

Feed Given to Confinement Cows

| Feed | Result in Milk |
|----------------------------------|--|
| Soy | Not digested. Soy needs to be fermented for it to become digestible. Allergenic soy protein and estrogenic isoflavones |
| GMO grains | Aflatoxins (liver poisons) |
| Bakery waste | <i>Trans</i> fatty acids |
| Citrus peel cake | Cholinesterase inhibitors (pesticides that act as nerve poisons) |
| Hormones and antibiotics | Hormones and antibiotics |
| Pellets from ethanol production! | Chemicals used in ethanol production. |

Adulterated Food Definition

A food shall be deemed to be adulterated:

- (a) if:
- (1) It bears or contains any poisonous or deleterious substance which may render it injurious to health; but in case the substance is not an added substance, the food shall not be considered adulterated under this subdivision if the quantity of the substance in the food does not ordinarily render it injurious to health.

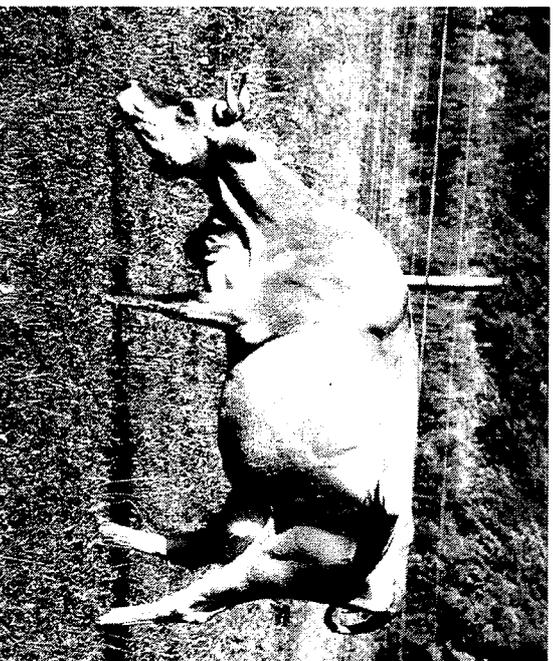
**According to this FDA definition,
pasteurized milk is an adulterated food.**

Pasture-Fed versus Stall-Fed

“Milk varies with the season and with the feeding of the cow, especially in regard to vitamin content...the public deserves to have the information that there is a great difference between the milk derived from pasture-fed cattle and that obtained in winter from stall-fed animals, unless particular attention is paid to their diet, and that dirty milk is a menace rather than a blessing.”

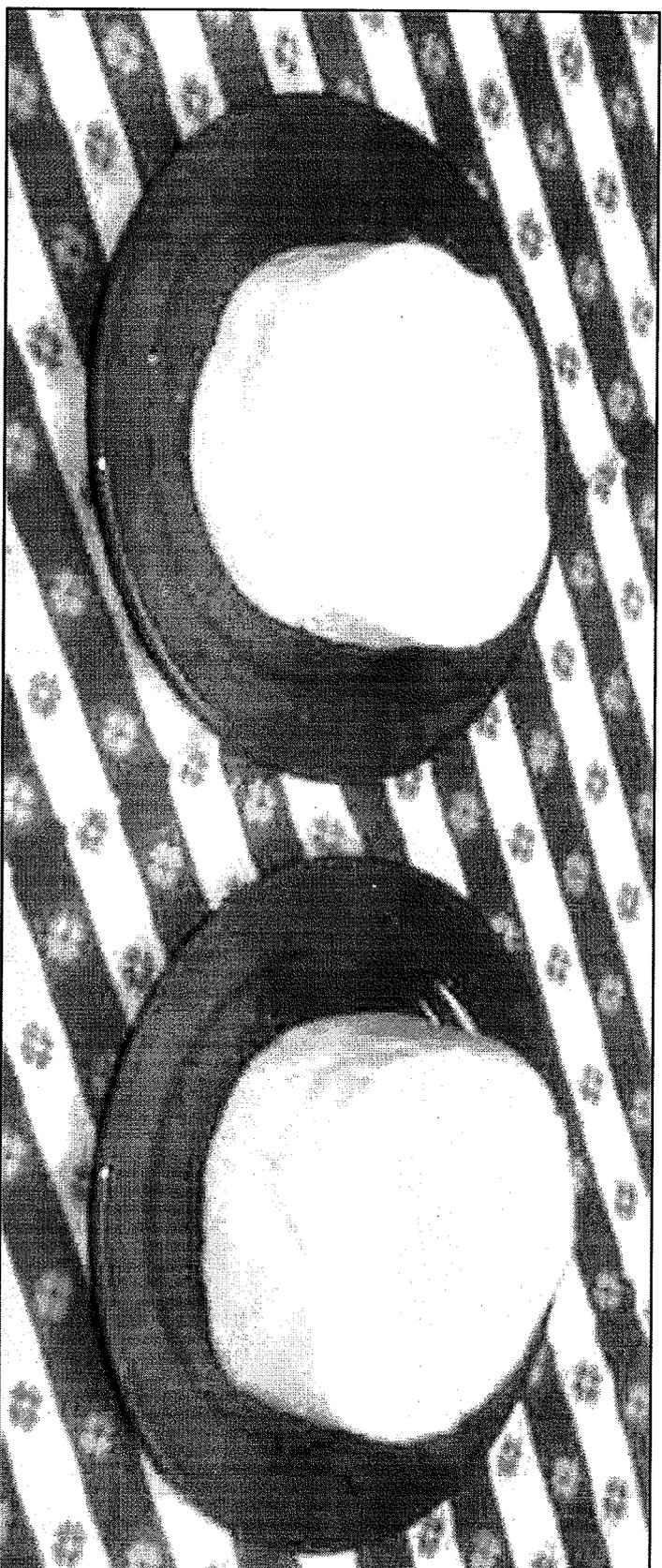
American J Public Health 18:634, 1928

Cows on Pasture



Confinement vs. Grass-Fed Butter

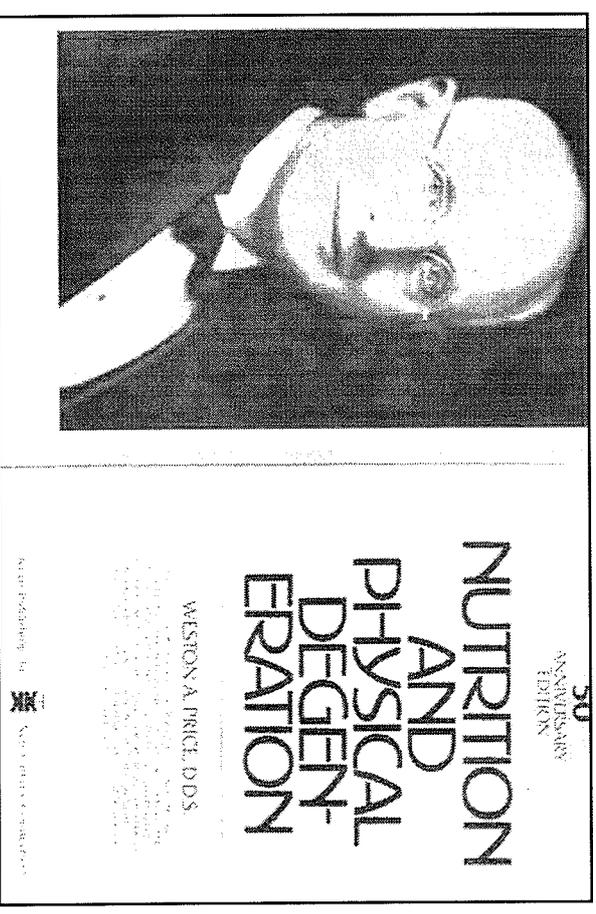
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Yellow color of grass-fed butter indicates it is rich in vitamins A, D, and K2, and Conjugated Linoleic Acid (CLA), a substance that protects against cancer and helps with weight loss.

Nutrient Levels in Traditional Diets

**The key finding of
Dr. Weston A. Price:
Calcium and other
Minerals – at least
four times higher
than the modern diet.**



**Vitamins A, D and K2 –
Ten times higher than the modern diet.**

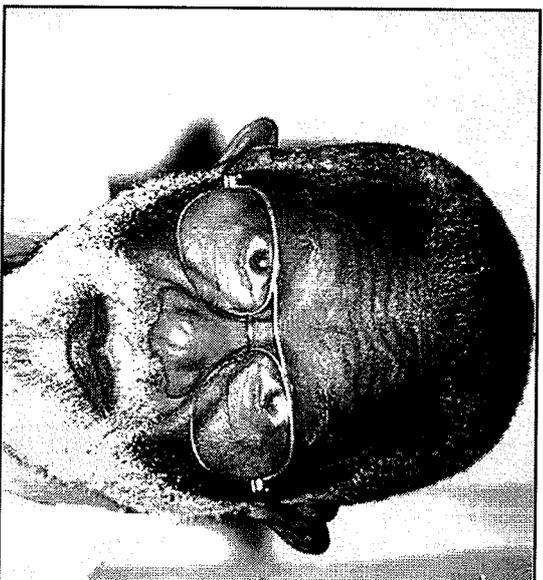
Traditional and Modern Face



The body requires high levels of available minerals and vitamins A, D and K2 starting *in utero* for wide facial development (on right) and optimum health. Weston Price showed that the modern diet leads to the elongation of the facial structure (on left) and increased susceptibility to disease.

North America

Well-built facial structure of North Americans raised on raw dairy products from grass-fed cows, organ meats, sea food and cod liver oil.



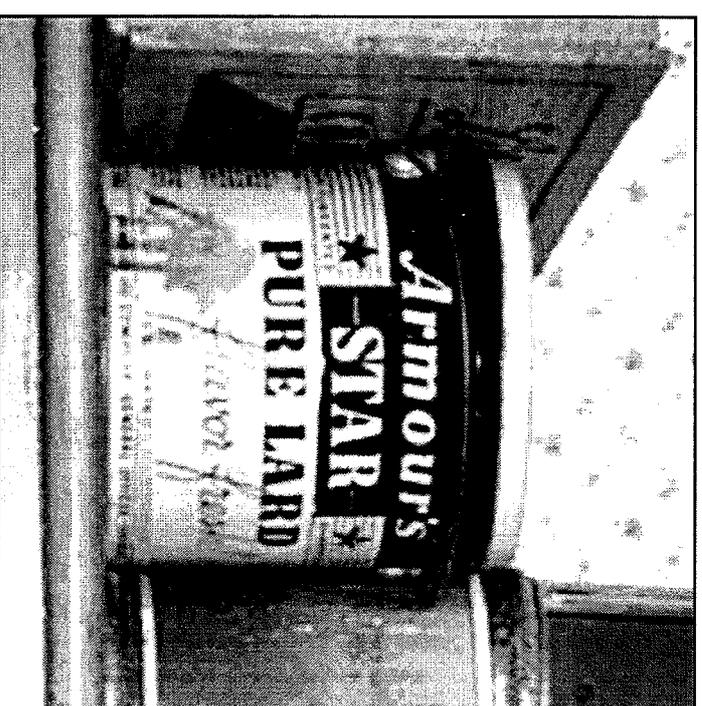
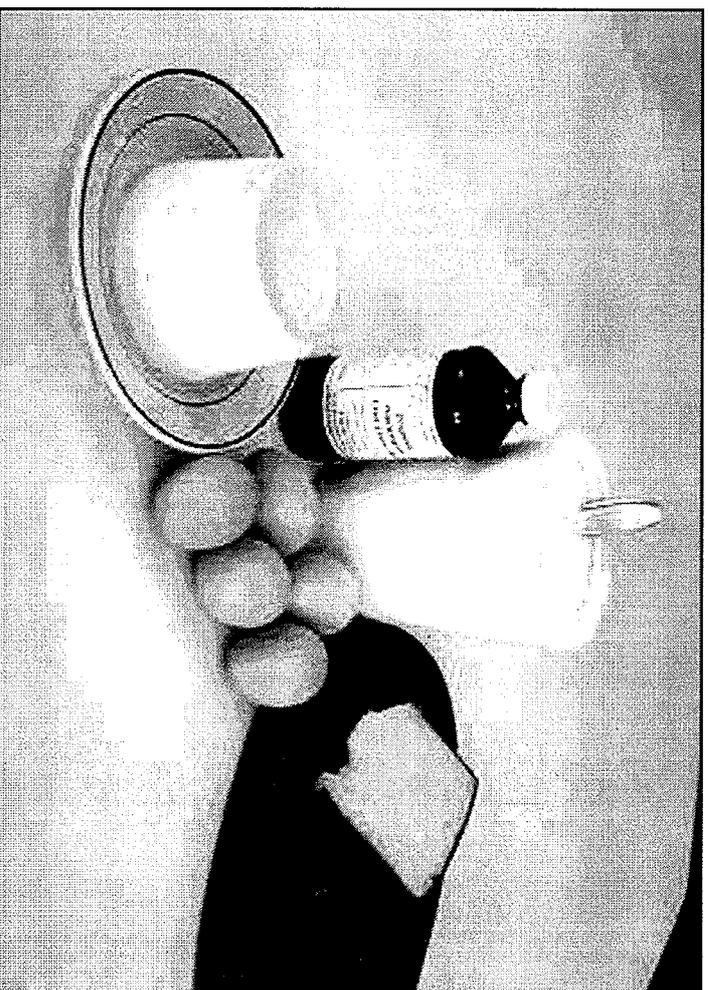
Bill Cody's Wild West Show, 1910



With one exception (circled in red) all individuals in this photo, both Native and European Americans, have excellent facial structure. Today the individual with good facial structure is the exception. Americans in 1910 drank raw milk from pasture-fed cows.

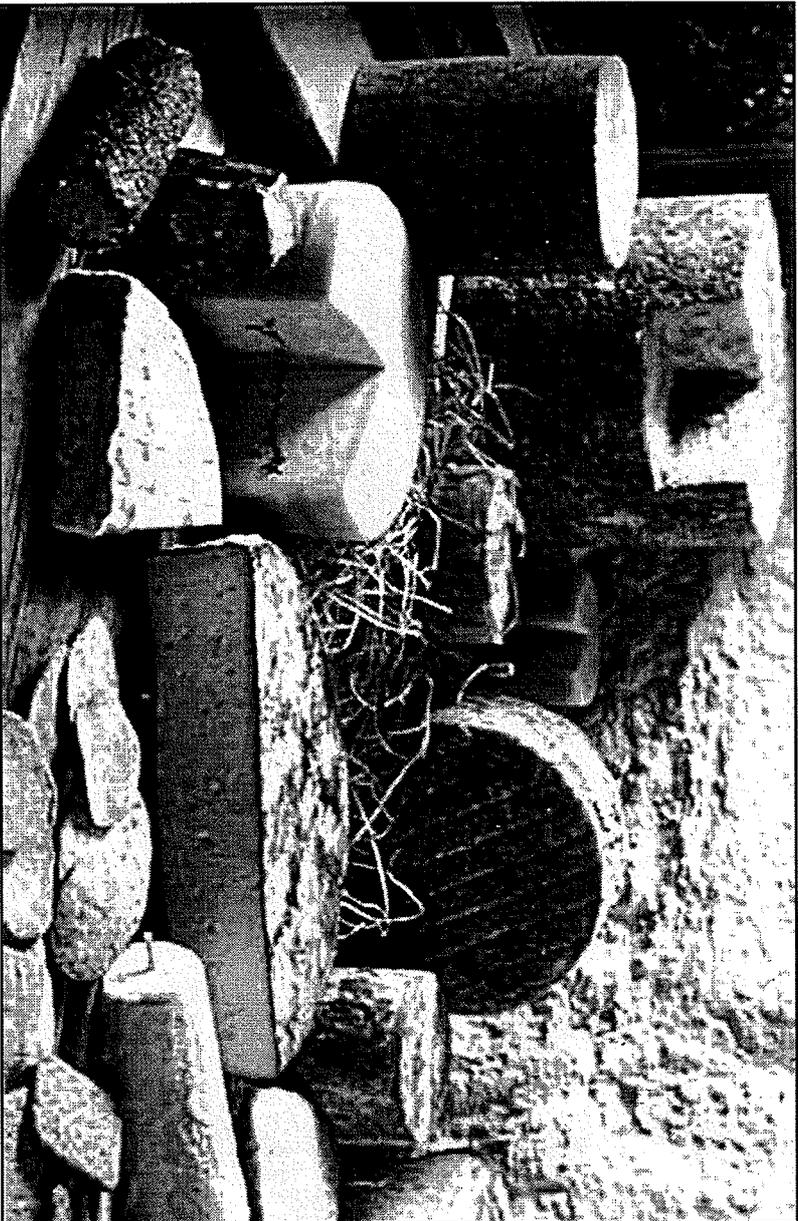
Sources of Vitamins A, D and K2 in the Traditional American Diet

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Butter, cream, cheese and whole milk from grass-fed animals; eggs from pastured-chickens; cod liver oil; lard (vitamin D). Also, liver and other organ meats as in sausage, pate, liverwurst, scrapple, etc.

Real (Raw) Cheese



The perfect, complete storage food. Contains calcium, phosphorus, CLA, many minerals, B vitamins including B12, vitamins A, D, E, K2, and even vitamin C.