

## Newsletter 118

31 August 2014

### Human Health

#### Read these updates

Zinc in Human Health Minerals has new information. The government has recognised zincs' deficiency in New Zealand, so Zincaps are now available on prescription for only \$5.

The same applies to Iodine, so read it in Human Health and in Dairying > Milk profit & Quality.

Salt (Na) is essential. You and your animals can't be healthy without it. Read about it in Human Health and in Minerals in Soils, Pastures and Animals.

### Gluten

Leda Gingernut Cookies labels state 'wheat free' and 'gluten free', but are not always. I was suffering diarrhoea and traced it to them, so told them. Chris Rhodes confirmed that they contained gluten. This is a continuing problem with several companies, so I now muscle test every batch of all foods, and always tell them. 25% of New Zealanders are affected by gluten. Most don't know it, so suffer to varying degrees.

### Alzheimer's disease

No one wants this. Research published in the journal of Neurobiology of Aging, suggests that people with chronic sleep problems may develop Alzheimer's sooner than those who sleep well. Read 'Sleep' in Human Health. There is more information in Human Health > Alzheimer's.

### Rancidity

I've previously written about how cooked fruits and all fats need to be fresh and kept in the fridge to stop them going rancid and causing tummy upsets. Even sultanas go off, so try and buy fresh ones in sealed bags and keep them in the fridge. Eating old ones upset by tummy.

### Weather forecasts that are instant and far better than TV ones are in -

<http://home.nzcity.co.nz/weather/weatherdetail.aspx?wla>

Choose your area from the list at its bottom. It also gives access to maps.

### Radiation

Nearly half of USA homes use only cell phones. Both sexes, carrying cell phones on belts or in pockets, affects their reproductive and other sensitive organs, in that area, including liver, kidneys, colon, and bladder, because all are susceptible to radiation. Avoid it and use speaker phones.

### Bees

We know that bee numbers are decreasing, and are essential for gardens and farms.

Paste the following long address into your Safari or whatever you use. You can then read it or click the arrow to see and hear a video.

[http://articles.mercola.com/sites/articles/archive/2014/08/12/neonicotinoids-bee-deaths.aspx?e\\_cid=20140812Z3\\_DNL\\_art\\_2&utm\\_source=dnl&utm\\_medium=email&utm\\_content=art2&utm\\_campaign=20140812Z3&et\\_cid=DM53653&et\\_rid=618616130](http://articles.mercola.com/sites/articles/archive/2014/08/12/neonicotinoids-bee-deaths.aspx?e_cid=20140812Z3_DNL_art_2&utm_source=dnl&utm_medium=email&utm_content=art2&utm_campaign=20140812Z3&et_cid=DM53653&et_rid=618616130)

### GrazingInfo membership

Clicking the 'Update your details' box allows you to change your address, email address, ID and Password. Do these before changing your email address, because you will not be able to access GrazingInfo to do it afterwards, however, rejoining is free. If you want to receive newsletters, add your email address.

### Solminix

DeLaval has a new Feedtech Mineral developed by vets that is twice the price (\$112 a bag) of my

old Solminix. I don't recommend it because it has no salt and has toxic levels of minerals which they recognise in the instructions on the bag. I've been told that it was designed by vets. If I went back farming and was told that I could feed only one mineral, it would be salt, because correctly fed pastures can take up close to enough of the other minerals, but not of sodium. The 80% salt in Solminix gives animals sheen and helps their digestion, and to cope with heat and cold. Using vet minerals is ridiculous because most have their own soluble mineral mixes, have no salt, because vets know that Solminix with its salt makes animals so healthy that users don't need vets, while some non-users get vets frequently, some weekly. Read the Testimonials. DairyNZ cows are under vets and are sick looking with no sheen and they lick each other to try to get salt. Solminix is now called DeLaval Feedtech Minerals and is a bad product at \$112 a bag, and has no salt. DeLaval dealers will try to sell it to you because they claim that 5 mg is the maximum to feed per cow per day.

Bags have a 'Precautions' heading which says - Harmful if swallowed, causes skin irritation, serious eye damage and to fertility and unborn child, suspected of causing cancer, don't breath dust from it which may damage respiratory system, don't eat, drink or smoke when using it, contaminated clothing must not leave the work place and should be washed before re-use.

Thank goodness, Dominion Salt now make the best soluble mineral mix, called Liquimin and supplied to Farmlands and RD 1. However, it doesn't have any magnesium in it. Don't ask me why. I'm hoping that they'll produce a complete soluble mineral mix, even better than the original 27 year old Solminix.

### **The importance of salt**

Sodium is needed in the digestive juice and is expelled from the body in milk, urine, faeces, sweat, and saliva, so cattle need it daily.

Dairy cows supplemented with 35 grams/day of good solar salt (there are differences) produced an extra 12% of milk almost immediately and continued it through the trial.

### **From Testimonials**

"Solminix halved our cell count and mastitis with fewer cows requiring vets or assistance at calving. Calves thrived on it without worm drenching, as Vaughan, who developed it, said they would."

"Feeding Solminix's nine soluble minerals through a dispenser has saved us drenching calves and cows. Previously even the cows were drenched annually."

"Salt with Solminix minerals in the drinking water made bloat disappear completely and production increased. Ruakura gave up monitoring our farm because there was no more bloat to monitor! My calves looked and grew better than ever, with much less worm drenching.

"We are seeing great results feeding Solminix soluble minerals in the water."

Full details are in Testimonials.

### **Profits**

Making a profit from farming means growing all your feed and buying none. The dairy farmers I've converted to not buying PKE or any other feed, have increased their profits by about \$100,000 per annum. Growing or buying maize for silage is not profitable. We never did it in our thirty years of farming - the last three with drystock.

Those I've converted from growing maize for silage, starting with Ian McDonald of Patetonga in the 1960s, have increased profits. He bought two neighbouring farms.

Growing enough pasture for North Island summer droughts, and southern South Island winters, is impossible, so I've grown and recommended growing forage crops. The establishment (Ruakura, AgResearch, LIC, DairyNZ, etc.) has rubbished forage crops for years, but some are changing now. Read Forage Crops to learn more.

A lack of thinking, observation, analyses and considering the consequences, are some reasons for advice given by some scientists' being wrong, causing low profits for some farmers. Using DairyNZ advice and from some others can be another. For a decade now the establishment has been against summer forage crops. Read Forage Crops to see why they were wrong. After rain in May 2013 DairyNZ publicly recommended applying urea after the first rain, showing that they didn't know that nitrogen levels in soils increase to excessive nitrate levels in dry weather.

At a March 2014 field day they recommended childish condition scoring systems using lots of paper and taking a long time that farmers don't have. Their expensive printed handouts revealed their lack of practical skills.

### **Carbon**

The establishment encouraging the excessive use of urea, has caused our farmers and country to earn nothing from sequestering carbon. AgResearch doesn't know why organic matter levels in the Waikato flat farms have been dropping for 20 years, but not in the hill farms. It is because the flat ones are dairying and applying urea that burns up carbon and organic matter, and the hill drystock farmers can't afford urea and are wiser. Urea ruins soils. Read Minerals > Nitrogen for what I discovered and showed Holland's Agricultural University 25 years ago after they had totally depleted their soils of organic matter, by applying too much urea for too long.

### **Farmers are ahead of research**

The following is because I have to spend too much time convincing farmers to use GrazingInfo facts, not the old 'establishment' theories.

The best farmers in most countries are about a decade ahead of the scientists.

We'll start with USA for our 50 American subscribers. In USA in 1992 Bill Liebhardt, soil scientist and sustainable agriculture director of the University of California, studied 40 grass farmers across their country, and wrote in AgriView that they were ahead of their scientists by grazing pastures, so reducing costs by 20%. Some dairy farmers were changing to seasonal milk and saving more. Savings from grazing came from reduced labour and machinery use, and improved animal health.

Producing winter milk in the northern states is expensive, so much of it comes from the southern states.

Ruakura wasted money on researching grazing 7 cows per hectare, "to see if it was possible". I told them Environment Waikato was trying to reduce over-stocking, because of the extra pugging and application of more urea which increases the excess nitrogen in their urine, the biggest polluter. Ruakura's own figures showed that most farms could increase profits if they reduced cow numbers per hectare. It still applies. Dairy farmers can use my spreadsheet called "Dairy cow numbers for max profit" to check theirs. Almost none know that it costs \$1,300 to keep a cow for a year. If you have too many, sell the surplus now for a good price to sharemilkers having to milk more than they have, and reduce your mortgage. See in Dairying > Milk Profit & Quality on how you could benefit substantially.

Ruakura also wasted money on very expensive identical twin 35 seconds cow stimulation trials. If our farmers had adopted it, they would have developed a national herd needing it, which would taken twice as long to milk their herds.

They also promoted expensive drilling instead of over-sowing pastures. Because they didn't apply enough lime, they developed soils with high aluminium caused hard pans, that increased ryegrass pulling, so had to drill 75% of their pastures every year, while farmers did from none to 25%. Ruakura blamed Grass Grub, so sowed a high endophyte ryegrass, which in their high potassium soils, pulled even more, because potash makes leaves hard.

A USA Madison University scientist became the laughing stock of their good farmers after they did a brassica variety grazing trial, by putting the whole milking herd on to a two hectare paddock of different brassicas. They reported that the cows, which had never before seen or tasted brassicas, didn't like any of them because they ate the grass on the headlands first!

Some successful subscribers have told me how hard it is to get their neighbours to improve, and some neighbours think they are clever by applying cheaper lime on its own, and then are not happy with the results of clovers suffering severe boron, zinc and other deficiencies.

Best wishes,

Vaughan Jones  
GrazingInfo Ltd