

# REAL MILK FOR REAL PEOPLE

## Consumer Demand Fuels Niche-Market Growth

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*Sally Fallon is the founder of A Campaign for Real Milk and president of the Weston A. Price Foundation. She is the editor of the foundation's quarterly magazine, Wise Traditions in Food, Farming and the Healing Arts, author (with Mary G. Enig) of the popular Nourishing Traditions cookbook, and has published articles in a number of alternative health publications including Nexus magazine, The World & I and the Townsend Letter for Doctors and Patients. A resident of Washington, D.C., she is the mother of four healthy children.*

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## *Sally Fallon*

**ACRES U.S.A.** As a food and nutrition specialist, what is your assessment of the fresh, raw milk situation in the United States today?

**SALLY FALLON.** First of all, it is a situation of escalating demand and also increasing supply. When we set up the Campaign for Real Milk in 1989 and started the website, we had not more than a page of sources, whereas if you look today, you will see dozens and dozens of pages of sources of raw milk. So in that respect, it's just been fantastic. What I am concerned about is the escalating attempts by government agencies to stop this movement. We're now seeing challenges to the cow share programs in many states, even a tax on farmers, and of course various types of legislation such as the National Animal Identification System and a bill that would so-called harmonize all the health regulations in various states — which basically means get rid of them. So, there are really going to be some challenges coming up.

**ACRES U.S.A.** Legal challenges?

**FALLON.** Legal and political. I think we need a twofold strategy for this. One is to just keep increasing the demand — the consumer demand. Mark McAfee at Organic Pastures Dairy likes to talk about what he calls “passionate moms.” These are the mothers who found out what a wonderful food raw milk is for their children. When children drink raw milk rather than commercial milk their asthma goes away or their autism improves or their behavior improves, their allergies improve.

**ACRES U.S.A.** What is this stuff we buy in the grocery store? Is it still milk?

**FALLON.** You know, that's a good question! *Is it really milk?* I think you could make a very good case that it's an adulterated product. The process of pasteurization deforms, denatures, and breaks up the proteins in such a way that the body thinks they are foreign proteins and mounts an immune response. All of your energy, then, is going into fighting these foreign proteins rather than getting any nourishment from the milk. Another big concern of mine is what they're feeding the cows and what comes out in the milk. Any mother who's breastfeeding

knows that what she eats will affect her baby. If she's eating allergens, the baby will have a rash or something. And it is just incredible what we're giving to these cows in the confinement dairies.

**ACRES U.S.A.** Is this the reason we hear about children who are lactose intolerant when they get grocery store milk, but when they move over to fresh milk all of a sudden they aren't lactose intolerant anymore?

**FALLON.** "Lactose intolerant" is kind of a catch-all phrase which means they don't do well or they get sick from drinking this milk. It could be lactose that they're reacting to, it could be the casein, but it's just as likely to be some kind of allergen or poison coming in the milk because of hormones, antibiotics and the feed given to the cows — starting with soy, which can introduce a lot of allergenic proteins, GMO grains, which are much more susceptible to mold and hence aflatoxins, and citrus peel cake — dried citrus peel that's left after they make juice. They use some of the most potent neurotoxic pesticides on citrus, and this is in the peel and it comes out in milk.

**ACRES U.S.A.** And there's estrogen from the soy feeds, I suppose?

**FALLON.** Yes, absolutely estrogen from the soy. So you can really make a good case that commercial milk is an adulterated product.

**ACRES U.S.A.** You mentioned GMOs. To what extent does feeding GMOs to dairy animals affect the milk?

**FALLON.** I'm not an expert on this topic. But my concern is things that you've reported in *Acres U.S.A.* about GMOs — that they're much more susceptible to rot and mold and so you end up with aflatoxins, which are very strong poisons.

**ACRES U.S.A.** Those have certainly shown up in a lot of food products, especially for pets.

**FALLON.** Yes, interesting. The other strategy that I think we need desperately right now is a right-to-farm legal defense

**"The process of pasteurization deforms, denatures, and breaks up proteins in such a way that the body thinks they are foreign proteins and mounts an immune response."**

association, along the lines of the homeschool legal defense association. Basically this is like a legal shield for farmers. In other words, any farmer, any small farm, would pay \$100 a year into this fund. And if he gets a visit from inspectors or whatever, he simply calls his lawyer and the lawyer talks to the inspector. This is how the homeschool legal defense association works. There's over a million of these homeschooling families — they pay \$100 a year. Altogether there's \$100 million per year going into this fund, and members just call their lawyer when they get a visit. This has really put homeschooling on the map — no state dares go after homeschoolers anymore because they have this legal clout. We need the same thing, and we need it now more than ever because of these proposed regulations that would go after not only raw milk but backyard chicken farmers or anyone who doesn't want their premises registered or doesn't want to put surveillance chips in their animals.

**ACRES U.S.A.** The chip-in-the-animal thing, though, is getting strong support at the state level, pushed along of course by the federal.

**FALLON.** Right. It has to be passed on the state level, but they've snuck it in already in a couple of states.

**ACRES U.S.A.** Michigan, for instance.

**FALLON.** I think it could be challenged on constitutional grounds, however, but we need a well-funded legal defense association to do all these things for us.

**ACRES U.S.A.** In scouting out the sources you're publishing on your Internet site, you've undoubtedly made contact with a great many dairy farmers. Have they conferred on you the informa-

tion of how they make this work economically?

**FALLON.** It's working beautifully. They are getting anywhere from \$4 to \$12 a gallon for the milk, which is 5 to 15 times more than they would get selling to a milk pool.

**ACRES U.S.A.** So they become solvent.

**FALLON.** They become solvent — especially if they're doing other products as well, such as eggs, chicken and beef. And this movement has saved a lot of farms.

**ACRES U.S.A.** But what can you do when the state comes after them the way they do in, say, Wisconsin?

**FALLON.** What they've done in Wisconsin is set up a program — it was approved by a judge — in which dairy farmers form a corporation, and they have shareholders in the corporation who get their milk from it. The shareholders pay a fee every month for maintaining the herd or milking or whatever, then they come to the farm store to pick up their own milk. This is working very well. My understanding is that right now there are five medium-size dairy farms — with something like 30 cows each — doing this in Wisconsin, and it's been extremely profitable for them. It saves the farms, and not only that but the children there want to stay in farming.

**ACRES U.S.A.** We hear from Florida that Dennis Stoltzfoos is being bedeviled by the agents of government right along, and there doesn't seem to be any letup. That's where your legal organization

## What Is Real Milk?

*Real Milk comes from real cows.* The source of most commercial milk is the modern Holstein, bred to produce huge quantities of milk three times as much as the old-fashioned cow. She needs special feed and antibiotics to keep her well. Her milk contains high levels of growth hormone from her pituitary gland, even when she is spared the indignities of genetically engineered Bovine Growth Hormone to push her to the udder limits of milk production.

Buy only milk from old-fashioned breeds of cows, such as Jerseys, Guernseys, and Red Devons, or from goats — or, depending on what part of the world you live in, from llamas, camels, mares, water buffalo, or reindeer!

*Real Milk comes from real cows on real feed.* Real feed for cows is green grass in spring, summer and fall; green feed, silage, hay and root vegetables in winter. It is not soy meal, cottonseed meal or other commercial feeds, nor is it bakery waste, chicken manure or citrus peel cake, laced with pesticides. Vital nutrients like vitamins A and D, and the “Price Factor” (a fat-soluble catalyst that promotes optimum mineral assimilation) are greatest in milk from cows eating green grass, especially rapidly growing green grass in the spring and fall. Vitamins A and D are greatly diminished, and the Price Factor disappears, when milk cows are fed commercial feed. Soy meal has the wrong protein profile for the dairy cow, resulting in a short burst of high milk production followed by premature death. Most milk (even most milk labeled “organic”) comes from dairy cows that are kept in confinement their entire lives and never see green grass!

Buy only milk products from herds allowed to graze on green pasture.

*Real Milk is not pasteurized.* Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B<sub>12</sub> and B<sub>6</sub>, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer. Calves fed pasteurized milk do poorly and many die before maturity. Raw milk sours naturally but pasteurized milk turns putrid; processors must remove slime and pus from pasteurized milk by a process of centrifugal clarification. Inspection of dairy herds for disease is not required for pasteurized milk. Pasteurization was instituted in the 1920s to combat TB, infant diarrhea, undulant fever and other diseases caused by poor animal nutrition and dirty production methods. But times have changed and modern stainless steel tanks, milking machines, refrigerated trucks and inspection methods make pasteurization absolutely unnecessary for public protection. And pasteurization does not always kill the bacteria for Johne’s disease suspected of causing Crohn’s disease in humans with which most confinement cows are infected. Much commercial milk is now ultra-pasteurized to get rid of heat-resistant bacteria and give it a longer shelf life. Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in less than two seconds. Clean raw milk from certified healthy cows is available commercially in several states and may be bought directly from the farm in many more. (Sources are listed on [www.realmilk.com](http://www.realmilk.com).)

Demand access in all states to clean, raw milk. Boycott processed milk!

*Real Milk is not homogenized.* Homogenization is a process that breaks down butterfat globules so they do not rise to the top. Homogenized milk has been linked to heart disease.

Use only milk with “Cream on the Top.”

*Real Milk contains butterfat, and lots of it!* Average butterfat content from old-fashioned cows at the turn of the century was over 4 percent (or more than 50 percent of calories). Today butterfat comprises less than 3 percent (or less

*see next page*

would come in if it were established, right?

**FALLON.** Right now Dennis is doing fine. They basically told him that he can do anything he wants as long as he doesn’t advertise. So he’s selling his products as pet food!

**ACRES U.S.A.** But he can’t step right out and offer it for what it really is?

**FALLON.** No — but, by the way, what happened in Florida is a very good example of how these departments will back off if you do a letter-writing campaign and get people motivated, and that’s what we do. We send out action alerts for a particular situation in, say, Florida or Ohio, and our members write letters. It becomes very embarrassing to the bureaucrats to be brought out in the open like this, and they’ve backed off in many situations. But of course it’d be much, much better to have our own legal defense association handling all this.

**ACRES U.S.A.** What should the individual farmer do? At present in Texas, for example, fresh milk producers almost have to sneak around to make it available.

**FALLON.** Actually, in Texas it’s now pretty widely available. You can sell milk from a farm, and the people are either doing it with a Grade A license or through a cow-share program. Once again, what I would suggest to any farmer setting up this kind of program is to form an association with your shareholders, your customers, or with other farms to have a lawyer on retainer. Then the state talks to the lawyer, not the farmer. That in itself is a huge step forward and provides a lot of protection right off the bat.

**ACRES U.S.A.** And of course these things change rather rapidly from time to time, too.

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**FALLON.** Yes, they do.

**ACRES U.S.A.** You mentioned the man in California with Organic Pastures and the mobile milking stations?

**FALLON.** Right. That's Mark McAfee. Mark has been so tremendously supportive of raw milk in whatever way it's done, whether it's cow share, small farm or his farm. He understands that there's strength in numbers. He doesn't put himself in a place of competition with these other farms. One other thing I'd like to point out is that we do recognize the need for some kind of national standards for raw milk, standards that would insure the milk is completely safe — I mean raw milk already is extremely safe, but standards would stipulate how the cows are cared for and what kind of testing is done. As a matter of fact, we are having a raw milk summit at the end of May in Norfolk, Nebraska. It's being organized by the University of Nebraska, which I think is wonderful. And we're going to come up with some national standards — if a farmer followed these standards he'd get some kind of bar or seal, like "Raw Milk Approved" or something like that.

**ACRES U.S.A.** Approval. It might even get the government people off his back, too.

**FALLON.** Possibly. It certainly would help to show that we're doing the right kind of testing and keeping the cows in the right way. By the way, these standards will put much more emphasis on the milk and not the facility. So many of these states have laws — rather ridiculous laws — about *facilities*. Those regulations are very expensive for the farmer and don't necessarily insure that the milk is cleaner.

**ACRES U.S.A.** For instance, they require certain type of tank and certain kind of pipeline and that kind of thing.

**FALLON.** Right. "Dimensions of the milk room" and so forth. What we will be emphasizing is some new and inexpensive testing, sample-keeping and so forth to make sure that producers have a clean product.

## What Is Real Milk?

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than 35 percent of calories). Worse, consumers have been duped into believing that low-fat and skim milk products are good for them. Only by marketing low-fat and skim milk as a health food can the modern dairy industry get rid of its excess poor-quality, low-fat milk from modern high-production herds. Butterfat contains vitamins A and D needed for assimilation of calcium and protein in the water fraction of the milk. Without them protein and calcium are more difficult to utilize and possibly toxic. Butterfat is rich in short- and medium chain fatty acids which protect against disease and stimulate the immune system. It contains glyco-sphingolipids which prevent intestinal distress and conjugated linoleic acid which has strong anticancer properties.

Buy only full-fat milk products.

*Real Milk products contain no additives.* Powdered skim milk, a source of dangerous oxidized cholesterol and neurotoxic amino acids, is added to 1 percent and 2 percent milk. Low-fat yogurts and sour creams contain mucopolysaccharide slime to give them body. Pale butter from hay-fed cows contains colorings to make it look like vitamin-rich butter from grass-fed cows. Bioengineered enzymes are used in large-scale cheese production. Many mass produced cheeses contain additives and colorings and imitation cheese products contain vegetable oils.

Boycott counterfeits.

*Real Milk can save family farms.* Pasteurization laws favor large, industrialized dairy operations and squeeze out small farmers. When farmers have the right to sell unprocessed milk to consumers, they can make a decent living, even with small herds.

Reprinted courtesy of A Campaign for Real Milk (a project of The Weston A. Price Foundation), PMB 106-380, 4200 Wisconsin Ave, NW, Washington D.C. 20016, phone (202) 363-4394, fax (202) 363-4396, website [www.realmilk.com](http://www.realmilk.com).

**ACRES U.S.A.** The product is the thing of course, but can you address the product for us a little bit? We hear a lot of people say, "stay away from milk, no butter," and all that kind thing. Let's have your take on butter, milk and the value of that particular kind of food, which many people seem to believe should be replaced by soy milk.

**FALLON.** Let me just say this about soy milk. Soy milk is an imitation food. It is a *highly* processed food. Soy contains some natural toxins, and there are other toxins that are added to the soy milk when they make it, including synthetic vitamin B<sub>2</sub>. There's just no way you can recommend this product — many of the brands are also loaded with sugar. Now,

raw milk — what we call "Real Milk" — with all the fat in it from cows on pasture, is a perfect food. With the exception of a few individuals who may truly be allergic to milk, you can live on raw milk and nothing else — and you can live very healthily.

**ACRES U.S.A.** What about butter?

**FALLON.** Butter is the perfect fat, especially butter from cows on green pasture. It contains very important fat-soluble nutrients, minerals and substances that help you fight cancer, substances that protect you against arthritis and heart disease. It is the supreme, most healthy fat there is. It has a wonderful fatty acid profile.

**ACRES U.S.A.** Going back to grocery store milk, we note that there's no butterfat listed on the package or carton. Is there any butterfat in that milk?

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“What happened in Florida is a very good example of how these departments will back off if you do a letter-writing campaign and get people motivated, and that’s what we do.”

**FALLON.** It depends. If it’s whole milk, there’ll be about 3½ percent butterfat, which is definitely less than you would get from real milk.

**ACRES U.S.A.** But who ever sees whole milk in the grocery store anymore?

**FALLON.** I know, it’s kind of disappeared. And the industry would much rather you bought your butterfat in ice cream than in the milk because they make a lot more on it when it’s in ice

cream. So you drink the skim milk or low-fat milk, then you have cravings for ice cream and get your butterfat that way. One percent and 2 percent milk have 1 and 2 percent fat, respectively. They also have non-fat dry milk added to give it some body, and this is one of these additives that’s not listed on the label, which we’re extremely concerned about. It contains oxide cholesterol, MSG and a number of carcinogens.

**ACRES U.S.A.** So as a health product it’s raw milk, fresh milk, real milk, hands down?

**FALLON.** Oh, absolutely! There’s just no comparison. And you know what’s interesting to me? The sales of pasteurized “fluid milk,” as they call it, are decreasing at 1 percent per year. Relentlessly decreasing. The industry knows this and they’re trying to find replacements for it. Soy milk is one. All of the big dairy companies sell soy milk now. They are putting powdered milk into the so-called milk beverages and so forth, but it is a declining market for the dairy industry.

**ACRES U.S.A.** But it’s a growing market for the organic industry.

## Raw Milk Resources

### Books

*Enzyme Nutrition*, by Edward Howell, M.D.: Pioneering work on the role of food enzymes in diet and health. Reveals the dangers of diets composed entirely of cooked foods and problems posed by pasteurization of dairy products. Available from Acres U.S.A.

*Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*, by Sally Fallon, with Pat Connolly and Mary G. Enig, Ph.D.: Full-spectrum nutritional cookbook that dispels many myths about animal fats and traditional foods. Available from Acres U.S.A.

*The Untold Story of Milk*, Ron Schmid, N.D.: Fact-filled book on the history, benefits and future of raw milk. Available from Acres U.S.A.

*The Milk Book*, by William Campbell Douglass, M.D.: Excellent explanation of the dangers of pasteurization, written in a highly amusing style. Available from Radiant Life, 1-888-593-8333.

*Nutrition and Physical Degeneration*, by Weston A. Price, D.D.S.: The classic study of isolated populations on native diets, and the disastrous effects of processed foods and commercial farming methods on human health. Published in 1939, Dr. Price’s findings have as much relevance today as they did 60 years ago. All who plan to bear children, and everyone in the practice of medicine, should read this book, which is now available in softcover. Available from Radiant Life, 1-888-593-8333.

*The Ploy of Soy: A Debate on Modern Soy Products*, by Sally Fallon and Mary Enig, Ph.D.: An exposé on the dangers of modern soy products, often promoted as “better than milk.” Available from Radiant Life, phone 1-888-593- 8333.

### Journals/Newsletters

*CreamLine* (for small-scale commercial dairies and creameries)

*Home Dairy News* (home milk processing & more)

P.O. Box 186

Willis, Virginia 24380

[ladybug@swva.net](mailto:ladybug@swva.net)

[www.smalldairy.com](http://www.smalldairy.com) (includes sample and subscription information)

### Websites

Cheesemaking & Home Dairying

[fiascofarm.com](http://fiascofarm.com)

“The Real Reasons Why Raw Milk Is Becoming More Popular”

[www.mercola.com/2004/apr/24/raw\\_milk.htm](http://www.mercola.com/2004/apr/24/raw_milk.htm)

### A Campaign for Real Milk

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**FALLON.** Somewhat, but the fastest growing market is the raw milk. It's still very small but it's growing very fast.

**ACRES U.S.A.** What's the difference, then, between the fresh milk producer and the people who sell organic product?

**FALLON.** The organic milk producer is getting a better price than the conventional milk producer. I'm not sure what they are right now, but the figures I've heard they're \$11/cwt. for regular milk and maybe up to \$20 for organic milk — a big difference. And you're more likely to get milk from cows that have been on pasture if it's organic, but there's no guarantee because Horizon cows are not on pasture, most of them. In my opinion, though, the worst thing about organic milk, as opposed to real milk, is that it's all — or virtually all — ultra-pasteurized. This is a process that takes the milk from a slightly-chilled temperature up to the boiling point — actually, *above* the boiling point — in two seconds! Nothing like this ever happens in nature. And the proteins in milk are very fragile, precisely folded, three-dimensional molecules that are totally distorted by this extremely rapid heating.

**ACRES U.S.A.** Does pasteurization in fact cancel out the Para-T or para-tuberculosis agent?

**FALLON.** The para-tuberculosis bacteria, is endemic in the confinement dairies and causes Johne's disease in cows and has been associated with Crohn's disease in humans. The answer to your question is *no!* The last numbers I heard were that about 19 percent of pasteurized milk samples were positive for Johne's.

**ACRES U.S.A.** This is where much of the increasing incidence of lower bowel disorder is coming from?

**FALLON.** You certainly can make a case that it contributes to it. Now, the industry's response to this has not been to talk and educate about Johne's disease, but instead to try to get everything ultra-pasteurized — although I'm not convinced that's a long-term solution to

## What's Happening with Real Milk?

In an attempt to help consumers find locally produced raw milk, A Campaign for Real Milk has compiled a list describing the potential availability and legal situation on a state-by-state and country-by-country basis. The list is available at [www.realmilk.com/happening.html](http://www.realmilk.com/happening.html). For information on other countries, visit [www.realmilk.com/happening-other.html](http://www.realmilk.com/happening-other.html).

U.S. Summary: Sales of raw milk are legal in 28 out of 50 U.S. states, which is better than half. If you include the states that permit the sale of raw milk for animal consumption (implying that human consumption is feasible) then the total is 33 out of 50 states, which is two-thirds. In some of the remaining states (such as Colorado, Virginia and Wisconsin) raw milk is available through cow share programs. The campaign's goal: Raw milk available to consumers in all 50 states and throughout the world!

Write to your government leaders and let your voice be heard. You can find your state representative's contact information at [www.house.gov/writerep](http://www.house.gov/writerep).

A state-by-state listing of real milk statutes and administrative codes is available at [www.realmilk.com/milk-laws-1.html](http://www.realmilk.com/milk-laws-1.html).

For a list of sources of real milk products in the United States, visit [www.realmilk.com/where1.html](http://www.realmilk.com/where1.html). Online and mail-order sources of real milk products are listed at [www.realmilk.com/where-general.html](http://www.realmilk.com/where-general.html). Listings for other countries can be found at [www.realmilk.com/where-other.html](http://www.realmilk.com/where-other.html).

killing the Johne's bacteria because they'll just become heat-resistant.

**ACRES U.S.A.** Didn't they have a bill proposed in Congress a while back for a big subsidy to depopulate the reactors to Johne's? We ran an item on it in *Acres U.S.A.* a couple years ago. Of course it didn't go anywhere because when you start asking for \$2.1 or \$2.2 billion, you're talking about some real money.

**FALLON.** There are so many problems with the modern dairy industry. First of all, it's heavily subsidized. Second, they have such a short lifespan for the cows that the cost of replacements is going up. I've had vets tell me of their concern about how small a genetic variance there is in this national herd. One particular microorganism or one disease can just wipe them out. You don't have the protection that you have from a diverse genetic pool.

**ACRES U.S.A.** Let's pick up again on the economics of this for the farmer.

**FALLON.** I've done some calculations, and I've talked to a lot of farmers who tell me that what I'm saying is conservative. A dairy farm with 30 cows on 100 acres, if they're selling all of their milk products directly to the consumer, will gross at least \$150,000 a year. If they add other products to that, they'll gross about \$200,000 a year. That is a lot of money for a small farm — and that's conservative. And the expenses aren't that high.

**ACRES U.S.A.** If they have good pasture, they've got their feed costs down very low, too.

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## INTERVIEW

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**FALLON.** Exactly. Very low feed bills, virtually no vet bills. Of course, that model takes a lot of work. This kind of operation either needs a big family or some help on the farm, which isn't bad either if the operation is employing people, you know? But I did some calculations — if just 10 percent of the population would buy their dairy products, eggs and meat directly from this type of farm, we'd need 75,000 farms in this country, each grossing over \$200,000 a year. That would be the engine for a huge rural revival.

**ACRES U.S.A.** The resettlement of America, in short.

**FALLON.** And you know, I don't hesitate to say this: I believe the number one reason for the poverty we're seeing in rural areas now is compulsory pasteurization. Basically, what compulsory pasteurization has done is to take what used to be a local value-added product and turn it into a very low-income commodity product. In addition, homogenization is a process that breaks up the fat globules and makes them much smaller so they don't rise to the top — and there is a theory that this contributes to heart disease, but I think you could just as well argue that the pasteurization contributes to heart disease.

**ACRES U.S.A.** So both of those processes contribute to the heart disease.

**FALLON.** *Could* contribute.

**ACRES U.S.A.** With confinement feeding — and bST, bovine somatotropin — what are they really doing to the milk supply? We know what's being done to the life of the cow, it's reduced to about a year and a half or something like that. What's it doing to the consumer?

**FALLON.** That's a very good question. You have some people arguing that there's been an increase in certain types of cancer from this type of feeding. It's

just hard to say. Basically, what you're getting is very poor quality milk. You know, there are only a fixed amount of nutrients the cow can put in that milk. So they're basically sort of stretching out the milk with more water, it seems to me, more liquid. What I've heard — I'm not an expert on this — but what I've heard is that one of the reasons that there's a shortage of milk right now is they're no longer using the bST.

**ACRES U.S.A.** People who are on it are slowly sliding away from it?

**FALLON.** Right. I think they're stopping production, actually.

**ACRES U.S.A.** Oh really? They never did accept it in Canada, did they?

**FALLON.** No, but some people were using it even though they didn't accept it. I think there were some problems that had been hidden under the table. I'm not sure whether it was human problems or animal problems, but the companies have just stopped making it or cut down on production. As a result, the cows are not producing quite as much and so there's been a shortage of milk.

**ACRES U.S.A.** What can you advise people who are concerned about what's happening to their children and who identify and resonate with your suggestions on using fresh milk? What can they do to help themselves if they don't know farmers and don't have a source readily available?

**FALLON.** They can contact the nearest chapter of the Weston A. Price Foundation — we have chapters all over the country — they can visit [www.westonaprice.org](http://www.westonaprice.org) and click on "Local Chapter," or they can just go to [www.realmilk.com](http://www.realmilk.com) and click on "Where," and they will find sources listed by state. Although I should mention that there are as many sources that are *not* listed as the ones that are listed, because some farmers don't want to be listed.

**ACRES U.S.A.** Are you familiar with Tom Linzey?

**FALLON.** Yes, I've met Tom. I know he's been great in Pennsylvania about the mega-farm issue.

**ACRES U.S.A.** Have you ever discussed your idea about setting up a legal organization similar to that of the home-schoolers?

**FALLON.** I have, but he was just so busy with other things to participate. I've talked to many lawyers about this but just haven't been able to get it started. There has been concern about how many farms would be involved — whether it could pay for itself. But I think now with this proposed animal identification legislation, suddenly you do have the potential for a million farmers to join this fund.

**ACRES U.S.A.** Farmers are starting to become aware of this "mark of the beast" thing they're trying to install, and of course a lot of people are very concerned that it's going to slop over and affect human beings. As a matter of fact, they have already installed about 400 chips in hospitals.

**FALLON.** I read that. What we're going to see is a real separation here between the farmers who allow it and the farmers who resist it, and the people who allow it and the people who say *no, no way!* There's a real separation going on. Because this will be the ultimate decision every farmer and every human has to make. Will I be part of this system or not?

**ACRES U.S.A.** They have an awful lot of clout on the government's side if they can deny you your social security and deny you right to travel and things like that if you don't wear the mark of the beast.

**FALLON.** Right, or even the right to purchase things. So the question is really, "Do you sell your birthright for a mess of potage?" That's the decision that every person will ultimately face.

**ACRES U.S.A.** Because otherwise they may as well line up and take their number just like the victims led into the concentration camps in World War II.

## Event: National Raw Milk Use & Safety Summit

**Purpose:** To gather facts for the purpose of producing a Fact Sheet that covers raw milk use and safety considerations.

**When:** Friday and Saturday, May 26- 27, 2006.

**Where:** Lifelong Learning Center, Norfolk, Nebraska.

**Special Guests:** Sally Fallon, Mark McAfee, Dr. Richard Franssen and members of the Nebraska Dairy Group will be present at the summit.

**Method:** There will be several breakout sessions in each of three topic areas: Home Use; Farming; and The Science. There will be oral reports presented after each series of breakout sessions. All the information will be compiled into a Fact Sheet and reviewed by those attending the summit. Endorsements from organizations will be solicited and included on the Fact Sheet.

**Bring with You:** Ideas, documentations and anything that could support our effort. Thanks!

**Investment Fee:** \$20 (individual) or \$30 (family or farm unit).

For details on this event, call the University of Nebraska-Lincoln Extension in Knox County at (402) 288-5611, e-mail [knox-county@unl.edu](mailto:knox-county@unl.edu), or visit [www.knox.unl.edu](http://www.knox.unl.edu).

because undoubtedly you'd need to enlarge your operation to take in more help.

**FALLON.** Absolutely. This would have to be something that a lawyer does that pays for itself. And it *would* pay for itself — and handsomely!

The Weston A. Price Foundation can be contacted at PMB 106-380, 4200 Wisconsin Ave., NW, Washington D.C. 20016, phone (202) 363-4394, e-mail [info@westonaprice.org](mailto:info@westonaprice.org), website [www.westonaprice.org](http://www.westonaprice.org).

Sally Fallon's *Nourishing Traditions* is available from the Acres U.S.A. bookstore for \$25 plus shipping. To order, call toll-free 1-800-355-5313, or visit [www.acresusa.com](http://www.acresusa.com) for more information.



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**FALLON.** My understanding from what I've been reading is that these chips can be controlled, and inputs can be put into the chips that will affect your brain and so forth. So it's not just to identify you, it's definitely for control, as well.

**ACRES U.S.A.** Well, with these few thoughts in mind, we'll pass them on to

our readers and hope that you get some response.

**FALLON.** Oh, I certainly hope so! And if anyone wants to help start this legal defense association, please contact us.

**ACRES U.S.A.** Maybe we can find just the right person at the right age with the right education to actually do that,