

# An Interview with an International Food Revolutionary



Health Around Your Corner interviews Sally Fallon, founder of the Real Milk Campaign and the Weston A. Price Foundation



Is modern America in an agricultural and nutritional Dark Ages?! How can that be? Sally Fallon shares some vital information about the health benefits of politically incorrect traditional foods and fats, the movement to restore food freedom to farmers and consumers, and fertility issues and the future of our children, our economy, and our country.

**S**aturated animal fats are vital to health. (What?!) Soy is bad. (But isn't that a health food?) Butter is better. (Real butter? Really?) Cook with lard. (With what?) Milk should be raw. (Isn't that dangerous?) Fish should be wild. (Not farmed?) Low-fat milk is unhealthy. (Isn't low-fat healthy?) Good salt is crucial. (Isn't salt bad for me?)

The radical statements above would upset most medical doctors, dieticians, government agencies, mainstream health associations, and global processed-food producers. These are the "Diet Dictocrats," says our food revolutionary, and, if their message is correct, why are we still so sick? And why are so many people who embrace this revolutionary message thriving? Why, indeed?

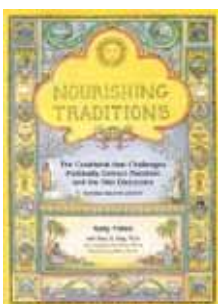
## Who Is This Food Revolutionary?

Some of our readers will recognize (and know well) the name of Sally Fallon, nutrition researcher, speaker, author, food activist, gourmet cook, steeped in traditional cooking methods, mother of four healthy children.

From where does our rebel get her counter-culture, politically incorrect nutrition message? She has derived it from the international research of Weston A. Price, DDS, and Frances Pottenger, Jr., MD, from food-preparation traditions around the world, from rigorous scrutiny and reevaluations of many scientific studies, from researchers such as Mary G. Enig, Ph.D., a renowned expert in lipid (fats) chemistry, from personal, everyday experience with her own family, and from readers, researchers, organic farmers, and grass-fed-meats ranchers around the world. As we say, the proof is in the pudding, and Sally says make that pudding the healthy, traditional way!

## Lost Traditions ~ Great Grandma Knew Her Stuff!

Sally Fallon began as an editor for the *Price-Pottenger Nutrition Foundation Health Journal*, then went on to found the Weston A. Price Foundation, based in Washington, DC. She has since also founded A Campaign for Real Milk, and helped spearhead the newly formed Farm-to-Consumer Legal Defense Fund.



She is a prolific writer of articles, but her message is most usefully presented in the 670+-page *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*, co-authored with lipid-chemistry expert, Dr. Mary Enig. It is a lot of information, but it is an entertaining as well as educational read, a step-by-step cookbook full of nourishing recipes, a reference manual for proper food

preparation, and a doorway to hearty and happy health at home.

Recently, HAYC had the privilege of interviewing Sally.

## HAYC: [RAW DAIRY & FARM-TO-CONSUMER RIGHTS]

When did you launch the Real Milk Campaign and what has it accomplished so far?

**SALLY:** We launched it in 1998. In 2000, the Weston A. Price Foundation adopted it as one of its projects. We have accomplished a huge amount. First, we've greatly increased the number of people drinking raw milk, and that's increased the availability of raw milk. With our legal advice, we have increased the ways for people to obtain raw milk in the teeth of restrictive laws against it. And we've also accumulated a lot of science about raw milk that we didn't have before. Go to RealMilk.com and view the PowerPoint presentation, which details safety, health, economic, and legal issues concerning raw vs. pasteurized dairy. The site is always being updated and that's where we put all the studies. The FDA has a PowerPoint on *their* website talking about how "dangerous" raw milk is. We've been looking into that. They cite 15 studies and we have looked at each one and basically none proves that raw milk caused the problem. Many of them were fraudulently described. In other words, what the FDA said about some of these studies is not

what the study actually found. And we've also accumulated hundreds if not thousands of testimonials. We've created what I call "passionate moms" who will do anything to get raw milk for their children. The Real Milk site has been a wonderful resource for the farmers and consumers. The sources of raw milk posted at the site represent the tip of the iceberg. There are a lot sources not posted there. People will look back on this issue the same way we look back on the issues of women's rights and civil rights. In 50 years, we will look at this as sort of a "Dark Ages" when people tried to stop farmer and consumer rights. The absolute right for farmers to engage in direct commerce is something we expect to establish in the next 20 years. We have an inalienable right to buy what we want from farmers, and the farmers have an inalienable right to sell what they want to consumers without interference.

**HAYC:** Is anyone in Washington government circles supportive of this issue? Congressmen? Senators?

**SALLY:** Ron Paul is very favorable, but no one else I know of. This is a consumer-driven movement, and basically, government is very hostile to what we're doing. But consumers are much stronger than the government. The educated, informed consumer is the strongest force on earth. The FDA is unmovable. Their job is to defend the dairy industry. But on various state levels, we have lots of supporters and friends ~ agriculture and elected officials who have seen how devastating pasteurization has been for the small



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farmer. Just to give you an example, I had an elected official in Tennessee tell me that 20 years ago, they had 10,000 dairy farms in Tennessee and now they have 500, and the state is littered with dilapidated barns. This is because of mandatory pasteurization laws. If those farmers could sell raw milk directly to the public, they'd be prosperous. Many people are beginning to recognize what a



terrible thing pasteurization has been, not just for the food supply, but also for local and rural economies.

**HAYC: [REAL BUTTER]** For someone who has no access to fresh, raw butter, would you recommend that the second best thing is eating

real, organic, pasteurized butter?

**SALLY:** Yes! Butter is a wonderful food. It's a miraculous food when it's raw, but it's still, even pasteurized, a wonderful food. Pasteurization is more harmful to the milk proteins than it is to the fats. People should eat butter, as much as possible.

**HAYC: [LARD]** And lard?

**SALLY:** Lard is a wonderful food, too, especially from pastured pigs. And lard of course would be heated, because you have to render it, but the fat-soluble vitamins are very stable.

**HAYC: [GLUTEN & CORN]** What are some of the reasons we're having such serious problems today with gluten grains and even non-gluten corn allergies?

**SALLY:** You can be allergic to anything, but a lot of people are sensitive to gluten and allergic to corn. I think the cause is twofold. I think people's guts are not getting properly formed as they grow. They are leaky and that's one part of it. And the other part is that we're not preparing these grains as our ancestors did. Our ancestors took a lot of care in preparing grain foods in order to minimize the toxic and irritating components.

**HAYC: [LOST TRADITIONS]** There is so much for us to re-learn, it can be very difficult for modern, busy people.

**SALLY:** In our seminars, we try to offer first steps, important things to do. At our annual international conference, we have a whole track on getting started. We have a Getting Started section on our website called "Making It Practical." There's a section in the back of *Nourishing Traditions* that lists first steps. There are lots of things people can do to get started. Number one is switch to butter. Another one is to make your own salad dressings and not eat the terrible oils in most commercial dressings. People need to prepare their own foods. They are not going to have a healthy diet if they are eating in restaurants all the time, or eating processed foods. We recognize that it's a whole mindset that people have to get over in order to eat this way. I guess the beauty of raw milk is that it's like a complete meal in a glass and, if you never do anything different except drink raw milk, you've made a huge improvement in your diet, and you don't have to cook or prepare anything when you drink raw milk.

**HAYC: [RAW MILK MOVEMENT]** In which parts of the country

is the raw milk movement strongest?

**SALLY:** It's fairly widespread. California would be the leader, because you can get raw milk in stores there. Pennsylvania and New England are good areas for us ~ the entire West Coast, the Midwest ~ just in certain parts of the South, it's been a little slower. It's important to remember that it is legal to drink raw milk everywhere in the country. There is no law against drinking raw milk.

**HAYC: [GRASS & DAIRY]** People interested in raw milk ask whether the dairy goats and cows are *completely* grass fed. They don't understand the realities of commercial milking, the challenges of preventing a goat from getting "poor" (undernourished), and thus the need, even though an animal is on pasture, for some supplemental feed.

**SALLY:** It depends on the location of the dairy as to what kind of pasture is available. We are working on a handbook for pastured animals, especially dairy, and we think that up to 1% of the weight of the animal in grain per day is okay, and actually fairly natural, as they would be getting grains in the grasses. What *we* don't like is *soy* in the feed mix, because of the estrogens and other components. Our new Farm-to-Consumer Legal Defense Fund group is putting the handbook together. [HAYC NOTE: The non-profit organization was founded to protect the rights of farmers to provide meat, eggs, raw dairy products, vegetables and other foods directly to consumers. See [www.farmtoconsumer.org](http://www.farmtoconsumer.org)] Back to the quality of pasture, every farmer has got to do this differently. I would think in certain parts of Texas, they're going to have to irrigate. We have a farmer in Nebraska where they don't get enough rainfall, but he has really good irrigation, and he's grass feeding for a very long season ~ green grass. Of course, very few places can you have rich, green grass all year long, and that's when you use hay, and maybe a little grain, and winter vegetables, and things like that.

**HAYC: [WINTER FEEDING OF LIVESTOCK]** Do you remember the *Little House on the Prairie* books, where Almanzo grew up in New York State on the Canadian border and they had to keep their cows inside all winter, feeding them vegetables and hay and grains?

**SALLY:** Yes, and I was on a farm in Canada, in the barn in March, and those cows had been inside for six months, and the only thing he feeds his cows is hay and what he calls green chop ~ all the leaves and twigs he gathers up on the farm and chops up real fine ~ and that's all they ate all winter, and that barn was a marvel! There was no smell. There was no diarrhea ~ the manure was perfect. He did not feed any corn, or any grain, at all. It *can* be done. My husband is from New Zealand and he says they never feed grain to the dairy animals there. It's too expensive for them. And they have a lot of green pasture, but it's not particularly lush pasture. We just have to use the right breeds, and be willing to pay the right price, and not expect to get huge volumes of milk from these cows.

**HAYC: [PRICE OF RAW MILK]** What's a gallon of raw milk going for in other parts of the country?



## An HAYC Exclusive Interview

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**SALLY:** We pay (in Washington, DC area) about \$6.50 a gallon for cow's milk, and I think goat milk is a little higher.

**HAYC:** Here, it's from \$8 to \$9 a gallon for goat milk, though some charge as high as \$14.

**SALLY:** I can understand that. It's worth it. For raw cow's milk across the country, it ranges from \$4 to \$13 a gallon.

**HAYC: [FISH ROE & FERTILITY]** I have heard you speak about Dr. Price's research concerning tribal peoples around the world using fish roe (eggs) to ensure the fertility of their young women. We have an Aleut-Eskimo family in Burleson marketing their own wild Alaskan salmon to North Texas. They told us the Japanese come every harvest and buy up all the salmon roe. If they had a market for it, they say, they would like to sell it themselves.

**SALLY:** They need to make caviar out of it. The plain, raw fish roe is very sticky and hard to work with, but they add salt and basically ferment it. There is a big caviar industry in Arkansas. I think we need to do this all across the country.

**HAYC:** We assume the caviar would have the same effect on fertility as the fish roe we read about in Price's tribal research?

**SALLY:** Oh, yes. And I usually buy salmon caviar, because it's a lot less expensive. Wouldn't you rather be spending your money on caviar than on fertility treatments? I do think it would have a significant impact on the American fertility industry. Not all those people will get pregnant by changing their diet ~ some of them have permanent things wrong with their reproductive organs ~ but many women have gotten pregnant after getting on our diet. There was a study that just came out showing that women who consumed low-fat dairy products had a lot of trouble getting pregnant, and when they went to high-fat dairy products, many of them were able to get pregnant. This whole low-fat message that has gone out has created an epidemic of infertility. The irony is, they say that as soon as you get pregnant, you can return to your low-fat diet, so that they are building infertility into the next generation, and in the next generation, it will probably be permanent.

**HAYC:** And that has ramifications that are just horrific.

**SALLY:** Yes, they *are* horrific. I predict that we're going to have a huge labor shortage in this country. It's already being talked about in financial circles. You're not going to have the people with the brainpower to run a civilization.

**HAYC:** One of our naturopathic practitioners told us the other day that the brain is the fattest organ in the body.

**SALLY:** It is, and the highest in cholesterol, and the highest in saturated fats, and the highest in arachidonic acid, which is found in butter. What's going on here is the equivalent to the Romans using lead pipes.

**HAYC:** We're just killing ourselves.

**SALLY:** And people don't realize what's causing it. (Well, some people do.) And instead of eating animal fats, people are eating trans fats, which also create infertility. It's a horrendous problem we have, and it's going to get worse before it gets better. But the people who do survive and do reproduce will be the ones following our diet. And, of course, there's a tremendous responsibility in passing this knowledge on to the next generation. That's what we're trying to do at the Weston A. Price Foundation, to get this knowledge out there in a form that can be passed on from generation to generation.

## What Is Real Milk?

Real milk is raw milk, straight from the cow or goat (or sheep, or horse if you're in Mongolia!). It's how milk has been consumed by billions of people for thousands of years. It's how it's consumed today in many parts of the world, including many parts of the U.S. and the HAYC household.

Pasteurization was a recent reaction to unsanitary conditions in the 1920s. Pasteurization denatures milk proteins, creating substances foreign to the body. It destroys vitamins and kills the enzymes and good bacteria necessary for digestion. Thus, it promotes pathogens. For even longer shelf life, it's gone to the "ultra" level. Raw milk sours while pasteurized milk turns putrid.

Homogenization destroys good fats. Raw milk is healthy for our body, our economy, and our country. For more information, see the "What is Real Milk?" section of:

[www.RealMilk.com](http://www.RealMilk.com)

**HAYC: [WAP FOUNDATION]** What drew you to Weston A. Price to begin with? You began as an editor for the Price-Pottenger Foundation?

**SALLY:** I'm an English major. I read Dr. Price's book in the early 1970s and applied his diet to raising my children, and I also love to cook, so I just put the two things together. I worked with Price-Pottenger for a while, and then I felt there was a need for an organization that was more activist, that was faced more out to the public than was faced inward, so we founded the Weston A. Price Foundation.

**HAYC:** How does it work? How is it funded?

**SALLY:** It's funded by memberships. We have almost 10,000 members. We receive membership dues and donations that fund the work we do. We don't get any grants or anything like that. People need to join the foundation, and they can also participate in a local chapter. But they need to join the foundation in order to support our work. Also, when people become a member, they get our shopping guide, complete with recommended brand names. Our 8<sup>th</sup> annual international Wise Traditions conference is going on next weekend [November 9] in Chantilly, Virginia. People come from all over the world. We also have over 400 chapters in all parts of the world. We are definitely an international organization.

**HAYC:** How did you build those international connections?

**SALLY:** Well, people just joined and set up chapters. They've come to us. The Internet is international, so people find our website and they're really taken with it.

**HAYC:** So, basically, that just shows the strength of how many people are looking for this.

**SALLY:** Yes, exactly.

[www.RealMilk.com](http://www.RealMilk.com)

[www.WestonAPrice.org](http://www.WestonAPrice.org)

[www.FarmToConsumer.org](http://www.FarmToConsumer.org)

[www.RandCDairy.com](http://www.RandCDairy.com)

For the latest news on the fight to keep raw milk legal in California, see:

[www.OrganicPastures.com](http://www.OrganicPastures.com)

[www.HealthAYC.com](http://www.HealthAYC.com)