

MikeyMic

I don't want my foods "fortified" with anything. Food-fortification is just another means of mass-medication like fluoridated water. Keep our foods clean and we won't need any mass-medication.

Posted On 06/20/2017

stanleybecker

yeah - and the word " fortification" suggests "strengthening" - typical use of " word lies" by Big Business

Posted On 06/20/2017

mirandola

The best way to nutritionally fortify any food, is to have healthy soil and clean water.

Posted On 06/20/2017

seg

Mira add sunlight as well, very important ..Also helps to "chat" with them sometimes, just if they talk back, head for the hills lol.....

Posted On 06/20/2017

nao3425

Meanwhile, another giant step for mankind via our political intervention, where is Saddam when you need him???.... Reports this week that Mosul's central library has been ransacked by Isis and 100,000 books and manuscripts burned has cast an international spotlight on a new wave of destruction that has been raging through the northern Iraqi city since last summer.

www.theguardian.com/books/2015/feb/26/isis-destroys-thousands-books-li..

Posted On 06/20/2017

JDAiken

I remember being real young and drinking only raw unpasteurized goats milk from my grandparents farm. I loved the taste of it. But when my grandparents passed and the farm was sold I was introduced to store bought pasturized cows milk. I couldn't drink the crap. I felt sick after consuming it. I am now 37 and still don't drink pasturized milk or cheese products. All of you guys are right! Our food we consume has been turned from sustainability for life- wholesome and healthy, to greedy profitable gain- feeding our psychological insecurities.

Posted On 06/20/2017

DISHONESTY is the name of the game - the suckers [you and me] are fair game for any LIE or HALF TRUTH that promotes the Holy Grail of market economics - SALES, SALES, SALES - this propaganda includes all advertising/ lobbying/ buying of laws and politicians/ TV commercials/ corruption/ intimidation/ false claims/ - in fact any BULLSHIT at all that will enable a business entity to part a fool from his cash -

having stated the above which clearly condemns the present system as decadent and corrupt - the question must become - what, if anything can be done about .>>>'money talks, and everyone else walks'<<< - the ideological basis is CORRUPTION - this has become the accepted modus operandi of so called free market enterprise - this is a MIRAGE - LIES, LIES, LIES - lies are the basis of business practice in the USA and elsewhere in the present epoch - without a revolt against this social decay DISHONESTY will prevail - all forms of Big Money operate with impunity and contempt 'playing' the system [gaming?] for every cent they can exploit - if this system is not changed by public pressure and revolt NOTHING WILL CHANGE

- things will deteriorate - deterioration will accelerate - this is clear from the above article and so many others that Dr Mercola has published - if DISHONESTY IS THE BASIC PREMISE FOR BUSINESS PRACTICE then this is your world - it follows that THINGS CAN ONLY GET WORSE!

Posted On 06/20/2017

veritasoreventus

Yes stanley - It appears we no longer live in a free world no matter where we live. Some places are just worse than others. Our choices today seem to boil down to dictatorships or, as in the current state of my good ol' USA, corporatocracies. Neither of these situations is to the liking of anyone outside of the ruling elite who has two or more living brain cells that can communicate with each other. As you mention, the free market system is all about the bottom line and the profit margin. The public be damned. Morality is just another word which the business world rulers choose to laugh at behind closed doors while pretending to foster on the surface of their public image. Remaining in business often demands that man follow only one ruler. Follow the money or follow God? This question was posed to us some 2000 years ago by a young man who was reported to have been born in a manger in Bethlehem, Israel. Unfortunately, when the choice comes down to remaining in business while facing the prospect of having to cheat the public or going out of business - most choose the latter option. They may claim noble reasons such as keeping their families financially solvent or perhaps not losing their family farm which has passed down for generations, but are these reasons truly valid for fleecing the public? As for the big fish, forget about it! By now we're all quite familiar with their devious practices. So this all brings me to the point where I can say that when it comes to ALL food products, I am now somewhat skeptical of ALL claims and ALL organizations regardless of seals and certifications, raw milk included, when I have no personal knowledge as to how it was prepared or how any animals might have been cared for. Does that mean I decline to consume these products? Short answer: Not in THIS lifetime. Bubble boy existence would be worse in my opinion. I'll go organic and consume the cleanest products that I know of, but purist expectations are long gone. Peace -ver

Posted On 06/20/2017

stanleybecker

nice articulation, veritas - God has a personal dimension that confronts each individual separately

Posted On 06/20/2017

RaajSingha

This is coming across as a very American tendency, 'fiddling with nature'. Why is there a general nonacceptance of everything original and natural. Doesn't this depict a lack of faith in god's creation, to prove that man knows better. Nature gives America, vegetables, fruits, grain, flour, oil, salt, milk, honey, water and just about everything it also gives others, but for some reasons there will always be something taken out of its food and water and put something else in. Why blame only America however, at the most it can be blamed for setting precedents, others are equally guilty of fast acquiring this unhealthy habit. From the article above, a small example, how man thinks he knows science and so he can play god- "Even more ironic, in an effort to appease two divergent health notions – the low-fat myth and omega-3 for brain health ideology – some "organic" milk manufacturers will remove the healthy, naturally-occurring fats and replace them with algae-generated DHA oil, creating a high-DHA fat, low-dairy fat product.² This same DHA has been previously removed from infant formulas or baby foods certified as organic, due to health concerns". This American propensity to meddle with nature's original design has brought in terrible consequences, we all know and are suffering. The human race will continue to suffer bad health until it accepts and follow nature in its original form. After all he himself is a creation of nature.

Posted On 06/20/2017

stanleybecker

well said, Raaj - alienation from the spiritual reality is a characteristic of a Godless World that only believes in the World of DESIRES - MAYA is a term used in Sanskrit

Posted On 06/20/2017

Krofter

Raaj - Its because a purely capitalistic profit motive has no conscience. If there is money to be made doing something, it will be done, the consequences be dammed. It's the same with gmo's, crispr, Big Pharma, Big Oil etc.

Posted On 06/20/2017

mihail

This is what happens when we allow, and a lot of us actually actively support, men fit for mafia jobs to be our leaders. Therefore if we want to find who's responsible for the out of control corruption around the globe, the answer is in our mirrors. The article about the recent elections attracted more than 500 posts, with almost all of them taking one side or the other. Yesterday, 30 posts for F. Kummerow, who should've long really been the minister of health!

Posted On 06/20/2017

mirandola

Elections are stolen and most people don't know the true story. ratical.org/.../BHoCEFiA.html

www.votescam.org/2 there's a real reason why this book was falsely listed as out of print

Posted On 06/20/2017

mihail

Mirandola, that Americans have allowed corruption to rise to such heights, is twice as harmful for everyone, because the earth's population is looking up to them (or used to anyway), for moral support, as the people enjoying justice, freedom and prosperity. Now what? As for elections, here's more that supports your case: therealnews.com/t2/index.php?option=com_content&task=view&id=7..

Posted On 06/20/2017

Julia_From_NYC

I looked to see some more info on the low fat milk study and if anyone is interested, this is the gist: subjects who consumed at least one serving of skim milk or low-fat milk (sherbet and frozen yogurt was also associated) every day had a 39 percent increased risk of Parkinson's, compared with those who drank less than one serving of low-fat dairy per week. the risk for the low-fat dairy consumers rose to a rate of about 1 in 100 No link was identified between consumption of full-fat dairy and Parkinson's disease.

Posted On 06/14/2017

jamesmom

I have been getting raw milk from pasteurized cows for the last ten years from a farm coop that Dr. Mercola helped set up. This coop delivers their milk, as well as pasteurized beef, humanely raised chickens, truly organic vegetables, and a host of other "real" foods to the Chicago and lower Michigan area. You have to become part of a cow share program, which costs \$25 per year. Please contact me through this website for information. The poor farmers have been hassled repeatedly by state governments, even though a lawyer set up the cow share program, and we have had to move our pickup location repeatedly. Customers have been decreasing, perhaps out of fear, perhaps because now we have to go to an out-of-the way place, so the coop could use some more business where I live. My daughter was horribly sick as a toddler with a "milk" allergy, and her height and weight were at the bottom of the charts. After a year of drinking raw milk, the health issues disappeared, and now she is a beautiful five-foot-ten teenager, who still drinks raw milk and eats the coop's delicious hot dogs, roasts, eggs, and veggies.

Posted On 06/20/2017

bb_dd

Sorry i don't live closer as I would love to join. Good luck!

Posted On 06/20/2017

dude01

As it is used by corporate America, the term "All Natural" is meaningless.

Posted On 06/20/2017

seg

dude no end to this crookedness/madness...We cannot change things that are out of our control , things like the seasons, the wind, rain etc.. We each have to do the very best we can with what's at hand and what comes naturally to us...Personal/ Individual responsibility is a great start and i can only imagine how much better off this planet would be ...As Aretha Franklin said " Being a singer is a natural gift. It means I'm using to the highest degree possible the gift that God gave me to use. I'm happy with that." :)

Posted On 06/20/2017

Krofter

The USDA's (USduh) organic certification program has become a joke. Bad enough the Obama's turned a blind eye to what has been going on there, now we have an administration that wants to dismantle it altogether. Some say its time to go back to private and non-profit certifiers, the way it was before the USduh nationalized organic certification. Problem is, that never worked very well either. Some private certifiers were more corrupt than the USDA is now. What is needed is an ongoing education of the populace and Dr Mercoal is doing a great job of that. I have more and more folk coming to my booth at the farmers markets who 'get it' and realize the best way to determine the quality of ones milk or any other farm product is to get to know the farmers who are producing it and buy directly from them. Besides, it's time for antiquated big box grocery store to go the way of dinosaurs. To that end, I have an open door policy at my farm, anyone who wants to come by and see how I do things here is welcome to do so at any time. If your food source doesn't allow visitors or even allow photos, then they likely have something to hide.

Posted On 06/20/2017

seg

Kroft i wonder if that open door is revolving lol.. I'm kidding, i'm kidding, good stuff , i think i'll pick up grulla and Yam and come pay you a visit..Jest lemme know if there's a dress code :)

Posted On 06/20/2017

grulla

"seg", here are a few possibilities for any dress code apparel for visiting "Krof" in Baja, AZ. And don't come there empty handed, bring yer own garden tools, live chickens, DRY RED, and goat skin water bottles. I'm already fairly well equipped here in broiling sw NM:

www.travelreportage.com/2014/12/11/desert-camping-beduins-egypt/ LOL!

Posted On 06/20/2017

seg

grulla Baja is hot like Egypt ? i got me a bota bag, as you can see it is not fir water lol..

[..en.wikipedia.org/.../Bota_bag](http://en.wikipedia.org/.../Bota_bag)

By the way you think kroft would roast an alpaca for us ...

Posted On 06/20/2017

grulla

Or maybe fricaseed rattlesnake. It tastes like chicken, lol EDIT PS: "grulla Baja is hot like Egypt ?"

www.ecowatch.com/deadly-heatwaves-climate-change-2444467851.html?utm_s..

Posted On 06/20/2017

Krofter

It's 110 here right now, but hey, it's a dry heat... right. Actually, it's trying to rain here right now, unsuccessfully. I'm not enough of a connoisseur to know if a dry red goes with dry heat... seg? If you come unannounced, you may find me in the garden not holding to any dress code at all. Speaking of skin(s)... of goats, I have 3 in the freezer if you need to make more bota bags. No need to bring tools, I have plenty ;) Come in September when there'll be lots of melons full of structured water and the goats and alpacas will be loaded with fat high in gla and structured water and low in deuterium, all thanks to foraging on pastures flush from the monsoons. Been wanting to roast a goat or an alpaca in this - erdakroft.com/.../Hybrid_Celtic_Horno.html

Posted On 06/20/2017

seg

Good heavens grulla rattlesnake yikes...

Kroft i heard in the news today planes were grounded in AZ because of the high heat. That brick oven sure did bring back memories of the old DIRT wood burning oven.. The smell of freshly made breads and other goodies slathered with real butter was a real treat back then...Where does the time go, yup as they say after one time is another...

Posted On 06/20/2017

RaajSingha

There seems to be an inherent disposition towards, nonacceptance of things in their original, basic or natural form. There is always some modification, addition, subtraction and adulteration with everything received in its original form. Just an example, people are asking to suggest the best props for Yoga. Let this be known, yogis did yoga wearing just a loin cloth, some not even that. There is nothing wrong in learning the exercises or the breathing techniques and then modify them to suit one's need and style of expression, but should the modified versions be presented and marketed as yoga. Add or subtract anything you want from the milk you get from your cows but once you do all those modifications don't call it milk, because it is no milk, it is anything but milk. And America has so much time sieving out all the fibre and putting in factory iron and synthetic B complexes and God knows what more into their flour and corn flakes. And while we are always trying to locate fluoride free water, you are putting in some more into yours. This same intrinsic tendency of habitual nonacceptance of things natural and original, leads to rampant modifications and alterations that has made life complicated and people sick. Incidentally, June 21st is world Yoga day.

Posted On 06/20/2017

RaajSingha

The population on the eastern side of the globe were the one that civilized before all. This was because the ancient Hindus understood the might and importance of nature. So, Sun, rain, wind and rivers were worshiped as gods. The Hindus saw god in nature's creation, in trees and animals. This knowledge shaped the way of life of following nature in its unchanged unadulterated form. That knowledge brought in Astrology, Ayurved and Yoga all based on the theory that nature has answers to everything.

While the white man had an admirable quality of adventure and learning that made him reach every part of the globe and learn from all, he also had this aptitude towards modifying and improvising things and skills that he acquired. His natural talent did help mankind to progress at greater speed and made life more comfortable in general. But then he got carried away and started overdoing things and this either took him away from nature or brought in direct confrontation with it. At about the same time greed overtook all interests so much so that 'market' took precedence over health and everything. The time of the downfall of the east coincides with the time when the later generation started looking towards west. The white man has however, not stopped learning. He is fast learning that the answer lies in not trying to alter or fight nature but to follow and be close to it. Then the Hindu will learn from the west and for him it will be like the prodigal son coming back home to his more knowledgeable forefathers.

Posted On 06/20/2017

Krofter

Raaj - Like your comment but... Lest we forget, the most destructive instrument ever made - the plow - was invented in the Middle East (Sumaria) - erdakroft.com/Erdakroftfarm/Blogs/Entries/2014/7/20_Paleo_Food%2C_Func.. It took thousands of years before the plow was adopted by Europeans and thousands more before it came to the Americas with the Europeans, Also, some of the ancient cultures of the Americas were doing things like tracking the stars and using biochar 9,000 years ago - erdakroft.com/.../14_Biochar!.html.

Posted On 06/20/2017

SadieKay

Hubby just doesn't get that "low fat" is not healthy for a body. The brain needs fat to thrive. I love whipping cream in my coffee. He only eats 2% milk. He eats meat, I eat the fat. It's kinda of like the ditty,

"Jack Spratt could eat no fat, his wife could eat no lean.

So together they lick the platter clean."

Posted On 06/20/2017

19beets

My aunt and uncle owned a peach and apple orchard and dairy farm that served Upstate New York back in the 40s, 50s and 60s. I remember as a child seeing the cows out in the lush green, dewy pasture, my aunt milking some by hand in the barn, some attached to milking machines. The milk was creamy smooth with a thick layer on top. That is the way milk should be processed and delivered.

Posted On 06/20/2017

Omi2be

so glad I can go right to the farm and get my raw, unpasteurized - pet the cows before leaving milk if I want some, then I let it clabber, strain it and have me some whey and soft cream cheese with a lot of real cream in it

as a kid I used to drink fresh cows milk, still warm, that fresh; the store milk does not taste, just like the commercial meat does not taste the way it should!

Posted On 06/21/2017

dividingcricker

Has any one seen A Youtube Fortified Cerial how a magnet can separate the metal shavingsI did this little research about Parkinson's disease and it had this link to manganese a ferrous iron found throughout the worldThere is a simular disease in metal workers /welders that has all the same markers .Manganese is usually found in areas with high iron in the water causing staining ..is usually very low amountsMost water is tested but just for bacteria not filtered for iron or manganese

Posted On 06/20/2017

TomFinn

Interestingly, just was reading an article from a 1937 Coronet magazine by a doctor who's research pointed to the consumption of milk and increased incidence of cancer. Long previous to treatments to the milk after the fact for many. I was surprised.

Posted On 06/20/2017

rjdriver

In a similar vein, we are starting to see certification seals on products that claim "No GMO Ingredients". The Non GMO Project and SGS Labs are offering GMO free certification. The problem is that the regulations passed in both the EU and the US, and I believe Australia also, allow products to be labeled GMO free, even if they contain ingredients sourced from GMO fed animals.

So its important to not trust these seals and, as always, stay educated on whats being grown GMO and read ingredients lists carefully. Essentially, if it's not organic, it might be GMO. But even here, several of the organic standards we have come to trust are under attack today. Add to that the outright fraud going on in both the organic dairy and grass fed meat industry and there may be no where to turn except local farms where you know how they are run, and growing your own.

Posted On 06/20/2017

kathy.gornik

In a truly free market system, which the U.S. almost never has had, corporations would be far more responsive to consumer demand without government protection. Most examples of harmful corporate practices arise out of crony capitalism. In this case, the government is responsible for providing the "organic" labeling, providing false comfort to unsuspecting buyers. But government is good at nothing. Government is force. Far better to work with your local farmer and check with his/her customers about the quality of their offerings. Reputations matter. I, for one, am grateful to the millions of entrepreneurs who have created companies (and jobs) that provide the goods and services that boggle the mind if you ever contemplated them long enough. Our lives are quite miraculous thanks to the market system. It is government power that distorts its potential and creates harm when Big Business and Big Government collude.

Posted On 07/02/2017

NA

A very interesting article as always Thank you very much,Dr Mercola

Posted On 06/26/2017

alic021

INDICATORS THAT FOOD MAY NOT BE ORGANIC Watch comparative rate of deterioration of samples of organic and non organic food. Eg a non organic and an organic cherry tomato. Place tiny amount of organic food in your organic garden. Watch insect reaction. I once found dead snails near non organic lettuce and there was no snail bait or anything else that could have killed them. They are not definitive tests but are helpful.

Posted On 06/24/2017

MercoFan

The day I got out of the hospital after gall bladder removal, I got a bout o gout. It's lasted three months already. I'm wondering if this, Good Karma flax milk, Ripple pea milk, and dairy milk might be contributing to this. I've got cherries, baking soda, ac vinegar, turmeric, celery, v B5, ayurvedic herbs, etc. coming outta my ears. This is REALLY freaking me out.

Posted On 06/23/2017

tdmartinson

Which low fat milk raises the Parkinson risk, skim, 1% or 2%?

Posted On 06/21/2017

maxjohnson

I think the term "lowfat milk" is an oxymoron and doesn't make any sense (at least animal milk we're talking about). So I would say any lowfat milk is bad.

Posted On 06/23/2017

chr85596

If you want the best milk buy RAW, Grass-fed, A2-type milk.. Jersey cow is a good choice! =)

Posted On 06/20/2017

Wheezielw

And I thought this only happened in foreign countries.

Posted On 06/20/2017

seg

How Organic Is Your Organic Milk? That really takes the cake. Will the madness ever end, not likely, it is going to get much worse before.. So much for individual responsibility...I been saying for a long time now, it's like an onion, we are going to need to hire more guards to guard the "current" guards...And when that fail hire more OR ?

Posted On 06/20/2017

Reynajl62

Your article indicates 19 footnotes. Where are they?

Posted On 06/20/2017

stanleybecker

click onto "sources and references" at the bottom of the article - it's all there

Posted On 06/20/2017

Almond

We are not milk drinkers at our house. A few years ago, I wanted to make yogurt, so bought supermarket organic milk. In every case, my culture died. That told me there was something wrong with the milk-- whether traces of antibiotics or glyphosate or something else. The only milk that would work came from a very conscientious dairy that controlled what cows were fed and delivered weekly to a drop point in town. The larger lesson, here, is to beware of any food you buy in the supermarket. Also, be aware that circumstances can change suddenly. For example, manufacturers have been substituting many inferior ingredients to listed ingredients lately, so always read labels. (Be able to understand what you read.) Also, there can be sudden environmental contamination as in East Palestine or the toxic fallout from forest fires over some of the best cropland.

Much produce is now waxed with Apeel or Ipeel which sinks in and does not just remain on the peel. Know the source of your food and how it was produced. Produce as much of your own food as you can. That should start with a garden. Do what you must to get a garden spot, even if you live in an apartment. Consider your many options and be resourceful. Look to the wilderness for foraging, hunting and fishing. The govt and grocer are not responsible for feeding you--believing that leave you living in a situation of dependency.

Posted On 02/15/2024

Concerned Patriot

Is Apeel/Ipeel already on the market? I thought we'd have a few months of freedom from it. I read that it will also be used on organic foods and the stickers are small, so may either fall off or not be noticed. If you watch the process of how it's being used, there is NO way to avoid Apeel/Ipeel being part of the plant as it is sprayed from the smallest shoot of growth through the end product. Does anyone know where you can buy whipping cream, to be used to make ice cream, that doesn't have additives in it?

Posted On 02/16/2024

Almond

Concerned patriot... As for whipping cream, best to just start asking around. Maybe ask at family-owned health food stores? Look for a farmer or dairy that delivers to a drop point on a regular schedule. Make sure to ask what cows are fed.

Posted On 02/16/2024

JGW1950

If you live in the Chicago and southern Michigan area, please join the Family Farms Coop (familyfarmscooperative@gmail.com). They (legally) sell excellent raw cow and goat milk, pasteurized beef, humanely raised chicken, pork, and lamb, and many other truly organic vegetables and foods. Dr. Mercola initially contacted the Amish farmers who provide the milk, and the coop has been struggling to stay in business after being harassed by the Michigan government and forced to move their pickup places several times. They come once a month to various locations throughout the area, and some of us rely on their products to remain healthy.

It's legal because you join a herd-share program and pay a modest annual fee to buy a share of the herd, which then entitles you to receive milk from your own cow. It's a legal technicality, but it works. There was a time when they also had to put a warning on their label, "For dogs and cats only," to satisfy the Michigan government as to the "safety" of their product. When I commented to one of the farmers that if that would end the harassment, then great. And she replied, "Yes, it's a simple solution for simple minds."

Posted On 02/15/2024

brianallen1

I am blessed to drink only raw cow's or goat's milk often only 1 day from the animal. I walked by the organic "milk" displayed in Kroger's and noticed "ultra pasteurized" on the container. The expiration date was almost 3 months in the future! That is not food, ladies and gentlemen.

Posted On 02/15/2024

A7

Homogenized milk and products made from them should be researched more. Is this true? .. "xanthine oxidase (XO), reaches the blood stream where it replaces a substance called plasmalogen in the arteries, and directly promotes hardening of the artery walls" maybe someone has updated info on a separate old discussion ... cheeseforum.org/.../index.php

Posted On 02/15/2024

ICONOCLAST

Thanks for the information and link.

Posted On 02/16/2024

justbev2

All I know is that my sister is extremely allergic to organic dairy products from the store but if she is able to have raw milk she has no allergic reactions at all

Posted On 02/15/2024

goodgirl1718

I remember when the question of whether certifying "organic" should be given to the US govt., rather than relying on small private groups (like Oregon Tilth) to certify. (This was 1995ish.) (Some of these groups still exist. Oregon Tilth is now an Accredited Certifying Agent for the USDA. Hmmmmm?) (The very last para. of the Wiki listing for "Organic Certification" will curl your hair.) I was not enthusiastic. The above, including the Mercola article, have borne out the wisdom of skepticism. Know Your Farmer! Weston A. Price <https://www.westonaprice.org> (look under the "Find Food/Local Chapters" tab) is a very helpful resource.

Posted On 02/15/2024

NaturalGrown

So fortunate to be a herd share member and personally know the owner of a regenerative farm. The ways of the past are the future of farming.

Posted On 02/15/2024
