

# Going Natural, Organic, and Free-Range: *Why You Should, and How*

Let me begin by telling you that I don't believe in vegetarianism. Instead, I believe that human beings should eat the way we have been constructed to eat.

Human beings are not carnivores. Carnivores — creatures whose diets consist exclusively of meat — typically stalk their pray, catch it by sinking claws or teeth into its flesh, bite its neck or some other part to inflict one or more fatal wounds, and then enjoy the taste of uncooked flesh and warm blood. While human beings are hunters and therefore predators by nature, we do not conduct our hunting in the manner of the true carnivore.

Human beings also are not herbivores. Herbivores — creatures whose diets consist exclusively of plant life, berries, and grains — have no pointed teeth and tend to be remarkably docile. Human beings, on the other hand, do have pointed teeth, require other nutrition besides that provided by plants, berries, and grains, and are not known to possess a generally docile nature.

What human beings are, is omnivores, or eaters of everything edible. This means that we have been built, and the natural resources have been provided

to us, to be simultaneously carnivorous and herbivorous. Our natural diet is supposed to be 75% alkaline (vegetables, fruit, grains, and nuts), and 25% acid (coming from that which walks, flies, or swims).

As a professional nutritionist, I can tell you that the human body needs the amino acids that come only from the protein found in meats, poultry, fish, soy, and whey. It's just not possible to make a complete protein by combining rice and beans. For this reason, I simply cannot recommend a completely vegan (vegetarian) diet.

However, what I can recommend is that you consume only organically grown fruits, vegetables, and grains, and that when your appetite demands poultry or meat, you consume only free-range poultry and beef.

Here's why.

## **The World's Population of Farm Cattle Is Killing Us**

Approximately 1.28 billion cattle populate the Earth at any time, their numbers sustained unnaturally to satisfy the excessive human demand for their meat. The combined weight of these animals exceeds that of the entire human population, and the fact that there are so many of them has made them one of the primary causes of the destruction of our environment.

These 1.28 billion cattle are responsible for 12% of the toxic methane gas emissions into the atmosphere. This is dangerous because one molecule of methane traps 25 times more solar heat than one molecule of carbon dioxide, contributing to the trend toward global warming.

What's more, keeping this population of cattle alive (if you can call it that) is robbing us of our natural resources and, ironically, of our ability to feed the hungry among us. An average of 2,500 gallons of water are required to produce a single pound of meat. In contrast, it takes only 25 gallons of water to produce a pound of grain.

In America, beef cattle return to us only one pound of meat for every 16 pounds of grain and soybean they are fed. And all around the world, forests are being cut down at an alarming rate specifically to make room for cattle and meat production when, if we were to shift from our meat centered diets, an estimated 200 million acres could be returned to our forests.

## **The Way We Grow and Kill Our Meat Is Shameful**

While the Animal Welfare Act governs the humane treatment of animals, there are no laws against cruelty to animals raised for food in the United States. Hence, unfathomable atrocities are committed against animals that are raised for food in this country.

Male cattle in the beef industry are routinely castrated to make them more docile and to promote a fatter and more profitable animal. This castration is accomplished either radically all at once, or over longer periods of time with a special ring that causes the testicles to eventually fall off. Cattle castration is rarely if ever accompanied by anesthetics because anesthetics cut into profits.

According to John Robbins, author of the book, *Diet for a New America*, a dairy cow 'living' in today's modern milk factory, "is bred, fed, medicated, inseminated, and manipulated for a single purpose, to maximize milk production at a minimum cost." She lives with an unnaturally swelled and sensitive udder, is kept inside a stall her entire life, is milked up to three times a day, and is constantly impregnated with her young taken away at birth. 'Contented' is the characteristic most often attributed to the cow, but cows in factories are routinely fed tranquilizers to calm their frazzled nerves.

The male calf born to a dairy cow is taken immediately at birth to a veal factory and locked by his head in a small, narrow stall that prevents him from turning around or moving for his entire life. He is fed a special iron free, roughage free diet, and is injected with antibiotics and hormones to keep him alive and to make him grow. He is kept in total darkness except for feeding time, and must stand throughout his life in his own excrement. From this deficient diet and lack of exercise results a full grown animal with milky white and tender flesh.

To produce foie gras, a duck or goose is force-fed huge quantities of grain through a feeding tube three times a day. This painful process continues for 28 days before slaughter, and causes the bird's stomach to burst. Livers, diseased and swelled by this process to several times their normal size, are considered a delicacy, and about 8,000 tons are produced this way annually throughout the world.

You don't have to be a scientist to recognize that the meat of animals raised under such conditions cannot possibly be healthful to ingest.

## **The Farm and Factory Animal Products We Produce Are Disgustingly Toxic**

Whereas in the past, animal health was encouraged through exercise, sunlight, and freedom to move, peck, or root in the soil, — the way it is still done in free-range farming — today most animals bred for slaughter are packed indoors and kept barely alive with the use of drugs and vitamin injections. There are currently between 20,000 and 30,000 different animal drugs in use, but only as few as 10% of them have been approved by the Food and Drug Administration. In total, an estimated 15 million pounds of antibiotics are used in animal production every year, with sales of animal drugs totaling more than \$2.5 billion annually.

Factory cows are fed dangerous levels of hormones to encourage production of as much as three times

as much milk as was produced by pasture cows of the past, and chicken feed is routinely laced with hormones and antibiotics, creating market weight poultry twice as fast as they were produced a half-century ago.

Curiously, the United States is the only completely industrialized country that still allows the implantation of hormones into beef cattle. Because of this, European countries have banned nearly all imports of American beef, and it can be no surprise that the National Cancer Institute has found that women who eat meat on a daily basis are almost four times more likely to get breast cancer than those who eat less meat. In a startlingly blatant display of hypocrisy, the milk from a nursing woman who eats a diet rich in animal flesh is so high in toxic substances that, were it to be sold across state lines, it would be subject to confiscation and destruction by — of all things — the Food and Drug Administration.

The battle against bacteria in the factory farm shed is a constant concern, so misting the animals with insecticides has become routine. In chicken houses, for example, the birds are fed chemicals that control flies and which remain active in their droppings to kill the flies' larva. And because chicken feathers, guts, and waste water, which normally need to be discarded during processing, are routinely recycled back into the layer and broiler houses they feed, industry experts believe that this forced cannibalism, along with unclean slaughtering and processing techniques, is leading to a rampant salmonella epidemic in poultry plants. The United

States government now recommends food irradiation to ‘sanitize’ contaminated birds.

Yet, despite this questionable ‘effort’ to control bacteria, the United States Department of Agriculture does not require meat packers to detect the presence of the highly dangerous salmonella virus. In fact, there is not a single plant in this country that inspects for salmonella. So it is not surprising that when the television magazine show, **60 Minutes**, did a survey, half of the chickens randomly purchased at a supermarket were contaminated with salmonellosis.

Although organic farming and natural insect control really do work, American agribusiness on the whole continues to use chemical pesticides that may take hundreds of years to decompose. At last count, more than 2.2 million tons of DDT alone have been used worldwide.

But even though nearly all of toxic chemical residues in the American diet can be traced to animal sources, toxic chemical management today amounts to nothing more than self-regulation by the chemical companies. The Environmental Defense Fund estimates that, on the average, each American has 1.5 grams of the highly toxic pesticide DDT in his or her body.

Drug addicted animals in our factory sheds are supposed to have their drug intakes stopped at a certain point prior to slaughter. But withdrawal schedules are rarely followed or enforced, and troughs of old, drug laden feed may not be cleaned away when withdrawal should begin.

Since these animals are routinely fed animal waste and the flesh of other dead animals, the drugs and pesticides residues are recycled over and over again.

Pesticide ridden fruits, vegetables, and grains are up to 70% less nutritious than organically grown grains and vegetables. Store bought non organic fruits and vegetables that taste bitter or not sweet are likely to be so laden with pesticides that they couldn't possibly retain their natural food value or flavor.

Knowing all this, why would anyone even consider consuming meats, poultry, fruits, vegetables, and grains that are produced in this way?

## **The Natural, Free-Range, and Organic Alternative**

I am not an extremist, but I do put a lot of stock in the truth and in common sense.

The truth is, the animal and plant foods that are grown for mass consumption in America through the use of chemicals, pesticides, and hormones are themselves unhealthy and are unhealthful to eat.

On the other hand, common sense tells me that animals and plants that are grown for human consumption under conditions that most closely resemble the way they grow in Nature have to be at least better for me, if not actually healthful. In fact, animals that are bred for slaughter in a free-range environment, and fruits, vegetables, and grains that

are grown using organic means, are indeed themselves healthier and more healthful to eat.

Now, I understand that typical store bought meats and other farm produce are more convenient and less expensive than free-range and organically grown products. I also understand how hard it is to change lifelong eating habits. After all, I did it myself, so I know how challenging it is.

But if you will take just the first step toward feeding yourself and your family the kinds of foods that will promote instead of destroy good health, you will enjoy immediate and measurable benefits that will literally last your lifetime.

## **Ellen's Guide to Creating A Natural Foods Kitchen**

Here is a chart that will help you start to convert your kitchen to a natural foods kitchen. For more help and information about healthful natural foods, their preparation, and consumption, consult with the owner of your local health foods store. S/he will be happy to put you on a path of healthful and delicious eating.

**Standard Kitchen****Natural Kitchen**

White flour for baking

Soy, millet, rye, corn,  
rice

White bread

Wheat free and whole  
grain breads

White rice

Brown rice, millet,  
quinoa

White pasta

Millet, quinoa, and rice  
pasta

Sugar coated cereals

Granola (with or  
without honey), whole  
grain oatmeal,  
unsweetened familia

Processed shortening

Olive oil

Factory eggs

Fertile, organic eggs

Milk and dairy products

Soy, rice, and almond  
milk and cheeses

Processed cheese

Soy cheese

Yogurt with sugar

Dairy free yogurt

Ice cream, frozen yogurt

Sweet Nothings, Rice  
Dream

Coffee/Black tea

Organic decaf, Cafix,  
Tecchino, herbal teas

**Standard Kitchen****Natural Kitchen**

Soda and fruit drinks

Natural sodas and fruit  
seltzers

Canned fruits packed in  
syrup

Fresh organic fruits

Dried fruits with  
sulphur

Sundried fruits without  
sulphur

Canned vegetables with  
salt

Fresh or frozen organic  
vegetables

Gelatin and pudding  
desserts

Agar agar, silken tofu

Standard commercial  
meat and poultry

Organic free-range meat  
and poultry

High fat meats

Tempeh, TVP, tofu, soy

**PLEASE NOTE:** The information in this book has not been evaluated by the Food and Drug Administration, and is not intended to diagnose, treat, cure, or prevent any disease. Much of the information in this book is based on the research and professional and personal experiences of the author. If the reader has any questions concerning the material contained in this book, the author strongly suggests seeking the advice of a physician or health care practitioner. The advice of a physician or health care practitioner, along with proper medical screening, should precede the start of any new diet, supplement, or treatment program. Some of the suggestions made in this book may have different effects on different people. The author is not liable for any adverse effects or consequences that may result from the use or misuse of any information or suggestion made in this book. The author believes that the information contained in this book can be helpful to the general public.

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