

## Guillermou

The industrial breeding of animals, deprived of freedom, subjected to antibiotics and fattening hormones and mistreated until their death is an environmental and ethical professional disaster. The big corporations are in charge of marking the laws, of keeping impunity to the agriculture and industrial livestock, with a deceptive publicity and without a clear label of origin of the transgenic foods and the intensive livestock. The Earth could become uninhabitable, because many limits are being crossed: climate change, loss of biodiversity, deforestation, nitrogen disruption, contaminated water and bacteria resistant to antibiotics.

The consumer organization of Spain (OCU), which sends a magazine to members, last year treated the presence of bacteria resistant to antibiotics, with a microbiological analysis in different samples of chicken meat. Of the 42 breasts analyzed, there are 30 that are white meat.

E. coli, Listeria and Salmonella bacteria were found, but Campylobacter bacteria was found in 88% of contaminated samples. This pathogenic bacteria is frequently implicated in food poisoning in Europe, which entails risks of infection if the chicken is mishandled or not cooked enough. The resistance to three types of antibiotics of the E. coli bacterium was analyzed:

1. ESBL resistance or broad-spectrum beta-lactams such as penicillins, cephalosporins and monobactams. It is the most widespread. Beta-lactams are the most numerous family of antimicrobials and the most widely used in clinical practice. The progressive appearance of resistance limits its use and its effectiveness in certain situations. The resistance was 77%
2. AmpC enzymes are another type of enzyme that confer resistance to cephalosporins, cefamycins and beta-lactamase inhibitors. The resistance was 20%.
3. Carbapenemasas, a family of last generation antibiotics, should be used to eliminate E. coli. The advice given by OCU is exposed in my reply to "covers"

## Guillermou

The European Food Safety Authority (EFSA) coordinates a surveillance program for antibiotic-resistant bacteria. It has been banned the use of some last generation antibiotics, such as carbapenems, in animals and veterinary medicine, prohibit the preventive use of antibiotics in farm animals on a routine basis and reduce the stressful conditions to which they are subjected, OCU has joined the European campaign launched by the BEUC, to demand from the Ministries of Health and Agriculture of the entire European Union a more responsible use of antibiotics in animals destined for the production of food. At the beginning of 2017, BEUC received the first prize of the EU Health Prize for the best NGO campaign on resistance to antibiotics. Thanks to this award, we are raising consumer awareness with our member organizations throughout Europe. [www.beuc.eu/press-media/news-events/beuc-wins-eu-award-best-campaign-a..](http://www.beuc.eu/press-media/news-events/beuc-wins-eu-award-best-campaign-a..)

The starting point was a set of alarming results of tests carried out on meat samples in 9 countries of the European Union. It was found that between 72% and 98% of the meat they tested was contaminated with resistant bacteria. To sensitize consumers, we produced an infographic in several languages that explains the different ways in which resistant bacteria spread from the farm to humans. [www.beuc.eu/publications/beuc-x-2014-082\\_pco\\_prescription-antibiotic\\_r..](http://www.beuc.eu/publications/beuc-x-2014-082_pco_prescription-antibiotic_r..)

While the EU Parliament paid attention to our call to curb the use of antibiotics in livestock, when it voted last year on the draft plans to update EU Law1 on veterinary drugs, Member States are lagging behind in the search for a commitment on the proposal.

Posted On 08/15/2018

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## Islander

I'm one of the people on this page who raises her own organic free range chickens. After retirement, I got back into farming again including just a few meat birds for my own consumption. Then friends began asking me to raise a few for them and soon there were just too many to process alone. We had a backyard operation for a couple of years but soon I was up to 60 broilers and had to truck them to a slaughterhouse. (Please don't cringe. This is a small clean country operation we've been doing business with (lambs, hogs etc.) for over 30 years).

This year I cut back from 60 to 30 birds. Not because of demand – I always had a waiting list. But continuing on that scale meant having to enlarge space in the barn and it also put my vegetable gardens at risk since my birds are totally free range, not in chicken tractors. 60 birds are also labor-intensive. I'm 77, I live alone, and every year at this time (in fact, this afternoon) I was unloading and putting in coolers, 360 pounds of frozen birds. It just became too much. And the only reason I began in the first place was to put a few organic birds in my own freezer! Clearly the demand for clean healthy tasty organic birds is out there, and price is no deterrent!

Posted On 08/15/2018

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## spikethedog9

My husband and I started raising our own meat chickens last year, after buying organic for several years after retiring. There are no words to describe the taste difference - we feed organic feed and allow limited free-ranging for our meat birds - and how tender they are. Since last year was a test run, we didn't raise enough birds to last the year and had to resort to buying organic from Costco, where I found that they are apparently adding water to their chickens since every time we cooked thighs there was a LOT of water in the skillet. This year, we doubled our meat flock and hope to have enough to last the year. Even though it's some work, there is nothing to beat the safety and the taste of our chicken meat. We are also raising a couple of turkeys this year for Thanksgiving and Christmas - last year's were predated by the neighborhood bobcat - and looking forward to a taste fest!

Posted On 08/15/2018

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## **covers**

All those chemicals making the workers sick are in the birds so whoever eats those birds gets the chemicals also. I ate some chicken the other day\_probaby wasn't organic as possible\_and I sat there afterward feeling all sad. It's like the horrible life and cruel death the bird had come out in my cells and it wasn't a pleasant feeling at all. I was raised on farm kill and organic gardens. It's very disgusting what has happened to most of the foods put in the stores these days and it's making people sick but they keep shoveling it right on in,, best eat most simple as can be.

pporter: I guess the quick freezing of bird sounds good as long as it's an organic 'happy' bird,, may even taste better like the frozen berries and veggies/?

Posted On 08/15/2018

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## **pporter**

Covers, I am eating only organic at this point. I feel sorry for people who don't know where the sickness is coming from and believe the government 'would not let it happen'.

Posted On 08/15/2018

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## Guillermou

Store the meat in refrigeration, prevents the multiplication of pathogens. In refrigerators and cold rooms, pathogens have it very difficult to make a place among a much larger population of 'psychrophilic' germs, perfectly adapted to the environment and the refrigeration temperature. The psychrophiles present optimum temperature around 20-30°C and maximum at 35°C. Psychrotrophic bacteria and fungi are responsible for food stored in the refrigerator spoiling over time.

Temperature and time are two factors that have a determining influence on the appearance of Salmonella. In the case of temperature, as with most pathogenic microorganisms, the bacteria multiply at warm temperatures (the body) and the extremes do not favor it: the cold slows down its growth, freezing stops it and the heat from 70°C destroys it. We must cook the chicken meat at a longer time or temperature to ensure its destruction if we know that it may be contaminated. To prevent this from happening it is very important not to break the cold chain, freeze food quickly and give special attention to culinary treatments without heat consumed in cold, especially if they are also made with cold foods such as mayonnaise or custard.

It is very important to avoid cross contamination during handling or storage between raw meat and products already prepared or cooked by means of separation between the handling areas of fresh meat products (chicken) and those cooked or processed. Do not wash the chicken because it can only facilitate the distribution of bacteria through the kitchen and does not serve to eliminate them. The same utensils should not be used to handle raw or cooked foods. When a handler cuts raw meat, he can not use the same knife and cutting boards. Organize the fridge: store the food preferably packaged, placing the cooked on top and the raw below.

Posted On 08/15/2018

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## Sue12Cross

Covers you are right, the food most people eat isn't fit for consumption and has involved terrible cruelty and suffering. Industrial farming can only exist because it is propped up by the pharmaceutical companies and their products, these cover the symptoms of disease and allow the animals and birds to live or rather exist just long enough until they are due for slaughter. I don't eat anything unless I have either produced or raised it myself, or personally know and have visited the farm from whence it came or buy it from a shop with a mission statement on top of the organic status. I do on occasions buy organic meat from conventional supermarkets and then I have to have faith in the European AB logo certification for organic. That for me is an economic consideration and I also have to rely on taste to tell me if the food is good enough. In the main, supermarket organic it is not. I've got so used to eating my own or farming friends' organic produce that I can tell what the animal/bird certified organic foods have been fed - it actually taints the meat/eggs.

Posted On 08/15/2018

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**jamNjim**

The reason we have seen a continuous increase in food poisoning cases throughout the USA and the entire world is PPI's (Proton Pump Inhibitors). Prilosec was given the green light by the FDA in 1989/90 and it's no consequence that food poisoning cases have been on the rise ever since. It is simple math (cause and effect). The acid in your stomach is strong enough to kill almost anything. Your stomach is your first line of defense against microorganisms. If you are taking a PPI (Prilosec, Prevacid, Aciphex, Protonix, Nexium, etc.) you are shutting down the production of stomach acid. This has profound negative effects on your digestive system that sets the stage for harmful bacteria to not only survive, but GROW out of control! I agree that CAFO's are bad for the environment and increase the chances of harmful bacteria making it to your kitchen, but we have had Confined Animal Feeding Operations (CAFO's) that go back to at least the 50's (Chicken Farms) and almost no one got sick from Salmonella when I was growing up. The massive outbreaks of food poisoning started in the early 90's after doctors started handing out PPI's like it was candy. In fact, back in the mid-90's you could walk into any doctor's office and see a poster of the FOOD PYRAMID and on the reception desk would be FREE SAMPLES of PRILOSEC! Then Glyphosate became legal for human consumption! The incidence of food poisoning jumped again! By 2000 Prilosec became an OTC drug! Food poisoning cases spiked again! It's a no brainer! When they investigate these outbreaks of food poisoning most of them are caused by contaminated LETTUCE! Here's a news flash for you! Nothing has change with the lettuce. You could have eaten the exact same salad in 1965 and not had a single case of food poisoning. Were we cleaner back then? Not hardly!

Posted On 08/15/2018

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**iamblessediam**

SPOT ON - THANK YOU - you nailed it and saved me a lot of time!!! PPI's raise the pH acid levels in the stomach and destroy/reduce those commensal bacteria in the gut that are there to safeguard against those adverse not so favorable bacteria from causing/creating endotoxic poisoning. Be well - safe eating! LBP!

Posted On 08/15/2018

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## stardustonthesage

Turn the gubmint food pyramid upside down and follow it that way, and you'll be a lot closer to a better "diet" than we are now. The good fats are still missing from so many people's diets because they are afraid of them.

Our foods are in a state of corporate corruption, the NOSB doesn't seem to give a hoot, and people are frustrated by the lack of standards at the USDA, FDA, EPA, etc. The rise in illnesses and allergies should be a big blinking neon sign for all of us to start paying attention and sharing crucial information with relatives and friends, but few will listen. In their minds, if it's not on tv, fakebook, google, twitter, instagram and whatever in the world else is out there it just can't be true. It's hard to fight the techno world and their constant propaganda. I don't use any social networking (except a few comment sections like this one) and I seem to get along just fine.

There are no answers to fit everyone. People say "grow your own, or raise your own animals", but that just isn't always possible for various reasons. Many States, Counties and Cities are in the process of creating very restrictive zoning laws, and that is not helping. Sometimes I think we're fighting a losing battle. Our gubmint pushes "health care" and then doesn't want us to be healthy.

Posted On 08/15/2018

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## Guillermou

One of the most common situations today, especially in older people. and that can lead to a large number of digestive, immune or even inflammatory problems happens when the stomach loses or its capacity to produce hydrochloric acid diminishes, during the digestive process. It has been verified that hypochlorhydria and achlorhydria increase the risk of enteric infections such as Shigella and Salmonella, etc. Many elderly people have little stomach hydrochloric acid for the absorption of vitamin B12 (60% of the elderly in the United States are deficient) and iron. The lack of hydrochloric acid and the consumption of antacids can cause low stomach acid and interfere with the absorption of minerals such as magnesium, chromium, copper, iron, manganese, magnesium, molybdenum, calcium, selenium and zinc, in addition, B12. Zinc and sodium are responsible for the production of HCL The lack of stomach acid prevents the transformation of proteins into peptides by the action of stomach pepsin. Deficiency of vitamin B12 affects the nervous system and, although its symptoms are obvious (tingling in the hands and feet, many times the elderly associate them with aging itself, which makes it difficult to identify them in time.

Gastritis has a multifactorial etiology that can be caused by several causes, among which are infections by bacteria such as Helicobacter pylori, Echericha coli, Salmonella, the consumption of nonsteroidal anti-inflammatory drugs, excessive consumption of alcohol, smoking, eating spicy or salty foods , major surgery, traumatic injuries or burns, severe infection, pernicious anemia, autoimmune diseases and chronic bile reflux. Gastritis is associated with increased expression of tumor factor TNF- $\alpha$ , cytokines, eiocosanoids and the virulence of Helicobacter pylori, which may increase the concentration of reactive oxygen species and decrease the activity of superoxide dismutase and peroxidase glutathione.

Posted On 08/15/2018

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## Sue12Cross

The World as we know it revolves around greed, maximum profit for minimum input. Anyone who has ever kept poultry, as they should be raised, organically and with empathy, knows that the old heritage breeds of birds are incredibly healthy, forage well, self-medicate when needed and live to a ripe old age. New breeds of battery (CAFO) birds can not even physically convert forage to nutrient, they are bred to put on weight from grain and are 'preprogrammed' for death at 41 days. Try getting them to live longer or even reproduce, they can not do it, like today's appliances they have inbuilt obsolescence. These birds survive in obscene conditions and as someone already mentioned, karma comes into play here because the payback to humans for their inhumane treatment of poultry is exactly what we are seeing. I spend my days observing my poultry, writing about them and filming them. Left to their own devices in a forest garden, I can trace patterns in their behaviour back to those observed in research papers and literature written when true Jungle Fowl still existed at the beginning of the 20th century. If we wish to eat meat or eggs, then we have to respect the bird or animal as a sentient being, which makes raising your own birds quite a philosophical challenge and which is probably why we only eat the very disruptive birds in our garden and then they get a good year to sort themselves out. As long as battery farming continues things will only get worse, banning it is the only answer. We've had over a century of industrial farming, thinking about that is enough to make me sick to the stomach.

Posted On 08/15/2018

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## iamblessediam

I LOVE reading your comments - they tend to reflect the concept of the human as a holobiont in the hologenome called Nature - Mother Gaia as I refer to Nature as being - where all things get equal status recognition/treatment. Be well - keep sharing your words of wisdom! LBP!

Posted On 08/15/2018

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## rrealrose

Hi Sue, A few years back my sister "forgot" I was gluten free, scraped off breading on chicken she was serving (which does not work well, don't even try it) and my piece had absolutely no, zero flavor without that coating. May as well have been eating stringy tree cellulose in every bite. Moreover, recent chicken recipes have been modified with lots more sauce and heat (chilis, mayonnaise, what have you) to make an appealing dish out of no flavor birds. Yet I remember deep and appealing taste in rotisserie chickens (in small, remote Mexican towns years back). Now, with a lot more effort, can find frozen pastured chickens with flavor...sure, some is due to the chlorine bath the meat is dragged through but also a lousy, controlled diet and living environment.

Cannot help but wonder who is still buying tons of this adulterated industrial food, other than Fast Food manufacturers and other large institutional buyers (ie, schools, hospitals, nursing homes) with their bliss-point coatings and deep fat frying, crispy and seasoned to hell, eh? And these poor USDA food inspectors are basically just another cog in the wheel of industrial agriculture. Mostly a lose-lose proposition that requires a deep dive; somebody (ies) is making a ton of money producing and selling cheap, nearly nothing but coatings...

Posted On 08/15/2018

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## Sue12Cross

lamblessdian Those are such kind comments and I do appreciate them. I get a great deal of information and positive 'vibes' from Mercola.com and the comments on the articles, yours included! Thus, it is a great pleasure for me that you have written that you love my postings. All the very best from a sunny late afternoon in la baie de Mont Saint Michel, Sue

Posted On 08/15/2018

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## Sue12Cross

Hi Rrealrose, you paint an eloquent picture of the horrors of breaded chicken. If you consider the length of the list of ingredients for most modern recipes and compare them to those in the recipe books of the 19th century and earlier then that in itself would indicate that something very wrong has been happening to basic ingredients. I would also suggest that unless a restaurant categorically states it is providing organic food, then it too, at whatever level of star system or toques, is using industrially raised meat. The profits in their case would be astronomical. Then of course there is the question of pesticide levels in the fruit, vegetables, grains and fine wines and the reason I stopped eating out years ago. I just can't bear the idea, apart from the health consideration, that I am complicit in the continuation of battery farming. My take on food is that unless it states it is organic, which has a meaning within the law, then it is CAFO. Yes there are small producers who are unable to meet the fees that certification and labeling involves and within a local area you can be made aware of that and support their efforts but on a global scale it is impossible to trust provenance. Industrial Agriculture is a blight upon the World and there is absolutely no excuse for it, the horrible irony being that at least half the food produced is thrown away, particularly in the West. The name says it all though AgroChem.... All the very best, Sue

Posted On 08/15/2018

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## gruch\_s

I wish i could be a vegan and not eat animals. You can particularly feel your kinship, dependence, and reverence when you eat animals you have hunted or raised. There is something sacred and spiritual about it that you do not feel when eating store bought meat. You realize the importance of each day in your life since other beings are sacrificing to keep you alive, so you better make each day count for something.

Yes, 100% of the time we only eat organic meat, dairy, and eggs. For veggies, we follow the EWG studies and eat a mix of organic and non-organic when organic is not available for the "clean" veggies. In the summer we grow our own organically so we know what we are eating. We do take supplements, monitor our vitamin D levels, and eat our homemade unprocessed raw sauerkraut, kimchi and pickles. We are in our 70s and take no medications or vaccines and can run circles around people half our age. Ultrasound tests show our arteries are clean as a whistle.

In my mid-20s I tried going vegan for two years. Those were the sickest two years of my life - constantly coming down with illnesses. One intestinal virus i had killed off my ability to digest lactose and I permanently became lactose intolerant. Once I started eating meat again, my health returned. Yes, when vegan, I balanced grains and legumes to get protein and did take vitamin B-12, but none of that did any good. For my body at least, a vegan diet was a disaster. It might work for some people, though, whose genes operate differently.

Posted On 08/15/2018

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## honorarenwick

No wonder New Zealand is the salmonella capital of the world. We don't use those disinfectants or the antibiotics. I buy organic and slide the chook from the bag directly into the slow cooker. When it's cooked, I then portion up the chook for about 5 meals and freeze it and then slow-cook the non-meat ingredients again.

Posted On 08/14/2018

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## **Jill of all trades**

Our family raises our own poultry. It is pastured in movable coops and raised on organic food. We process it ourselves very carefully to avoid contamination with gut contents/feces. We have been doing this for 20 years now. About 10 years ago we were approached by friends asking if we would raise birds for them. We now grow about 375 chicken a years and about 250 are sold to very appreciative customers.

If you can learn how and grow your own..

Posted On 08/15/2018

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## **JanetMar**

We raise our own chickens from eggs either incubated or when hens go broody. No hatchery chicks. Extra roosters we butcher ourselves. All of our poultry get organic food, and plenty of room to forage. We do not eat store bough eggs or meat. In the winter when birds stop laying we're just out for awhile. The chicken meat is limited to how many roosters are hatched that year. Maybe a maximum of 12. I believe everyone who eats chicken should have to raise one theirselves, give them everything required to give it a good life, then butcher it yourself. Many people would not eat chicken if that was the only way to get it.

Posted On 08/15/2018

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## **Horsea**

Chickens don't have to stop laying in the winter. Mine are provided with windows in their shack + a lamp (all for the light they need to be able to lay). They tend to go into their rest period (no laying) during warm weather. Also, some have gotten quite old (age 5 - 7 before they died) and have never moulted. Moulting is a pathological condition which in my judgment is probably caused by improper living conditions and nutrition. I am glad you give your chickens a good life.

Posted On 08/15/2018

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## GrannySue\_203

Janet - first of all - You are one of my heroines!! I am sure you already know this, but for those reading who do not: If you are not consuming ALL the eggs... An Unwashed egg will keep for up to two years at 40 degrees. They must, however, be washed before breaking of course. Facts Don't Apply won't tell you that! I don't even soak mine, because undermining the membrane secreted as the egg is laid (which is also responsible for ALL colors of shells - the insides are NOT any different) is what allows for the faster spoilage and the "watery white" problem in eggs less than 6 months old.

You can also store eggs in solution but I don't recommend that - even though it was done for centuries - I don't know enough about the chemicals used, and as I buy from a local farm I don't have a need as yet. For things like batters and pre-made scrambled eggs, etc - freezing in either a small container or individual ice cube trays (for those who cook by weight, most cubes are 1 ounce in standard trays), then putting in a larger container or bag in the freezer works and they will keep for up to 3 years. You can also freeze cooked eggs (scrambled, hard boiled).

Posted On 08/15/2018

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## Almond

I saw an interesting comment that disappeared. it was about feeling sad after eating commercial turkey. I think it is possible that foods can carry negative energies. How an animal is raised would result in this. Bad karma. In just the physical sense, such an animal would probably have a stress hormone pattern.

Posted On 08/15/2018

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## IMickey

Absolutely. I had a pet turkey...found as a wild chick. George Gobble !!! I could never even look at eating a turkey after knowing and loving George ! They are such loving creatures!! He came with me to visit nursing homes on a harness...and he loved the attention !!

Posted On 08/15/2018

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## **rinske**

I have had the experience of anger after eating meat (non - organic) on several occasions - I get it!

Posted On 08/17/2018

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## **otis101**

Don't wait for msm (main stream media) (90% controlled by the deep state) to get the word out on the contamination. msm benefits in many ways from so much contamination in the food supply. People get sick and gobble down prescription drugs that msm advertises and it is no small revenue source for them.

Posted On 08/15/2018

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## **Horsea**

I am glad to know that Dr Mercola is anti-mercury in dentistry. Good work.

Posted On 08/15/2018

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## **AndreG**

Speaking of the dental industry....It's interesting that they are not part of the a basic health care package...It's always something that you have to purchase as an "extra coverage". It should be the first thing covered!. Good dental health is vital to overall health! Should not be a luxury but a basic right of every American.

Posted On 08/15/2018

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**trinah2o**

The best dental health coverage is what you are putting in your mouth.

Posted On 08/15/2018

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**Suzubick**

Seek out chicken from producers whose poultry is properly reared, slaughtered, and processed.

<http://eatwild.com>

Posted On 08/15/2018

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**stardustonthesage**

Pastured meats are expensive, but IMO well worth whatever extra is charged. Also, be sure to look for a good butcher when you purchase your own critter. Learn to butcher chickens yourself, so all you have to do is buy them (if you can find them - - it is difficult to find anyone who is willing to take the time to raise animals this way, especially chickens). Luckily, I learned to clean all kinds of birds and fish while growing up.

Posted On 08/15/2018

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## IMickey

Ok then !! No more chicken for me OR my dogs ! I get a kick out of the commercial for Purdue Chicken raving about how they use no pesticides or hormones...father and son are seen walking with maybe 20 chickens in the background happily eating grass. I wonder where that was taken as we all know...there are millions of chickens at their facilities. What a crock of crap ! And to add insult to injury...one scene shows them squatting down...PETTING the chicken. Really?

Also? The chickens have blue eyes and look very unhealthy. I have never seen a chicken with blue eyes. Must be one of those specific fattening chicken bred to eat. YUCKO !!!!!

This article solidified my thoughts...NO MORE CHICKEN FOR US !!

Posted On 08/15/2018

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NOT so fast with the "busting" on Perdue - the fourth generation of the Perdue family well understands regenerative organic practices - both in the plant, feed and chicken raising aspects of their business. When he took over from his father, Jim began to "shift" how the chickens were treated towards antibiotic-free practices and cleaning up the feed supply. His sons Chris and Ryan are fully committed to maintaining/expanding/integrating the principles of organic/regenerative practices in those acquired organic divisions like Coleman - which is in STARK contrast to the practices employed by Cargill and others after buying an "organic" brand - they will "adulterate" organic practices to maximize profits. Jim and his son's Chris and Ryan put their money where their mouth is by fighting Tyson Foods "challenge" of the very ads you referenced as being misleading because there's no reference to the Perdue organic chicken product label Harvestland - which is third party certified as organic and non-GMO verified: [[www.usatoday.com/story/money/nation-now/2018/05/03/perdue-farms-appeal..](http://www.usatoday.com/story/money/nation-now/2018/05/03/perdue-farms-appeal..)]. Me thinks Tyson Foods - which is like Sanderson - is scared "poopless" of Perdue's efforts because Tyson sees their high end market share taking a hit. Here's another thing about the Perdue organic operation - they encourage those farmers involved to let anyone inspect their farms. I personally wish more agribusinesses would adopt the Perdue organic practices model because - if nothing else - it would plant a good swift kick in the backside of Monsanto/Bayer and their ilk. I believe in giving credit where credit is due. An aside...MOST of the "private label" supplements marketed/sold by a lot of these "alternative" doctors AREN'T third party certified as being organic and/or non-GMO verified. Be well - safe eating and I know I can safely eat Perdue's Harvestland label AND support the small farmer at the same time. LBP!

Posted On 08/15/2018

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**oli3047**

**GIVE THIS SOME CONSIDERATION:** Go into the produce department of any supermarket. Buy vegetables to your liking, avoiding those grown underground which are pro-inflammatory. Take them home and wash vigorously with baking soda and water. In a large baking pan with cover, place the veggies. Add water, garlic powder and extra-virgin olive oil. Bake the veggies at 400 degrees for one hour or a little more, if desired. You can add a little more extra-virgin olive oil while in the cooling process.

Think of these veggies: collard greens, spinach, yellow squash, zucchini, packaged cole slaw, asparagus, butternut squash and leeks.

I put these delicious baked veggies in a BLENDER, freeze in small ceramic bowls with ceramic covers and this delicious sauce can be consumed for breakfast. **BAKED VEGGIES ARE WONDERFUL FOR YOUNG AND OLD!**

I buy Vital Choice wild-caught canned sockeye salmon from Swanson's Health out of Fargo, South Dakota. Cost is \$6.50 per can, but worth it. All of this animal contamination and abuse turns my stomach.

My father would buy half a cow and we would wrap in freezer paper and freeze. Remember that meat lacks fiber. Mother and father had bowel issues and surgeries. Many cultures just eat fish and don't have health problems. A steak takes five days for it to be processed out of one's system, even if one goes regularly. Who needs it!

Posted On 08/15/2018

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**mscir**

The only meat I eat is bison, the only fish I eat are ocean fish. Factory raised pork, turkey, chicken disgust me, the ethics and suffering of the animals, the vibe of the meat, I haven't eaten them for over 10 years and I am very healthy and active

Posted On 08/15/2018

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## sardogladly

I raise my own meat chickens and watch them get processed in very clean conditions. They come home iced, get sealed in Food Saver bags and go into the freezer. They have wonderful flavor and I don't fear bacteria from them.

Posted On 08/15/2018

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## GrannySue\_203

Thank you, Dr. Mercola - but.... I get we need people to pay attention. However - it is not the bird. It is the humans. It is the raising and the processing. It is the appointed administrators that the politicians WE have elected, have chosen to oversee this sort of thing (and all other things). It is the back pocket of the corporation and through them the agencies in charge. It is NOT the bird.

That is not conveyed in the title. ANYTHING that lays eggs can harbor salmonella - and it can, itself, be perfectly healthy-appearing. (See - I can do that, too). Some of these organisms are vectors. They may carry the disease, but they do not exhibit symptoms. Others are just plain unhealthy and wind up in the food supply anyway. Thank you USDA and FDA.

We buy meat that is diseased because we don't demand better. We play at it, the politicians come up with something worse, and we applaud because we refuse to learn better. We swipe at it, we avoid it, but we don't demand it. People - the UN, OIE, Codex, alphabet agencies - these are not here for your health or benefit. They are here for the health and benefit ONLY of their back pockets and the agendas of those who established and run them.

Go direct to the farmer, and if you can't then demand of your store (whether it is Whole Foods, Jewel or Walmart) that they source from local farms with humane and sanitary practices. These are not necessarily (often not even remotely related to) what the federal agencies demand. And DON'T stop there. Anyone in this fight for any length of time knows that just as with any three-year-old - you have to not only take them by the hand and show them EXACTLY what you mean, but for a longer length of time than anyone wants to admit - you must follow behind to ensure the job is done and done correctly. Sorry - it is the reality we have created for ourselves. You cannot count on your NGO's (501c's) to do this for you, for they run off the same damnable profit motive. Follow ALL the money

Posted On 08/15/2018

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## Deidre

Dear Dr. M, once again, thank you for exposing these horrible processing plants for the harm they do to the workers; also I feel bad for the animals raised in these horrible conditions. Doris

Posted On 08/15/2018

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## dpm39560

SOUS VIDE cooking is one of the best ways to ensure thorough cooking of any meat, including chicken. Using the same theory (heat plus time) as Pasteurization, cooking your chicken (or beef or pork or turkey) for a designated period of time at a specific temperature will not only guarantee it to be free of pathogens, it will NOT overcook the meat. There's a good video on using Sous Vide to cook the best steak you've ever had here: <https://youtu.be/s2-RzHO-Jvw> I now use the Sous Vide method to cook all the meats we eat. It is convenient to do a "batch" at a time, and the results are perfectly-done meats, yummy tasty!

Posted On 08/15/2018

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## grulla

I watched your low 'n slow cooking video, and in a similar vein, you might also be interested in the Adele Davis 24 hour slow roasting cook book, "Let's Cook It Right", which is suited more towards roasts rather than steaks and chops. Various meat roasts such as beef, pork, lamb, and poultry are roasted at specific temperatures unique to the particular break down temperature of the muscle fiber, collagen, and connective tissue of the specific meat, which is: beef @ 125\*-155°F rare-med- or WD, lamb @ 160\*-165°F, pork @ 165\*-170°F, and poultry @ 180\*-185°F, thereby preserving the meat's nutritional integrity, tenderness, and flavor .

Safety precautions include whole roasts that are NOT folded or netted, meat is elevated on a grill or skewer and NOT rested on a flat surface, the meat is preheated @ 300°F for an hour before temperature is reduced to the particular slow roasting temperature, and that oven temperature is accurate with an easier to use oven thermometer, as opposed to a meat thermometer. And just like the SOUS VIDE technique, the slow roasting can continue well beyond the minimal 24 hour slow roasting period, for up to 2 - 3 days without being overcooked, for ones convenience. Safe "temperature VS time" preparation surely applies here as well. BTW, I am concerned about the sous vide meat being submersed in hot water in a plastic bag due to chemical cross contamination from PBAs and such.

[www.alibris.com/.../3891725](http://www.alibris.com/.../3891725)

[www.taylorusa.com/.../oven-thermometer](http://www.taylorusa.com/.../oven-thermometer)

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## alexsemen

The first ground of this infestations and contamination it is the industrial producing this things. The second is the financial system( Banks) who wants profit and the credits paid back does not matter when and how. The third but for sure the first is that animals must be eaten accordingly the season( every animal with it's own season.) as it was for tens of thousand years as it was the saint and sane traditions of the millennial cooking culture. Without the hyperinflation of plethora of diplomas and "research institutes" and other parasite organizations of today , the genial people from the remote past have built the best approach toward the most important daily activity of the humanity.

Tradition means absolutely not the back warding as the actual internet+apps generation are imbeciloid "thinking" or believing to know in the actual perfect obscurantism against the facts of life, but it was just an intelligent conclusion ( super wise) of the time-proof of cooking and eating in a absolute good manner , They used the proof of time as the only argument . which was the only one right and wise ! Today we have all kind of "GMO popcorn scientists =GPPS) "and GPPS"specialists who made an absolute mess from this "natural and sane ways to produce and eat our food !

Posted On 08/15/2018

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## Almond

Yes, we generally eat by the seasons. This is the beginning of our vegetarian time of year. We don't want much else when the garden produces in abundance and there is good foraging. Also, lots of eggs.

The best meat and most natural way to live is by hunting and fishing. I don't know how people can afford supermarket meat. I can't stand to be around the odor when people are cooking it. I can esp. tell if someone puts it on a grill (ex., burgers). it smells like a greasy fast food restaurant. Game meat does not smell if taken care of properly.

A lack of respect for food and ignorance about food has occurred since people no longer raise it themselves or hunt and butcher.

Posted On 08/15/2018

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## **pporter**

A representative of a small chicken producer told me that the safest chicken is those birds immediately frozen to lessen the growth of bacteria. Your thoughts?

Posted On 08/15/2018

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## **covers**

pporter: Hi, see my comment above

Posted On 08/15/2018

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## **Sarah222morrow**

Pporter, it makes sense to me that the very safest would be a bird which is: 1) fed and raised organically 2) slaughtered humanely 3) frozen immediately after slaughter

It could still, of course, be contaminated at some point along the way. (For example, the processing equipment itself could be contaminated with salmonella or other pathogens, or the chemicals Dr. Mercola mentions). But freezing slows or stops the multiplication of pathogens.

Posted On 08/15/2018

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## **ttn7292**

Just pause for a while and think -how have we managed to f\*\*\* up our food supply to the extend that it is dangerous to simply bring a chook home! Poor birds. I would like to be a vegan, I am not, because I am no cook, and cooking vegetable meals do require extra skills to make them tasteful, compared with meaty dishes. I resort to eat tiny amounts of fish or mince, may be like 20-30 grams, with my lunches, and plenty of vegies. I do not remember when last time I brought chicken home.

Posted On 08/14/2018

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