

FREEDOM'S *Phoenix*



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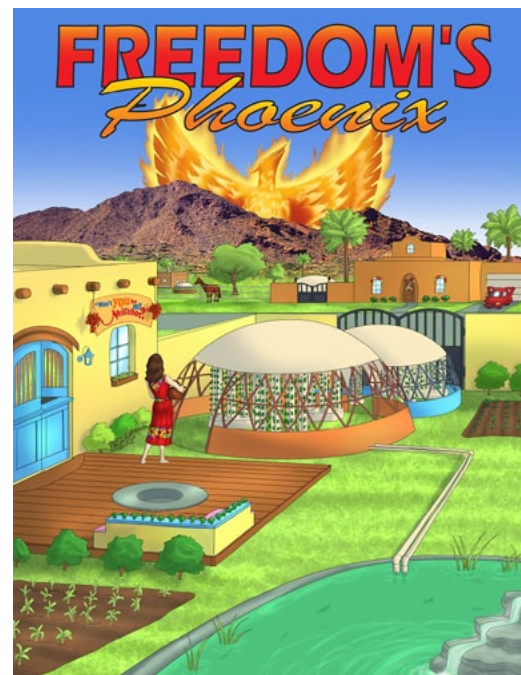
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Freedom'sPhoenix Digital Magazine viewing tips

By Nick Barnett

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The Freedom's Phoenix digital magazine has been optimized and tested for use on the iPad with the "GoodReader" application. Since Apple's products do not have native support for interactive publications, you have to purchase the application from the iTunes digital download store. You can either follow [this link](#) to be taken to the application purchase page or use your iPad's AppStore and search for "GoodReader."



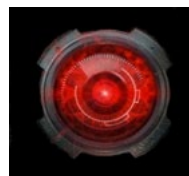
Once GoodReader is installed, you can optimize your digital magazine experience by changing a few default options in the application. Launch GoodReader and click the settings icon (it looks like a little gear in the bottom left of the screen). In the "General Settings" tab, it is recommended that you set the "Asks for link action" option to OFF. In the "PDF files" tab, you should ensure that "Horizontal swipe" is set to ON, and "Fit page to width (portrait)" is set to ON.

Once you have made the above changes, you will be able to swipe left and right to "flip" through the digital pages and the pages should appear as intended, just like a real paper magazine, but with modern paperless interactivity.

To obtain the Freedom's Phoenix digital magazine, launch GoodReader and click "Browse the Web." To get to this option, you may need to expand the "Web Downloads" sub-window found on the right hand column of the application. When you click "Browse the web" you will be presented with GoodReader's internal web browser, just type in www.freedomsphoenix.com in the address bar and hit "Go" on your iPad on-screen keyboard.



Once Freedom's Phoenix has loaded, click on "Magazine / Radio / TV" in the website's navigation bar, then choose the option for "Online Magazine List." You may be prompted to enter your Freedom's Phoenix username and password at this point. Choose the digital magazine you wish to download and you will be taken to a page with a link that says "Download Magazine File." Once you click this, GoodReader will begin downloading the file. Once the file has finished downloading, you will be able to access it from the "Recent Downloads" menu in the "My Documents" screen of GoodReader.



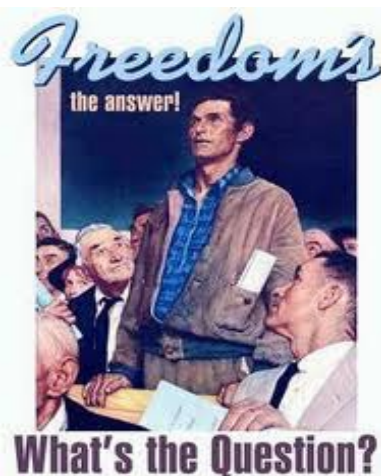
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Publisher's Backpage (Front Page for This Edition) “Won’t You Be Our Neighbor?”

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HELLO Sunburst Farms residents and homeowners.

My name is Ernest Hancock and my wife, Donna, and I have been your neighbors for over 2 years and we would very much like to introduce ourselves. Our desire to experience Sunburst Farms prompted our searching for an opportunity on a regular basis for over 20 years. Circumstances aligned, and we have greatly enjoyed the lifestyle of Sunburst Farms and hope to purchase a home here if conditions support that decision.

We haven’t made an open effort to meet our neighbors, but we have enjoyed every encounter (goats in the street, dogs in the yard, grandkids for a walk). We live at 4886 W Port Au Prince in a home that we rent from owners that have been a part of this community for decades, and this article is the beginning of an effort to introduce ourselves and offer what we have to add to the community and how we plan to highlight life here in Sunburst Farms with others.

I have been a resident of Phoenix since 1972 when my family moved to Phoenix from Central Florida. My mother’s parents moved to Mesa from Iowa in the mid 50’s, so I have family roots in the Valley of the Sun that extend back to before my birth in 1961. My two sisters and I graduated from Moon Valley High School (a nearby rival of your local Greenway High School) so via sports, work and mutual friends, my sisters and I knew proud residents of Sunburst Farms.

Irrigated acres with very large mature trees, horses, goats, cows, sheep, chickens, peacocks, gardens with a rural lifestyle in an urban desert community is certain to stick in the mind of a young man that understands the value of such things.

Our Family is likely a lot like yours.

Donna is from State College, Pennsylvania (she attended Penn State and Beaver Stadium was almost her back yard) and that’s where we met in the early 80’s while I was traveling for business. We would marry a couple of years later and start our family here in Phoenix, Arizona. We immediately had 2 girls and 2 boys and started our first business together.

In 1998, we opened a family pizza restaurant where we worked together as a family for over 5 years while our four children attended Phoenix Christian Jr./Sr. High School from 7th – 12th grade. Our children now range from 23-27 years of age and have left home, but all reside within 10 miles and visit often with our 4 grandchildren (3 girls/1 boy). We have a Son-in-Law and a Daughter-in-Law that are fully part of our family and are great parents.

Our friends and family love to visit ‘The Farm’ and the experience for our grandchildren (9 months – 3.5 years) is certain to be life forming.

Our Gatherings are fun and relaxed, and we hope to include our neighbors.

Donna and I are very active in many ways and have many friends. But our activities and interests up to now may not have been the most conducive to getting to know our Sunburst Farm

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neighbors... but we are working very hard to change that, and that is why I am communicating with you now.

What has taken up most of our time for the past 25 years may be of interest to some.

From a radio studio in our home, I broadcast nationwide 3 hours each morning from 9am-Noon EST (6am-9am Arizona Time). We also publish a news website and a digital magazine. Since selling our family restaurant in 2003, I have been a radio talk show host here in the Valley of the Sun on several stations and moved permanently to syndication and Internet radio 4 years ago.

My journalism years came as a direct result of my advocacy for a voluntary society (libertarianism) for over 20 years. It is this path that has brought us to Sunburst Farms seeking a lifestyle that allows us to be an inspiration to our family, friends and supporters while learning important new skills we think of great value. It is this effort that we wish to share the details of so that you know how important it is to us that you are offered an opportunity to share your experience and knowledge with our readers and listeners.

So you understand the scope of our efforts, I'll share some details about what we do. www.FreedomsPhoenix.com is the main hub of our activities and advocacy, but it is the radio show www.DeclareYourIndependencewithErnestHancock.com (Main Page link: <http://www.freedoms-phoenix.com/Program-Page.htm?No=0001>) that would provide the clearest understanding of what our family does and why, while I interview newsmakers and interesting & informed people from around the world.

For the last 3+ years, Donna and I have been advocating for a more self-sustainable life-style for many reasons and Sunburst Farms provides a unique opportunity to be an excellent example to others that we hope to encourage. And by driving through Sunburst Farms, it is very

clear that we are not alone and we hope to network with others that wish to add their knowledge and experience to our publications, and to invite you to visit and share the new knowledge that we are accumulating.

We want to invite you all to a weekend event that we plan to have in late October where we will share our harvests with family, friends and neighbors as well as encourage you to participate in the sharing of what you have to offer.

In addition to the gardening, chickens, and goats that we have already learned a great deal about, we are in the process of creating an [Aquaponics](http://en.wikipedia.org/wiki/Aquaponics) (<http://en.wikipedia.org/wiki/Aquaponics>) system that uses the water from a Tilapia fish pond to feed plants in a soilless environment. This experiment follows the efforts of others that have already proven the technique, but we hope to track the amount of food that can be produced in a small area with the least amount of effort.

During our first summer here in Sunburst Farms we planted a large garden that over produced for our needs, and this prompted our learning canning and preservation for long term food storage. We are hopeful that Aquaponics will provide a continuous supply of fresh food in the form of various vegetables and fish in a sustainable food loop that uses little energy or outside resources. We have been covering the development of this farming technique and hope to prove its viability for families as an alternative to over reliance on industrial food sources.

One main motivation for our effort is that the economics of a young family is such that a stay-at-home parent can care for the children and provide enough healthy food to justify the elimination of a second income. The cost of day care, taxes, groceries, transportation, health concerns etc. have risen to the point that our married children or their spouse are encouraged to stay at home with our grandchildren. It is our hope to

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encourage that arrangement, and to demonstrate the benefits of growing up with fresh and healthily grown foods. We are certain that our grandchildren will benefit from the first-hand knowledge of where food really comes from and how to provide for themselves.

We also wish to be an inspiration to others.

Being a 'good neighbor' may be defined differently by others, so I'll share my definition and do my best to abide by it. First, you'll learn that I advocate for everyone to be left alone to pursue their own happiness. How you do so is of no concern to me so long as it does not directly interfere with my pursuit of happiness. And at any point where we might disagree, I'm hoping that we can negotiate an agreeable resolution. After two years there have been no problems.

Donna and I live a very modest and open life and every aspect of our time here has been documented daily, and Sunburst Farms has been positively portrayed the entire time... but who has been paying attention?

"Generation Next" has been our focus. Donna and I have always looked 20+ years into the future. Advocating for a free and prosperous society for our children and grandchildren over the long term has spared us the anxiety of worrying about the daily encroachments on our lives by a plethora of public and private institutions.

Since we seek a cultural shift via rediscovered self-determination and self-reliance, we are not subject to shifts in political winds... buuuut that doesn't mean that we don't make use of electoral politics in our efforts to educate.

Many of you may recognize our efforts or even our names, but likely the most notable would be the Ron Paul r3VOLution that started here in Arizona. The LOV3olution logo was created by us during the 2006 election cycle here in Arizona, and would be used a year later by us and our friends to endorse the libertarian philosophy

advocated by Dr. Paul. For a fuller understanding of what was really going on and why, you can view the documentary:

["For Liberty: How the Ron Paul Revolution Watered the Withered Tree of Liberty"](#)

Movie Trailer - http://www.imdb.com/video/withoutabox/vi2108753177/?ref=tt_ov_vi

Full Feature Online - <http://12160.info/video/for-liberty-a-ron-paul>.

I share this information with you so that you understand that our audience includes many young people of peace that understand, in greater detail than most, how important it is to be able to provide for their own sustenance. The 2008 and 2012 presidential election cycles were very informative to 'Generation Next' and they are now faced with enormous private and government obligated debts that, in the opinion of many, are incapable of being paid off. Our goal is to encourage peaceful solutions. The above documentary is very informative and I encourage you to watch it before making any uninformed conclusions.

This Freedom's Phoenix Digital Magazine is the 25th edition produced by us and we have covered many subjects. Each edition focused primarily on a single theme that is depicted by the cover art for each edition (just as this edition's cover depicts our efforts here at 'the farm'). By scanning the editions and the article headlines of past editions, you may find many subjects that are of great interest to you and written by many well known and some not as well known individuals that will provide you with information that you will find very valuable. [FreedomsPhoenixEzine - www.FreedomsPhoenixEzine.com](http://www.FreedomsPhoenixEzine.com) (access to the online e-Zine articles or to download the files for your digital devices is available by subscription only, but if you send

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me your email and your address here in Sunburst Farms, I'll create a free account for you to access this valuable information Publisher@FreedomsPhoenix.com)

While our main website and the [Free Email Dispatch](http://www.FreedomsPhoenix.com) from www.FreedomsPhoenix.com provides a platform for many news items and perspectives, our e-Zine is far more representative of our philosophy and advocacies. The philosophy of Donna and I personally are best represented by the words from our mouths on the radio show (Donna primarily produces the show and is the Editor-in-Chief of the e-Zine). These platforms for sharing information and perspectives is a powerful tool that is fully available to everyone ([Tutorial - http://www.freedomsphoenix.com/Article/091967-2011-06-17-freedoms-phoenix-tutorial-lots-of-new-subscribers-heres-your-answers.htm](http://www.freedomsphoenix.com/Article/091967-2011-06-17-freedoms-phoenix-tutorial-lots-of-new-subscribers-heres-your-answers.htm)) and you are welcome to make use of it.

We invite you to fully participate as our new friends and neighbors.

I understand how this might be a lot to digest, but it is important that we introduce ourselves fully to you as inspiration for our readers and supporters to do the same where they live. Donna and I have been tireless advocates for a voluntary society since the birth of our 4th child in 1989 (I was motivated to seek answers about how my father's manufacturing business and my service business was being socially and economically engineered by government agencies).

Our family closely identifies with the young individuals and families that have discovered liberty and are rapidly educating themselves on the Internet. Inaccurate information and faulty logic is extensively peer reviewed and debated and a great consensus is forming in the minds of enough individuals that we have a real chance of being able to identify the source of many of our problems.

"There are those that just wish to be left alone... and there are those that just won't leave them alone... which one are you?"

I hope that you are comforted by our consistent decisions, spanning decades, to promote LOVE and voluntary persuasion, as opposed to fear, violence and coercion in our efforts to transition into a much better future for our children and grandchildren.

Donna and I live a very modest life and direct a great deal of our limited resources towards what we believe to be a very bright future. We know that 'in the end, freedom always wins... it just gets really messy first' and we are working very hard to eliminate the fear that surrounds us by offering solutions to immediate problems, and surrounding ourselves with confident and productive individuals that wish to inspire and/or be inspired. I hope we can get to know each other and become friends and good neighbors.



Here is a link to the '[Aquadome](#)' article

Stage 1: Select Site; Place Dome:



Peace.

Your Neighbors,
Ernest & Donna Hancock
ernesthancock@cox.net
donnahancock@cox.net

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The Food Freedom Revolution - Grow Your Own Freedom

The Trial of a Local Wisconsin Family Farmer, Vernon Hershberger

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WISCONSIN: DATCP Raids Her- shberger Farm

The morning of June 2, 2010 started out like most other busy days on the farm of Vernon & Erma Hershberger and their family of eight boys and one girl, rang-

ing in age from 18 down to 2 years. Shortly before 10:00 a.m., Vernon went to pick up some equipment from a neighboring farm. Immediately after he left, Cathleen Anderson, Regulatory Specialist from the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) along with Sauk County Health Department Sanitarians, Nick Oasen and Mitch Lohr, arrived and entered the farm store building, paying no heed to "Private Property" signs posted on the building. Erma immediately called Vernon on his cell phone; and she asked the officials to wait for him outside the building, which they did, stepping out into the parking lot.

Vernon refused consent even after they threatened to get a warrant, explaining to the officials that they had no jurisdiction to inspect his farm because he had not applied for a license and he was not selling to the public but merely distri-buting products to members of his private buying club.

Upon arriving at the scene, Vernon was asked by Anderson for his consent to let them do an inspection of his private facility. Vernon refused consent even after they threatened to get a warrant, explaining to the officials that they had no jurisdiction to inspect his farm because he had

not applied for a license and he was not selling to the public but merely distributing products to members of his private buying club.

At 11:45a.m. Jacqueline Owens, Field Service Director from DATCP, showed up with a warrant along with four or five deputies from the local Sherriff's Department. Anderson handed Vernon the warrant; Vernon requested a few minutes to look it over which they granted, but when he asked them to wait until he had called his attorney they refused saying that the warrant was valid and they would wait no longer. They then entered the farm store building.

They began the inspection in the storage freezers in what is call the "processing room" and took inventory of all the items that were in the freezers, also making notes about labels and temperatures. They did a total inspection of the building including the restroom facilities, the lighting, and anything else that they would typically inspect in a licensed facility. After they were done in the processing room they went into the grocery storage room and then into the culturing room, taking a basic inventory of every-



The Hershberger Farm - 'Grazin' Acres'

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thing that was on the shelves. They then moved on into the walk-in cooler.

In the cooler, they wrote down every individual item name and lot number and any other information that they could find. Next, they went into the store area where there were two chest freezers, a three-glass-door display freezer and approximately twenty feet of shelving. After they had gone through the whole store, Oasen commented on the cleanliness of the building and processing equipment along with the overall appearance of the facility.

Vernon said he was shocked! He had dealt with 'cease and desist' letters and even went through a long, drawn out lawsuit but nothing quite like this.

Anderson and Owens took a total of twelve samples of various products; Vernon took a similar sample of each item. When the sampling was done, Owens said, "Now comes the hard part." Owens went on to advise

Vernon that they were going to tape shut all the chest freezers and put tags on the doors of the other coolers and freezers and that he would not be allowed to take anything off the shelves without written approval from DATCP. She told him the tags would be good for 14 days; if things were not worked out between DATCP and the farm, the agency could extend them for another 14 days. She ended saying that they would leave him some food for his family to eat but that everything else must stay intact on the shelves as it was then.

Vernon said he was shocked! He had dealt with 'cease and desist' letters and even went through a long, drawn out lawsuit but nothing quite like this. His head was going in circles: How to

make the mortgage payments? Would the inventory be left on the shelves to rot?

As all these things were going around in my head, I thought to myself: As we head into the future we do not know what it holds but we know Who holds it and that's what counts.

Just as if all that wasn't enough, after the officials were done with the taping and sealing they headed for the milkhouse. After taking samples, they gave Vernon a paper demanding that the milk in the bulk tank must be disposed of by dumping it out onto the fields. In order to make sure that the milk could not even be used by Vernon's family, they opened the lid and dumped in a large glop of blue dye. By the time the officials left it was 5:00 p.m.



After the day's chores were done, Vernon said, "I sat down and went into our business email and **WOW!! Fifty new messages--how's that for some support?**" He then called the Farm-to-Consumer Legal De-

fense Fund to ask a few questions. He also talked with David Gumpert and then Ted Beals on some sample testing issues. After looking over the emails, he tried to get some sleep; it was close to 11:00 p.m.

In Vernon's words:

Coming from an Amish background, we had been taught the biblical principles of non-resistance and loving and praying for our enemies and those who persecute us. I slept only a few hours and meditated a long time, seeking the Lord and His will in these troubling circumstances. What would Jesus do? Bible passages like: "Blessed are you, when men shall revile you and persecute you, and say all manner of evil against

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you falsely for my sake". (Matt. 5:11) "But I say unto you, 'Love your enemies, Bless them that curse you, do good to them which hate you, pray for them which despitefully use you, and persecute you'." (Matt. 5:44) Also Psalms 37 has promises that we can claim for our own if we trust in him.

There is another phrase that is very powerful that I strongly believe in: There's no greater love that a man can have than to lay down his life for his friend. If we become so passionate about something that we are willing to lay down our lives for it, there is a power that kicks in, which is beyond measure. As all these things were going around in my head, I thought to myself: As we head into the future we do not know what it holds but we know Who holds it and that's what counts.

Update

On June 8, Owens and Anderson returned to the farm without a warrant, attempting to conduct another inspection. Vernon refused the request for inspection and the officials left his premises. Before they left, they served Vernon a 'Summary Special Order' which would subject him to fines of up to \$5,000 per violation if he is not in compliance with Wisconsin food and dairy law.

The County DA should not be spending taxpayer money, pursuing cases like this in which there is no victim or injury. There has been no complaint filed by anyone against the Hershbergers. The only injury in a case like this occurs when the farmer or food distributor is prosecuted and consumers who were obtaining foods they deem best for their health and the health of their families have now lost their source of those foods. The right of consumers to obtain the foods of their choice from the source of their choice is a political issue; cases like this in which there has been no injury do not belong in the courts. The County DA should exercise her discretion not to take on these cases. With the tough economic times and all the cutbacks in government

spending, the County DA should not be using its remaining enforcement dollars pursuing victimless crimes. Let the County DA know how food direct from farms has benefitted your health and the health of your family. DATCP does not respect freedom of food choice nor the right to be left alone. The agency's enforcement actions do not protect the public health; they only deny individuals the right to obtain the foods they believe best for their health and the health of their families.

Three Easy Ways to Donate to the Vernon Hershberger Legal Defense:

ONLINE: Start the [online donation](#) - **MEMBERS:** Please [login](#) first to donate (this will consolidate all your transactions in one record) (We accept Visa, Mastercard, Discover and American Express)

MAIL OR FAX: Download the [Donation Form](#) to send by mail or fax to:

Farm-to-Consumer Legal Defense Fund
 8116 Arlington Blvd., #263
 Falls Church, VA 22042
 (703) 208-3278 (FAX)

PHONE: Call us to donate at (703) 208-3276 (Monday – Friday, 10 a.m. – 6 p.m. Eastern)

The Farm-to-Consumer Legal Defense Fund is a 501 (c)(4) non-profit organization. Donations to the Fund are not tax-deductible.

If you prefer to give a tax deductible donation, use this special link to the [Farm-to-Consumer Foundation's Public Interest Litigation Fund](#).



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[Click here](#) for the Public Documents Regarding the Trial of Vernon Hershberger

The Trial of Vernon Hershberger was scheduled for May 20th, 2013 thru May 24th, 2013 Baraboo, Wisconsin

Here is the outcome of the trial:

- *The Verdicts are in as of 1 am Saturday May 25, 2013*
- *Count 1 Not Guilty of operating a retail store*
- *Count 2 Not Guilty of operating a dairy plant*
- *Count 3 Not Guilty of not having a valid milk producer license*
- *Count 4 Guilty of holding order violation*

The sentencing hearing for count 4 and the DOJ's motion to revoke bond has been scheduled for June 13th, 2013 @ 1:00 pm at the Sauk County Courthouse in Baraboo, Wisconsin

For Information on the ongoing shenanigans by the 'authorities' on the Hershberger's, click on the links below:

[Fire Takes Part of the Hershberger Farm on April 13th, 2013](#)

To Donate, [Click Here](#)

[06/01/2013 - Wisconsin DOJ Requests Jail Time for Vernon Hershberger](#)


[06/02/2013 - Bid to revoke bail of farmer in raw milk case called 'vindictive'](#)

[06/05/2013 - Raw milk farmer's bail revocation hearing rendered meaningless by judge](#)

Do you feel and think that governments has the right to deprive us of our God-given and Constitutional right to grow, have and eat healthy food? Do you agree that they can force you and me to eat toxically-produced food that will possibly, eventually collect in our bodies and cause disease in most of us? We at Right To Choose Healthy Food work hard to preserve our God-given rights to healthy food. We do what we can to stop government actors including politicians and judges in the pockets of big agriculture and the processed-food industries from eliminating family farmers. The Vernon Hershberger family is one. Wisconsin State government charged him with producing and selling milk without license and permits. However, only owners of the farm consume the food produced for them by the Hershberger family. The food is stringently and safely produced in regards to the owners' specifications. There is no food distributed to the public! The foods the farm produced have never harmed anyone and there is no scientific evidence that proves it could harm anyone. The families who own the Hershberger family farm are independent, caring for themselves. They have harmed no one, there are no victims, no crime. They act to protect themselves because governments are not protecting the food supply. Many of the farm-owners became farm-owners because processed industrial foods made them or their children very ill. Now that they have delicious health-promoting raw milk and other healthy-grown foods, they are no longer ill.

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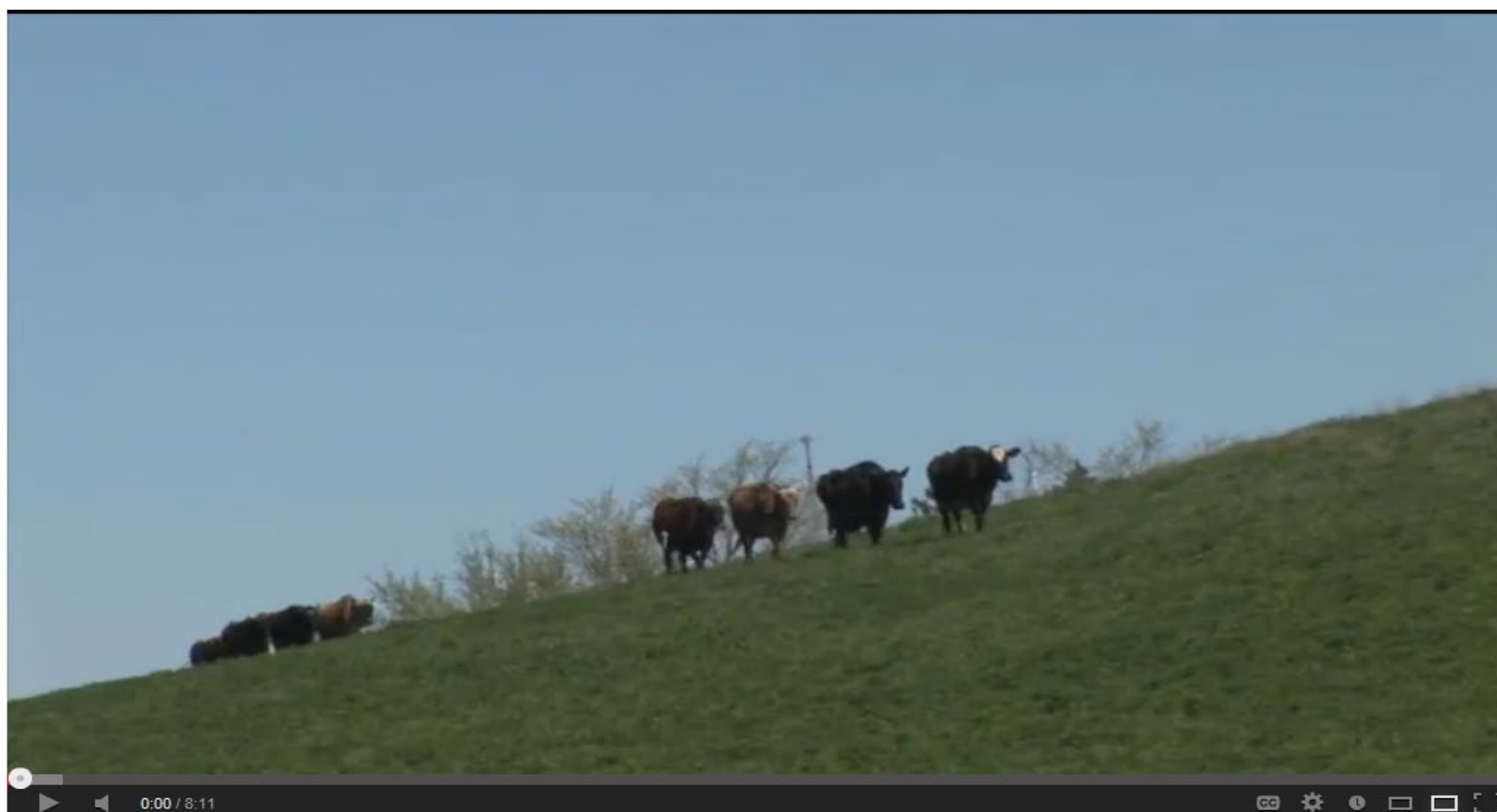
There is no better science than that evidence. Please join the members of Right To Choose Healthy Food in standing up for the cause of, our God-given and Constitutional rights to grow, have and eat healthy foods with our informed and intelligent choices. Support the Hershbergers, you and your family's rights to healthy food by coming to the trial at Baraboo Courthouse, Sauk County, Wisconsin the week of May 20th, 2013. It is a jury trial in which the judge is a referee and not judge of the case. There will be people like you and I on the jury who will judge the case. It is a right that we have in our Constitution. Additionally, you can support this food-rights movement by donating to Right To Choose Healthy Food (RawMilk.org) and/or www.farmtoconsumer.org. Thank you for your common sense and intelligence that will allow us to regain our rights to be healthy. Visit VernonHershberger.Com for more information. 

Hear Vernon's interview on the Declare Your Independence with Ernest Hancock radio show

[05-04-13 -- Jeff Berwick - Vernon Hershberger - MP3 & VIDEO LOADED](#)



Let Them Eat Grass - The Food Freedom Revolution First 6 minutes of a new video documentary



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Down on the Urban Farm

By Greg Peterson

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THERE are many things to eat in my yard every-day, 365 days a year. Last Thanksgiving it was a wonderful salad that included: six different greens such as Nasturtium leaves and sorrel (a surprise find growing in the back 'wild'

area); ruby red pomegranate seeds; an incredible citrus called limequat that was sliced up skin and all for a tangy/sweet sensation; and a little bit of the herbs tarragon and fennel, with a smidge of that pretty little three leaf clover you see growing in some yards called sour grass. The flavors were so diverse and striking that I chose not to add any dressing at all, to my mom's chagrin, as she loves having many dressing choices to embellish her salads.

I have spent a large part of the past 23 years integrating edible plants into my landscape, from the Thanksgiving salad and my farm soup, to the occasional snack as I work through my weekly urban farmer tasks. All the hard work and experimentation has netted an incredible, edible yard and a wonderful education about how and what grows best in our yards.

The roots of my city farming extend back to 1975 when I was in the eighth grade my family moved into a home with a very large yard where the back 1/3-acre became our garden. We planted, the seeds grew and a spark ignited inside of me...I decided to be a farmer. Over time, my dream became farming 200 acres out there somewhere. Then a few years ago I went back to school for my bachelors degree where I was required to write a vision for my life. In that vision, farmer showed up with a twist, the Urban Farm was born, and I claimed the title of urban farmer. My gardening hobby of 25+ years was

in reality Urban Farming; an incredible canvas to paint my dream and fill my belly.

Nicely the notion of urban farmer boils down to be very simple. First... grow food; second, share grown food with someone. So far so

easy. Then give your farm a name. This third step is important as it starts to build your farm as a place, earning it fun, respect and building your community. You are now an urban farmer. All this, and you are able to grow food for your family and friends, building resiliency into your community.

One outlet for this passion has been to re-landscape my entire yard with the notion that everything that I grow is either edible, or supports the plants that are edible. Over the past two decades, I have planted trees that produce fruits, nuts and beans such as mesquite; perennial herbs including basil and oregano that I use a hedge trimmer on periodically; along with the standard annual vegetables – broccoli, snow peas, and cucumbers, to name just a few. Because of our name, visitors to the Urban Farm have an expectation that they will see long rows of corn and beans and a full working farm. To the contrary, much of what we have accomplished lives in standard garden beds, and if a person visiting did not know any differently, they would just see a nicely landscaped yard.



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Then there is how nature works. Magic happens when I stand back and watch the natural processes that exist in my yard. A few years back I was fighting a basil plant - it wanted to bloom, I wanted the basil leaves - as if I KNEW what was best for it. After a long battle, which I finally learned that I could not win, I gave up and let the basil bloom, and boy did it bloom giving me one of those pivotal lessons in life. What happened next was one of those secrets that nature only whispers if you stand back, watch, and listen. The bees arrived by the hundreds, pollinating much of what I grow and since then, pollination has not been a problem on the Urban Farm.

I have also begun exploring the indigenous foods that populate our natural desert landscape. For many years, I have collected and processed prickly pears into juice, syrup and jelly, feeding the leftover pulp to the chickens who greedily consume it. Then a while back, I ventured to a friend's house outside of Tucson and she fed me saguaro fruit, Palo Verde beans (which taste very much like edamame), roasted ironwood beans and mesquite flour cookies, I was hooked. Once again, through slowing down and observing what nature has to offer, my horizon was expanded to a whole new variety of edibles to grow and harvest.

My job these days seems to be helping others see how they can transform their outdoor living spaces into edible wonderlands. Offering a plethora of classes on a diverse list of topics is yet another way for me to express my passion. Topics such as vermiculture (cultivating worms for their manure), desert gardening, edible land-



scaping, fruit trees, and the always popular "Keeping Chickens in Your Yard" have begun to reconnect Phoenix residents to the roots of where our



food comes from. Creating the possibility that urban farms can pop up elsewhere in the Valley.

Farming the city spaces around us presents a whole new paradigm for growing our own food, reigniting our connection to nature and prepar-

ing for the future. The tools are here, and the knowledge is available; you can kindle your desire by getting your hands dirty, taking a chance and spreading some seeds. The fruits of your labor are much tastier and healthier than what you find in the grocery store, and come along with the satisfaction that YOU grew them. Many people tell me of their "black" thumbs as they admire what is grown on the Urban Farm. I reflect back to them the years of experimenting that I have done, noting ALL the plants that did not make under my care, and that is how I learned

Now it is your turn. Select a pot and grow an herb, the most expensive produce to purchase and the easiest to grow. Transform your flower beds to edible gardens, plant a few fruit trees, and re-imagine your yard, patio or plot as a place that nurtures you... in more ways than one. Visit UrbanFarm.Org for more information.



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Kefir

By Bunker Mentality

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KEFIR is a fermented milk drink. It is not yogurt, or even much like yogurt.

Kefir is a simple to make, delicious fermented, thickened milk that really does taste good. Good enough to drink plain out of the jar without

a load of added sugar and fruit. Kefir is made by lactic acid bacteria, yeasts and a few other goodies. Live cultures.



When I say Kefir is easy to make, I mean it. You put 2 tablespoons of kefir in a jar, pour in a quart of milk, screw on the lid and put it on the kitchen counter for 8 hours. It is done. No temperature controlled incubating. No pasteurizing. No nuthin'.

If you don't have any Kefir to start with, buy a box of 6 packets of starter culture (I bought mine at Hoegger supply in 2006). Forget the instructions on the box, that is there to sell more packets. I put a tiny bit, 1/6 of a teaspoon into



a jar (1 quart size is nice) add a small amount of milk (maybe 6-8 oz.). Shake it up, leave it on the counter overnight and it is Kefir in the morning. Drink most of it, pour in a bunch of milk in the jar and leave it out again for 8 hours or so. Now you have a quart. Use it but save a couple tablespoons. Store in the fridge when done making the Kefir.

I have kept kefir going for 2 years at a time (I dropped the jar and ended that run). I have left jars in the fridge for 6 weeks and made new kefir from

the old just fine. It is simple. The only time we need to restart the culture is when the jar is dropped, which seems to happen a bunch.



Kefir grains

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You can also buy Kefir "Grains". I have used them, they were a gift from a friend, but I think it is too complicated. Just save a bit, add milk, leave out, use, refrigerate.

Like I said, it's simple.



I purchased my powder 7 years ago. I gave a 1/2 packet to a friend. I have 4 1/2 packets left after 7 YEARS. My Kefir powder has an expiration date of 2009 on it. I just made a test batch on the open packet last week, using about 1/16 of a teaspoon, and it worked fine. I say about 1/16 teaspoon, because I don't know for sure. The smallest measure I have is 1/8 teaspoon and I have never used enough to 1/2 way fill it. I don't really measure anything in this process. I use any jar around except pickle jars. Anything with vinegar in it like jalapenos or peppers will flavor milk products.

How do you use Kefir? Just drink it plain or sweetened. It needs less sweetening than yogurt.


Use it in dressings. I make Ranch Buttermilk salad dressing with Kefir. It tastes much better made with Kefir and orders of magnitude better than the "ranch" dressing slime in the grocery store. In milk shakes and smoothies it requires no added sweetener. I use it in sauces and custards.



Kefir can replace cream, yogurt, buttermilk and Creme Fraiche in most any recipe. I like it in a bowl with our own home grown strawberries, raspberries, blackberries, any berries.

The beneficial lactic bacteria that are present in kefir make it easy to digest. Kefir contains yeast cells, which carbonate the liquid and produce a high concentration of B vitamins. Kefir is considered probiotic and beneficial to digestion and general health. Many lactose intolerant people use Kefir with no problems. Most of the lactose is consumed by the Kefir cultures. The cultures' consuming of the lactose and sugars also drop the carb count to around 4 grams per cup.

Watch out for crap sold in the industrial food markets called Pasteurized Kefir. It will lack all of the benefits of the real thing

Do your friends need Kefir? Just give them a small jar with a live culture. Be a good neighbor, give away a few jars. 

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The Path to Sovereign Living

By Catherine Bleish

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THE past several months have been a whirlwind for me. We had our second child, John launched the Center for Natural Living, and we've expanded our farm operations by leaps and bounds. The craziest part has been the ongoing presence of video cameras here documenting our efforts for a new reality-based program about sovereignty and self-sustainability.

Our dream has been to create a free and peaceful world for our children to live, and we know we can't do it alone. They say it takes a village to raise a child and after having two, I cannot agree more. Our family is trapped in this precarious place where we have one foot in the door of mainstream life and one foot in the door of a sustainable and sovereign life.



We are blessed to have our children at home with us every day, and to have a growing community farm on our property, and to have a work set-up that allows both parents to stay in the house most days, but dada still has to work many hours to make ends meet and it is very trying on mom (me).

The truth is it's very hard to be a new mom and to raise children in line with the principles of self-ownership and a sustainable life while still living in a society where nuclear families are the norm and like-minded communities are spread over great distance, united through technology.

Sure there are dozens of like-minded parents in Austin, but they are not living on my block and I can't walk to their door when I need help for a few hours, and it's an epic ordeal to pack the kids up and spend the day driving to be where other like-minded parents are. It wears me out and leaves me longing for a neighborhood of like-minded parents and children who are raised to question authority and to be creative.

This has made me realize how important it is that we bring others with us on this journey, so that the responsibilities associated with parenting in line with our principles do not become too exhausting and overwhelming to become reality. The truth is we need each other, especially if we are going to out-procreate the tyrants.

So, in order to teach others and learn from others and help grow our movement of free- LIVING people (not just free- thinking), we decided to allow video cameras into our house, into the birth of our second child, and into our garden. While we work out problems with our neighbors, grow food with our friends, and raise free-living children, the world can walk with us, grow with us, and help us figure out how to build that free and peaceful world that we so desire for our children!

Please join us as we continue to develop the new reality-based educational program, Sovereign Living: The Show. You can check out the sizzle reel here, (or see below). Stay tuned for

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Hatching Chicks




Picking wildflowers

screenings of early episodes in a city near you! Our new viewing will be at the Porcupine Freedom Festival at the end of this month! We look forward



Seedlings

to evolving with you!

Here are some pictures from the Blush Family Farm. 

Catherine Bleish is a concerned mother and freedom activist. Visit her webpages at SovereignLiving.TV, BlushFamilyFarm.Tumblr.Com

John Bush is host of the daily radio show, [Rise Up Radio](http://RiseUpRadio) heard on LRN.FM, M-F, 7-8 a.m. CDT.

Sovereign Living - The Show Sizzle Reel:



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Spider Bite Treatment

By Ernest Hancock

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(Publisher: A friend came by with a worsening spider bite that needs attention. I had a bad spider bite this last year and found this information on the Internet. I sent the info to a Doctor Friend and he had the stuff I needed and within 24 hours the symptoms went away. FYI ~Ernest Hancock)

HAVE you been bitten by a spider? If so, then this page will provide you with some great information about treating spider bites. Even though 80% of bite victims never see what actually bit them, most assume it's a spider and most point the finger at the Brown Recluse Spider.

Spiders rarely attack people and bite only when threatened, such as when hiding in clothing and being pressed against the skin. Only a few spiders are big enough to inject their venom into your skin and of those spiders, only a few species have venom strong enough to do any damage.

Some experts recommend capturing the spider while others warn against it do to increased risk of being bitten a second time. Having the spider

will most definitely help in the identification and treatment process.

If you can't find the spider and didn't see what bit you, or if you have multiple bites, it's probably a TIC, Bed Bug or something other than a spider.

Unfortunately, many Doctors have not had to treat spider bites and information on identification and treatment is often confusing. Below, you'll find a number of comments that have been left by visitors from around the world; this information may help your doctor with the treatment process.

See [Brown Recluse Spider](#) for information on how to ID the Brown Recluse and [Brown Recluse Spider Bite](#) on how to ID the Brown Recluse bite.

One visitor, Gerald, stood out among the rest and offered some great information on the treatment of spider bites; I'll start off with his story and go from there. Feel free to leave comments and I'll make sure they get posted to the site.

Gerald's Story:

I could write a book about spider bite treatment, but I'll get right to the bottom line. My wife and I have been bitten by Brown Recluse spiders several times each over the last 20 plus years thanks to our rural Northwest Arkansas farm lifestyle. Fortunately we knew a quick, safe and economical cure for them so it was a 10 minute distraction to treat it, making it little more than a mosquito bite. We learned it from our vet long ago, after my first bite went poorly.

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In our area farm vets combine a high incidence of personal Brown Recluse bites with a lot of medical knowledge. Who could be more motivated or equipped to find the cure? **Vets fix themselves by injecting 1/10th CC of Dexamethasone (a cortisone) divided into two or three subcutaneous shots right around the perimeter of the bite inflamed area.** [Dexamethasone is a high potency steroid used to decrease swelling and inflammation]. He recently said he had used it to treat himself six or more times in his career plus a few times on his kids and wife. My wife and I together tally about a dozen bites treated that way.

I once asked a farm vet in another town where we take horses how he treated his spider bites and he told me the same thing. Over the years about two dozen of our friends with bites tried our advice with complete success. In total that is almost 50 bites given this treatment that I know of, and every single one started to mend immediately. There were no failures and no negative consequences. Several times a friend told his doctor what he had learned and what he needed done, and the doctor did it, usually saying something like “Sounds reasonable to me. I know the way I’ve been doing it doesn’t work well and there is no risk with such a tiny dose. There is

no down side to trying it.” Not all react that way though.

None of the bites caught early needed antibiotic treatment and more than half got none. If a doctor is doing the injections they usually prescribe antibiotics too. If it gets to the open lesion stage you need them. Treatment in the first 48 hours is always best, but it works much later too.

The worst case I’ve seen cured was a woman sharing a hospital room with my mom about 10 years ago. She had a bite on her foot and had been in the hospital about two weeks when we met her. The lesion was about 3 inches across and about every other day the doctor unwrapped it and scraped the necrotic tissue out to her heart rendering screams. He and a consulting doctor had begun to discuss amputation. We told her and her husband and two adult kids of our experiences and advised they consult some out of town doctors. They found a doctor in Springfield, MO that had used cortisone to successfully treat several cases. When her then doctor refused to listen, confer with the other one, or release her, they took her out anyway. About two months later we got a long letter profusely thanking us for butting in. She was by then healed up and on her feet again, feeling we probably saved her foot and maybe more. No doubt that took more than a tenth of a CC.

Other kinds of cortisone might work, but both vets preferred Dexamethasone. It is thin like water so can be injected through tiny insulin needles, an important matter when injecting a super tender spot three times. A tenth of a CC isn’t much. It is about like 1/8th of an inch of a wooden pencil eraser, then split that in thirds per injection. That is a small fraction of a normal systemic dose given for arthritis and such, so risks are also tiny. Visit [MedLinePlus](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2776000/) and read the precautions so you will know what to advise your doctor about, like pregnancy or fungal infections.

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It's not new knowledge. My bad first bite I mentioned was in the eyebrow. I had a small bump there but thought it was just a rare zit. I also had a bad sinus headache I tried to treat with hot compresses and a muscle massager on the cheek to break it loose. The third day I had to take a flight some states away to deal with another's emergency. I woke up with one side of my face badly swollen, but had to go. The pain and swelling became worse as time passed and it was two more days of frantic work before I could get to a doctor without causing another crisis. By then I was a mess, but recovery began after a big cortisone shot (unsure what kind) in the hip. The doctor said he usually injected around the bite, but he couldn't because cortisone injections near an eye can damage it. That doctor knew and discussed site injections with me back then, well before we happened on the topic with our vet. Back then I didn't grasp the rarity of that doctor's knowledge of spider bites or my good fortune in going to him for treatment.

Combining my doctor's information with that of the vets taught us an effective treatment we used occasionally, but had no clue so few others knew it. That only came over time as others told us their past or pending treatment methods. Many we headed off, but some we couldn't. About 1996 the web came along and gave me a peek into how pervasive ineffective treatment was. The web was slow, and blogs were rare, but all the medical "fact" sites said the "antibiotic only, cut open, scrape, suffer, and live with the crater" was the only effective spider bite treatment. Most shared verbatim wording. I thought I ought to write up what I knew and get it out there somehow, but wasn't sure how, so I procrastinated.

Today I'm re-motivated, because this month a friend had a recent spider bite on his finger treated the old way and it turned into the typical horror story. That led me to begin searching the web for sites that gave good treatment advice to refer others to. I was shocked. Twelve years

after I looked last time, nothing is better. Only the volume of horror stories has grown. Twelve years ago a letter like this might have altered our current reality. Well, maybe by 2020 ——. There is very little mention of treatment with cortisone or especially site injection. A couple of visitors on this site www.badspiderbites.com/brown-recluse-spider-bite/ like #67 received systemic cortisone treatment and it fixed them but that's about it.

By telling you this I am not advocating self medication! I am however, suggesting that you ask your doctor how your bite will be treated; if the old way is mentioned (cut and scrape), then offer the information found on this page. If your doctor is closed minded and is not open to suggestions, then it may not be a bad idea to seek the advice of another doctor.

A doctor's knowledge is based on experience and not all doctors have had experience with treating spider bites. We found that the emergency room and after hours clinic doctors seem to be more open minded and have steered several friends in this direction who later reported back that their ER doctor said "sure, that is how we treat spider bites anyway", and not just locally. For example, a relative was helping move someone to Atlanta. While loading he was bitten on the stomach. Days later and the night before they were leaving at 6 AM I saw him and he was worried about it. I told him to go to an ER along the way or once there and what to ask for. In Atlanta they injected around the site, saying that was their normal treatment, and he was healed in few days. If that fails too, ask a farm vet how he treats his own bites and what doctor he suggests.

I'm not a doctor, and I'm not giving medical advice beyond "it's OK to shop for the right doctor" but this treatment approach needs exposure, discussion, and trials. I believe widespread use could eliminate untold suffering and costs to people like earlier writers to these blogs. If

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you have any questions I'll be watching this site for discussion. If you want to discuss something privately, Jim has my email address.

Thanks for sharing Gerald!

Spider Bite Treatment at Home used by Gerald:

Gerald offered the above information to help those seeking medical attention with treatment suggestions that can be offered to the doctor. The information below is what Gerald and his wife use to prevent the need for a trip to the hospital.

NOTE: *We are in no way suggesting that bite victims try treatment without consulting a doctor first and in fact, we strongly urge you to seek the advice of your doctor immediately after being bitten. However, when doing so, and after reading Gerald's story, you'll have information that you can present to your doctor that he/she may approve or disapprove of. I'll repeat this statement at the end of Gerald's home treatment.*



Spider bite kit

My wife is hypersensitive to all kinds of stings and bites. A bee sting that is ten minutes of pain to most of us would usually cause so much swelling a trip to the doctor for a cortizone shot was needed. The doctor

prescribed an Epi-pen (Epinephrine emergency injector) in case she reacted even more severely sometime.

That all changed when we discovered the Sawyer Bite & Sting Kit, also called the Extractor. Imagine a big plastic syringe with a cup on the nose that somehow creates great suction when you push the plunger down. It sucks lymph and poisons right back out the same holes they went in without need for cutting. Routine stings and

bites quit hurting her in 15 minutes and no swelling occurs.

Though primarily a snake bite tool, it is just amazing for plain bites and stings from bugs of all kinds, cleansing small puncture wounds, and especially poisonous spider bites. We have an Extractor in every car, truck, tractor, and building on the ranch. By the way, you can buy them in the sporting goods department of most Wal-Mart stores for \$13.97 last time I checked. (Incidentally, I have no connection to either Wal-Mart or Sawyer)



Venom Extraction with the Extractor

To use, select a clear cup that fits the bite site and press/twist fit it into the nose of the yellow

barrel. When you apply the Extractor the skin humps up like half a marble from its power. I'm surprised it doesn't cause a hickey but it never does. You may suck some blood out and that's OK. Especially if applying to a puncture wound. A few minutes is usually enough. The disposable razor is there to shave a spot if hair is breaking its seal.

Because this is mechanical removal of venom or contamination, it can work on almost any kind of skin breach, unless already bleeding too much to help. From splinters to Black Widow bites it has got to help if used promptly.

I once attended the Waurika, OK rattlesnake festival. There was a small sunken stage with about 400 rattlers piled around and a half dozen guys (women are to smart?) wading among them and doing unreasonable things with them. The point is, they had some EMTs standing there, each with cocked Sawyer units in hand.

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Two warnings: Don't get blood inside the yellow barrel, or get water in it during cleanup. That can damage it. It is a complex mechanism inside with springs, seals, lube, etc. Also, too much force attaching the cup can crack the barrel nose causing an air leak and ruining its value. Glue can fix it usually.


Don't confuse the Extractor with those little rubber cup snake bite kits that have been around for at least 60 years which contain a little pointed razor for cutting open the bite site before trying to suction out the venom. Those old kits contain instructions such as "Relax, stay calm, keep your heart rate down" and "start cutting X's on yourself"; In my opinion, such kits are so bad it ought to be a crime to sell them to the unsuspecting. If you check the medical sites like Emedicine, Medicinenet, etc., you'll find such kits are not recommended but they do say good things about the Extractor.

Unfortunately the medical sites don't recognize the Extractor's value in treating spider bites, where they specifically caution against doing any kind of suction treatment. That isn't surprising since most of their other Brown Recluse advice is wrong too. I wrote the earlier story about the quick, effective treatment by Dexamethasone injected around the bite. Actually, we now reserve that for older more advanced bites. If we get a bite now, we normally know by the delayed burning pain in a few hours. Usually we can see the twin fang marks on the red mound also. We use the Extractor on it, pulling out one or two tiny beads of lymph containing the venom, then put a good dollop of cortisone creme on the spot, cover that with a bandaid, and by morning the bite is history.

Here is why I think it works so well for spider bites, and is also relevant to the Dexamethasone site injection method too. The bites are extremely shallow, unlike a fang injected snake bite. The venom is deposited in the first under layers of the skin served only by the very slow moving

lymphatic system, not the fast moving blood circulatory system, and there it stays for many days. It and its associated bacterial infection don't start moving much until the necrotic hole eats it way deep enough to get into the faster circulatory system.

The early swelling and pain up a limb plus fever and overall illness make one think that the venom has traveled a lot, but I don't think that is true. Most of that is the allergic reaction to a small invasive injury it recognizes as a great threat. The swelling and heat is the body's soldiers massing for battle.

The venom is usually injected inside the shell of another bug where it paralyzes them and predigests its insides so the spider can suck it out later. I think that the venom stays at the contact surface between the digested tissue and the healthy tissue walls of the lesion. It is not inside the good tissue, just on its surface and in the most recently digested tissue. On a small lesion of the whitehead stage (not yet open to bacterial invasion) a good suction effort seems to remove the venom with the digested tissue and some surrounding lymph. Top it off with the cortisone cream and a bandaid and you are fixed. If it has reached the open lesion stage, its time for Dexamethasone. 

DISCLAIMER: *We are in no way suggesting that bite victims try treatment without consulting a doctor first and in fact, we strongly urge you to seek the advice of your doctor immediately after being bitten. Gerald's story should serve as information that you can pass along to your doctor. Your doctor may find this information helpful. You should always seek the advice of your doctor. Reprinted from <http://www.badspiderbites.com/spider-bite-treatment/>*

(UPDATE from Ernest Hancock: One year later, we are starting to get a big increase in traffic for this story. So here it is again. Bottomline: There is a little known simple solution to very very damaging Spider Bites... FYI)

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The Cure for Cancer and Many Other Diseases is in our Food (yes, it really is that easy)...

By Donna Hancock

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EVERYONE has people they know in their life that are suffering from some type of disease or ailment. It is painful to watch them suffer, and the maddening thing is that it is all unnecessary. Well, the cures for these diseases and ailments are no farther than your kitchen cupboard/refrigerator and what you put in your mouth.

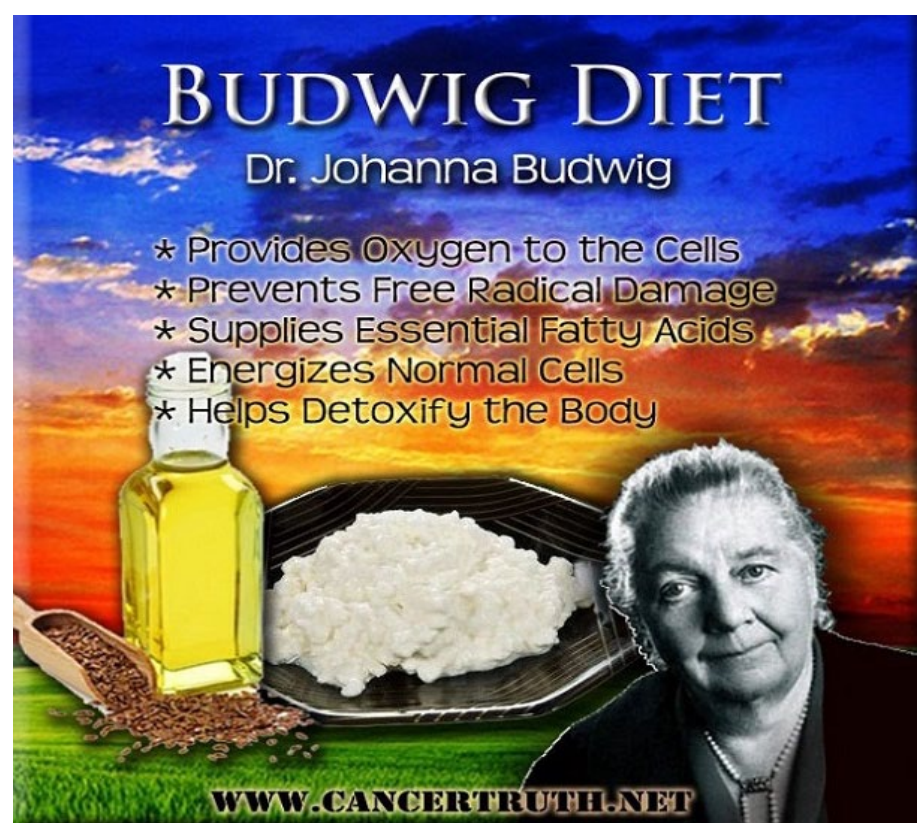
Here are 2 types of cancer-eliminating treatments (dare I say CURE??) that work very quickly and are based on the simple concept that if you give your body what it needs, it will heal itself. Our bodies have been deprived of many of the simple nutrients since our food supply has been changed (at the DNA level), pesticides have poisoned our bodies, and much of the food has been processed to accommodate a long shelf life.

I urge you to take a look at these methods of proper and relevant healthcare (even if you don't have a disease you can use these treatments as preventative measures)...

1). The Johanna Budwig Protocol for all types of cancer

Webpage: BudwigCenter.Com

The Johanna Budwig Protocol Does the Budwig protocol work for all types of cancer?



[Dr Johanna Budwig](#) explained in her books that her healing plan works on improving the cells of the body. It doesn't matter where the cancer cells are located or what name is given to your cancer because the Budwig program gives cells what is needed (the essential good fats/oils) in order for them to normalize in their functioning process. However that does not mean we use exactly the same diet and therapies and herbal remedies for each person. Blood test, Quantum testing and a Health Check Questionnaire needs to be completed.

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**Continued from Page 24 - The Cure for Cancer and Many Other Diseases is
in our Food (yes, it really is that easy)...**

pleted beforehand to tailor the treatment to the type of cancer you have, your immune system, toxics levels, your energy status, etc.

They offer [alternative cancer treatment](#) and information for all types of cancer, such as breast cancer, lung cancer, brain cancer, prostate cancer, Bone cancer, Carcinoma, bladder cancer, cervical cancer, esophageal cancer, stomach cancer, Leukemia, Hodgkin's disease, skin cancer, etc., and other common serious illnesses such as Arthritis, Asthma, Fibromyalgia, Diabetes, Blood Pressure, Multiple sclerosis, Heart Disease, Psoriasis, Eczema, Acne, ...

At The Budwig Center, there is over 30 years of research behind them and the Johanna Budwig protocol has 50 years of research and countless Case Studies to back it up.

Dr. Budwig's cures are well documented and have stood the tests of opposition from the conventional medical establishment.

Amazingly, Dr. Budwig found that after only three short months on her budwig flax oil-quark combination, cancer patients began to improve. In some cases, tumors shrunk in size. She was even able to help the patients whose doctors had told to "go home and get your affairs in order". Clearly, Dr. Budwig had hit on something big in the world of cancer research! Following is a quote from one of her books: "I often take very sick cancer patients away from hospital where they are said to have only a few days left to live, or perhaps only a few hours. This is mostly accompanied by very good results. The very first thing that these patients and their families tell me is that, in the hospital, it was said that they could no longer urinate or produce bowel movements. They suffered from dry coughing without being able to bring up any mucous. Everything was blocked. It greatly encourages them when suddenly, in all these symptoms, the sur-

face-active fats, with their wealth of electrons (from the flaxseed oil and cottage mixture), start reactivating the vital functions and the patient immediately begins to feel better"

Our diets often lack the highly unsaturated fatty acids and contain an excess of man made oils known as trans fats (or partially hydrogenated oils). We are

referring to the cooking oils sold in grocery stores. Most extract the oil from corn, sunflowers, plants, etc by using extreme heat and chemicals. They are no longer alive but dead oils that cause death to the user. They also are very tough (dead) oils in that they have a 20-year shelf life. These oils get into our cell membranes and destroy the electrical charge. Without the charge, our cells start to suffocate due to a lack of oxygen. No wonder, Dr. Budwig found that cancer patients often displayed a greenish color to their blood before she gave them the good healthy flaxseed oil mixture. Also these trans fats are also responsible for Type II diabetes, since insulin is a very large molecule it has a difficult time passing through a cell membrane created with man made fats and not cholesterol.

When you come to our clinic, you will be enrolled in the Wellness Teaching Program which will provide you with in-depth information from A - Z on how Dr. Budwig treated her patients using the Budwig [anti cancer diet](#). You will learn what foods to eat and which ones to avoid. A daily schedule and check list will be provided so that you will know exactly what to do each day. Each therapy that is used will be explained and how it works with the Dr. Budwig's approach.



Processed oils

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Find out how you can help defeat cancer naturally by taking part in our effective [Wellness Course](#) which will help you to eradicate cancer for good.

Here is the recipe for the Budwig Protocol:

Budwig Protocol

- 2/3 cup of organic low fat cottage cheese
- 6 tablespoons of Barleens cold pressed flaxseed oil
- Blend 2 minutes with immersion blender
- Add 2 tablespoons fresh ground flax seed meal
- 1/3 cup of organic berries (if available) or chopped nuts
- Cinnamon to taste

Add water to thin mixture if necessary

Stir with spoon



Flaxseed Oil, Cottage Cheese, Immersion Blender



This is what the Budwig Protocol mixture will look like when it is done - pictured here is the emulsified cottage cheese and flaxseed oil, with ground flaxseed stirred in and blueberries added for flavor

2.) Gerson Therapy

Juicing

Webpage: Gerson.Org

The Gerson Institute is a non-profit organization in San Diego, California, dedicated to providing education and training in the Gerson Therapy, an alternative, non-toxic treatment for cancer and other chronic degenerative diseases.

The Gerson Therapy is a natural treatment that activates the body's extraordinary ability to heal itself through an organic, vegetarian diet, raw juices, coffee enemas and natural supplements.

With its whole-body approach to healing, the Gerson Therapy naturally reactivates your body's magnificent ability to heal itself – with no damaging side effects. This a powerful, natural treatment boosts the body's own immune

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system to heal cancer, arthritis, heart disease, allergies, and many other degenerative diseases. Dr. Max Gerson developed the Gerson Therapy in the 1930s, initially as a treatment for his own debilitating migraines, and eventually as a treatment for degenerative diseases such as skin tuberculosis, diabetes and, most famously, cancer.

[Learn more about Dr. Max Gerson](#)

The Gerson Therapy's all-encompassing nature sets it apart from most other treatment methods. The Gerson Therapy effectively treats a wide range of different ailments because it restores the body's incredible ability to heal itself. Rather than treating only the symptoms of a particular disease, the Gerson Therapy treats the causes of most degenerative diseases: toxicity and nutritional deficiency.

An abundance of nutrients from copious amounts of fresh, organic juices are consumed every day, providing your body with a super-dose of enzymes, minerals and nutrients. These substances then break down diseased tissue in the body, while coffee enemas aid in eliminating toxins from the liver.

Throughout our lives our bodies are being filled with a variety of carcinogens and toxic pollutants. These toxins reach us through the air we

breathe, the food we eat, the medicines we take and the water we drink. The Gerson Therapy's intensive detoxification regimen eliminates these toxins from the body, so that true healing can begin.

How the Gerson Therapy Works

The Gerson Therapy regenerates the body to health, supporting each important metabolic requirement by flooding the body with nutrients from about 15- 20 pounds of **organically grown** fruits and vegetables daily. Most is used to make fresh raw juice, up to one glass every hour, up to 13 times per day. Raw and cooked solid foods are generously consumed. Oxygenation is usually more than doubled, as oxygen deficiency in the blood contributes to many degenerative diseases. The metabolism is also stimulated through the addition of thyroid, potassium and other supplements, and by avoiding heavy animal fats, excess protein, sodium and other toxins.

Degenerative diseases render the body increasingly unable to excrete waste materials adequately, commonly resulting in liver and kidney failure. The Gerson Therapy uses intensive detoxification to eliminate wastes, regenerate the liver, reactivate the immune system and restore the body's essential defenses – enzyme, mineral and hormone systems. With generous, high-quality nutrition, increased oxygen availability, detoxification, and improved metabolism, the cells – and the body – can regenerate, become healthy and prevent future illness.

Juicing

Fresh pressed juice from raw foods provides the easiest and most effective way of providing high quality nutrition. By juicing, patients can take in the nutrients and enzymes from nearly

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15 pounds of produce every day, in a manner that is easy to digest and absorb.

Every day, a typical patient on the Gerson Therapy for cancer consumes up to thirteen glasses of fresh, raw carrot/apple and green-leaf juices. These juices are prepared

hourly from fresh, raw, organic fruits and vegetables, using a two-step juicer **or** a masticating juicer used with a separate hydraulic press.

[The Gerson Guide to Juicers](#)

[FAQs: Juicing & Juicers](#) The Gerson Diet

The Gerson diet is entirely organic and vegetarian. The diet is naturally high in vitamins, minerals, enzymes, micro-nutrients, and extremely **low in sodium, fats, and proteins**. The following is a typical daily diet for a Gerson patient on the full therapy regimen:

Thirteen glasses of fresh, raw carrot/apple and green-leaf juices prepared hourly from fresh, organic fruits and vegetables. **Three full vegetarian meals**, freshly prepared from organically grown fruits, vegetables and whole grains. A typical meal will include salad, cooked vegetables, baked potatoes, Hippocrates soup and juice. Fresh fruit and fresh fruit available at all hours for snacking, in addition to the regular diet.

To learn more about the Gerson diet, follow the link below to read about which foods are permitted and prohibited on the Gerson Therapy:

[Foods for the Gerson Diet \(PDF\)](#)



Supplements

All medications used in connection with the Gerson Therapy are classed as biologicals, materials of organic origin that are supplied in therapeutic amounts.

Potassium compound Lugol's solution Vitamin B-12 Thyroid hormone Pancreatic Enzymes Detoxification

Coffee enemas are the primary method of detoxification of the tissues and blood on the Gerson Therapy. Cancer patients on the Gerson Therapy may take up to 5 coffee enemas per day. Charlotte Gerson explains the necessity of coffee enemas in [Healing the Gerson Way](#):

"The moment a patient is put on the full therapy, the combined effect of the food, the juices and the medication causes the immune system to attack and kill tumor tissue, besides working to flush out accumulated toxins from the body tissues. This great clearing-out procedure carries the risk of overburdening and poisoning the liver—the all-important organ of detoxification, which, in a cancer patient, is bound to be already damaged and debilitated."

Coffee enemas accomplish this essential task, assisting the liver in eliminating toxic residues

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from the body for good. The Gerson Therapy also utilizes castor oil to stimulate bile flow and enhance the liver's ability to filter blood.

[How Coffee Enemas Work \(PDF\)](#)



Is the Gerson Therapy Right For You?

No treatment works for everyone, every time. Anyone who tells you otherwise is not giving you the facts. We know that when you have been diagnosed with a life-threatening ailment, choosing the best strategy for fighting your illness can be a bewildering task. Everyone claims to have either “the best treatment”, “the fastest cure”, or “the only therapy that works.” In most cases your trusted family physician only has knowledge of conventional treatments, and is either unaware of, or even hostile toward alternative options.

No matter how many opinions you receive on how to treat your disease, you are going to make the final decision on what to do, and you must be comfortable with your decision. Choose a treatment that makes the most sense to you.

Most therapies—conventional or alternative—treat only the individual symptoms while ignoring what is ultimately causing the disease. The reason the Gerson Therapy is effective with so many different ailments is because it restores the body's incredible ability to heal itself. Rather than treating only the symptoms of a particular disease, the Gerson Therapy treats the cause of

the disease itself. Although we feel the Gerson Therapy is the most comprehensive treatment for disease, we don't claim it will cure everything or everyone.

Caution: Do not start the Gerson Therapy if any of the following conditions apply without referring to Charlotte Gerson's book, [Healing the Gerson Way](#), or without the supervision of a Gerson doctor:

Chemotherapy Diabetes Brain metastases Severe kidney damage and/or if the patient has ever been on dialysis Foreign bodies such as pacemakers, breast implants, steel plates or screws. Patients must be able to eat, drink and eliminate normally. The Gerson Therapy cannot be administered to organ transplant recipients. See our FAQs to learn more about which conditions are contraindicated for the Gerson Therapy, and which conditions respond well to the Therapy.

[FAQs – General Information](#)

Are you thinking of following the Gerson Therapy?

Read our Get Started page to see our recommendations for beginning the Gerson Therapy. Based on our experience and the experiences of countless other patients, we've assembled this guide that takes you from the moment you first hear of the Gerson Therapy to your first day on the full protocol! [Get Started on the Gerson Therapy](#)

HERE IS A STORY I DID ON 'JUICING TO STAYHEALTHY' SEVERAL YEARS AGO, AND IT IS MORE PERTINENT NOW MORE THAN EVER AS WE KNOW SEVERAL FRIENDS (AND MANY FRIENDS OF FRIENDS) THAT HAVE BEEN DIAGNOSED AND THEN CURED WITH JUICING THE GERSON WAY.

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in our Food (yes, it really is that easy)...**

There has been a lot of information circulating in books and on the internet lately that many of our diseases (especially in the United States) are caused by our nutrient deprived diet. Anything from cancer to joint pain has been mentioned as preventable, and at the very least treatable, by maintaining a healthy diet. There are many diets that are effective in the prevention of diseases and the premise is that we need to be eating healthy, pesticide-free, non-hybrid, unprocessed foods. Sounds easy, but up until the recent past, they were hard to find. The market is shifting and answering the public's concern by offering organic foods (in the produce, meat, and dairy section), safer processing for canned goods (less or no added preservatives), and the move towards using glass over plastic. Although these subjects are all worth exploring individually, this article will talk about the benefits of juicing, specifically, the [Gerson Therapy](#).

[Dr. Max Garson](#), by accident, found cures for many ailments of his time (early to mid 1900's) when he was trying to find a natural cure for his headaches. Knowledge has grown over the years since that time to where there are now books about the subject (The Gerson Therapy: The Amazing Nutritional Program for Cancer and Other Illnesses), videos ([The Gerson Therapy for Cancer Explained](#) and [The Beautiful Truth](#)) and a couple of clinics that are licensed by the Gerson Institute to practice the full Gerson Therapy. What makes the Gerson Therapy so unique and effective is that it gives the cells a high dose of complete enzymes, minerals, and nutrients that in turn break down the diseased tissue in the body, while the enemas eliminate the toxins in the body. Please click on the links provided here to learn all you can about the process of preventing and curing diseases, as they are full of information that would be too lengthy to go into in this article.

I can testify to first-hand knowledge of the validity of the claims made by doing the Gerson

Therapy. One is of a friend (Robert) who had cancer and was sent home to die, and the other is of my husband (Ernest Hancock, publisher of Freedom's Phoenix). As for Robert's story, he was a middle aged man with wife and kids who developed cancer and went thru the normal protocol for treatment. He was not getting better, and the doctors could do no more for him. So as a last resort because he was staring death in the face and he had nothing to lose, another friend has sent him information on the Gerson Therapy and urged him to do it for some time, so he decided now was that time. He started doing the Gerson Therapy at home with the help of his wife, and his cancer started to go away and as of this writing (it has been at least 4-5 years), Robert is cancer free and was hiking the Canadian Rockies not too long ago. And as for Ernest's story, fortunately he did not have cancer or any other serious disease, but was suffering from the effects of aging (joint pain, not wanting to get out of bed in the morning, feeling tired all day, etc...). He decided to try the Gerson Therapy (to some degree) so that he would feel better and not feel so run down all the time. From the very first day he did the juicing, Ernest felt healthier and the pain in his joints started to go away. The nutrition was being pumped into his cells so that they could do what they were supposed to do. Ernest has been juicing for nearly two years now and feels younger than he did when he was in his late 30's/early 40's (he is now 50). There are many testimonials to this effect and they are well worth exploring.

So what is the Gerson Therapy? In short, you drink organic juice made from juicing green apples (granny smith - must remove the core as the seeds contain



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cyanogenic acids which can give you cyanide poisoning in the body. A few seeds won't hurt you, but in quantity they can be fatal), carrots, and some type of greens (kale, collards, spinach, etc...).

If you are fighting cancer, you would drink 13 of these juices a day, in addition to eating just a small amount of meat (all organic) such as chicken or fish, no processed foods (no salt or sugar) , and you must do 3 organic coffee enemas a day (this is to ensure that whatever you are putting into your cells to push out the bad stuff gets removed from your body. If you don't do the enemas as part of the therapy, you will re-absorb some of the toxins back into the body). The juice must be freshly made with a press type of juicer for maximum benefit (such as the [Norwalk Juicer](#) or the [Champion Juicer](#)). These types of press juicers are very expensive, but cause less damage to the cells of whatever you are juicing so that they are in a more perfect enzymatic state for your body to use. You can make enough juice to last you the whole day with this type of juicer. For those on a budget, there is another juicer you can use and it is a [centrifugal juicer](#). These types of juicers are much less expensive and you will still get beneficial results, but should drink the juice within an hour of preparation for maximum benefit. For the juicing that I did, I used a centrifugal juicer to make 3 to 5 pint sized juices per day in the morning and kept them in the refrigerator for Ernest to drink throughout the day.



Plus, the chickens we have in our backyard love the pulp that is left over from the juicing, so nothing goes to waste.



Pretty simple, but very effective.

Whether you are using freshly made juices to cure a disease or ailment, or simply because you want better health, you cannot argue with the science behind it and the testimonies of those who use this process. It is a good idea to learn about better ways to better health because we all have people in our families and circle of friends that are suffering unnecessarily with diseases that can be cured or at least slowed down, and none of us are getting any younger. So it is up to us to get this information out, since much has been done to keep it out of the mainstream media. If that happened, people might just take it upon themselves to get well and not have a need to go to doctors to have expensive treatments done that will leave their bodies in ruins, or be stuck on some ineffective, liver damaging drug for the rest of their lives. And you can bet that the drug companies are behind a good portion of wanting this information under wraps (you can't watch a program on TV that doesn't have some type drug commercial). So take some time to get educated on ways to better health. Juicing the Gerson way is a very good start to a much better, longer, healthier life. 🌱

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Got Chickens?

By Donna Hancock

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RAISING chickens for egg production is an important part of a long term plan for health, barter, and survival purposes. I will share with you my experiences with raising chickens, and you will find that they are very easy to raise, require very little care, but will produce a valuable commodity right in your own backyard. They are also great to have around because it gives young kids an opportunity to help take care and raise them and they will grow up with some basic knowledge.

First of all, decide what type of chickens you want to raise. It's a good idea to choose chicken breeds that are good natured, mild mannered (non-aggressive), and are good egg layers. There is a lot of information on the internet about different [chicken breeds](#) that will supply you with information on the most popular breeds and their individual traits (breed size, purpose, egg production, egg size, egg color, comb type, climate hardiness, broodiness, and temperament). You can order chicks on the internet for home delivery, get the chicks at your local feed store, or try Craigslist in your area to see what local breeders have available. You may want to get a couple extra chicks than you actually need since it is not uncommon to have a couple that won't survive or they end up being roosters. If you live in a rural area or have property with some acreage, you probably won't have any problems keeping roosters, but if you live within the city limits (wherever you are), you most likely will not be able to have a rooster (they are noisy). I got my first chicks (also called pullets, which are female chickens that are under one year old)

almost 3 years ago from a local feed store when the chicks were a day old. You can purchase them when they are older (they'll be more expensive), but I prefer to get them when they are just born so I can raise them the way I want. Newly hatched baby chicks range from \$2.50 - \$3.00 per chick. Older ones can cost anywhere from \$7.00 to as much as \$20.00 per chicken. The second batch of chicks I got from a local breeder that I found on Craigslist. I was looking for a specific breed and this local breeder happened to have what I wanted.



LOCAL CHICKEN BREEDER

The breed of chicks I chose are red and black stars (also known as red and black sex links), and marans because they are mild mannered, non-aggressive, and good egg-layers.

The 'equipment' you will need to begin raising your chicks are a small feeder and waterer, some type of bedding (shredded newspaper, sand, dry leaves, or wood shavings - chicks love to root around in the litter), starter feed, a heat lamp to keep the chicks warm, and also at this stage a

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2 Days Old

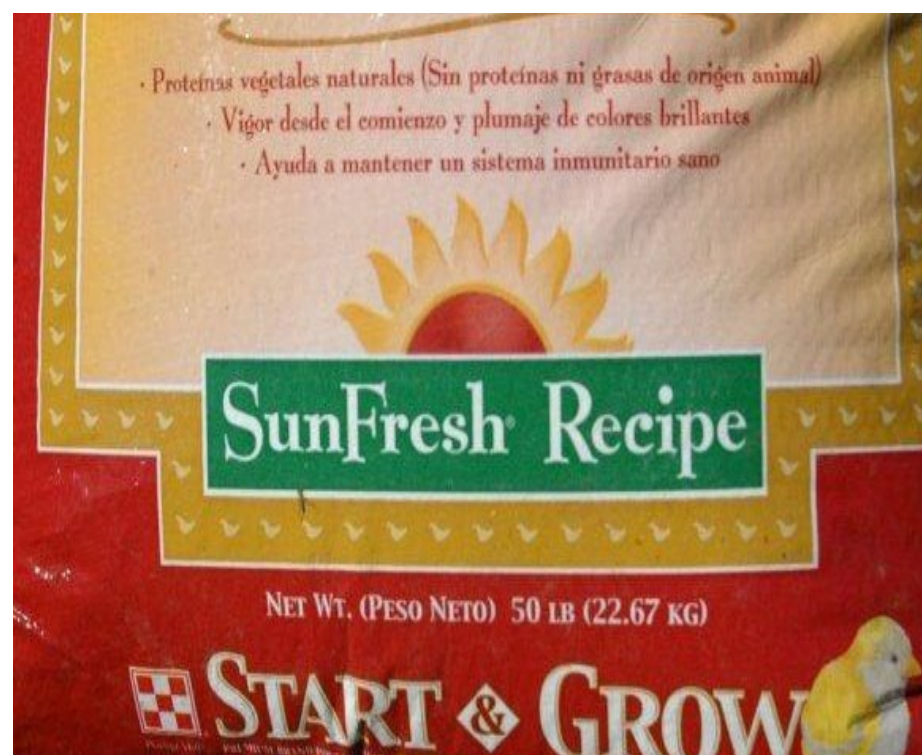
box or a small container.. You can get almost all of these items at your local feed store.



WOOD SHAVINGS



WATERER AND SMALL FEEDER



STARTER FEED

The first batch of chicks I got I kept in a box inside the house for a couple of days, then transferred them outside into an enclosed area of a home-made chicken coop. The second batch just got put directly into an enclosed area of the coop.

However you start to raise your baby chicks, you will eventually need a chicken coop. Chicken coops come in all shapes and sizes, can be homemade or store bought, and can be stationary or mobile. If making a homemade chicken coop, you can design your own, or go online to find schematics to build from. The main elements are to have a place for them to roost at night, lay eggs during the day, a place for the food and water, and have enough room to move about. Even if your chickens are free range, they will need a place to go to for sleeping and laying eggs.

Below are some different kinds of coops:

An important thing to know when getting brand new, just born baby chicks is that you have to

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keep them warm. I use a 250 watt infrared light bulb that I hang up in the coop to keep the baby chicks warm.



You don't want to use a halogen bulb for this as it will get too hot for the chicks. The infrared bulb puts out nice even heat that will warm the area sufficiently without harming the chicks. The temperature needs to be kept at around 95 degrees for the first week, then decrease the temperature by 5 degrees every week until they are six weeks old and are fairly feathered out. If the chicks can't be kept warm for the first weeks of their life, they will die. The nice thing here is that you don't have to do anything with moving the bulb around - the chicks will simply sit in an area of warmth that the bulb puts out that they are comfortable with so they self-regulate what temperature is good for them. It is important to note here that when the chicks become adults, they can withstand freezing temperatures, but will not do well in extreme heat.



For about the first month of their life, the chicks should be kept in an enclosed area if they are outside so that they can be kept safe from predators, and also to be kept warm. If they are kept inside, you can just keep them in a box or container with the heat lamp on them. Keep in mind, though, they grow pretty fast so getting them

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used to the environment they will be living in as quickly as possible is preferable. For the first few weeks of the chicks life, all you will have to do is make sure the chicks get starter feed, plenty of fresh water, and warmth. They will grow rapidly during this time.

There are several types of chicken feed: **starter feed** (1 day to 6 weeks old), **grower feed** (6 weeks to approx. 20 weeks), then **layer feed** after that. Each type of chicken feed has the proper balance of protein and calcium for each stage or development. Additionally, chicken feeds come in three different forms: mash, crumble, and pellets. Mash is powdery, pellets are made of compressed mash, and crumbles are made from broken up pellets. I have found that mash is a waste of time and I never use it. I give the younger chicks crumbles, and the older chickens pellets. That way, whenever they kick it out of the feeder (which they will), they can still pick it up to eat. There has been a lot of debate about whether to feed your chickens table scraps to supplement what you give them in their feeder. As for me, I feed my chickens table scraps every chance I get. Not only does it cut down on the need to purchase feed, it also helps you get rid of extra food that would normally just go to waste. What did people feed chickens before there was chicken feed? !One thing you must do, however, is supplement your laying chickens' diet with extra calcium. The layer feed has extra calcium in it, but you can also add oyster shells (from feed store) or crush up egg shells and put them in the feed or table scraps. Chickens love this, and it is good for them. However, do not give oyster shell to baby chicks as it will cause bone development problems in young birds. You also need to feed chickens grain (usually cracked corn, which is available at the feed store) and you can start adding it in at the grower feed stage (6 weeks +) at a ratio of about one-third grain to two-thirds grower feed. When they get to the laying stage, they will need 50% grain and 50% layer feed. The feeds nowadays generally do not have hormones but may con-

tain antibiotics. Feed stores carry organic and medicated feeds as well. As you would expect, the organic feeds are more expensive and are better for egg producing chickens so that any pesticides don't pass from hen to egg and then to you. Most medicated chicken feeds have [amprolium](#), which is a chicken feed additive that helps prevent coccidiosis (coccidiosis is a parasitic disease of the intestinal tract caused by microscopic organisms called coccidia. The disease spreads from one animal to another by contact with infected feces. It is most severe in young or weak animals and often causes bloody diarrhea). There is a lot of debate about whether amprolium is an antibiotic or not, but it is an additive nonetheless and you should decide whether it is something you want to feed your chicks or not. Many say that chicks need medicated starter feed, although there is a lot of discussion that says home or small farm environments do not need it. Generally, if you keep your chickens in a clean environment, then you won't need antibiotics in your feed. You will have to decide what works best for you however you decide to feed your birds. Chickens are great - you put food in one end, and they poop out eggs at the other. It's a very efficient system.



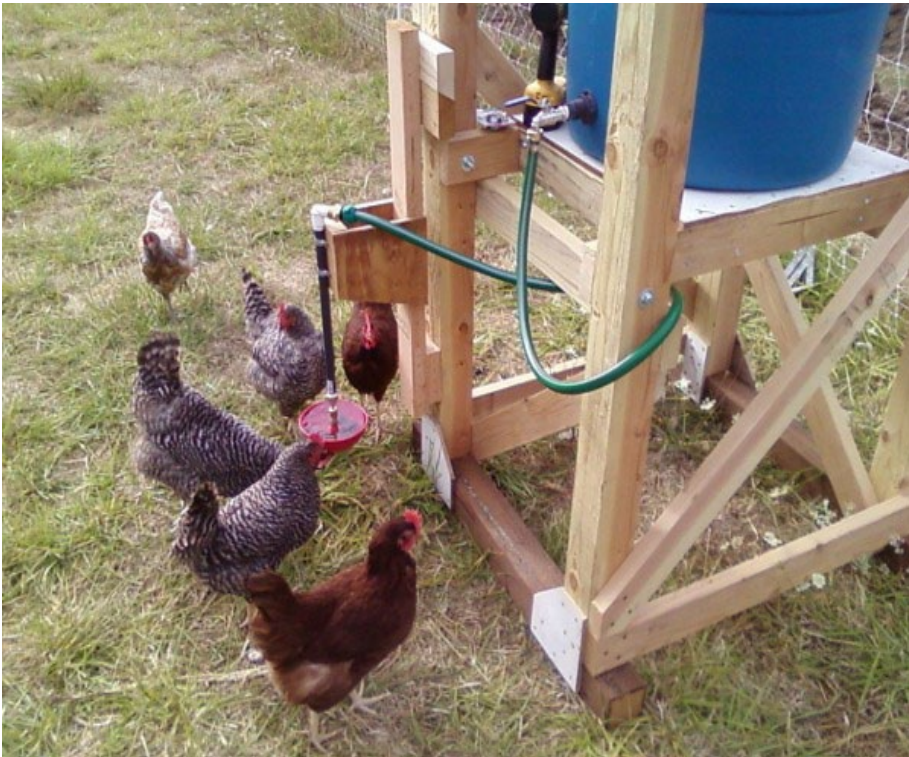
When the chicks are about a month old, you will notice that you will be having to give them much more water and feed than you did at

first, so switching to a larger waterer and feeder will be necessary.

Chickens are messy and that is why a lot of feeders and waterers are designed the way they are so that it will keep the chickens from getting into the feed and water. You can get as simple

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have a larger yard that you can let your chickens roam around in during the day (free-range chickens). Whichever way you keep your chickens, you will notice that they are constantly pecking the ground for food. What they are doing is looking for bugs, which are a great food source for them (lots of natural protein). You can always supplement their diet with a treat now and then with some worms, or whatever bugs happen to be around your yard. They will love it.

Chickens like to perch (or roost) on things, so you will notice that they will climb on top of fences, chairs, wood or rock piles, ladders... whatever is around. It is important to have a roosting bar for them to get on at night since it is their nature to sleep while being slightly elevated. They do this because it keeps them safe from some predators, so create a place in your chicken coop that they can go at night to roost and feel safe. Again, this can be a very simple set up, or you can make it as elaborate as you wish.



or elaborate as you want, you can purchase commercial feeders and waterers or make your own. The pictures provided in this article are but a few. Find out what works best for you, and whether you want to auto-

mate any part of the operation.

The chicken coop will need a supply of litter, and there are several ones to choose from. You can use straw, leaves, sand, wood shavings, etc... You can clean out the coop regularly (every week or so) and use the litter in your compost pile (good source of nitrogen which helps break down the compost faster), or you can '[deep litter](#)', which is when you spread clean litter material over the old litter and let it build up. I use the deep litter method, since it is much easier and less costly, plus I think it is healthier for the chickens.

Some of you may only have a small area in your backyard for a coop and will keep the chickens in the coop at all times, and some of you will



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It is preferable to keep baby chicks separate from the older chickens at least until the babies are a couple months old. Older is better, but if you are going to be mixing baby chicks with older, laying hens, the best way to make sure they both get the right feed is to make a smaller sectioned off area in the coop for the babies and cut a small hold in the chicken wire so that the babies can go in and out to get their food, but that the older hens won't fit thru. The older hens will peck at the younger ones (this is normal and where the term hen pecked came from), but they will eventually establish their own pecking order and unless you have a really aggressive chicken that is being overly abusive, it is just best to leave them alone to create their own system.

As mentioned earlier, chickens can handle a wide range in temperatures, from freezing winters to hot summer days, but when the temperature is above 90-95 degrees, they will struggle and you will need to provide a way to cool them off in the heat of the day. A popular way to do this is to freeze water in gallon milk containers at night, and put the frozen containers in the chicken coop during the day to offer the chickens a way to keep cool. What I have done is to purchase two misting stands, hook them up to a garden hose, and turn the water on for most of the day.



The chickens like to hang out around the misters and it will keep them cooler so that they can survive. I lost three chickens to the heat the

very first year I had them, and this was an efficient way to provide a cooler environment for them. If chickens get stressed, their egg production decreases and worse, they may get sick and die. So keeping them healthy and comfortable is important.

As you can see, there are some basic things to know about chickens such as what kind of feed to give them at certain stages of their life, creating a safe environment for them to eat, lay eggs, and sleep, and basic hygiene in the area in which they live. But chickens are a great addition to anyone who would like to learn about raising and keeping them, or simply to have some healthy, organic eggs of their own to add to their diet or barter system. I would encourage anyone who has the space to get some chicks and start going thru the process of raising them. Even if you can only have a few chickens where you are, it's a start. There will be some initial output for the supplies (feeders, waterers, coop supplies, heat lamp, etc...), but once you have those items, you can re-use them each time you add another batch of chicks. You will find that chickens are very easy to raise and don't take much time at all to take care of. The benefits far outweigh any of negatives, so go get some chicks and get started! 🌸

This article was published in the August 2011 edition of the Freedom's Phoenix e-Zine and I thought it was a good resource, so I decided to publish this again. When I went a got another batch of chickens just last month, I went back to this article for some refresher points. Here are the new chicks:



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HOMEMADE GOAT CHEESE...

By Donna Hancock

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1. TAKE fresh, filtered goats milk and pour into large, heavy pot.



2. Heat goats milk SLOWLY to about 190-200 degrees F (DO NOT STIR). May take about an hour.



3. Remove from heat. Pour regular, distilled vinegar into heated milk to make it curdle. (Use ½ cup vinegar per gallon of goats milk).

4. Stir well (if you think the goats milk has burned a little bit on the bottom, do not scrape spoon on bottom of pan).

5. Cover and let sit for a couple minutes, then strain out curds and put into colander to drain. Get as much liquid out as you can (liquid is the 'whey' as in whey protein, which it has a lot of).



6. There are two options available at this point to make two different type of cheese.

OPTION 1 - TO MAKE A CRUMBLY CHEESE TO SPRINKLY ON SALADS AND ENTREES:

7. Leave curds in colander and cover. Let sit undisturbed in a cool, dry place for 24 hours.

8. After 24 hours, remove curds from colander and chop into pea sized pieces.



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9. Mix in seasoning of choice and sea salt thoroughly (4 tsp. salt per 2 ½ gal milk used)

10. Put seasoned cheese in freezer bags and label with date. Can store in freezer for several months, or in fridge up to 2 weeks.



OPTION 2 - TO MAKE LARGE CHEESE ROUND FOR SLICING:

7. Put hot curds in a bowl and mix in whatever seasonings you wish with a spoon.

8. Spoon warm, seasoned curds into CLEAN, OILED cheese press (so that it is easier for cheese to be removed from press when finished). Press curds down with hands to get it tightly packed, especially around the sides.

9. Put top on cheese press and tighten screw onto frame. Twist handle crank so that it squeezes out excess whey. Rinse press with water to wash away any excess whey.



10. Place cheese press into pan/dish so excess whey has a place to drain out.

11. Cover cheese press with clean cloth or tea towel and put in a cool, dry place for 24 hours.

12. Will need to twist handle crank on press several times so that you will squeeze as much whey out as you can.

13. After 24 hours, remove cheese from press.



14. Elevate cheese round on dish or wooden platform set on clean plate.



15. Cover cheese with lid (leaving a space so that air can circulate around cheese). Put in fridge for 1 week, turning cheese round over several times during the week.

16. Remove cheese from fridge after 1 week, cut, and package as needed. You can



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use freezer bags and store in freezer for several months, or in fridge for several weeks. If vacuum packed, cheese can last in fridge for several months until opened.

and that your hands are kept clean throughout the process.

You can use plastic if necessary (bowls, spoons, colanders), but germs can hide in the small scrapes and cracks that plastic can sometimes get and you will be more prone to having problems. If using plastic is your only option, use bleach to sterilize first. 🌿



This article first appeared in the August 2011 edition of the Freedom's Phoenix e-Zine and I thought it would be a good one to repeat since I have many people talk to me about goat cheese and other goat products.

[HOMEMADE GOAT CHEESE... 1of2](#)



[HOMEMADE GOAT CHEESE... 2of2](#)



NOTES:

There are other coagulants other than vinegar that will curdle the cheese, such as rennet. If using rennet, the temperature that you will want to heat the goats milk to is 110 degrees. There are animal and vegetable rennets.

Invest in a good thermometer that can be stuck down into the pot while milk is being heated so you will get a more correct temperature (if you use a food thermometer that you stick in liquid near the top, you may not get a correct temperature). Having the correct temperature is very important for getting the cheese to curdle for the specific coagulant used.

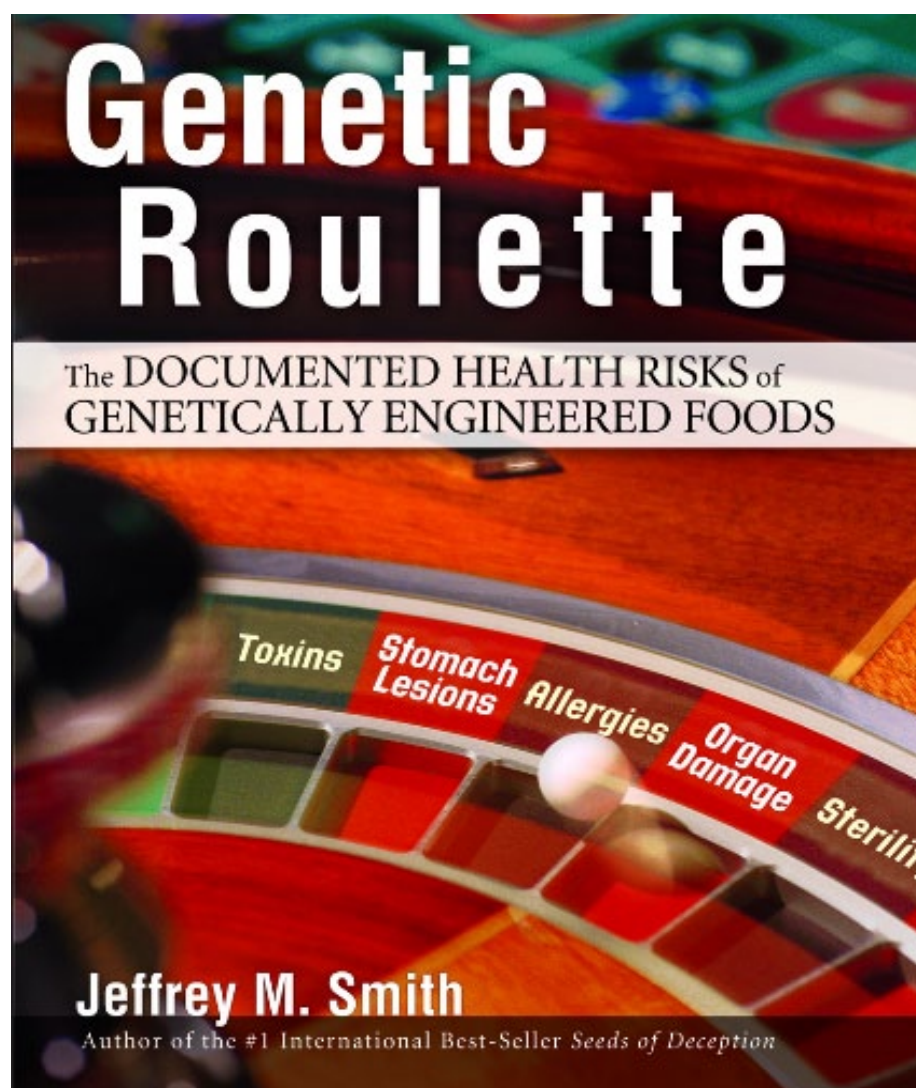
Make sure you operation is CLEAN. If doing this at home, it isn't necessary to sterilize everything (although it doesn't hurt). Just make sure everything is washed well in hot, soapy water,

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Genetic Roulette - The Gamble of our Lives

A Film by Jeffrey Smith

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Genetically Engineered Foods

Experts expose the **SERIOUS THREATS** and how corporations like Monsanto hide the evidence

NEVER-BEFORE-SEEN EVIDENCE points to genetically engineered foods as a major contributor to rising disease rates in the US population, especially among children. Gastrointestinal disorders, allergies, inflammatory diseases, and infertility are just some of the problems implicated in humans, pets, livestock, and lab animals that eat genetically modified soybeans and corn.

Monsanto's strong arm tactics, the FDA's fraudulent policies, and how the USDA ignores a

growing health emergency are also laid bare. This sometimes shocking film may change your diet, protect you and your family, and accelerate the consumer tipping point against genetically modified organisms (GMOs) already underway. Don't miss this film!

"Monsanto's strong arm tactics, the FDA's fraudulent policies, and how the USDA ignores a growing health emergency are also laid bare. This sometimes shocking film may change your diet, help you protect your family, and accelerate the consumer tipping point against genetically modified organisms (GMOs). Don't miss this film!"

"In exposing the bullying and deceit of the biotech industry, Jeffrey Smith's mesmerizing film shines a bright light of hope that we can reclaim our health and our food systems. Meticulously documented, thoroughly comprehensive, and rivetingly presented, this is more than an adventure story with intense drama and high stakes. It is in fact one of the most important stories ever told. Watch it and be galvanized, inspired, and engaged. Then tell everyone you know."

~John Robbins, author of Diet for a New America, Founder and Board Chair Emeritus of EarthSave International

"Genetic Roulette unveils a world most of us have never seen. It raises alarming questions about GMOs, and we deserve answers. For all that you love, hear this message and act now."

~ Frances Moore Lappé, author of Diet for a Small Planet and EcoMind

Continues on Page 42

Continued from Page 41 - Genetic Roulette - The Gamble of our Lives

Institute for Responsible Technology Twitter Feed


The Institute for Responsible Technology is a world leader in educating policy makers and the public about genetically modified (GM) foods and crops. We investigate and report their risks and impact on health, environment, the economy, and agriculture, as well as the problems associated with current research, regulation, corporate practices, and reporting.

Founded in 2003 by international bestselling author and GMO expert [Jeffrey Smith](#), IRT has worked in more than 30 countries on 6 continents, and is credited with improving government policies and influencing consumer-buying habits.

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- June 15th ! Have 10 people over to your home, library or church and when they share with just 5 people, who share... <http://t.co/plaKUC4bk8> about 22 hours ago
- Popular culture catches on and educates through humor: <http://t.co/XAF773zVhu> <http://t.co/tY9wKrVG8H> about 1 day ago

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For More Information, go to [GeneticRoulette-Movie.Com](#) 



Genetic Roulette Movie Trailer:

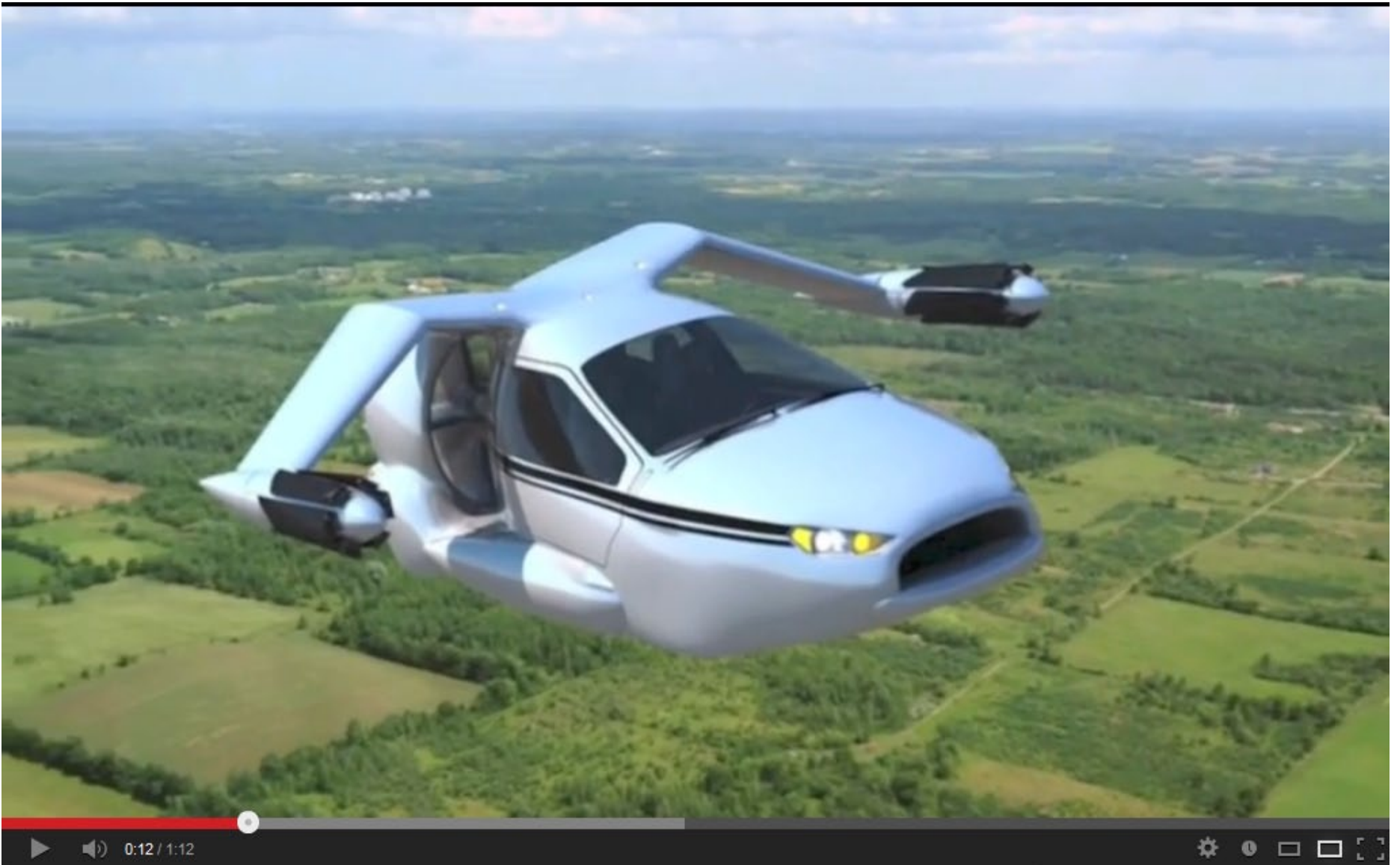


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Freedom Summit 2014

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We are negotiating a contract for the location now for the 2014 Freedom Summit, and it will be held from February 14th - 16th, 2014 in the Phoenix, AZ area. Will announce location immediately after signing of location contract.

Here is a confirmed list of speakers for the 2014 Freedom Summit:

Cody Wilson - 3D Gun Printing; [Defense Distributed](#) and [DEFCAD](#)

Larken Rose - Anarchist Author, most notably known for challenging the IRS to answer questions about the federal tax liability of citizens; [LarkenRose.Com](#)

Tarrin Lupo - Author (Pirates of Savannah Series; One Nation Under Blood) [LupoLit.Com](#)

Anthony Gregory - Writer Independent Institute

James Babb - Activist from Philadelphia; [End the Fed](#); [WeWontFly.Com](#)

Will Grigg - Writer; [FreedomInOurTime.Blogspot.Com](#); [Proliberate.US](#); Articles on [LewRockwell.Com](#)

Rosa Koire - [DemocratsAgainstUNAgenda21](#); [PostSustain-](#)

[abilityInstitute.Org](#)

Phranq Tamburri - Naturopathic Doctor [Longevity Medical Health Center](#)

Greg Peterson - The Urban Farm ([UrbanFarm.Org](#))

Fouder Ernest Hancock - [FreedomsPhoenix.Com](#)

Marc Victor - [AttorneyForFreedom.Com](#)

Possible Speakers:

Tim Frey - President, [Roberts & Roberts Brokerage, Inc.](#)

Addition Issues

Aquaponics

Biodiesel

Ham Radio

Alternative Currencies

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