

# 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](mailto: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. (If you are using a whole chicken, remove the neck and wings and cut them 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](http://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

**Vitamin D**

**Antioxidants**  
Acai Powdered Berry  
<http://www.powersupplements.com/acai/acai.html>

### **Acai story and Oprah**

[http://www.acai.vg/acai\\_review.html](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>

Attached is the MEAT/POULTRY product list.

I am placing an order.

Let me know if you want anything.

The X-FACTOR takes away stiffness

### **RAW UNPASTEURIZED DAIRY PRODUCTS**

[www.realmilk.com/](http://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](mailto: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](mailto:katywms@gmail.com) 387-9932

### **FOR WOMEN - PMS**

[http://www.westonaprice.org/women/natural\\_pms.html](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](mailto: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.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/ihIH/EMIHC277/333/7228/557502.html?d=dmTICNNNews>

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

# 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