

## Guillermou

A great project from Armstrong, offering milk, cheese, pork with low linoleic content with good contributions of choline. It has been shown that uridine found in the liver of animals, vegetables such as broccoli, breast milk and beer increases choline levels in the brain. Uridine and choline act synergistically with DHA to increase the formation of phosphatidylcholine. The latter is necessary to produce phosphatidylcholine (PC), a precursor of acetylcholine, the essential neurotransmitter in the brain. It has been shown to boost mood, cognitive function, learning and memory. -----1) Uridine is a key metabolite used as a substrate for the production of DNA, RNA and glucose, -----2) Increases brain neurotransmitter levels -----3) Reduce stress -----4) Increases learning ability and memory -----5) It is a regulator of energy balance, being a potential target to address eating behavior dysfunctions in humans.

-----6) It has anti-cancer effects -----7) Cardiovascular protector. [nootropicsexpert.com/uridine-monophosphate](https://nootropicsexpert.com/uridine-monophosphate) (2022).---- [focussupplements.co.uk/es/2021/11/12/supplements-to-maximise-brain-hea.](https://focussupplements.co.uk/es/2021/11/12/supplements-to-maximise-brain-health) (2021).---- [www.institutovalencianodeozonoterapia.com/papel-de-los-nucleotidos-en-..](https://www.institutovalencianodeozonoterapia.com/papel-de-los-nucleotidos-en-..) (2022).--- <https://web.mit.edu/~/www/pdf/1010.pdf> (2022).--- [www.sciencedirect.com/.../S2666379122004761](https://www.sciencedirect.com/.../S2666379122004761) (2023).--- [www.nature.com/.../s41574-023-00808-5](https://www.nature.com/.../s41574-023-00808-5) (2023).--- [www.mdpi.com/.../3552](https://www.mdpi.com/.../3552) (2023).--- [www.researchsquare.com/.../v1](https://www.researchsquare.com/.../v1) (2023).---

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Foods and nutrients influence the microbiome in different ways. For example, a Western diet with a high consumption of processed fats and sugars high in linoleic acid reduces microbial diversity, produces dysbiosis and affects cognition by triggering chronic low-grade inflammation. Diet interacts with the host's genetics and microbiota, with physiological consequences that can protect or harm the brain. The additive effects of the combination of DHA, uridine, choline, folate, vitamin B12, vitamin B6, vitamin E, vitamin C and selenium promotes synaptogenesis to counteract the synaptic loss that occurs in cognitive decline and AD. These ingredients may act through several synergistic mechanisms including, but not limited to, reducing homocysteine levels and increasing blood flow and cerebral perfusion.

Uridine and choline act synergistically with DHA to increase phosphatidylcholine formation, there is a compelling rationale for combining these nutrients. A multinutrient enriched with uridine, choline and DHA developed to support brain function has been evaluated in randomized controlled trials covering a spectrum of dementia from mild cognitive impairment to moderate AD.

[www.cambridge.org/core/journals/nutrition-research-reviews/article/mul..](http://www.cambridge.org/core/journals/nutrition-research-reviews/article/mul..) (2022).-----

[link.springer.com/.../s40120-020-00227-y](http://link.springer.com/.../s40120-020-00227-y) (2020).---- [link.springer.com/.../jpad.2023.29](http://link.springer.com/.../jpad.2023.29) (2023).---

[link.springer.com/.../jpad.2023.81](http://link.springer.com/.../jpad.2023.81) (2023).---

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Gui, another day of Solutions!!! Excellent! Projects, efforts, such as these are something to engage in, or support if possible. Those of us who have been doing what we can, as much as we can, know it is very uphill. While so many go deer in the headlights look when trying to describe to them the importance of such projects, more than few will reply well I talked to a farmer & he said, well you have to use Roundup, chemical fertilizers, chemical sprays, monocrop. It is yet to be learned most are not farmers anymore, they are employees of financial interest, chemical companies & more.

To be a Farmer is to be reeducated about Soil, Living Soil. How to produce abundance outside of the current destructive Assembly line Calory, Chemical, Dis-ease Producing System. An extremely important aspect also brought up in the article," if you're micronutrient deficient" then no matter how many Macro-nutrients we consume, without the micronutrients the formula for health is incomplete.

Yes, for many costs can be a hindrance, but keep in mind there are many places in the States where we have Food Deserts. Not even the Syn-Sin-Soaked fare available at any price. Go across town to buy Syn-Sin-Nutrient empty or compromised calories. For decades the public either chasing many jobs to cover the basics turning to Fast Foods have been disconnected from the one-time basics of food prep, cooking. Lacking time, buy preprocessed only to lose on the general wellbeing, health, & social side of the equation.

Many did not realize until the Lockdowns how much less expensive it can be to be your own chef, then eating out constantly. Also, less expense for Pills for Ills, you won't need most of them. Another important aspect is, the other day it was mentioned how organic can our efforts be when so much toxin is coming in through the rain, water, Chem Farms down the road? Well, much more Organic than standard fare, but more important, the efforts big, wide enough, clean that crap up, eventually.

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**juststeve**

Just the Gut Speaking; Being as the current banking system and all it controls moves food production into a detrimental health system to the Environment and People, is/are there financial structures where We, the People can contribute \$1 to as much as we may want to help fuel, underwrite the cost of expanding efforts such as these and possibly lower the cost while affording the Farmer to make a decent living?

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**juststeve**

[drhoffman.com/article/new-disease-trends-highlight-medicines-biggest-f..](https://drhoffman.com/article/new-disease-trends-highlight-medicines-biggest-f..)

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## Guillermou

Just, CAFO has destabilized the breeding system in symbiosis with biodynamic agriculture. Grasslands and arable land cover only 10% of the Earth's surface but (along with the oceans) produce all of our food and fiber. But the productivity and health of our grasslands, farms and livestock are threatened by global warming alarmists and ecological conservationists. We are afflicted by climate madness and methane madness. It is bad public policy to tolerate restrictions on grazing operations, or taxes on grazed animals, based on controversial theories that bodily emissions from farmed animals will cause dangerous global warming.

The war against farmers and livestock continues. Grazing ruminant animals with their emissions products has always been part of healthy grasslands. Only when large numbers of animals are artificially fed and confined to a single plot of land do contamination problems arise. Grasslands are also threatened by biofuel crops, forests subsidized by carbon credits, and ruthless encroachment on fire-prone government reserves and pest havens. The world is experiencing a micronutrient food and health crisis. Micronutrient deficiency currently affects billions of people.

Micronutrients are key vitamins and minerals and deficiencies can cause serious health problems. They are important for various functions, including blood clotting, brain development, the immune system, energy production and bone health, and play a critical role in disease prevention. The root of the crisis is due to an increased dependence on ultra-processed foods and the way modern food crops are grown in terms of seeds used, plants produced, synthetic inputs needed (fertilizers, pesticides, etc.) and the effects on the soil.

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Cultivation methods, preparation, origin and final presentation of staple foods have changed significantly to the point that the contents of trace elements and micronutrients have been severely depleted, affecting poor physical and mental health. The authors of a 2010 article in the International Journal of Environmental and Rural Development claim that the cropping systems promoted by the Green Revolution have resulted in reduced food crop diversity and reduced availability of micronutrients. They note that micronutrient malnutrition is leading to higher rates of cancer, heart disease, stroke, diabetes and osteoporosis in many developing countries.

They add that soils are increasingly affected by micronutrient disorders. Every year due to soil erosion due to indiscreet and excessive use of fertilizers, insecticides and pesticides over the years. The input- and chemical-intensive Green Revolution, with its hybrid seeds and synthetic fertilizers and pesticides, helped fuel greater monoculture and has resulted in less diverse diets and less nutritious foods. Its long-term impact has caused soil degradation and mineral imbalances which, in turn, have negatively affected human health.

The pesticide, seed and digital agriculture industry concentrates wealth and power and threatens health. The glyphosate in Monsanto's Roundup decimates microbes in soils and the human gut. The earthworms had almost disappeared from the surface of the cropland three weeks after the application of glyphosate. [www.globalresearch.ca/.../5803661](http://www.globalresearch.ca/.../5803661) (2023).----  
[www.globalresearch.ca/sick-death-unhealthy-food-failed-technologies/58..](http://www.globalresearch.ca/sick-death-unhealthy-food-failed-technologies/58..) (2023).----  
[www.globalresearch.ca/glyphosate-worse/5674472?utm\\_campaign=magnet&..](http://www.globalresearch.ca/glyphosate-worse/5674472?utm_campaign=magnet&..) (2024).--

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More than 85% of grass-fed beef sold in the U.S. is not raised in the U.S., but is labeled "Product of the U.S." As a result of a loophole in labeling law, American farmers producing grass-fed beef are forced to compete with much less expensive imported grass-fed beef. In 2017, raising grass-fed beef in Australia cost 59 cents per pound, while the cost per pound in the US was \$1.55 for large producers and up to \$4.26 per pound for a small farm. One of the reasons for this price discrepancy is the fact that countries like Australia and New Zealand have a relatively mild climate year-round.

As a result, their cows can graze on pastures year-round, while American farmers must purchase feed during the winter. There is a globally coordinated attack on agriculture. The G20, the Conference of the Parties to the United Nations Framework Convention on Climate Change (COP27) and the World Economic Forum are pushing for radical reductions in agriculture to achieve "net zero" greenhouse gas emissions. The "sustainability" that globalists call for is not the sustainability of the human population.

What they are referring to is the sustainable growth of a new global economic system based on the allocation of finite resources to technocratic "rulers." The rest of us "will own nothing," because they seek to strip us of our property rights. It is crucial that people understand that the "sustainable" solutions currently offered will result in the eradication of a large part of humanity.

[www.globalresearch.ca/end-good-beef-products/5841845?utm\\_campaign=magn..](http://www.globalresearch.ca/end-good-beef-products/5841845?utm_campaign=magn..) (2024)

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A very interesting comment Guillermou! Uridine seems to be very important in the whole scheme of things. Is this why the cabal has attacked it with pseudouridine in their synthetic biowarfare poison jabs ?? ( [en.wikipedia.org/.../Pseudouridine](https://en.wikipedia.org/wiki/Pseudouridine) ) Your comment about choline content in beer reminded me about an old story when I was at the high school. Our regular chemistry teacher got sick so a substitute teacher showed up. Obviously, he wasn't very well prepared to present the chemistry topic as it was scheduled, so instead he decided to lecture us on beer-making chemistry. Beer-making seemed to be his training or background and/or his hobby, and he was very knowledgeable about it! He referred to beer as "liquid bread" full of excellent nutrients, vitamins and chemicals? What is your and Dr. Mercola's take on home-made organic beer and brewer's yeast?

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## Guillermou

Thanks PTH. Brewer's yeast increases resistance capacity. In the human study, we worked with 15 male volunteers, who were given 50 mg of nucleotides every day for two weeks; in this case they were cytidine 5-monophosphate, uridine 5-monophosphate, guanosine 5-mono-phosphate and adenosine 5-mono-phosphate. Another 15 volunteers were given a placebo to compare the results. In 2.3 g of brewer's yeast there are about 50 mg of nucleotides. The human body produces 750 mg of nucleotides daily, and breaks down approximately the same amount Before and after supplementation, volunteers had to run to the point of exhaustion on a treadmill; During the first minute they ran at a speed of 8 km/hour, and each minute the speed increased by another 2 km/hour, proving that nucleotide supplementation improved the resistance capacity of the volunteers who consumed it.

[www.masmusculo.com.es/research/la-levadura-de-cerveza-aumenta-la-capac..](http://www.masmusculo.com.es/research/la-levadura-de-cerveza-aumenta-la-capac..) .----

[typeset.io/papers/effects-of-dietary-yeast-nucleotides-on-growth-non-s..](http://typeset.io/papers/effects-of-dietary-yeast-nucleotides-on-growth-non-s..) .--- Brewer's yeast is often used in alternative medicine to prevent diarrhea and aid digestion.

It can also help treat diabetes and respiratory problems such as the common cold and flu. As its name suggests, brewer's yeast is formed as a byproduct of brewing beer. These articles discuss some of the health claims about brewer's yeast and whether they are backed by research, the possible side effects. [www.verywellhealth.com/brewers-yeast-benefits-431836.](http://www.verywellhealth.com/brewers-yeast-benefits-431836.)----- [www.botanical-online.com/.../brewers-yeast](http://www.botanical-online.com/.../brewers-yeast)

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An organic beer in summer, good for your health. Hops are basically used in the manufacture of beer, which is considered one of its raw materials, along with malt, water and yeast, providing it with its characteristic bitterness. Phenol composition: ascorbic, asparaginic, gamma-aminobutyric, gamma-linoleic, neochlorogenic, p-coumaric (fruit), caffeic, chlorogenic, ferulic, hupulinic, isovaleric (plant), oleanolic, ursolic (stem). Essential acid rich in eugenol, humulene, limonene, farnesene, betafarnesene and myrcene. This review analyzed some promising results of non-alcoholic beer on various mechanisms involved in neurodegeneration, such as inflammation, oxidation and cholinesterase activity, and its contribution to behavioral modifications induced by aluminum poisoning.

The amygdala and hippocampus have been reported to be the brain areas with the highest aluminum content in a model of Alzheimer's disease. Furthermore, it was reported that aluminum accumulates more in glial cells than in neurons. Other studies have shown that aluminum poisoning increased brain TBARS levels and tumor necrosis factor alpha (TNF) expression, suggesting that oxidative stress and neuroinflammation were induced.

It has been proposed that the induction of these processes is pathogenic for early events of Alzheimer's disease. Researchers from the Department of Food Science and Technology at the University of California, on the bioavailability of silicon from beer. "We have examined a wide range of beer styles for their silicon content and have also studied the impact of raw materials and the brewing process on the amounts of silicon, which go into wort and beer." [www.mdpi.com/.../htm](http://www.mdpi.com/.../htm) (2019) [beerspain.com/.../beer-strengthen-your-bones](http://beerspain.com/.../beer-strengthen-your-bones) [pubmed.ncbi.nlm.nih.gov/20355113](http://pubmed.ncbi.nlm.nih.gov/20355113)

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## grulla

"gui", I always stock up on hard to find, UNSweetened Australian Vegemite, (not sweetened like Brit. Marmite), a brewer's yeast biproduct, originated by Kraft Foods in 1922. In some countries, Vegemite is given out to soldiers for survival food, placed in their knapsacks.

[www.thespruceeats.com/vegemite-an-australian-icon-256166](http://www.thespruceeats.com/vegemite-an-australian-icon-256166) ~~~ [www.healthline.com/.../vegemite](http://www.healthline.com/.../vegemite)

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So, phosphatidylcholine has anti-cancer effects, right? I am terrible with names. There was a really nice Cardiologist, who used to teach to eat protein and fats and was always talking about phosphatidylcholine, but I can't remember his name. (Not Atkins). He did videos of his son and him cooking. Ring a bell with you, Guillermou? I thought a lot of him and am embarrassed not to remember his name. Also, though I initially wrote this question to Dr. Mercola, with no answer: If you woke up, one morning, and found one of your molars out of place and on your tongue, having no idea how it was pulled out and there, what would you do? Dr. Mercola wrote an article about the problems with replacing a tooth, though it is important in restoring adequate chewing for your health. And let me add, this was a shock.

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I've raised my own chickens for almost 11 years, and they are free ranged and eat only a natural, species appropriate diet. While I don't have guard dogs, my husband and I have spent an inordinate amount of time and energy ensuring their ranging area is protected. I've seen them catch and eat all sorts of insects, mice, moles, small toads and snakes, along with grasses, mosses, all types of wild fruits, as well as the petals of our rugosa roses, and their hips in the fall, wildflower petals, leaves, and seeds. We live in an area where they cannot be outside for any length of time in winter, but they have a large enclosed area where they can take their daily dirt baths and find a few insects.

To supplement their diet, I feed them thawed day-old pinkie mice I order from a Florida company called Perfect Prey. I also supplement them with organic clover that I sprout for them, and also give them chopped up organic carrots, red cabbage, broccoli, spinach, collards, kale, and parsley from our own supply. Our hens have lived to be 7, 8, and 9 years old, still laying fabulous eggs up until shortly before they have passed. Our current flock will turn 7 years old in June and are still productive. We currently have one hen left from our original flock who will turn 11 years old in April.

She is still laying one egg every other day or two. We have never used, or allowed the use of chemicals to maintain our property, and use the spent organic hay from their coops, along with their manure to fertilize our vegetable gardens. We are in our 70's, and people think we are at least 20 years younger than we are. Regenerative farming requires passion, hard work, and a deep belief that living and providing a life for self and all of your animals that is one with nature is the ONLY choice for your health, and theirs.

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## Antisandman

Thanks hope 2 for the engaging description of your egg producers. I had backyard chickens for years in the SF Bay Area. We had problems with predators. Every carnivore and omnivore loves chicken dinner. I solved the problem of predators with chicken tractors. Easy, cheap, and easy. I now rent on a small farm on the coast of Ecuador. Surprisingly the predator problem for chickens is not nearly as great as in the Bay Area. No raccoons or skunks or foxes. The chickens are outside unprotected except for natural wariness all day. During the rainy season when there are plenty of fresh greens and insects and small vertebrates available, they ignore the corn and chicken feed that is called balanceado. When given a choice chickens are smarter than humans.

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## trun87114

Great info! I'd like to try to emulate your plan with our girls. You mentioned that these things, e.g., clover, supplement their diet. Do you provide them with layer feed as their staple? My other question is about winter feeding. My hens have access to our entire backyard during the day but right now it's covered with snow and I can't imagine that there are many bugs for them to eat. How does your feed vary by season? T.

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## Lee1959

When I first started raising chickens, we had a huge, fat white hen we named "Mac" from Chicken Run. She always got the top roost, and anytime a roo approached her, she would turn her head and give an evil eye as if to say "Don't you DARE!" And the roos always left her alone. She was the wonder of my daughters' childhood. When I would walk down to the coop and open the door, she would fly from the top roost and land with a loud thud when she hit the floor, her breast was soooo big. I was amazed she never broke a bone being so heavy. She was in perfect health until one day around 2011 or so, I opened the door and there she was, dead. When I came up and told the girls, they were devastated! They said, "Mac's dead?" As if she were going to live forever. I will never forget her.

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## dclarke0gmail

Thank you! You added some much needed information that was missing in the interview.

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## TruRain

" I feed them thawed day-old pinkie mice I order from a Florida company..." There is something very unsettling about this, and I am sorry, I read it.

Posted On 02/12/2024

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## TruRain

Hope2Win, you were correct, when you wrote; "Life isn't innocent or pleasant." However, I cannot even watch a TV program where one animal is killing another, and that includes animals, who are referred to as Humans. And I am the same way when seeing the news where an individual is hitting another individual. I just cannot stand seeing abuse of any kind. I used to raise Thoroughbreds, and as strong and mighty as those beautiful horses were, they ate grain and grass and were totally gentle giants. I do understand what you wrote. I just cannot take seeing it, anymore. TruRain

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## Sue12Cross

The idea that farmers need educating is a none starter. They know exactly what they are doing, surviving within a corrupt system that pays them not to farm but to create a product that is saleable and has high profit margins for the middleman i.e. the supermarkets. If you are not prepared to do that you get out of farming or exist on a very small scale with loyal, local customers upon whom you depend. The only solution I can see is a reverse Industrial Revolution with a return to land ownership and small-scale farming.

It would put individuals back in contact with the earth, understand what food is, where it comes from and how much work and love is involved. It will make them healthier not only because of what they are eating but because small-scale farming demands physical labour and being outdoors! Certified organic farmers are caught up in the same self-serving system, they obtain certification if they feed organic grain, layers' pellets in the case of chickens, with a protein base of field beans, so poultry junk food.

'Pastured' is not a natural state for livestock - wild version, Wild cattle were/are swamp and forest dwellers, chickens come from jungles. The latter eat a majority of tree and shrub leaves for their greenery as do wild cattle, goats, sheep and deer. Chickens also hunt and eat small invertebrates, mice, snakes, lizards,... You can't change the AgroChem industry that farming has become, it's owned by the same people who control grain production, own the large supermarkets, the pharmaceutical companies, GMO research and production and the pesticides that poison our earth, they also own the government, universities and allopathy.

The only thing to do is to create parallel systems, which gives consumers a true choice and thus get rid of AgroChem by starving it out and releasing true farmers from its thrall. If you pay them fairly and directly to produce food people want, they will not need to live on subsidies. No CAFOs = No Supermarkets

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## juststeve

Sue when I mention farmers need to be reeducated what I am trying to get at is exactly what you are describing, the parallel system that has to bypass the Straight Line from Soup to Nuts AgroChem disasters. Food Producers today were captured and trapped pong ago. Most of those left are terrified as if the Globalist get their way, it will another area of Robot Autopilot vast and mass Monocropping for the slaves. Anything possibly grown Biodynamic with choice cuts would be only for the New Gods. Great post, thank you.

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## Guillermou

From parenting governed by nature to a diabolical perspective. The Great Reset envisions a future of industrial agriculture and livestock farming in which authoritarian directives will only allow the planting of crops that its experts consider "healthy" for humanity, when the alleged agricultural productivity involves the increase in fertilizers and pesticides that degenerate the land, making it less productive, and alter the nitrogen cycle, creating emissions of nitrous oxide, a powerful greenhouse gas, which aggravates our climate problem. Pesticides and fertilizers also create dead zones in the ocean and threaten the survival of pollinators. That is to say, the program they intend to conserve nature and the environment is a big lie, they only want to dominate agricultural and livestock production to satisfy their greed and continue ruining and enslaving local producers in their monopolies.

Vandana Shiva rejects EAT's largest initiative called FReSH, which the organization describes as an effort to drive food system transformation. Project partners include Bayer, Cargill, Syngenta, Unilever and even tech giant Google. She opposes this misguided approach, because "all the science" shows that diets should focus on regional and geographic biodiversity. She explained that "EAT's uniform global diet will be produced with Western technology and agricultural chemicals. Imposing this on sovereign nations through multinational lobbying is what I call food imperialism.

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## Guillermou

We also have UPFs, which are industrial formulations ready to eat or heat made with ingredients extracted from food or synthesized in laboratories. These have gradually replaced traditional foods and meals made with fresh and minimally processed ingredients in many countries. The study found that approximately 57,000 deaths in one year could be attributed to UPF consumption: 10.5% of all premature deaths and 21.8% of all deaths from preventable non-communicable diseases in adults aged 30 to 69 years. Rockefeller and his eponymous foundation, which "are in many ways the progenitors and architects of the Great Food Reset," are pushing for greater centralization of control over the food supply, including "a new integrated system of nutritional security." "From the beginning of the so-called 'Green Revolution' to the so-called 'Genetic Revolution,' the Rockefellers have been there," Corbett said, "helping move things forward along with their 'philanthropic' giving." [childrenshealthdefense.org/defender/world-economic-forums-great-reset-..](https://childrenshealthdefense.org/defender/world-economic-forums-great-reset-..) (2021).----- [www.globalresearch.ca/millions-suffer-junk-food-industry-rakes-profit/..](https://www.globalresearch.ca/millions-suffer-junk-food-industry-rakes-profit/) (2022).--- [childrenshealthdefense.org/defender/great-reset-global-food-supply/](https://childrenshealthdefense.org/defender/great-reset-global-food-supply/) (2023)-

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## Eevee

Sue, yup totally agree, small local farms run sustainably/organically, people will have less choice/variety of food, it will be seasonal food, it will be healthier, local farms, less food miles, local jobs, passing skills to the next generation etc.. people need to get used to not having exotic produce from another part of the world, this is the ideal, and maybe possible in pockets around the world. On the other side to feed huge cities and urban areas and other groups, for example, feeding large numbers of people who have just had natural disasters/catastrophies etc.. large scale food production will need to continue, so as you say and I totally agree, the solution is going to be a parallel system and give people choice.

Personally from what I read on the internet now and from over the years, there are many people calling for this, I think that we are slowly seeing the parallel system beginning, Rome wasn't built in a day. Also in areas where it is possible, houses, flat complexes should come with some land at least for a few chickens and to grow some veg, at least to teach kids basic skills, it also teaches people that it is not easy to produce food and they will value farmers more.

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## Sue12Cross

Hi Steve and Gui Thanks! AgroChem has only survived so long because still the majority, at least the West, have no idea about growing or raising food, so they have no idea of its value. We live in a 'modern' society that has never outgrown the old mediaeval feudal - slave and master system and grain is the food of slaves, grown to give the latter enough energy to build the pyramids, ironically the tombs of the masters. Two things that set up this paradigm, were the foreknowledge that sugar was addictive and a channelling of philosophy into: you are what you own and not what you eat.

So now in this era food is relegated to the lowest level of importance/status, something you can hide indoors and eat on a plastic tray, whilst watching a screen that reinforces the idea. Meanwhile a handbag can be priced at \$25,000 and a phone at over \$13,000,000. To break that mould you're going to need a tipping point in the population, with a greater percentage than previously, to whom a home-raised egg is worth more than a black diamond iphone.

That is the challenge. The other most important sea change needed is in the value of the real world as opposed to the artificial one. Too many, including sadly too many of the young, live in a completely fake world, along with fake friends, fake food and fake heroes. Their information comes not from life experience but is fed to them through a screen. Daily they are told the natural world is dangerous, dirty, full of 'germs' and that wanting to be in it is somehow unacceptable, unintellectual and 'un-cool'.

The opposite and that which is to be aspired to, is the artificial world of 'the Science', with endless possibilities to travel and reinvent yourself without moving from the safety of a chair. The gods of 'The Science', who have replaced the gods of Alchemy or Religion, are not to be questioned, they enforce themselves with computer modelling and huge chunks of money that appear from nowhere and pay to camouflage their darker side.

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## Sue12Cross

Bet65090 - we do and so do many on here if you read their comments. My food bill is minimal because we grow/raise so much of our own food on 1/4 acre. In 2000 we decided to give up on careers and modern conveniences, in 1990 I'd had a real chance, through a mistake in a farming magazine to buy a cheap ruined farmhouse and a piece of land in another country to the one I was living in. In 2000 we sold up and moved to it permanently. We have none of the things many people would consider as essentials, such as mobile phones, credit cards, white goods (including a fridge and washing machine), TV...

but we also have no mortgage, no debt and no one on our back. I've lived and worked in major cities for major companies and hated it, I remember going into work in London reading a sign scrawled on one of the posts of the motorway: 'Good Morning Lemmings' that was in the 80s and I planned to escape. I come from a farming background, so do have some skills taught to me by my grandparents, my grandfather was a professional gardener and I worked with him a great deal and had a holiday job from university working on a big estate as a gardener and market-gardener but you can still learn a lot from books.

If I was to have to do this now, I would sell up and downsize to a plot of land may be just with a ruin on it, I would need a water source but no electricity nor mains sewage. If I couldn't afford that, I would go and work with the WWOOF (World Wide Opportunities on Organic Farms), there are other associations as well providing similar platforms.

That would not only provide me with a place to live and work but give me a skill and plug me into a network of like-minded people. If I had dependants and couldn't either take them with me or move, I would scout around my area for unused gardens and then approach the people and ask if I could sow, plant, have chickens and give them a share of the food. I'd also forage and find out about allotments gleaning rights. Think small and simpl

Posted On 02/11/2024

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## Mercola\_Fan

Sue12, you got that right! They know exactly what they're doing! \$\$\$

Posted On 02/11/2024

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## stoneharbor

Yes, Sue, you have mentioned here several points worth taking home and considering. And worth repeating to get these ideas to "stick": 1) "reverse Industrial Revolution; 2) "AgroChem industry" (joined at the hip with CAFO industry); 3) "food is now relegated to the lowest level of importance" (a social value); 4) "to break this mold you're going to need a tipping point". I think you have very well described the predicament that we see as a challenge. Actually, each of us can decide for ourselves, even based on just the two Dr. Mercola articles featured today, that the regenerative method is what we will start implementing or converting to.

It's not hard to do in the free society that we still have. But the challenge, if we wish to see the society learn as a whole, is to educate in such a way that the lessons "sticks" in people's minds and becomes a sufficient goal that they will modify their lives to get to what you describe as a much healthier lifestyle.

You said "to break this mold you're going to need a tipping point". Yes, that's what we need, and the archenemy here is MSM, right? The media is blasting out in dozens of different ways whatever the AgroChem industry wants to portray as 1) our fears; 2) our goals; 3) our delights. The whole emphasis of the media is to channel our motivation just as a maze channels a rat's direction. I happen to be finally reading Malcolm Gladwell's Tipping Point and I recognize his ideas now when I encounter them.

MSM is going to battle the common man into as much of a mind-restrictive corner as possible to prevent man from reaching the tipping point of reversing the "industrial" aspect of society into a healthier, holistic direction. But I happen to see time being on our side. The AgroChem model is slowly destroying the ground it stands on. The farms we wish to have/support though are improving the ground. Efficiency, and time, are on our side. If man survives at all, it will finally be on a healthy rhizosphere. Links to follow

Posted On 02/11/2024

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## stoneharbor

Instead of annually depleting the soil as AgroChemCAFO does, here's how soil is built by regenerative cattle operations: [biostim.com.au/news/light-farming-restoring-carbon-organic-nitrogen-an..](https://biostim.com.au/news/light-farming-restoring-carbon-organic-nitrogen-an..) And here's a look at what a healthy, deep soil should be composed of in the way of a total rhizosphere (soil life): [www.youtube.com/watch](https://www.youtube.com/watch)

Posted On 02/11/2024

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## pth888

Sue12Cross, both you and juststeve have raised a very important issue about how to effectively transform the for-profit AgroChem farming into normal good-food organic biofarming! I know farmers who understand the issues yet they say they are caught in this devilish profit dilemma. They try to grow and raise good organic food for their own family, but say they are forced to go along with the AgroChem and sell tons of toxic food to make enough money to sustain their family farm. Then you have farmers who likely know, but sound very cynical about the toxic product they produce and sell. You also have farmers who seem to be genuinely ignorant and swallow the official science assurances by government agencies about the "safety" of the AgroChem food.

Paradoxically, the more academic education and university degrees the farmer has, the more susceptible s/he is to being fooled by all this. The most disappointing debates I had about this were with farmers who thought their university degree gave them absolute knowledge and justification to produce toxic food for profit. You know the good old adage about educated fools, as it was pointed out in Alexander Pope's famous Essay on Criticism: "'A little learning is a dang'rous thing" — [en.wikipedia.org/.../An\\_Essay\\_on\\_Criticism](https://en.wikipedia.org/.../An_Essay_on_Criticism)

Posted On 02/11/2024

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## Krofter

As a fourth generation farmer, I agree Sue, farmers know what they're doing. Young farmers today know that their grandparents farmed in a much simpler way that was more aligned with earths natural systems and cycles. Farmers today are quite aware of the fact that they are addicted to the chemicals and marketing strategies produced and controlled by the Monsantos, Tysons, Conagras and Cargils of the world. But many are so in debt that their bankers won't let them break out of the system to pursue an alternative system.

The game is most definitely rigged. As I've mentioned before, Vaclav Havel defeated the Soviets by building small, local, alternative systems to the centralized Soviet one. Because they worked so well people flocked to them. The Soviet systems began collapsing. Soon, the Berlin wall fell. As Buckminster Fuller said, you never change things by fighting the existing reality. To change something build a new model that makes the existing model obsolete. I took those concepts to heart 40 years ago when I began homesteading.

Posted On 02/11/2024

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## Lee1959

Amen to that Suecross. Your comments are so insightful and helpful. You see a bigger picture than even me! On another note, re: the discussion about beer, well, glad I like it:)

Posted On 02/11/2024

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Great additions of thought and useful direction from all. A thank you Sue for fleshing out, saying more, better than I could have myself. My reference to needing to reeducate farmers goes back to an article where, if the memory is working, courses were being taught explaining some newer varieties of perennial grasses. How the root structure helped recover so much to have been lost through the AgroChem destructive farming. His observation had been of those in attendance in the presentations were farmers who had been so fully indoctrinated by the AgroChem Machine and Messaging, a large number were totally in the dark about the older ways, let alone the newer realizations of Biodynamics.

Others are terrified as they know damn well how destructive it all is and how they have become trapped in a system that throws up roadblocks, speed bumps and walls towards efforts that Heal and Don't Steal. This region, those born in the 1800's engaged in the old ways. They had to be snookered into the Chems. Later decades the younger crowd would go to the bank for a small loan for a specific need. The bank would deny them, said you have to borrow much more, use your land as collateral. A real estate bubble in progress. Bubble broke, and now recession and the farms could not produce enough to cover the loans and guess who got the lands?

(Farm Aid times.) The best focus for our energies is to concentrate on those things we can do. Raising awareness, pushing back on the system itself as much as possible or 'allowed' is necessary to shine a light on the greater public, but the Davos Crowd is not about to change anything other than their tactics or strategies to continue on with their It's their World and their World Alone Agenda. Focusing on what we agree on and what can do or accomplish may make them obsolete, their deepest fear. They don't create or build much of anything. Because we can and do is why they fear us.

Posted On 02/12/2024

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Thought I was done but the whole cost issue. Biodynamic, Regenerative, Organic Food Production has a complaint about high cost. They are, but why? How much does the Agrochem fare really costs? So much is overlooked and hidden. The environmental damage is a mirror for the Social Costs. The Agrochem is heavily subsidized, so it is underwritten in your taxes so not seen at the cash register. Much of the Chemical Industry's, Oil & research are heavily subsidized so are underwritten so not seen at the cash register. The huge costs to human health are a foundation to the many preventable diseases and when many of those become chronic are covered by ever increasing costs to the taxpayers and increasing costs for Health Insurance.

Costs hidden but not seen or associated to the price paid at the cash register. More examples to tap into but gives a picture. Real Food, Real Wealth is kept at bay with might well be an appearance of high costs kept high so a real problem for nearly everyone. Add up all what are called externals for Agrochem fare and it is actually extreme, especially when it is so destructive to all of life, not just human. So then need to do it right Local, keep it Local.

Posted On 02/12/2024

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## Sue12Cross

Steve I took the 'educating farmers' line from the video but it's true that like all individuals farmers can have their blindsides too, mostly though farming tends to attract people who don't want to be part of a herd mentality (sorry). Those in farming, who came late to realisation, sadly now makeup the growing group of thousands of farmers and their families with cancers, seeking compensation from governments and companies. I know here there is a huge backlog of court cases and every year adds to it.

Farmers' families have resorted to sample gathering themselves and testing through private labs because they know that as far as any help with care is concerned most will be dead before that happens. That is the sad truth of using products without researching the 'ingredients' and their consequences for health, that of the land, plants, livestock, pets and personal. There's your extra hidden food cost too, litigation. I remember my Dad telling me that in the 50s, if he called a vet, the latter would leave him a 'bucket' of antibiotics for 'future use', purely because he didn't want to risk his car up a 3/4 mile unmade farm track.

My father questioned a lot of things, so was sparing in using chemical medication but I imagine that wasn't true of everyone. If you look at the Agricultural College text books of the period it's all about, spraying, medicating and 'culling'. I still have my Dad's books and it was evident embryo farmers' education was controlled by the same foundation as control allopathy's medical schools.

The organic movement in the UK started in the 1920s so it shows how back then people were aware something was very wrong. Whoever is running AgroChem is stuck in that 1950's time-frame. Their childish passion for 'technology' and 'science' has an early sci-fi film ring to me. As many have opined we are ruled by old men, who crave immortality. Leaving behind them a wake of destruction and death makes them sure of immortality - hatred in perpetuity

Posted On 02/12/2024

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## smoolichen70

I have been ordering from Nourish Cooperative for the past 6 months and have been very happy with their products.

Posted On 02/11/2024

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## 9ellie1

For my chickens, I sprout organic grains, cook rice that I can add all kinds of fun things to like leftovers, diatomaceous earth for parasites, old vitamins, homemade bamboo activated charcoal for gut health, crushed baked egg shells, etc. We have about an acre, fenced, for free range - make big piles of raked leaves/grass that they luv to tear up for bugs, cultivate chickweed (their favorite - I luv it, too, it's so nutritious and delicate in a salad :-), they luv kale leaves & I save stems to ferment, grow milo/sorghum - I watch them and they teach me what they like. They change with the seasons, when molting, age & breed variations, etc. Did you know that Spiders are 63% protein? I learned a lot from Harvey Ussery at <https://themodernhomestead.us/>

Posted On 02/11/2024

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## sbrink

Wow!!

Posted On 02/11/2024

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## ElMinetero

Let's tell it like it is. Brothers-in-law Proctor, and, Gamble, were making candles from cottonseed oil. With the advent of gas lighting, they looked for another use for cottonseed oil, and settled on using it as a cooking oil. Humans did not evolve to ingest cotton seeds or the oil. With the addition of a process developed by a German researcher, high heat, high pressure hydrogenation resulted in a product that was solid at room temperature. They named it Crisco, and promoted it as safe and healthy. Which it was not.

Posted On 02/11/2024

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## Guillermou

Yes, another toxic 'for the ignorant consumer. For most of the 19th century, cotton seeds were a nuisance. When cotton gins combed cotton crops to produce clean fiber, they left behind mountains of seeds. Early attempts to grind those seeds resulted in an oil that was unpleasantly dark and smelly. Many farmers simply let their piles of cotton seeds rot. It was only after a chemist named David Wesson pioneered industrial bleaching and deodorizing techniques in the late 19th century that cottonseed oil became clear, tasteless, and neutral-smelling enough to attract consumers.

Soon, companies were selling cottonseed oil on its own as a liquid or mixing it with animal fats to make cheap, solid shortenings, which were sold in buckets to resemble lard. The Crisco brand was created in 1911 by Procter & Gamble, an American company that produces cleaning products, foods, and health and wellness products. Procter & Gamble created Crisco to replace butter, which was very expensive at the time. The brand was launched on the market with a vegetable oil that was created from cottonseed, corn and soybeans and was used as a butter substitute.

At first, Crisco had mixed success because consumers refused to use vegetable oil instead of butter. For decades, Crisco had only one ingredient, cottonseed oil. But most consumers never knew it. That ignorance was not accidental. A century ago, Crisco marketers pioneered revolutionary advertising techniques that encouraged consumers not to worry about ingredients and trust trusted brands. It was a successful strategy that other companies would eventually copy.

Posted On 02/11/2024

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## msrite

Cotton seed is an excellent supplemental feed for cattle on hay in the winter. Made into cubes, along with other ingredients, it consists of 38% protein, and fetches a higher price than regular 20% cubes. I don't doubt your history lesson, but maybe you could explain why there was such a surplus of cotton seed, and some even left to rot, as Gui says, when there would always be a market for it as cattle feed.

Posted On 02/11/2024

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## **ElMinetero**

@Msrite: I can't say, I wasn't there at the time. Sometimes it takes people awhile to catch on to something. As with using fermented agave pressings as cattle feed, instead of dumping the pressings after extracting the juice for tequila production. Or all the things that can be made from pistachio pods, not just using the nuts. These examples are of things that have been discarded for centuries or more, and only recently been adapted for other uses.

Posted On 02/11/2024

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## **msrite**

Thanks, El. I should've checked for myself before asking the question, as there is this good article on the cottonseed industry I found. Your conclusion may be different, but it seems cottonseed ( I've learned to spell it as one word) was known to be a worthy feed for ruminant animals by at least early in the 1800s. The unused surplus after that may be due to an insufficient number of these beasts (cattle, sheep and goats) in the cotton growing areas to eat it all, and not enough cheap and available transportation to get it to the areas where it would've been welcomed, at a reasonable price.

[fortifiedcottonseed.com/in-the-news/cottonseed-industry-history-by-mar..](https://fortifiedcottonseed.com/in-the-news/cottonseed-industry-history-by-mar..)

Posted On 02/11/2024

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## **brodiebrock12**

Thank GOD more and more people are becoming AWARE that FOOD POLITICS is not so different in essence than what we all experienced with the most recent orchestrated great plandemic of 2020 by Pharma and it's minions. Same type psychopathic entities behind the curtain planning and orchestrating all of the predictive programming agenda of narrative, and a vast swath of gullible flock of sheep fell for it all and still are unfortunately and will which is the saddest aspect. Once aware one cannot become UN-aware which is the great blessing. Choose to become AWARE!

Posted On 02/11/2024

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## JudyCharl

Everyone who cares about healthy food needs to be paying attention to the state of Pennsylvania agriculture dept going after Amos Millers Organic Farm. Amos is Amish and has a large business where he sells to membership basis, raw milk, grass fed meats etc. They are attempting to shut him down and have confiscated and/or destroyed the great majority of his products (he also sells many products for other Amish). The suit against him, and indirectly the Amish, is ludicrous as his safety record of the last decades has been exemplary. Clearly, they are trying to shut down Amos, et al, to control his clients a right to healthy foods. There is a reason the Amish have exceptionally low rates of disease they eat wholesome food. (Must destroy the control group so no one can see how we are being poisoned by Big Ag, the FDA, etc!) \*\*\*\*If they succeed against Amos, the precedent will be set, and then they'll come after everyone who doesn't follow their poisonous practices! \*\*\*\*

Posted On 02/11/2024

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## brianallen1

Just sent them a note of encouragement and some funds. This has GOT to end.

Posted On 02/11/2024

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## bchristine

YES! I am aware of this issue; however I have not kept up-to-date with it lately. I live in DE and have travelled to some of the Amish Farms in PA to buy food - they appear to be doing well, but who really knows ...

Posted On 02/11/2024

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## TruRain

JudyCharl, what possible grounds could the state of Pennsylvania's agriculture department have again Amos Millers Organic Farm? Or are they after his land for commercial development, like many states use as grounds to shut some party/individuals' rights down? In other words, something appears to stink in Pennsylvania.

Posted On 02/12/2024

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## artist.jill

Again, thank you. Dr. M., for your unceasing devotion to our health education and your mighty spirit in fighting this good fight. Guys, Glenn Beck has a great interview with American cattle rancher Shad Sullivan. 'Millions Will STARVE': Rancher Sounds Alarm on Global Food Agenda | The Glenn Beck Podcast | Ep 208 ~ ~ ~ [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/11/2024

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## artist.jill

Also, if you're on Telegram, check out this logo with a yellow background, and in black text: "No Farmers, No Food". ~ ~ ~ [t.me/.../13313](https://t.me/.../13313) "Farmers are asking people to share this logo across social media channels by changing their profile pictures to it. Please join in supporting our farmers by proudly displaying this logo. If you have a printer you can also print it off and display it in your vehicle, (safely of course), or window at home or the office."

Posted On 02/11/2024

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## **rrealrose**

Thanks Jill, this Glenn Beck discussion is important and timely! Although, may be a little late as time is running out on the globalists, so they are pushing faster and faster for their insane agenda items. Thanks for this link!

Posted On 02/11/2024

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## **artist.jill**

Thanks, rrealrose, as usual you have the situation nailed accurately! "pushing faster and faster" and "insane agenda items" ! OK, Guys, we need to "push faster and faster" and get the word around! Everyone, just do even a little sharing, as often as you can! Everyone's little bit will add up to make a difference!!!!!!

Posted On 02/11/2024

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## **epi-cure**

Thanks for this interview link. At 31:35 Glenn asks, what should the average person do? This is one of those times when the solution is best offered up front, then followed by how the problem became manifested.

Posted On 02/11/2024

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## stoneharbor

Thanks for the great Glenn Beck interview Jill. It opens up the fascist plot against land owners and how this will affect the cattle rancher even more heavily than other land owners, and is grabbing new control over ranchers in the years to come if the plan is allowed to continue. Cattle rancher Shad Sullivan has a good handle on this complex plot to take control of all the land, just as it has stolen every bit of profit possibility away from today's large ranchers. He shows how all the rancher "organizations" that claim to be helping ranchers are really under the thumb of the elite to help them keep ranchers in a box as tight as the hog pens that are used to raise our pork in a CAFO.

Smaller cattle operations that are not victims of this large system already have much more control of the sale of their cattle than Shad Sullivan describes. What people should do today is to buy locally produced beef directly from the rancher who can employ a company to slaughter and cut on sight, while may still be USDA inspected beef, and do it at the ranch: [backyardbutchery.com/meat-processing](http://backyardbutchery.com/meat-processing) <http://www.lindsmeats.com/>

Posted On 02/12/2024

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## artist.jill

Thanks for your kind replies, epi-cure and stoneharbor; I hope you guys along with rrealrose, you three great leaders here, re-post your great comments (and stoneharbor, your links) again someday on an article so that they appear higher up and can reach more people. Very best wishes to you guys!!

Posted On 02/12/2024

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## JLeaZee

I'm grateful that there is a company who is providing food that is so very healthy. Problem is, one has to be fairly well off to be able to afford such foods. I buy organic and nonGMO as much as possible. Good food and good supplements are often out of the reach for those with low income. As a result, those with money will always prevail in every way compared to others. Even the middle class can have difficulty anytime a hardship comes. God bless you all who have the means to have such great health.

Posted On 02/11/2024

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## **bchristine**

YES. I find these high-quality foods ex-expensive. At this point in time, I suppose one has to take inventory of their finances to see if there is something they can minimize or do-without in order to buy this quality food. Another option would be to focus on just one food item of quality to buy - at least you will feel good about doing that. Hopefully at some point the cost will go down when there's more competition and/or (just dreaming here) high-quality food becomes the norm :)

Posted On 02/11/2024

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## **Alicep1**

How does one test eggs for their linoleic acid content? I purchase pasture raised organic eggs that are almost double the cost of other options. How can we tell if our eggs are low or high in linoleic acid?

Posted On 02/11/2024

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## **pth888**

A very good question Alicep1! Other than some expensive lab test how can one determine the Linoleic acid and other nutrients in eggs and food in general? Dr. Mercola advice "to know the farmer, visit the farm, determine the kind of feed s/he is using etc." is NOT practical for most situations. If you try to question the farmer at your local farmers market with too many questions s/he will likely get mad at you. Could Ashley or some chemically educated person suggest a good quick test? Like colour and hardness of egg-shell, colour of yolk, size of yolk, perhaps some quick home tests with readily available chemicals like baking soda, salt, iodine, vinegar, epsom salt, etc.???

Posted On 02/11/2024

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**bchristine**

GOOD QUESTION. I hope someone can answer!

Posted On 02/11/2024

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**Eevee**

The Pyrennes Mountain Dog.... when I was a small child there was this beautiful TV series called "Belle and Sebastien" about a small orphan boy, Sebastien, and a huge PMD called Belle, they went off on adventures together, I was mesmerised by Belle (the PMD) as a child and I to this day love this breed of dog so much.

Posted On 02/11/2024

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**Truther4trump**

Chicken tractor keeps them safe. A rolling pen.

Posted On 02/11/2024

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## pth888

A great article by Dr. Mercola and a wonderful optimistic series of interviews with Ashley! Once we survive the techno-cabal's insane warmongering and depopulation threats this is what the world needs as a solution for normal happy healthy life as it was intended by the Creator! Ashley's dogs and chicken also look very carefree and untroubled, a great natural symbiosis! Her Great Pyrenees seems like an ideal breed, apparently also good as a Service dog – Temperament: Affectionate, Fearless, Gentle, Strong Willed, Confident, Patient.

What else could one desire from a dog? Although, since they seem to be a cold-weather breed, wouldn't their thick fur be an impediment in warm climates? Also their size up to 125 pounds - these are large dogs requiring a lot of food! They were used to repel wolves and bears in the medieval times in France – [www.britannica.com/.../Great-Pyrenees](http://www.britannica.com/.../Great-Pyrenees) – The amount of poop may not be suitable for smaller yards. Wouldn't a smaller breed be better to guard against foxes and weasels?

Posted On 02/11/2024

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## ginamt

Don't forget how they regulated small farmers out of business. This was done on purpose, making it difficult for small farmers to supply healthy grown foods. Government controls our food supply, making it easier to control the people.

Posted On 02/11/2024

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## Muckrake

Haven't finished the article (will do later), but in looking up the footnotes: 4 & 5, there are some pretty serious conflicts of interest on the part of the researcher thereof.

Posted On 02/11/2024

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## dolittlema02

How does anyone trust pork nowadays? They have been injecting them with m-RNA vaccines since 2018. I don't want that stuff in my body. I avoided the vax for a reason. I was a vegetarian when that started but now that I'm eating a little meat again I've avoided pork like the plague. (No pun intended)

Posted On 02/11/2024

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## goldenreynolds

Thank you Dr. Mercola for sharing this inspiring interview! It truly resonated with me. I began farming in order to source clean eggs and grass fed lamb for friends over ten years ago. I also have two LGD and two feral barn cats. The dogs get some "ancestral blend" ground lamb with organs from the old girls who are no longer productive. I was hoping to learn Ashley's feed mix recipe. I am able to get a local soy-free, non-gmo layer feed however I would like to find a better option.

Posted On 02/11/2024

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## cho3938

Hi-there was a previous post by Dr. M where he had interviewed Ashley/Angel Acres and I am pretty sure she gave her chicken feed recipe or at least the ingredients. They discussed it at length so might be helpful. I don't have a link but if you can't find it let me know and I can search a bit on my end. :)

Posted On 02/11/2024

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## epi-cure

Here's the Ashley & Doc interview from 12/28/23 [www.bitchute.com/.../QczWtD09vsxy](http://www.bitchute.com/.../QczWtD09vsxy)

Posted On 02/11/2024

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## Almond

I never did make a regular habit of starting the day with bacon and eggs, simply because of the time involved in prep and clean up. This is even more true today because of shrinkflation. I do not like the lingering odor of bacon in the house and like to shower and wash my hair after standing over a stove. I do have a few packages of organic "uncured" bacon in the freezer that I found on sale, but do not expect to find much more of it at a good price. I am usually so disappointed at buying bacon that it is not worth the effort and expense. I am very particular about meat quality. Perhaps next year, I can resume making my own hams and bacon. I would need to start with a healthy homestead hog to make it worth my while.

It is definitely more work, but the results are worth it. When we make our own bacon, we freeze the chunks in slabs and slice it as needed. That is a very annoying chore, but it tastes so good. Our bacon is chemical-free although we do smoke it after curing it. (It is not necessary to smoke bacon, but the flavor is wonderful.) Sadly, we have not had enough homemade bacon in recent years to worry about the effect of cured meat. Besides, I am not sure our own meat is so bad for us even if smoked if we consume it in moderation. If I am going to smell up the house and stand over a stove frying bacon, it is only going to be for a quality product.

I'd have to check my recipe for hams, but I think they are also chemical-free. I used to leave meat in the cold garage to cure in mid-winter when the temperature there remained steady at just under 40F. I cannot share recipes because much comes from experience and careful meat handling as to salinity, time and temp. When using the "old ways", it requires responsibility and attention to detail to be food safe. Also, I only package enough for one or 2 meals. Anything we do not eat within a few days either gets cooked up and refrigerated or frozen. I do not keep raw meat long. I always use a meat thermometer, too.

Posted On 02/11/2024

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## Almond

-continued- Another delightful food I have not enjoyed in a while is pickled pig's feet. Actually, I do not use the "trotters", but cut off the shank end of the hams. Just part of the bone with very little meat on the lower leg. One of my favorite breakfasts is the meat from pickled pig's feet on homemade rye bread with mustard, served with rosy eggs and homemade pickled beets. The way I make rosy eggs is to place hard-boiled eggs in a half-gallon jar and pour leftover juice from pickled beets (heated to a boil) over them. Cool and refrigerate until the outside of the eggs turns pink. I will not bother to smoke or cure meat unless the meat is top quality.

We have been living mostly on venison lately. So, instead of bacon, I have bulk sausage. We rarely bother to stuff it into casings for breakfast sausage. I do not even bother to put bratwurst into casings. (I like to add apricot brandy to my bratwurst--both for flavor and as a preservative.) It does not seem to be worth the extra work unless I start with top quality meat. I also make the finest smoked venison summer sausage. I get grossed out looking at store-bought sausage, which is greasy and stinky, loaded with chemical additives. Stick sausage should be firm and meaty. It should not look, smell or taste anything like store bought sausage.

We use meat trimmings for sausage, but it is still good-quality clean meat. Often, just small or misshapen pieces of meat ground to burger. A few years ago, I purchased a higher horsepower commercial meat grinder that I found an off-season sale (floor model) about this time of year. Good investment in self-reliance. (That was how we spent our Christmas money that year.) Previously, we relied on using a friends meat grinder. It makes a very fine smooth and solid sausage with twice-ground meat and stuffs casings evenly. We realize we must do all our own butchering and curing anymore if we wish to eat well. We can no longer rely on others. We adapt to circumstances

Posted On 02/11/2024

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## Almond

-continued- We just do not eat much pork anymore, so, when we do, it is a treat and I want it to be top quality. Prob just as well. During times like these, we have been grateful to have a freezer and pantry filled with game meat and seafood we procured ourselves. We do not seem to miss what we do not have. I could even be satisfied eating a simple meal on holidays if it is good quality and well-prepared. The one time a year when we buy meat is a beef steak for Christmas. We buy from a country butcher or get steaks from a rancher neighbor. I always reserve some canned morels and grind some homegrown horseradish to top the steak, make a few onion shreds, a baked white sweet potato, a berry-cherry salad, a pickle-relish tray, a decadent traditional German dessert with a home-brewed wine, usually made from some kind of wild fruit.

Posted On 02/11/2024

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## Guillermou

Good food, Almond. Extramadura (Spain) is the land of good acorn-fed ham. In Roman times, in Extremadura, salting was applied as a way to preserve the meat of the primitive Iberian breed. This know-how has been transmitted over time and has allowed the grazing of these animals in addition to conserving and improving the Iberian breed. With nearly one million hectares of forests full of oaks, Extremadura is one of the best preserved ecosystems in Europe in which livestock species coexist with wildlife. Extremadura has a cold and dry climate, which provides the ideal environment for excellent natural curing of what is considered the best ham in the world.

Since 1990 it has been protected by the Dehesa de Extremadura Denomination of Origin. 100% Iberian acorn-fed ham, in addition to being a delicious food, is one of the healthiest in the Mediterranean diet. Acorn-fed Iberian ham is that which comes from purebred Iberian pigs and is obtained after a long and expensive process that can last up to three years. For a ham to be considered Iberian, it must come from an Iberian breed pig with at least 50% purity. This means that there are 50% Iberian, 75% and 100% Iberian hams. The purity of the breed is determined by the genetics of the pig, the mother will always have to be 100% Iberian, while the father can vary his percentage of purity or even be a non-Iberian pig.

These pigs are raised in freedom and feed exclusively on acorns, grasses and aromatic herbs in the field, this makes the pig look for its food, performing physical exercise that slows its fattening (they do not exceed 180 kilos) and ensuring that the fat infiltrate more, obtaining juicier and more flavorful meats. It is an expensive process because three pigs are capable of eating the grass and acorns of about two hectares of the pasture and, during the fattening phase, each pig can eat up to 12 kilos of acorns in one go. day.

Posted On 02/11/2024

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## Guillermou

Acorns not only serve as basic food for the pig during the montanera season, a time that lasts from November to January, they also give the meat its taste and aromatic peculiarities. Carrier of countless benefits and properties for our body, it helps us prevent certain diseases, in addition to reducing stress. Thanks to the diet based on natural acorns, acorn-fed ham has a high oleic acid content, around 55-65%. It also contains a high level of iron, and provides us with vitamin E and selenium. Which, together with oleic acid, function as natural antioxidants that intervene and help with anti-aging processes.

These characteristics make acorn-fed ham a perfect food to include in any type of diet. Thanks to the high level of oleic acid, monounsaturated fat protects us from cardiovascular diseases. This reinforces the endothelium, which is the protective tissue of the arteries. This contributes to reducing bad cholesterol levels (LDL) and improving good cholesterol levels (HDL). In addition to all the healthy properties that it provides to our body on a physical level, acorn-fed ham helps reduce anxiety and stress levels.

This food has high levels of tryptophan, an amino acid predecessor of serotonin, (traditionally known as the neurotransmitter of happiness). And its intake acts as a natural antidepressant.

[enriquetomas.com/blogs/blog/propiedades-nutricionales-del-jamon-iberico..](https://enriquetomas.com/blogs/blog/propiedades-nutricionales-del-jamon-iberico..) .----

[www.jamonify.com/.../11-properties](https://www.jamonify.com/.../11-properties) .-- [ibericostorreon.com/en/blogs/blog-torreon/descubre-los-beneficios-de-t..](https://ibericostorreon.com/en/blogs/blog-torreon/descubre-los-beneficios-de-t..) siempre-a-mano-exquisito-jamon-iberico .---

Posted On 02/11/2024

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## Almond

Guillermo... I recall those jamn sandwiches from my days in Spain. Their simplicity. No butter or condiments. Just slices of ham on a somewhat hard long bread roll. Bread was always fresh. I actually wish they had had some butter as the butter in much of Europe was some of the best I had ever tasted. Bread and wine were indispensable, though and even the poorest people could afford them. We would have a break from classes every morning. Other students might order a coffee and pastry, but I would have a vino tinto (a tumbler of red wine). (It was very low alcohol.) I had not packed enough warm clothing and mornings were cool, so I looked forward to something warming.

I could go to a neighborhood bakery and buy 2 elephant ear rolls for my breakfast for about 5-cents. Often, I would travel with friends and we would buy foods for our picnic lunches rather than eating in restaurants. We all had large purses or bags, so there might be a long loaf of bread sticking out, a bottle of wine and some wrapped cheese. Being poor students, we lived on simple foods. I also recall that there were so many fiestas and botas (with dancing in the streets until late at night) that a person could nearly live on wine alone. Many local wines took the place of water. These were table wines and cheaper than coca-cola. However, even an ordinary wine became something special when fruit was added to a pitcher to make sangria.

I really missed being able to take drinking water for granted, but we were living in the foothills where old Roman aqueducts were still in use and were told that they may carry bacteria due to wood, so the only time we could drink the water was in parks with artesian springs. One event I recall was being invited to the home of a professor with other students. We were served coffee from a silver service that had been in his family since pre-Columbian days. Interesting how it is often the food and small things a person remembers long after lessons have been forgotten...

Posted On 02/11/2024

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## Lee1959

Interesting, Almond. I like the house smelling like bacon:) I was just talking to hubby about these ridiculous "use by date" (otherwise the earth my fall out from under your feet), and it was created by a marketer. I told my husband "I KNOW when something is bad, usually by smell, but sometimes appearance." So why have people been brainwashed into thinking that they cannot judge for themselves when something is bad re: food? I have bought milk that I opened way before the use by date, and I could smell and taste that it was bad, fruity, sulfur smelling, etc. And then I have another carton of milk which is just fine for a couple weeks after the use by date! And re: meat, come on! If you don't know that you need to wash surfaces after handling raw meat, actually what are they teaching in home-ec? Oh, that's right, they don't teach home-ec anymore. And the mom's don't teach it either . . .

Posted On 02/11/2024

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## Almond

Lee... Many food expiration dates rely on how much paperwork a producer is willing to file and how much to pay in fees for inspection. As a friend told me, "If my mother had not fed us expired food, we would have starved to death." (They were very poor.) Most food is good for 2 years beyond the date. (Often 4 years. Much relies on your common sense.) I would be cautious with tomatoes (esp. due to linings of cans), high acid foods and eggs. However, I do not need to buy canned tomato products. I feel quite comfortable consuming food that is in glass jars because it should last at least as long as my home canned food. I do not like food in plastic.

If I must buy a food in plastic, I may empty it into a glass jar or eat it up first. I have observed that organic dairy products usually last well past expiration dates, much better than conventional foods if stored in the same manner. Sadly, there is more of a need for home ec now than ever. Not always how it is being taught in schools, though. It is unfortunate that cooking and nutrition even need to be taught. Children should learn this growing up in a home, both boys and girls. Children should grow up knowing these things and not have to waste valuable classroom time on them that could be used to further studies in other areas. So much is no longer being taught at home.

Because of the importance to health, nutrition now needs to be taught. So much "tribal knowledge" that used to be handed down from one generation to the next has been lost. Many young people literally do not know how to cook and can only microwave ready-to-eat processed foods. They admit their ignorance, but will not crack a cookbook. Some luxury homes in inner cities have no more to a kitchen than you would find in an in-room hotel bar with a tiny sink and mini fridge. The real estate is too expensive to include a kitchen (also taxes) and most people no longer eat at home anyway. That is a very negative commentary on family and culture.

Posted On 02/11/2024

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[robertgipsoncomcast.net](http://robertgipsoncomcast.net)

I eat pasture-raised eggs, a lot of 'em. The laying hens eat bugs in the yard. I never, never eat pork of any kind, and not for religious reasons.

Posted On 02/11/2024

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## **brianallen1**

Same here. When I pick large weeds and give them to the hens, they go crazy over them.

Posted On 02/11/2024

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## **TruRain**

I always figured where the Bible's instructions to avoid pork was for health reasons, it may have, later, been presented as religious reasons to possibly regain control in who should be the one setting the rules, in my opinion.

Posted On 02/12/2024

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## **honeybee22**

Vital Farms, Greenfield Natural Meat co., Kielbassa, a few of the really good clean providers. Very particular.

Posted On 02/11/2024

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## **epi-cure**

I wonder whether Dr. Mercola's chicken casualty numbers could have been averted with one of these. No Great Pyrenees for me. I'm building a chicken tractor. [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/11/2024

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## Plume1152

While we're on the subject of organic foods, I saw a customer at Kroger buying "baby" carrots. I caught his eye and informed him about the chlorine bath that the food producers use on these carrots (and possibly other produce!). He says, " but see they're organic!" However they may be raised is probably negated by the chlorine bath to which they are subjected! We really need to know our stuff. As always, great article and comments! I always learn so much from this community. Thank you all!

Posted On 02/11/2024

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## stanley2

I'd like to get some of those eggs. I was getting soy free eggs (fish and coconut fed) from Wisconsin until a couple years ago when they became unavailable without explanation. With shipping, they came in about a dollar an egg, I thought a dollar was high, but I also thought that a dollar for the nutrition in one egg was still reasonable compared to alternatives. Now, pastured organic soy fed (not soy free) eggs from Texas (best alternative I've located) are 83 cents each (up from 40 cents each just two years ago). I'm not concerned, maybe I should be, but 20 milligrams of linoleic acid per egg times 4 is 80 milligrams per egg for the "high" linoleic acid egg.

80 milligrams per egg times 3 eggs is 240 milligrams I would typically get from my 3 eggs each day. That is .24 grams per day, one twelfth of the 3 grams that might be acceptable. If I'm not getting much of any more linoleic acid from anything else I swallow, then I'll accept my "high" linoleic acid eggs with their unwanted contribution of an additional .18 grams. I can get local organic pastured eggs, in central Ohio, in the summer, they are not soy free, the farmers market farmer tells me that the chickens just won't produce without soy.

Posted On 02/11/2024

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## Ronald\_H

The high price for eggs detours me and now knowing the alterations for high linoleic acid, I have decided to not eat eggs. Ironically, I'm going to the opposite end of the spectrum, from wholesome eggs which for all practical purposes no longer exist for me, to ultra processed supplementation as my choline supplement, and methyl folate as two examples are extraordinarily pure. It's ironic that it takes a lot of knowledge and willingness to delve into the counterintuitive to unnaturally attempt to replace the market of foods that should be yet aren't natural. I'll supplement and mitigate as described in my previous post to this article as my best bad idea: [youtu.be/5A98txE5nno](https://youtu.be/5A98txE5nno)

Posted On 02/11/2024

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## exhibitdesign

Ashley is a brave smart woman. There is hope for the future! As a boomer, I came to realize over the years that many of my health struggles came from all of the XYZ's (chemicals) in my food and the way food was produced. I have always hoped for a day when the current system would "wake" up and also realize how harmful modern food production really is. Thank you Dr. Mercola and Ashley for bringing this all to light and keep going you are on the right track!

Posted On 02/11/2024

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## billstri

For more than a year, I been trying to find a way to get 100% of the minimum amount of choline per day as recommended by the federal government, without the use of supplements that many don't seem to think they are absorbable. It is near impossible unless you eat way too much Krill Oil or fish every day. Only two sources seem to be eating lots and lots of eggs every day for life and/or eating beef liver every day for life. The other mineral that is hard to get is calcium. And many say the calcium in supplements is not very absorbable and taking lots of calcium supplements is risky.

Only food I know that has lots of calcium that makes a huge addition to the 100% minimum amount needed every day is lots of milk and whey. But those products are said to contribute to enlarged prostate and severe prostate cancer in men. Some have said it is the growth hormones feed to cows that cause it, but other don't agree with that. Buying only organic and/or raw milk products have not yet been proven to eliminate the risk of enlarged prostate and severe cancer, from anything that I have ever seen that is not just opinion based.

Prostate cancer, enlarged prostate issues, and prostate health have been largely ignored by the Mercola community even though it affects most men over the age of 50 and is a costly health problem in the US. Eating milk, whey, or cheese all seem to be anti-prostate health by the general population and most doctors. I wonder if there are any trusted sources of information on this subject that affects the health of so many. I wonder if Omega-6 contributes to the milk problem. I wonder if eating too many eggs over a lifetime could also contribute negatively.

Posted On 02/11/2024

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## lorena321

Absolutely wonderful. I wish we had a farmer like Ashley here in the UK. Well done and I hope you continue to grow your fantastic farm. Love the video

Posted On 02/11/2024

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**billstri**

To my knowledge, the foods that are used to make the ethanol that the federal taxpayer pays for as a free handout to oil companies is all grown with GMO raised foods that are sprayed with roundup. So if the byproducts of making ethanol are fed to animals and we eat the animals, that is not good. Supposedly, if you buy organic raised meats, it is illegal to feed those animals GMO foods. The food that organic meat animals is raised with has to be grown organically.

Posted On 02/11/2024

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**newtonholly131gmail.com**

If any one is thinking about raising chickens let us not forget to love our flock. If you give them room to forage and house them safely they can be a source of joy. They each have a personality and a role in the flock and watching them is fun. I give mine whole organic food and leftovers. We also have A compost bin that is full of larvae that they adore.

Posted On 02/11/2024

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**pjucla**

Awesome thanks . Ps don't tell Whitmer

Posted On 02/11/2024

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## Palazzolo

Improvise, adapt, and survive. I begin by eliminating foods that I need, but do not want to eat at home. Then, I purchase only sustainably farmed and/or organic when and where possible. Then, I determine the difference in the amount of consumption of linoleic acids per individual per day then (year 1870) and now (year 2024), and reduce my consumption of commercially prepared and processed foods per week accordingly. Example: The average percent of consumption of linoleic acids then (year 1870) per this article is 2.0 to 3.0 grams per individual per day. The average percent of consumption today (year 2024) is 12.6 to 16.0 grams per individual per day.\*  $2.0 + 3.0 / 2 = 2.5$  grams.

$12.6 + 16.0 / 2 = 14.3$  grams. The difference, 11.8 grams, is approximately 5.72 or six times the natural balance. So, I must restrict my consumption of commercially prepared and processed foods from once a day to every six days or once a week to best ascertain a natural balance without deprivation. I must purchase smarter, prepare my meals at home, eat what I need to eat, and allow myself a 'restriction holiday' once a week to dine out and eat what I want to eat (including desserts) in moderation.

\*[www.ncbi.nlm.nih.gov/.../PMC5492028](http://www.ncbi.nlm.nih.gov/.../PMC5492028) . [draxe.com/.../linoleic-acid](http://draxe.com/.../linoleic-acid) .

Posted On 02/12/2024

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## TruRain

Dr. Mercola, I tried for over an hour to go through your maze of contacting you. However, I failed to get through all the Cloak and Dagger, and I am not going to try, any longer. So, if you see this, please answer it. But if you don't see it, then, I am out of here. Days ago, I woke up with one of my molars having come out of its place and sitting on my tongue. I have no idea how that happened, because I felt no pain, before, during, or after it took place. If you saw the large roots, you would wonder how in the world, I did not feel anything at all. In a previous article, you wrote of the value of having your teeth to properly chew your food, but you also mentioned that dental implants can cause problems.

I do not know what to do. I thought, I would have a dental implant put in, but everything in me tells me not to do so, and I learned, long ago, to follow my instincts, no matter what. Years ago, I had a ceramic Orthoblock placed in my spine to replace the C-5 vertebrae, and it cracked, and is still there, though cracked. Those pieces are very sharp and do not desolve, and can cut its way through your body, like a knife. One person, a 45 year old male, died instantly, when it travelled up to his brain. Ceramic implant or nothing?

Posted On 02/12/2024

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## MASONMANNIX

I never paid attention to Linoleic Acid until maybe 3 years ago It's amazing the amounts of Organic Soybean, Safflower and Oil used in Salad Dressings and snack items. It sure pays to read labels closely! Also, on the packaging of Organic Meats it will sometimes state, "Animal Fed. An Organic Vegetarian Diet" and that usually means it's fed Corn and Soybeans which is not something they normally eat.

Posted On 02/12/2024

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## **dclarke0gmail**

As someone with plans to raise chickens starting this year, I was hoping to hear what feed profile Ashley uses for hers. Apart from including butcher scraps and growing your own feed, I did not hear anything about what specific crops to grow for feed. She said that they wouldn't thrive by just letting them forage without supplementing with other feed. But exactly what kind of feed? That would be very helpful information. Did I miss it?

Posted On 02/12/2024

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## **catladyjan**

I love bacon and eggs.....my father did too.. he ate bacon and eggs a couple of times a week. He lived until 97 years old in good health, no joint problems, no eyesight problems, had mental clarity, and for the most part no heart problems

Posted On 02/12/2024

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## **quiltingmatilda**

Keep in mind longhorn cattle took care of themselves, and were alive and well and ready to welcome the soldiers who returned home from the Civil War to Texas a year and a half later.

Posted On 02/11/2024

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## wwooten

it may help some that cows have 4 stomachs but evolution biology is very complex. My back would go out whenever I got chesse from grass fed cows that were finished with grains. I found a rancher where I now get meat and cheese and I told them about my problem and that I had no problem with their meat amd cheese. They told me that for years they fed their cows only grass but still the quality of fat from some of the cows was imperfect. Finally they discovered that if the parents or grand parents of the cows were fed grains this still created problems for the offspring. See Lyn Margulis, barbara McKlinton, Denis Noble to see that neo Darwinian theory is dead, Information from the environment can not only change processes in the cytoplasm but also the DNA in the nucleus can be altered.

Asian scientists took a Carp nucleus and replaced the nucleus of a Gold Fish with the Carp nucleus and resulting offspring werw 60 percwnt Gold fish and 40 percewnt CArp Emory Univ scientists trained mice to run away from a smell this resutted in the next three generations of mice running away from the smell without any training. Pure Lamarckian and anathema to Darwin. So much for the 4 stomachs theory. Yes I am sure 4 is better than one. But best is to have animals eat only that they were evolved to eat. I join the waiting list

Posted On 02/11/2024

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## quiltngmatilda

It is called species appropriate food. Bovine were not meant to be fed corn, and then have a window inserted in their body wall to watch what happens in the stomachs. My husband and I saw this at the veterinary barn at University of California Davis when we were newlyweds in 1967. It's nothing new.

Posted On 02/11/2024

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## Peri1224

These articles are so helpful for those who want to produce low LA eggs. 20 mg for low LA eggs is 80 mg, if you eat 4 eggs per day. Very ok. Even 80/320 mg should still be ok. After all, we need about 2000 mg per day of the stuff. Where are the 20 mg coming from? Is it possible to produce zero LA eggs? For those 2 grams we need daily, are there good and bad sources of LA?

Posted On 02/11/2024

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## bchristine

We need MORE young farmers like Ashley and her company!

Posted On 02/11/2024

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## epi-cure

I'm still learning about chickens so I can't say whether this is the result of bad feed or more of that genetic tampering all too prevalent in today's world: [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/11/2024

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## sbrink

I also wonder if the preservatives used in preservation of bacon has an effect, and there is a lot of talk about the right way and wrong to fry eggs-brown and crispy is not good for our health. There is so much to think about...

Posted On 02/11/2024

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## Casimcea

And let it be known that while the chicken was involved, the pig was committed.

Posted On 02/11/2024

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## Ronald\_H

Before: I felt comfortable in merely avoiding the center aisles of the grocery store and purchasing food as nature produced it which is essentially avoiding the ultra processed foods. Now: I need to find the few farmers and ranchers that do things right and they aren't even local to me. Compromise is a dirty word! I really don't want any compromises when it comes to my health! I go for the best nutrition I can get for my budget. I've prioritized that above most else. Still, I have to compromise.

Regarding linoleic acid, I try to keep my intake low, but now, with manipulations even before the ultra processing that I avoid, food is still adulterated and increasing so! My compromise, which I hope is sufficient, is mitigation, in the case of linoleic acid, my mitigation is supplementation to achieve a better ratio of Omega-3s to linoleic acid with the thought that if I can't reduce linoleic acid more, I can supplement abnormally high amounts of Omega-3s which I do by the handful of the highest grade of molecularly distilled Omega-3s.

I might not be able to raise special chickens in my boss's office, but I do purchase a dozen of the largest bottles at a time of the most potent and highest quality Omega-3s with the thinking that at least I can manipulate a healthy ratio back even though our foods are becoming increasingly manipulated the other way. Regarding choline, I supplement and regarding, questionable absorbance, I mitigate that by supplementation of hugely more.

Sure, I would love to get all of my nutrition from properly raised foods, but my compromises and mitigations will remain in place in the remaining days before The Great Collapse with my plan being to continue with my job with putting all resources into preparedness supplies for the time until I'll distance myself from deadly depopulation scenarios where my job will include raising the food I will eat for which I am well prepared with the interim being plenty of storage food with supplements.

Posted On 02/11/2024

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## **Buddhasmom**

Posted On 02/11/2024

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## **wendybolt**

Too bad I'm allergic to eggs. But I will check out the pork and chicken. Hope I can afford a bit of it!

Posted On 02/11/2024

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## **jef9075**

Hi Wendy. On Ashley's website she mentions that many of her customers who were allergic to eggs can safely eat the regenerative, low Omega-6 eggs that she sells. You might want to look into this and/or talk with egg sellers at local farmers markets and ask what and how they feed their chickens. Just an idea.

Posted On 02/11/2024

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## **quiltingmatilda**

Try some eggs that are raised on organic grass pasture in chicken tractors that are moved every few days. Maybe you were tested for or discovered the allergy when you were eating eggs that were rest raised thousands in a big barn being fed and laying in one cubic foot of space.

Posted On 02/11/2024

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**dclarke0gmail**

Egg allergies, like most, come from vaccines. You may be able to gradually desensitize yourself by slowly introducing small amounts of the allergen and building up tolerance to normal. I eradicated my birch pollen allergy through the consumption of bee pollen.

Posted On 02/12/2024

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**donannedean**

They didn't have grocery stores 150 years ago. That's funny that he didn't know that. People grew and raised their own food mostly and yes they sourced food from nature and from other farms. They did have trading posts but not grocery stores. We didn't become dependent on grocery stores until much later.

Posted On 02/11/2024

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**pat2417**

Thank you. Where can I purchase suitable low PUFA organic feed for my chickens. I am in Southeast TX area. My chickens forage the meadows, and supplement with grain feed.

Posted On 02/11/2024

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## **Itsmyright**

To be honest I always imagined that Australia were very careful about their food and high standards, but my son-in-law said that he doesn't buy meat from Australia and other products because they don't have high enough standards for the European Union which are very picky - correct me if I am wrong. Also maybe not everyone has the ability to source perfect food. As I understand the ratio between omega 3 and 6 is very important so I wonder if making sure that you get plenty of omega 3 can offset this. Not ideal but a thought. The ratio ideally should be 1:3 but most people are much higher than that. I tested and was 1:8 that was considered pretty good by today's results, after 4 months of supplementing by weight it came down to 1:3. But I heard of people having levels up to 1:100. Anything above 1:3 is considered inflammatory, by degrees.

Posted On 02/11/2024

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## **brianallen1**

Whenever possible, people shouldn't be buying food outside their COUNTY let alone outside their country.

Posted On 02/11/2024

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## **Eevee**

There have been articles written on this website on the very question you ask, the articles stated that while it is important to get plenty of Omega 3 and regardless of how much you increase your Omega 3 you still need to reduce Omega 6, the Omega 6 is still in your body causing damage...

Posted On 02/11/2024

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## Newbones1

I wonder if this also happens in Sydney, Australia?

Posted On 02/10/2024

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## lim4293

I understand the old-fashioned ways of doing things. It is 'romantic' and makes us feel closer to what our ancestors used to do. Sunshine, grass, ancestral ways of life. It is "natural", especially when we look at farm animals as commodities, rather than as sentient beings who have the same emotions that we, human animals, do. We CAN be so kind, loving, generous, and compassionate. I have seen hundreds of videos where humans rescue cats and dogs, chickens, ducks, elephant babies, lions, deer, piglets, and many other animals who are in trouble, lost, injured, or scared.

We humans like to be caring and helpful, to empathize with another being who needs our help. We like to repeat old ingrained addictive habits of having animals for meals, to be in control, in charge, dominant, strong, and the superior species. We easily dismiss the intelligence and awareness of other animals. We "enjoy" what we do, and ignore the horror show of the animals we kill and eat, even though they want to live and not be killed for our meals.

Are they "happy" in the slaughterhouse, regardless of how 'romanticized' they are raised?. My God, NO. They resist their death, silently cry "why", and feel betrayed by humans. As a whole food ethical vegan for over 25 years, I believe humans have become cold and selfish from eating animals. We have been a violent, self-serving, and angry animal since we have been eating the dead (instead of the plant foods we were made to eat; Genesis 1:29-30).

Eating their bodies has taken away our compassion and kindness towards them, and even against other humans. They are mere objects, products, commodities, numbers, statistics--food. We ARE coming to a time when humans will no longer eat the dead, and "the wolf will lie down with the lamb--and, you will no longer kill or destroy on my holy mountain". We owe the farm and marine animals, and the wild animals, an enormous endless apology for our selfishness and harm of them. In Yeshua's name, may peace be in you.

Posted On 02/11/2024

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Thank you for sharing. You are very enthusiastic about getting eggs, dairy, and bacon from regenerative farming practices. I grew up eating all that stuff, but never, ever, considered it from the point of view of the animals themselves. I really "enjoyed" my meals of eggs, dairy, and meat; I was raised by my family and taught by society to do so. I savored my meals every day. Until I became a whole food ethical vegan over 25 years ago. Am I the only one commenting on this perspective?, others glow about how they 'enjoy' raising chickens, and/or eating eggs, meat, and dairy products.

But, what about the animals themselves? Since only female chickens lay eggs, and female cows lactate and make milk (for their calves by the way), what happens to the male layer hens and the male dairy calves?. About half of all offspring are born male. If you understand that in the U.S. alone, over 9 BILLION chickens are raised and slaughtered every year, and millions of cows--that is a lot of innocent males, "culled" usually soon after birth.

How do female farm animals get pregnant?. Artificial Insemination is used by 98% of animal ag. Normally, a female animal has the right to approve of the male. But, AI forces females to be impregnated against their will, some call this, rape. The farmer puts on a long plastic glove that goes up to his elbow. He makes sure the cow is not going to move, and places his hand into the cows rectum, where she often defecates from the violation, to see if her ovaries are ready for the sperm.

If so, a long rod with sperm completes the non-consensual act. This happens every year, so she can create excessive amounts of milk for humans, not a small amount--for her calf. When her milk production drops, her life is then worthless and she is sent to slaughter, around age 4--maybe 5 or 6 on a happier farm. What about "right to life?". Most humans are unaware that a good percentage of cows sent to slaughter are carrying a fetus. Statistics show about 10-40% are.

Posted On 02/11/2024

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## quiltingmatilda

The ovaries are not in the rectum.. You can get proper grass fed beef raised ethically anywhere in the US. The mothers have plenty of milk left over after feeding the calves. Even full-sized goats after nursing triplets have plenty of milk left to milk the mother and make yogurt or cheese. Even goats with the help of a guard dog can graze Woody pasture without much observation, as long as the pasture is scanned for noxious weeds that are removed because they would make the milk taste funny..

Posted On 02/11/2024

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## Krofter

Somebody please tell Ashley that there is no genetically modified wheat on the market. Yes, there have been some genetically modified wheat strains developed, but they have not yet been approved to be grown by farmers.

Posted On 02/11/2024

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## 9ellie1

But they still dessicate it with Roundup.

Posted On 02/11/2024

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## Krofter

That's a regional and weather related thing. It's not done across the board by all wheat farmers all the time. My point was that this gal is presenting herself as an agricultural expert. Her statement about genetically modified wheat diminishes her credibility.

Posted On 02/11/2024

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True there is no genetically modified wheat but a scientist Borland got the nobel prize for creating a dwarf wheat that was crossbred 50 times so it is probably worse than GMO wheat.. It is so bad that it is called franken wheat. it has 42 chromosomes, much more starch and its gluten is much bigger and harder to digest than the the gluten in the old wheat .This dwarf wheat was hailed the solution to world hunger. It is half the size of the Golden wheat and it very tough and indestructible in bad weather. Unfortunately it is the major cause of world hunger as big corporate farms kicked local farmers off their land and grew this very unhealthy wheat.

It was called the green revolution . As a child I went to Mexico in the 50s and there was not the poverty that exists today. there were many small local farms. The the green revolution started and destroyed the small mexican farmers. In the 50s mexicans weren't crossing the border in droves. Now mexico is fighting back , they are kicking out the big farms and now over 10,000 small farmers are growing Agave not for Tequila but fertilizer, bio mass etc and they becoming profitable again

Posted On 02/11/2024

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## Krofter

Seems you may have read an article I wrote about 20 years ago on this topic. That was when I discovered that I was gluten intolerant and did a lot of research on wheat, which, as a 4th generation wheat farmer was challenging. I wrote a detailed article on my old website (now defunct). Maybe about 8 years ago I linked it in this forum on several occasions. Borlaug's work was funded by the Rockefeller Foundation, which promoted the idea of better farming through petrochemicals. The critical aspects of Borlaug's work was done by using mutant forms of what he created by exposing wheat seed to toxic chemicals.

Those were then crossed with wild, inedible varieties. The results of that were then crossed with domestic varieties. This went on for about a decade and ultimately generated the four varieties most Americans eat today. So we went from hundreds of land races to four. Nutrition was never on the Rockefeller Foundations radar. All they wanted was wheat that could tolerate their petrochemicals so they could sell more highly profitable chemicals.

Now modern wheat has 500% more gluten than the old varieties my ancestors grew. Many times I've driven down Calle Norman Borlaug in Ciudad Obregon, Sonora Mexico where Borlaug did much of his green revolution (better farming through chemicals) work. And yes, thanks to subsidies from the US and the Rockefeller Foundation, Mexico was second only to the US adopting green revolution ideology. Thankfully, now they're pushing back.

Posted On 02/11/2024

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## quiltingmatilda

And while you're at it, you can tell her (I can't find the comment) that our government is responsible for this modern hybrid wheat. Richard Nixon wanted to be reelected, so he tasked Earl Butz with making food cheap. They created a new faster, growing short stature wheat, mixing wheat, and a wild Japanese grass in the laboratory. This new wheat made a new protein for itself, which caused trouble with guts in people in 1985 when it was introduced nationally here and then to the world. Look back and see what happened to your digestion in 1985. I all of a sudden got a pain in my lower abdomen and thought it was lactose as I had just moved from Michigan to Phoenix and figured it was the milk which was coming from local dairies and was being fed differently.

In Scotland, they first sprayed oats with glyphosate in 1982, and then our government in 2005 allowed the USDA to sanction spraying wheat and 158 other crops with glyphosate to hasten ripening. Remember the gluten problem in 2006/07? When in 2015 I saw the video by Dr Thierry Vrain who was part of the development of genetic modification, and now Retired and spilling the beans I found out why I had had the pain in my intestines in 1985. You might want to watch the movie the "future of food copyright" 2004.

Posted On 02/11/2024

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## Krofter

It's true that Nixon opened China to wheat exports to reduce the trade deficit. It's also true that he had Earl Butz tell farmers to tear out shelter belts and swales (planted during the dust bowl to preserve soil) so they could plant wheat "fence row to fence row". But as I mentioned above, it was the Rockefellers that funded the development of the modern, hybrid varieties of wheat. Not the government.

Posted On 02/12/2024

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