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Mad Cow Disease Revisited

By Thomas Ogren

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The practice of feeding animals to non-carnivorous domestic animals is one that must be stopped now. It is entirely possible that the current news of mad cow disease is but the tip of the iceberg for future potential health problems.

When I used to milk cows I was encouraged by my vet to add "bone meal" to my feed as a way to increase protein levels in the dairy grain. Normally we would use extra soybean meal to jack the protein levels, but many farmers used bone meal. The bone meal consists of rendered bones and tissue from cattle. Essentially we were feeding cattle to cattle, a process that in retrospect seems 100% unnatural.

I have an MS degree in Agriculture and in one of my poultry classes in college we visited a huge egg ranch. The foreman there explained to us that if you examined the chicken manure you'd find that as much as 25% of the feed had gone through the chickens undigested and was still there in the manure. With this in mind they had started taking chicken manure, steaming it and then drying it, and were now mixing the chickens' own manure back into the chicken feed. By doing this they supposedly were saving some 20% on feed costs!

But then think of what this actually meant: they were feeding the hens their own manure. Also, in these highly confined cages hens would often die and the owners would just pull a dead hen from the cage and toss it into the manure under the cages. Thus, when they "re-processed" all that manure, there were plenty of chicken carcasses in it too. This would mean that they were now feeding chickens to chickens.

In mad cow disease we now know that prions are not killed by heat treatment. Feeding manure back to animals may make some sense from a purely monetary point of view, but from a larger, humanistic, holistic way of looking at things, it seems to be nothing but a recipe for disaster. It would seem that there needs to be more control exercised on what can be fed to not just cattle, but to all domestic farm animals. Our own health is at risk here, and in a sense of fair play, this practice seems to be more than a little insulting to the animals themselves.

Tom Ogren

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Thomas Ogren is the author of Allergy-Free Gardening, Ten Speed Press. Tom does consulting work on plants and allergies for the USDA, county asthma coalitions, and the Canadian and American Lung Associations. He has appeared on HGTV and The Discovery Channel. His book, Safe Sex in the Garden, was published in 2003. In 2004 Time Warner Books published his latest book: What the Experts May NOT Tell You About: Growing the Perfect Lawn. His website: www.allergyfree-gardening.com

Eating Low Carb? Be Informed About Mad Cow

By Kathryn Martyn, M.NLP

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Finding Mad Cow in Oregon puts a new wrinkle in the high protein diet, doesn't it? What's a person to do that wants to eat more meat, not less?

Are you Eating Less Meat Due to Mad Cow Disease?

Not the people I've spoken with. Most are saying, "Yipee, beef's on sale!" The food industry has done a great job of convincing us they are providing a safe food supply and we've been lulled into a false sense of security. Nothing could be further from the truth.

In July 1988, a ban was introduced in the UK which prohibited the use of the remains of sheep in cattle feed. BSE is thought to have spread to cattle from feed including meat and bone meal made from sheep suffering from a similar brain disease, called scrapie.

Ban Not Properly Enforced

Unfortunately the ban was not enforced properly for many years and remained a paper exercise (exactly as it has been in the US ever since).

Francis Anthony, a Herefordshire veterinary surgeon, and the British Veterinary Association's spokesman on BSE said, "If the ban had been enforced properly from the start, I have no hesitation in saying categorically that we should be seeing only a few cases today. But that contaminated feed was being given to

animals until at least 1995, and possibly a year later."

The false sense of security for us in the US came from it being widely reported that the practice had been banned. They failed to make it clear that this was a "voluntary ban." Even I falsely believed they had long ago ended this practice until the recent news reports that it is still being done. Despite there being a clear connection between feeding rendered animals to animals causing Mad Cow disease, the meat and dairy industry continues the practice to this day. Why? Corporate greed, plain and simple. It is a cheap source of "protein" and makes cows and other animals fatten faster. A fatter animal weighs more, and they are

sold by weight.

I have no doubt that people in the US aren't getting excited about the threat or beginning to avoid beef simply because no people have been reported with the disease. After all, this was a sick cow, not a human. Hence, people do not consider it a direct threat. Amazingly they don't consider those with CJD (Creutzfeldt–Jakob disease) a variant of Mad Cow as being related when clearly it is.

The Costs of Clean Meat Supply

The meat and dairy industry will now begin a campaign to make the higher cost of clean meat seem a ridiculous indulgence rather than a possibly life saving measure. It does cost more to have a clean food supply. I and my family are worth it, are you and yours?

For excellent reference materials read *Fast Food Nation* by Eric Schlosser, *The Crazy Makers* by Carol Simontacchi, and *Mad Cowboy: Plain Truth from the Cattle Rancher who Won't Eat Meat* by Howard F. Lyman. Be informed then make the choice for you and your family.

Food politics aside, I'm interested in my and my families health and well being, and I'm not interested in supporting an industry that doesn't care about the quality of their products or whether those products are potentially dangerous or even deadly.

What You Can Do to Avoid Dangerous Meat

Buy all your meat from the local butcher. He gets the animals

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from local farmers, and can tell you which Farms, if you ask.

Buy all your meat from local stores that certify it is grain fed.

Visit sites such as EatWild.com

Cut back on your consumption of all meat in general, substituting beans for instance for protein.

Eat a "special occasion" steak at the best restaurants such as

Ruth Chris' Steak House. Now that's a steak!

More Info on Mad Cow and it's Variant CJD

MadCow.org: Everything you ever wanted to know about Mad Cow.

Human BSE Foundation: An organization for those with CJD (the human variant of Mad Cow)

Mad Cow Facts

You don't have to be a fanatic, just be informed and then make

the best choices you can for yourself and your family.

Kathryn Martyn, Master NLP Practitioner, author of the free e-book: *Changing Beliefs, Your First Step to Permanent WeightLoss*, and owner of <http://www.OneMoreBite-Weightloss.com> Get The Daily Bites: Inspirational Mini Lessons Using EFT and NLP for Ending the Struggle with Weight Loss. <http://www.onemorebite-weightloss.com/getnews.html>



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