

# Author Touts Traditional Diets From Grassfed Livestock

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**BIRD-IN-HAND** (Lancaster Co.) — With 150 people registered and many more latecomers, the meeting house at Amish-owned Miller's Natural Foods store was filled with people interested in information and opinions on why grass-fed meats and milk may be healthier for both our bodies and our farms.



**Sally Fallon**

Sally Fallon, president of Weston A. Price Foundation and author of "Nourishing Traditions," spoke on what she sees as a possible viable niche for the small family-owned farm.

While making clear she had no experience as a farmer, she outlined the advantages of grass-fed animal products and how these products could vitalize the small farm.

Fallon uses the work of Dr. Weston A. Price, a dentist who in the 1950s began a 10-year study on the diets of tribes and villages isolated from Western processed foods and having superior health and teeth.

After identifying various primitive people groups with "perfect" teeth, Price made the observation that most of these peoples had wide facial bones, well-formed teeth and few cavities despite the lack of daily brushing.

After identifying various primitive people groups world-wide with exemplary health, Price then compared the traditional diets in order to find commonalities.

He made note that these primitive diets contained four times the calcium and other minerals and 10 times the fat-soluble vitamins compared to the typical American diet of his day.

On later trips, Price also noted that once these same groups were introduced to processed foods, the first generation offspring had more narrow faces, crowded teeth, and the tendency for cavities.

At a time when dentists were not available, these dental problems caused great suffering in communities.

Fallon calls these processed foods "the displacing foods of modern commerce," and believes Americans are experiencing similar health problems as those identified by Price.

She emphasized that the "trend toward degenerative bone structure is reversible."

Traditionally, these primitive groups had "sacred foods" that were valued in the community for their life-giving force.

These included liver, eggs, organ meat, and fish eggs. Fallon gives the example of nursing mothers in China eating up to 10 eggs per day, Alaskans eating bear fat for fertility, and African

athletes drinking pure cream.

Fallon believes that our own sacred food should be butter, cream, and cheese made from cows on early spring grass.

Since most American children cannot be persuaded to eat the organ meat and other delicacies many of these primitive cultures added to their diets, Fallon believes grassfed milk products are the perfect source for these health-promoting nutrients.

Fallon also believes that "most (American) people today are not satisfied by what they eat."

According to Fallon, grass-fed products, and especially raw milk, contain nutrients missing in products from confinement livestock operations but essential for our health.

These nutrients include conjugated linoleic acid (CLA), Activator X, and increased vitamins A and D.

Conjugated Linoleic Acid (CLA), known as a cancer protectant, promotes lean bodies, increases breast milk, and has many other benefits. According to Fallon, CLA requires grass for production, and is not found in grainfed meats and milks.

Activator X is a lesser-known substance said to protect against heart disease. It is a catalyst which, like vitamins A and D, helps the body absorb and utilize minerals. It is found in the organ meats of grazing animals and some seafood.

According to Fallon, deep yellow butter from cows eating actively growing grass in the spring and fall seasons can be an especially rich source of Activator X.

Increased vitamins A and D. Fallon points out that milk from cows not on pasture contains

much less vitamin A and D than that from cows on freshly growing grass.

According to Fallon, what is often labeled vitamin A in plant products is actually betacarotene, a substance that needs to be converted into useable vitamin A by our bodies.

While healthy adult bodies can convert betacarotene, Fallon warns that babies, children, diabetics, and older persons may have difficulty. She emphasizes that cows complete the process for us.

Fallon also warns that pesticides interfere with vitamin A and those exposed to pesticides need extra vitamin A.

Fallon does not avocate the lowfat diets of most programs.

"To get the benefits of grassfed (products), you have to eat the fat," Fallon said. She suggested the website <http://www.realmilk.com> for more info comparing types of milks.

Fallon believes that the ideal small farm would be a pasture-based program capitalizing on the health-giving benefits of pastured products. She believes cream and products made from cream would make the cow the primary cash animal of the farm.

From this she recommends making butter and cheese. The farmers could make use of the byproduct, whey, as the ideal food for growing hogs and poultry.

She visualizes farmers producing as many valued-added products as possible, mentioning farms that were now selling chicken broth at \$16 per quart. While she admits value-added products might be labor intensive for one family, she suggests farms

might have several families working together.

Fallon added that pasture-based operations eliminate some of the extra expenses of conventional farming. She also compared the lifespan of dairy cows on the two programs noting that pastured cows tend to have longer productive lives.

According to Fallon, some states are now getting \$50 per hundredweight for pastured milk. She advocated selling directly to the public whenever possible. States do have different regulations on selling raw milk, but at this time there are no regulations on private sales of raw milk in Pennsylvania.

Although Fallon promotes animal-based diets, she jokingly told the audience that vegetarians can find good health from their diets "if they drink good quality milk and eat insects."

She added that pastured eggs will provide the same nutrition insects provided to those primitive vegetable-based diets.

Following Fallon's presentation a panel of local farmers using a pasture-based approach answered questions from the audience. Roman Stoltzfoos and Amish farmers John Esh, Leroy Miller, and Jake Zook fielded questions directly related to farming.

Sally Fallon was available to answer questions related to the nutrition of grassfed products. Geoffrey Morell, a former New Zealand farmer using a pasture-based approach, added an international perspective. Morell is the secretary of the Weston A Price Foundation.

For more information, visit [www.westonaprice.org](http://www.westonaprice.org).

## Lycoming County Names Dairy Royalty

**WILLIAMSPORT** (Lycoming Co.) — On Saturday June 7, Regina Steppe, Vanessa Greider, and Brittany Swisher competed for the title of Lycoming County Dairy Princess. After a long day of interviews, speech presentations, skits, and impromptu questions, Regina Steppe was crowned 2003-2004 Lycoming County Dairy Princess.

Vanessa Greider and Brittany Swisher were crowned 2003-2004 Lycoming County Alternate Dairy Princesses.

Regina is the 16-year-old daughter of James and Deborah Steppe of South Williamsport.

In the fall she will be entering eleventh grade at Jersey Shore Area Senior High School. She is the 8th child out of nine. She has four brothers and four sisters.

Regina is a statistician for the boy's track team. She was a

Dairy Maid for two years. She works on her family's farm, Pleasant Hill Hay and Dairy Farms.

Regina performed a skit for a middle school audience. She played the role of a nurse who has a patient with osteoporosis. She informed the audience about the Real Seal, osteoporosis, and lactose intolerance.

Alternate Vanessa Greider is the 17-year-old daughter of Jeff and Donna Greider of Linden. In the fall she will be entering twelfth grade at Jersey Shore Area Senior High School. She has two sisters and one brother.

Vanessa was a dairy maid for six years. She is involved in school musicals, talent shows, and SADD. She works on Dotter Farms in the summer.

Vanessa performed a skit for preschool age children. She was a

dairy fairy. She informed the audience of the qualities of milk, recommended daily servings, and where milk comes from.

Alternate Brittany Swisher is the 17-year-old daughter of Melvin and Marylee Swisher of Unityville. In the fall she will be entering twelfth grade at Hughesville High School. She has two sisters and one brother.

Brittany is involved in FBLA and Student Council. She works on her family's farm, Swish-Haven Farm.

Brittany performed a skit for a school audience. She informed them about the nine essential nutrients found in milk. She demonstrated how to make a strawberry smoothie.

Before the ceremonies each contestant had an interview with the judges and presented an informational speech. Steppe presented a speech on the changes of dairy farming over time. Greider presented a speech on Calcium awareness. Lastly, Swisher presented a speech on Milk Protein Concentrates.

As the dairy maids were introduced and crowned by the outgoing dairy princess, Jessica Steppe, they gave a small speech about themselves.

They are Kellyn Lovell, and Colleen Lovell, daughters of Scott and Rhonda Lovell, Linden; Darsy McClain, daughter of Scott and Diane McClain, Cogan Station; Laura Shutts, daughter of David and Becky Shutts, Linden; and Sara Ulrich, daughter of Charles and Suzette Ulrich, Allenwood.

The newly crowned dairy misses were Ashley Derr, daugh-



From left is Brittany Swisher, alternate dairy princess; Regina Steppe, dairy princess, and Vanessa Greider, alternate dairy princess.



From left is Laura Shutts, dairy maid; Colleen Lovell, dairy maid; Kellyn Lovell, dairy maid; Sara Ulrich, dairy maid; Brittany Swisher, alternate dairy princess; Regina Steppe, Lycoming County Dairy Princess; Jessica Steppe, 2002-2003 Lycoming County Dairy Princess; Vanessa Greider, alternate dairy princess; Darsy McClain, dairy maid; Ashley Derr, dairy miss; and Sherilynn Lovell, dairy miss.

ter of Ernest and Wanda Derr; and Sherilyn Lovell, daughter of Scott and Rhonda Lovell.

After the princess contestants performed their skits, they answered and impromptu question presented to them by the mistress of ceremonies, Sara Jennings, 2001-2002 Pennsylvania State Al-

ternate Dairy Princess.

Jessica Steppe, the 2002-2003 Lycoming County Dairy Princess, presented a farewell speech. She thanked everyone for making this year a success.

The judges for the evening were David Morrow, Janet Reynolds, and Lynn Morrow.