

NUTRITION

Dear Friends: I am presenting this information to help you in your quest for good health. Eat like your ancestors with G-d given whole foods.

Don't not buy packaged processed products - white flour, sugar, with additives, hormones, antibiotics, and preservatives, etc.

ORGANIC/GRASS FED/ FREE-RANGE ANIMALS

I know it is expensive, but it is worth it to feed your body foods that are healthy and valuable for healing. You will feel satisfied, and no longer have cravings.

<http://www.wiseorganicpastures.com/catalog/index.php?cPath=21>

Green Pasture Products- High vitamin butter oil and cod liver oil. David Wetzel (402) 338-5551, wetz@inebraska.com <http://www.greenpasture.org/>

<http://www.localharvest.org/organic-farms/list.jsp>

BONE BROTH everyday for the bones. You simmer for 8 hours to get the calcium from the bones into the broth.

<http://www.westonaprice.org/foodfeatures/broth.html>

Chicken Stock

1 whole free-range chicken or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings*
gizzards from one chicken (optional)
2-4 chicken feet (optional)
4 quarts cold filtered water
2 tablespoons vinegar
1 large onion, coarsely chopped
2 carrots, peeled and coarsely chopped
3 celery stalks, coarsely chopped
1 bunch parsley

*Note: Farm-raised, free-range chickens give the best results. Many battery-raised chickens will not produce stock that gels.

If you are using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity. Cut chicken parts into several pieces. Place chicken or chicken pieces in a large stainless steel pot with water, vinegar and all vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6 to 8 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Reserve for other uses,

such as chicken salads, enchiladas, sandwiches or curries. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

Beef Stock

About 4 pounds beef marrow and knuckle bones
1 calves foot, cut into pieces (optional)
3 pounds meaty rib or neck bones
4 or more quarts cold filtered water
1/2 cup vinegar
3 onions, coarsely chopped
3 carrots, coarsely chopped
3 celery stalks, coarsely chopped
several sprigs of fresh thyme, tied together
1 teaspoon dried green peppercorns, crushed
1 bunch parsley

Place the knuckle and marrow bones and optional calves foot in a very large pot with vinegar and cover with water. Let stand for one hour. Meanwhile, place the meaty bones in a roasting pan and brown at 350 degrees in the oven. When well browned, add to the pot along with the vegetables. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot. Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.

Simmer stock for at least 12 and as long as 72 hours. Just before finishing, add the parsley and simmer another 10 minutes. You will now have a pot of rather repulsive-looking brown liquid containing globs of gelatinous and fatty material. It doesn't even smell particularly good. But don't despair. After straining you will have a delicious and nourishing clear broth that forms the basis for many other recipes in this book.

Remove bones with tongs or a slotted spoon. Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

Fish Stock

3 or 4 whole carcasses, including heads, of non-oily fish such as sole, turbot, rockfish or snapper
2 tablespoons butter
2 onions, coarsely chopped
1 carrot, coarsely chopped
several sprigs fresh thyme
several sprigs parsley
1 bay leaf

1/2 cup dry white wine or vermouth
1/4 cup vinegar
about 3 quarts cold filtered water

Ideally, fish stock is made from the bones of sole or turbot. In Europe, you can buy these fish on the bone. The fish monger skins and filets the fish for you, giving you the filets for your evening meal and the bones for making the stock and final sauce. Unfortunately, in America sole arrives at the fish market pre-boned. But snapper, rock fish and other non-oily fish work equally well; and a good fish merchant will save the carcasses for you if you ask him. As he normally throws these carcasses away, he shouldn't charge you for them. Be sure to take the heads as well as the body—these are especially rich in iodine and fat-soluble vitamins. Classic cooking texts advise against using oily fish such as salmon for making broth, probably because highly unsaturated fish oils become rancid during the long cooking process.

Melt butter in a large stainless steel pot. Add the vegetables and cook very gently, about 1/2 hour, until they are soft. Add wine and bring to a boil. Add the fish carcasses and cover with cold, filtered water. Add vinegar. Bring to a boil and skim off the scum and impurities as they rise to the top. Tie herbs together and add to the pot. Reduce heat, cover and simmer for at least 4 hours or as long as 24 hours. Remove carcasses with tongs or a slotted spoon and strain the liquid into pint-sized storage containers for refrigerator or freezer. Chill well in the refrigerator and remove any congealed fat before transferring to the freezer for long-term storage.

<http://www.westonaprice.org/foodfeatures/broth.html>

Weston Price Nutrition
www.westonaprice.org

Omega 3

Fine quality FISH OIL
Carlson (Norway)
Nordic Naturals
Arctic-D Cod Liver Oil
Fermented Cod Liver oil with cinnamon flavor from Radiant Life online

Vitamin C

Acerola powder from Radiant Life
<http://www.radiantlifecatalog.com/prod.cfm/ct/4/pid/1062>

Vitamin D - see Calcium citrate with Vitamin D below
Get sunlight 15-20 minutes per day

New Chapter Turmericforce

http://www.vitaminshoppe.com/store/en/browse/sku_detail.jsp?id=CN-2055

<http://www.vitacost.com/New-Chapter-Turmericforce>

Herb Mix Relieves Chemo-Induced Fatigue by *Carolyn Susman, Palm Beach Post Staff Writer*
Wednesday, April 23, 2003 Chemotherapy regimens the patients were undergoing were Carboplatin/Taxol, Gemzar, Topotecan, Doxil, Taxol, Cisplatin, and Gemzar-Cisplatin.

"This combination of herbal and nutritional supplements substantially reduced fatigue in a population of heavily pretreated recurrent ovarian cancer patients. This improvement in quality of life suggests further investigation through randomized trials," the company said in a professional abstract presented recently at the Complementary Cancer Care Conference in Washington, D.C.

http://www.vitaminlife.com/view_article-exec/article_id/605

Antioxidants

Acai Powdered Berry

<http://www.powersupplements.com/acai/acai.html>

Acai story and Oprah

http://www.acai.vg/acai_review.html

<https://www.amazonthunder.com/members/acaiinformation/>

<https://www.amazonthunder.com/members/acaiinformation/oprah.html>

Glucosamine

<http://en.wikipedia.org/wiki/Glucosamine>

The X-FACTOR takes away stiffness

RAW UNPASTEURIZED DAIRY PRODUCTS

www.realmilk.com/

<http://www.westonaprice.org/press/press-12mar07-fda-cdc-raw-milk-reminder.html>

NC Triangle Coop Organizer: Lauren Higgins; lshiggins@mindspring.com

Miller Organic Farm Coop: Steps for ordering:

<http://katywms.googlepages.com/home>

A price list of products

<http://katywms.googlepages.com/pricelist>

Contact: Katy Williams katywms@gmail.com 387-9932

FOR WOMEN - PMS

http://www.westonaprice.org/women/natural_pms.html

COCONUT OIL

<http://www.greenpasture.org/products>

RAW NUTS

Living Almonds

<http://www.livingtreecommunity.com/store2/product.asp?id=5&catid=17>

Article - raw almonds now radiated

<http://www.msnbc.msn.com/id/18040487/>

Instructions for preparing raw nuts for consumption on weston price web page -- basically soak, then bake this changes the enzymes and makes the nutritive value more accessible for digestion and assimilation.

SALT

Grain and Salt Society- Celtic Sea Salt and other products. Selina DeLangre (800) 867-7258, selina@celtic-seasalt.com <http://www.celticseasalt.com/>

FERMENTATION IS MOST HEALTHY

Yogurt and sauerkraut (not in brine) made with healthy bacteria

http://www.celticseasalt.com/Fermented_Foods_Beverages_C19.cfm

<http://www.healingcrow.com/ferfun/ferfun.html>

<http://www.deliciousorganics.com/Controversies/fermentedfoods.htm>

Sauerkraut

<http://www.wildfermentation.com/resources.php?page=sauerkraut>

Benefits and Side Effects of Osteoporosis Drugs including Reclast and Fosomax

<http://www.intelihealth.com/IH/ih/IH/EMIHC277/333/7228/557502.html?d=dmIcNNeWS>

<http://www.intelihealth.com/IH/ih/IH/EMIHC277/24479/36146/557523.html?d=dmContent>

Resveratrol - Heart Health - The "French Paradox"

Resveratrol - Natural Anti-Aging Elixir

For the past 40 years, it has been virtually a dogma of Western medicine that a diet high in saturated fat and cholesterol, and/or a high blood cholesterol level, is the primary cause of heart disease.

Atherosclerosis: Heart Disease Dogma

The high blood-cholesterol so typical of Western peoples is alleged to cause atherosclerotic plaques to develop over a lifetime, eventually plugging up heart arteries and leading to death by heart attack i.e. myocardial infarction (MI) or coronary thrombosis. The so-called fatty/cholesterol plaque that can block arteries is called atheroma; the gradual development of atheroma in heart arteries is referred to as coronary atherogenesis; and the chief culprit in the process of atherogenesis is alleged to be cholesterol/saturated fat. More recent refinements of the atherogenesis dogma implicate high LDL cholesterol and/or low HDLL cholesterol as the chief culprits in atherogenesis.

Thrombi vs. Atheroma

Yet there is a mass of evidence dating back 40 years that clearly points to atheroma/atherogenesis as being secondary phenomena in the 20th-century epidemic of heart-attacks. In a 1984 review article summing up the case against atheroma as the primary cause of infarction, Wayne Martin noted that Keeley and Higginson in 1957 reported widespread atheroma among the Bantus of Africa, even though they seemed to be free from heart-attacks. The researchers suggested that thrombi (abnormal blood clots) rather than atheroma may be the major cause of MI. In 1959 Gore et al. found the same degree of atheroma in Japan and in the United States, despite widely different infarction rates.

They, like Keeley and Higginson, said that it was high time more concern should be given to the danger of thrombi, with less concern about atheroma. Strong et al. are continuing a study comparing men in New Orleans, USA, with men in Tokyo, Japan. The atheroma characteristics are very little different between the two groups; but in New Orleans the death rate from MI is very high, while among the Tokyo men it is much lower. In 1980 Sinclair noted that in Jamaica, where there is severe atheroma (caused presumably by coconut oil in the diet), atheroma does not seem to cause coronary thrombosis. He stated that thrombosis, and not atheroma, is the major causal factor of myocardial infarction.

There is now abundant evidence that although man worldwide is afflicted with atheroma, many populations in Africa and Asia seem to co-exist with atheroma without being afflicted with heart-attacks.

The French Paradox

Grapes and wine contain a natural antidote to MI and cancer, scientists report. This discovery could help explain the so-called "French paradox" - the lower rates of heart disease and cancer in nations such as France, Italy, Spain.

Platelet Aggregation and not Atheroma - main cause of MI

In a classic 1992 article about the French paradox for heart disease, Renaud and de Lorgeril present evidence that dietary fat and blood cholesterol are not primary MI villains, at least among the French. They note that the annual mortality rate per 100,000 population from coronary heart disease (CHD) is 78 in Toulouse, France, and 105 in Lille, France (for men), compared to 182 in Stanford, USA, 348 in Belfast, UK, and 380 in Glasgow, UK. Yet the saturated fat intake is about the same for these groups - 15% of the total calories. The mean serum cholesterol for men is notably lower in Stanford (209 mg%) than in France (230 in Toulouse, 252 in Lille), while Belfast (232) and Glasgow (244) levels are similar to France; yet all three have much higher MI mortality rates than France.

Renaud and de Lorgeril note that stepwise multivariate analysis shows that in the 17 countries that reported wine consumption, wine was the only foodstuff in addition to dairy fat that correlated significantly with mortality. Wine had a negative correlation, indicating a protective effect. They then present evidence that it is not through inhibitory effects on atherosclerotic lesions (atheroma) that wine provides MI protection, but rather through a decrease in the tendency of platelets to pathologically aggregate and plug up heart arteries. They compared farmers from Var, Southern France (low in CHD mortality), with farmers from south-west Scotland for platelet-aggregation tendencies. Platelet aggregation was strikingly lower in Var. Secondary aggregation to ADP, the test that undergoes the greatest decrease with alcohol, was 55% lower in Var than in Scotland, whereas mean levels of HDL cholesterol (allegedly MI-protective) were very similar (69 mg/dl in Girvan, Scotland, 66 mg/dl in Stranraer, Scotland, and 63 mg/dl in Var). Consumption of alcohol was greatest in Var (45g per day vs. 20g per day in Scotland), mostly in the form of wine.

Resveratrol

Researcher David Goldberg rhetorically asked, "Does red wine contain a biological component that is present only in limited amounts in a typical diet?" Indeed it does: resveratrol. This trihydroxystilbene is synthesized by grapes, being present in the canes, leaves and the skin of the berries. Other than peanuts, no other human-consumed foodstuff contains significant amounts. The resveratrol story does not begin with its recent discovery in wine. It actually started in the early 1980s among Japanese scientific researchers. Reporting in 1982, Arichi et al. noted that the dried roots of *Polygonum cuspidatum* have been used in traditional Japanese and Chinese medicine in a product called Kojo-kon, used to treat a wide range of afflictions, including fungal diseases of the heart, liver, and blood vessels. Resveratrol and its glycoside, polycoside polydatin have been shown to be the primary active ingredients of Kojo-kon.

Free radicals and Antioxidants

Antioxidants inhibit lipid oxidation by reducing general [hydroperoxide] tone. The polyphenolics including Resveratrol and Quercetin, commonly found in wine, are potent antioxidants. De Whalley et al. (1990) reported that flavonoids act by protecting (and perhaps regenerating) the primary antioxidant, tocopherol [Vitamin E], by direct antioxidant effects, and by scavenging free radicals. Frankel et al. in 1993 reported both Resveratrol and Quercetin to be more powerful antioxidants than Vitamin E in protecting human LDL against oxidation.

In 1994, Stavric wrote that it appears that a number of the biological effects of quercetin and other flavonoids may be explained by their antioxidant activity and the ability to scavenge free radicals. The antioxidative function of quercetin, found in red wine, was enhanced by ascorbate (vitamin C). And even more potent beneficial effects of quercetin, as a radical scavenger and/or as inhibiting lipid peroxidation were found in its combination with Vitamin E and Vitamin C.

Conclusions for blood

Thus, a combination of resveratrol (RSV), quercetin (QRC), vitamin E (E), vitamin C (C), and the trace mineral selenium (Se) may be expected to have a highly synergistic effect in reducing pathological platelet-aggregation (thrombogenesis), maximizing PGI₂/minimizing TXA₂ (thus dilating arteries for healthy blood flow, as well as opposing platelet aggregation) and minimizing free-radical damage/disruption to blood vessel lining (i.e. preventing/minimizing atherogenesis).

Resveratrol, red wine and cancer

There are three stages of cancer development. First stage - "trigger stage". This is the early stage when cells starts an abnormal reproduction cycle. An immune system usually destroys these abnormal cells. Second stage - "promotion stage", when your immune system is not able to destroy all cancerous cells, and they reproduce rapidly. Third stage - "growth stage". In this stage the number of cancerous cells is huge, they expand rapidly while impairing the functioning of the body. Each of these stages can last for several years.

It was shown that resveratrol content in ordinary French red wines is approximately 5 parts per million, while in Muscadine wine from North Carolina it is ten times greater - up to 50 parts per million.

Anti-cancer evidence

These previously mentioned five compounds RSV, QRC, E, C and Se also have a similar beneficial effect in preventing cancer, or even aiding in its cure. In 1997 Jang et al. reported the results of a series of biochemical, cell culture, and animal studies with RSV in the prestigious journal Science. They reported that Resveratrol inhibits cellular events associated with all three stages of tumor development: initiation,

promotion and progression. They also wrote that "...we studied tumorigenesis in the two-stage mouse skin cancer model in which a special chemical (DMBA) was used as initiator and another chemical (TPA) as promoter. During an 18-week study mice treated with DMBA-plus TPA developed an average of two tumors per mouse with 40% tumor incidence. Application of 1, 5, 10 or 25 [micromoles] of resveratrol together with TPA twice a week for 18 weeks reduced the number of skin tumors per mouse by 68, 81, 76 or 98% respectively, and the percentage of mice with tumors was lowered by 50, 63, 63 or 88%, respectively. No overt signs of resveratrol-induced toxicity were observed." They also note in their paper the importance and potency of RSV's antioxidant and anti-mutagenic activity in preventing tumor initiation.

QRC has also shown potent anti-cancer activity. QRC has been shown to inhibit the growth of cells derived from human and animal cancers, such as leukemia and Ehrlich ascites tumors, the estrogen receptor-positive breast carcinoma (MCF-7), squamous cell carcinoma of head and neck origin, gastric cancer and colon cancer, as well as human leukemia HL-60 cell in culture. Vang et al. reported RSV to be active in normalizing HL-60 cells in culture back into normal cells. QRC has antiproliferative activity against breast and stomach cancer primary cultures. Several studies report that Vitamin E reduces tumor growth and exerts an anti-cancer effect in both the initiation and promotion stages because of its antioxidant and immuno-enhancing actions. Vitamin E appears more effective in conjunction with other nutrients (such as selenium and Vitamin C), than by itself in the prevention of tumor growth.

[What alcoholic beverage to drink? More about alcohol](#)

Note: Anyone who suffers from platelet deficiency or blood-clotting difficulties should use such a program only under medical supervision, if at all. Similarly, anyone taking medical blood-thinning drugs (e.g. aspirin) should use the program only under medical supervision, if at all. By James South MA
<http://www.naturalelixir.com/wine.html>

Revatrol

<http://www.revatrol.com/page/rhp/revatrol/?x=gad0021&sid=1211403711.20200>

Resveratrol, a red wine polyphenol, attenuates ethanol-induced oxidative stress in rat liver

Abstract : The involvement of oxidative stress in the pathogenesis of alcoholic diseases in the liver has been repeatedly confirmed. Resveratrol, a natural phytoalexin present in grape skin and red wine possesses a variety of biological activities including antioxidant. This study was conducted to evaluate whether resveratrol has a preventive effect on the main indicators of hepatic oxidative status as an expression of the cellular damage caused by free radicals, and on antioxidant defense mechanism during chronic ethanol treatment. Wistar rats were treated daily with 35% ethanol solution (3 g/kg/day i.p.) during 6 weeks and fed basal diet or basal diet containing 5 g/kg resveratrol. Control rats were treated with i.p. saline and fed basal diet. Experimentally, chronic ethanol administration leads to hepatotoxicity as monitored by the increase in the level of hepatic marker enzymes and the appearance of fatty change, necrosis, fibrosis and inflammation in liver sections. Ethanol also enhanced the formation of MDA in the liver indicating an increase in lipid peroxidation, a major end-point of oxidative damage, and caused drastic alterations in antioxidant defence systems. Particularly the activities of hepatic superoxide dismutase (SOD), glutathione peroxidase (GPx) and catalase (CAT) were found reduced by ethanol treatment while glutathione reductase (GR) activity was unchanged. Dietary supplementation with resveratrol during ethanol treatment inhibited hepatic lipid peroxidation and ameliorated SOD, GPx and CAT activities in the liver. Conclusively, we can suggest that resveratrol could have a beneficial effect in inhibiting the oxidative damage induced by chronic ethanol administration, which was proved by the experiments that we conducted on rats.

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T99-4MK72KD-2&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=8de00ee854813e8d54cdc1c82a78e534

FOX NEWS: Study: Red Wine Extract Makes Fat Mice Healthy Again

Obese mice on a high-fat diet got the benefits of being thin – living healthier, longer lives – without the pain of dieting when they consumed huge doses of red wine extract, according to a landmark new study.
<http://www.foxnews.com/story/0,2933,226821,00.html>

Solgar Calcium Citrate with vitamin D

http://www.vitaminshoppe.com/store/en/browse/sku_detail.jsp?id=SL-1525&st=cs&source=FG&ci_src=14110944&ci_sku=SL-1525

UNIQUE VITAMIN E - Natural vs: Synthetic

<http://www.acgrace.com/>

**Products & PRICES List for Amos Miller's
Private Club Members Only**

100% GRASSFED and 100% ORGANIC.

RAW DAIRY

Fresh Milk ~ \$3.85/half gallon
Fresh Milk in GLASS bottle ~ \$6.50/half gallon
Butter, unsalted ~ \$11.50/lb, \$7/8oz
Butter, salted ~ \$12/lb, \$7.25/8oz
Butter, cultured ~ \$13.50/lb, \$7.75/8oz
Butter, cultured salted ~ \$14/lb, \$8/8oz
Buttermilk ~ \$1.50/quart
Buttermilk, cultured ~ \$2.50/quart
Cream, heavy ~ \$21.50/hf gal, \$12/qt, \$6.50/pt
Cream, light ~ \$19.50/half gal, \$11.50/qt, \$6/pt
Colostrum ~ \$8.50/quart or \$5/pint
Cottage cheese ~ \$4/lb or \$2.50/8oz
Cream cheese ~ \$8.50/lb or \$4.75/8oz
Crème fraiche ~ \$13/quart, \$7.50/pt
Eggnog ~ \$5.50/quart
Kefir ~ \$5.50/quart or \$3/pint
Kefir grains ~ \$3.50/tsp
Sour cream ~ \$13/qt, \$7.50/pt
Whey ~ \$2.75/half gallon, \$1.50/quart
Yogurt ~ \$5/quart, \$2.75/pint

RAW HARD CHEESES

(specify salted or unsalted)
Cheddar, Sharp Cheddar, Garlic Cheddar,
Swiss, Colby, Colby Dill, Farmers,
Monterey Jack, Pepper Jack, Herbal Jack ~
\$7 per pound, or \$6.50/lb for 5lb block
Old World Flavored Cheddar ~ \$13.75/lb

RAW GOAT MILK DAIRY

Milk ~ \$9/half gallon, \$5.50/qt

Milk in glass bottle ~ \$11/half gallon

Butter ~ \$8.50/4oz

Cream ~ \$24/pint

Cottage cheese ~ \$9/lb

Feta cheese ~ \$12.50/lb

Kefir ~ \$8.50/quart

Whey ~ \$5/quart

Yogurt ~ \$8.50/quart

Goat milk soap ~ \$3/bar

CHICKEN & TURKEY

Whole fryers ~ \$3.35/lb

Whole chicken for stock ~ \$2.50/lb

Chicken legs & thighs ~ \$4.50/lb

Chicken Wings \$4.25/lb

Chicken Breasts \$8.50/lb

Chicken Necks & Backs \$1.50/lb

Turkey ~ \$3.25/lb

Turkey Breasts - \$7.50/lb

Turkey Legs - \$6.25/lb

Ground Turkey - \$4.20/lb

Fertile eggs ~ \$5.00/dozen

Chicken organs ~ \$5.50/lb

Chicken broth ~ \$7.75/qt, \$4.25/pint

Chicken heads (for stock) ~ \$1.50/ea

Chicken feet (for stock) ~ \$1 per pair

GRASSFED BEEF

Ground beef ~ \$4.25/lb

Beef cubes ~ \$4.25/lb

Beef Ribs \$3.50/lb

Rib Eye \$14.50/lb

Sirloin steak ~ \$9.50/lb

New York strip steak ~ \$14.50/lb

T-bone steak ~ \$15.50/lb

Delmonico ~ \$9.00/lb

Brisket, avg wt 3lbs @ \$6.50/lb

Flank steak, avg wt 2lbs @ \$8.50/lb

Chuck roast, avg wt 3lbs @ \$4.75/lb

Eye round roast, avg wt 3-4lbs @ \$7.50/lb

Soup bones w/ meat + marrow ~ \$3.25/lb

Marrow bones w/out meat ~ \$1.75/lb

Regular bones ~ 75 cents/lb

Beef organs ~ \$6.00/lb

Beef broth ~ \$5.50/quart, \$3.00/pint

Tallow ~ \$4/quart, \$2.25/pint

Pet food ground beef + organs ~ \$4.25/lb

Ox tail, avg wt 1-3lbs @ \$4.00/lb

Ox tongue, avg wt 3-4lbs @ \$3.00/lb

GRASSFED PORK

Ground pork ~ \$3.75/lb

Pork chops ~ \$7.25/lb

Tenderloin ~ \$9.50/lb

Spare ribs ~ \$4.50/lb

Steak ~ \$5.50/lb

Roast, avg wt 2-4lbs @ \$4.75/lb

Ham hock ~ \$3.50/lb

Raw ham ~ \$4.00/lb

Cured and salted ham ~ \$5.50/lb

Cured ham steak, ¼ inch thick ~ \$5.00/lb

Sausage ~ \$5.00/lb

Scrapple ~ \$4.50/lb

Bacon (raw /unsalted) ~ \$8.50/lb

Country bacon (raw/unsalted) ~ \$6.50/lb

Bologna (pork/beef), no nitrates ~ \$5.50/lb

Lard ~ \$5.50/quart, \$3.25/pint

STAPLES & TREATS

Handcrafted mayo ~ \$4.50/pt *new and YUMMY!*

Homemade Ketchup ~ \$6.25/pt, \$3.75/8oz

Celtic sea salt ~ \$5.75/lb coarse, \$8.25/lb fine

Raw Honey ~ \$15.50/5lbs, \$5.75/17oz

Spelt bread ~ \$5.75/loaf

Sourdough rye bread ~ \$5.75/loaf

Sourdough wheat bread \$5.75/loaf

Cinnamon raisin bread ~ \$5.75/loaf

Ice cream ~ \$11.50/quart, \$6.50/pint (vanilla, chocolate, blueberry, cherry, strawberry)

Applesauce ~ \$5.00/pint

Apple butter ~ \$6.50/pint, \$3.50 half pint

Honey Mustard ~ \$4.00/pint

Best Salad Vinegar ~ \$3.00/pint

Kvass, sourdough fermented ~ \$5.50/2 liters

Kombucha tea ~ \$4.50/quart

Ginger Ale \$4.50/quart

Popcorn kernels ~ \$2.50/lb

Potato chips cooked in lard ~ \$7.50/2lb

Ghee ~ \$15.00 / .9lb jar

Fermented beets ~ \$6.50/quart, \$3.75/pint

CULTURED VEGGIES

Pickled beets ~ \$6.50/quart, \$3.75/pint

Beet kvass ~ \$7.50/quart

Fermented pickles ~ \$6.50/quart, \$3.75/pint

Fermented bread & butter pickles ~ \$7.50/qt

Garlic dill pickles ~ \$6.50/quart

Sauerkraut ~ \$7.50/quart

Kimchee ~ \$5.00/pint

NUTS

Crispy Walnuts \$7.00 per bag (approx 3/4 lb bags on all nuts)

Crispy Pecans \$7.50

Crispy Almonds \$6.00

Brazil Nuts - \$6.75

Trail Mix \$8.00

Crispy Seasoned Mix \$8.50

GREEN PASTURES BLUE ICE

Cod Liver Oil ~ \$14.95/8oz (orange, cinnamon, mint, plain)
Cod Liver Oil Capsules ~ \$18/50 caps
Butter Oil ~ \$52.00/8oz
Butter Oil Capsules ~ \$38/90 caps
Blue Ice Gold Therapeutics (plain or cinnamon) - \$28/120 dose
Blue Ice Gold Therapeutics Capsules ~ \$32/90 caps

Coconut Oil ~ \$28.50/half gal, \$15.90/qt
Coconut Butter ~ \$16.50/quart
Fermented Fish Oil (plain, cinnamon, or licorice) ~ 39.50/177 dose
Fermented Fish Oil Capsules ~ \$32/120 caps
Skate Liver Oil Capsules ~ \$28.90/90 caps

Telephone Air Tube Antiradiation
<http://www.emfnews.org/headset.html>

EMF SHIELDS
<http://www.lessemf.com/cellphon.html>

Inventors - US Patent 6631279 - Pneumatic cell phone speaker assembly

<http://www.patentstorm.us/patents/6631279/description.html>

Recently, a client told us about a very interesting and sometimes scary tool that you can use to detect the relative level of Radio Frequency (RF) exposure you and your family are receiving from cellular antenna and radio towers. He and his family used it to help them find a suitable property where they could feel comfortable living. The website is www.antennasearch.com. We are not completely sure about the accuracy of the information on the site. However, when we looked up places we were familiar with, we met with expected results.

Environmental Hazard Detection, Testing, Repair, Illness, Symptoms, & Prevention in Buildings - online research and "how to" articles
<http://www.inspect-ny.com/sickhouse/envIRON.htm>

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