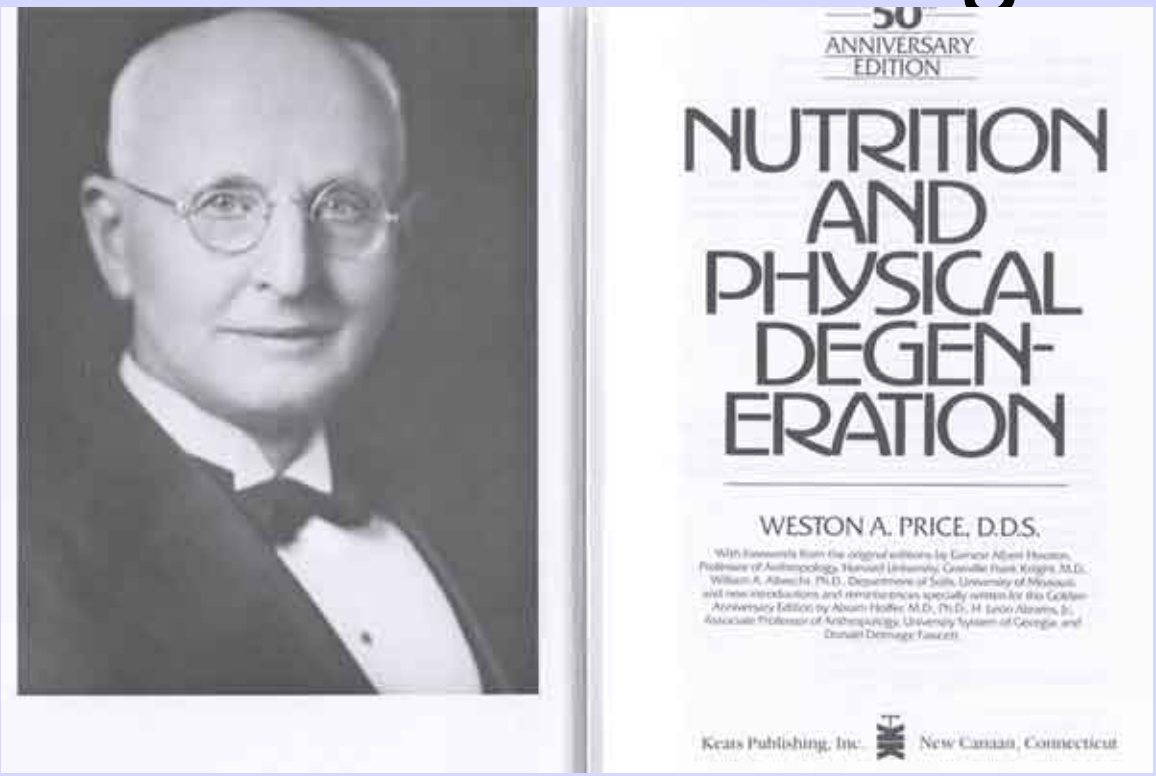
NewTrends DVD Series



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	MODERN DIETS
Foods from fertile soil	Foods from depleted soil
Organ meats over muscle meats	Muscle meats, few organs
Animal fats	Vegetable oils
Animals on pasture	Animals in confinement
Dairy products raw and/or fermented	Dairy products pasteurized
Grains and legumes soaked/fermented	Grains refined, extruded
Bone broths	MSG, artificial flavorings
Unrefined sweeteners (honey, maple syrup)	Refined sweeteners
Lacto-fermented vegetables	Canned vegetables
Lacto-fermented beverages	Modern soft drinks
Unrefined salt	Refined salt
Natural vitamins in foods	Synthetic vitamins added
Traditional Cooking	Microwave, Irradiation
Traditional seeds/Open pollination	Hybrid seeds, GMO seeds