

## Newsletter 131

11 October 2015

### Health

A quarter of our 490 GrazingInfo members, friends and relatives who visit us, are gluten intolerant, but most don't know it. A third are unwell, and don't know why, and don't know how to check themselves for allergies, sicknesses, etc. Using Muscle Testing, described in www.grazinginfo.com in its Human Health chapter, indicates some of the allergie causes. The 260 chapter grazinginfo.com eBook now has 60 chapters on Human Health. Each time I get a question about an ill-health problem, not covered, I research it and add a chapter.

Poverty is one cause of ailments and stress, which only the government can fix by increasing the minimum wage, by taking GST off fruit, vegetables, health costs, etc., and taxing alcohol and cigarettes to pay for it. Weakling Key said awhile back that it was too complicated. If Australia and other countries can do it, we can. What Key meant was that GST doesn't worry him, and nor do the poor, who are the worst affected by GST. I know a poor mature widow who is suffering mercury toxicity from amalgam, but can't afford its removal, \$2,000 of which would be GST, going into the government funds.

Sadly, New Zealand has become a capitalists' haven, with the Western World's lowest wages and the highest interest rates, so the rich get richer, and the poor get poorer. 500 suicides (100 farmers) a year have become a very sad and disgraceful result, sometimes accentuated by stress, caused by poverty, especially when there is no light at the end of the tunnel, as for the poor, and dairying now.

### **Many of us are concerned about the increase in bad judgements being made in all quarters**

High manganese levels in acid soils, waters and in vegetables that are not organic, cause bad decisions by manganese brain affected people, farmers and their staff. Read the Testimonial Human Health how manganese affected Rick, because of USA trained doctors and consultants who think manganese is needed to be supplemented for all and must be in animal supplements and fertilisers. In September 2015 some in USA discovered that many people there were being stressed by too much manganese, which had been prescribed and too much applied in their ignorance. This has been a problem in New Zealand for decades, causing wrong decisions, friction, Parkinson's and Alzheimer's diseases and worse, that Rick suffered. In New Zealand, if your doctor, vet or consultant recommend manganese, change them smartly, and grow your own vegetables using LimeMagPlus and Phosphorus Nutrient Planner fertilisers that I formulated and get nothing for, from Lynda Kamphuis. I'm not promoting her. She stocks them for your benefit. I wish there were 100 like her throughout NZ to make the best lime mix and fertiliser mix available to all. The following shows why. We use it.

Compatability is suitability for consumption. 1 is full of toxins so poisonous, 100 is perfect. Muscle testing can measure them. Read about doing it in Human Health.

Spinach, ex supermarket Compatability 33, HG 20, Cd 20, Mn 25 ppm.

Spinach, ex our garden Compatability 85, HG 0, Cd 0, Mn 1 which is the perfect level. Other vegetables are similar. USA used to think 2 to 3 ppm, but their latest discovery should lower it. Organic would be better, but find it! Farmer markets may have them. Take a weight to measure them or have someone to press your arm down. The growers will interested.

It surprises me than any manganese is needed, but we need a little arsenic for perfect health. Mercury (Hg) is one that we need none of, but it is in waters, amalgam, most chelates and some soils. LimeMagPlus reduces it and all heavy metals and bad acid liking foods. Read Manganese in Human Health Minerals.

To contact Lynda, 33b Marshmeadow Road, Newstead, RD 6, Hamilton 3284, near Highway 26, the Morrinsville Road. Phone first at 07-858-2200. Email: john.kamphuis@maxnet.co.nz Take bags or buckets. Her getting it in bulk makes it cheaper.

### Fonterra

For years I've told Fonterra to stop boasting about high quantities of dairy produce and about being the biggest in the world before their stupid auctions, and rather to talk about decreasing quantities, which others have also said, and has now been forced on dairy farmers by poverty. This increased the auction prices by 15% for the first time this year. Fonterra and the middlemen, that they

sell to, have been making fortunes, because retail prices have not halved.

Some of New Zealand's current problems could be fixed just by starting the milk auction bids at approximately \$6.50, which is the minimum sustainable cost of production. The world has to have milk, and our pasture-fed dairy produce is the best, so would fetch this reasonable price of double what they are receiving now, which is half what they received a year ago, and a quarter of 50 years ago, when on our dairy farm we were getting the equivalent of \$14/kg of MS from the NZ Dairy Board, with very low farming costs. The decrease has been mostly because Fonterra doesn't promote milk's benefits, and auctions it badly, using a USA company that, like most of USA people, is likely to be jealous of New Zealand dairy farmers, so doesn't care and doesn't start the bidding at the cost of production. In the beginning, I was told by Fonterra that they started auctions at below the previous auction price. Again, whose side are they on?

### **Dairy farmers**

Our hard working, friendly, calm, pleasant and highly productive dairy farmers need honest government and media reporting. Since 1960 our dairy farmers have doubled milk production per cow and doubled pasture production per hectare, and increased the average herd size from 60 to 390, some run by one person. None of the media have congratulated dairy farmers for doing so well earning overseas funds for all New Zealand, but now worse off than ever. They can't do all that again, which is just as well, because USA and Fonterra have ruined the world's dairy market. Fonterra has shown for 12 years that it can't cope. Some of their staff confirm this. Fonterra's pathetic staff have only just this month (September 2015) discovered that the rules enforced on New Zealand by the USA government through the weak Labour Party government 12 years ago, after USA's jealousy and greed made NZ close the highly successful NZ Dairy Board. USA wrongly accused it of being a monopoly and a government board, which it was neither. The truth is that the New Zealand Dairy Board was envied by the USA dairy farmers, and the USA government, because they could freight and sell better quality milk products in USA, at less than the USA could produce theirs, even with their subsidies of up to 50%. You might ask why? It is because both high prices and high subsidies breed inefficiencies, which in USA are now so bad that their dairy farmers are wanting higher subsidies.

The USA car industry crashed because their Unions got US\$50/hour producing large gas gobbling cars, not wanted, while the Japanese set up and thrived in USA producing smaller cars at prices buyers wanted.

The NZ Dairy Board was not innocent, because it broke an exporting rule of selling at prices below the USA milk prices, which rightly upset their dairy producers.

I was on the NZ Export Institute committee and helped many exporting companies very successfully for many years. As the Gallagher Marketing director I increased their sales from \$4m a year to \$24m a year in five years to 100 countries, by employing eight successful semi-retired farmers to help promote controlled grazing benefits, using safe exporting principles. USA electric fence energisers cost US\$60. We sold a far better, more powerful easy to repair after lightning strikes unit, for US\$300 each, so the Americans ignored us. While USA ones were impossible to repair our sales increased.

After I left Gallagher because of too much overseas travel, they employed townies and their sales dropped.

I knew to never upset overseas producers, because their governments would always support their producers, as the USA government did when it made our weak government close the NZ Dairy Board and wrote the impossible rules underwhich Fonterra was made to work, of selling to anyone by auction. The equally weak National Government has since then not corrected the disaster, which is one cause of the current drastic conditions for New Zealand, and ironically now, for USA, and the world's dairy farmers.

Fonterra's bad (or no) marketing, caused the auction price drops, which then set the world prices.

Last month's Newsletter suggested Googling to see farmers dumping millions of litres of milk and in some countries killing their cows and themselves, which brings me to what Fonterra is now doing, i.e., briefing their tanker drivers on what to do if they find a dairy farmer dead from suicide. How negative. I HATED WRITING THIS, BUT IT IS THE FAULT OF Fonterra, which needs sorting out or getting rid of. All their systems and aims have been wrong, the worst was to be the world's biggest - with only 2% of the world's milk production. Their making a dozen serious mistakes, like moving

to Auckland into expensive offices and employing 750 staff too many, paying 17 managers \$1 million a year, are neither acceptable or forgivable, while their farmer suppliers made nothing from their \$4 million or more invested in their farm and animals, and their extreme effort. More of this will be in the next Newsletter.

Tatua Dairy Company sell their superb dairy products at higher prices, and their producers have benefitted financially every year for 100 years. In the 1970s I pleaded with Frank Onion, the then chairman of the NZ Dairy Board, to emulate Tatua, even slightly, and asked Frank to change the name of his 'Board' which was seen overseas by the jealous as a government body like a Rabbit or Drainage board, to a Co-op, but he would not. He used the feeble excuse of there already being a Co-op, but there could be dozens. It is a generic name, not copyright or patentable.

Lewis Road Creamery is new to selling milk products and, while Fonterra can't sell theirs, Lewis has theirs sell out in supermarkets between deliveries, and at double the prices. Is Fonterra in a different world?? No. Their 17 million dollar men (they are not managers) are too fat to try to earn them.

Organic milks from the astute companies are selling at \$7 a kg and increasing, while Fonterra have lost many of their suppliers because they pay so little.

Because those dairy farmers who follow GrazingInfo systems are better than organic, some ask me about changing to organic for a better price. Ask Fonterra, but many are leaving them because of the hassles, low payout, and suppliers not being big enough or close enough, while Lewis sends tankers from north Waikato to Bay of Plenty for their organic milk.

### **Fonterra**

NZ dairy farmers would rightly not agree to a replacement of the Dairy Board until it was suggested that the new one would have 10 directors, ALL FARMERS, which was agreed to. Now there are only four farmers on the Fonterra Board, so the result has been many wrong and stupid decisions. In fact I don't know of a single good thing Fonterra has done. The interest-free loans is the dairy farmers' money, when it should be government money, because the government agreed to the closing of the NZ Dairy Board and to using the impossible USA imposed rules, which can now benefit the four Chinese factories being built in NZ, because they can buy dirt cheap milk in New Zealand from Fonterra, without having any suppliers, then process it. They can then export baby formula, etc., and benefit from the middlemen mark-ups, and will have access to China ahead of NZ companies, who may not be able to sell any into China, because they have increased their milk production by 12%. ALSO, these Chinese factories can sell into other country against Fonterra. The Chinese are shrewd and act quickly. Our government and Fonterra have no foresight, and their wheels grind slowly.

Fonterra's sole job is to market NZ milk, but they have not got a clue about marketing, or they would trash the disastrous auctioning system and get marketing highly successfully, just as the NZ Dairy Board did for 100 years, achieving payouts way above Fonterra's, whose \$8/kg was a jackup to pacify farmers after Fonterra reduced their share price from \$7.50 to \$5.00, to save having to pay back the thousands of farmers planning to leave Fonterra, with their \$7.50 shares, to be bought back by Fonterra.

My forecast when Fonterra was set up 12 years ago under the deliberately disastrous USA rules, forced on NZ, and weakly accepted by our government and farmers, was that there would be 10 competing dairy companies within 10 years. Competing milk vendors get beaten down. The single selling NZ Dairy Board didn't have this problem, and achieved their \$14 equivalent payout when dairy farm costs were almost nothing and the government paid the agricultural research through Ruakura. Each dairy farmer now pays DairyNZ thousands of dollars annually for no research of real use. DairyNZ promotes 60 year old research on lime, which was wrong then, and is more so now, and older research, which was also wrong then, based on a Ruakura turnip crop yield of 5 tonnes/ha, when farmers produced 12 tonnes/ha then and now, and some new crops now yield double that. After years of dry summers severely affecting over-stocked dairy farms, DairyNZ has woken up and recommends summer forage crops, which smart and GrazingInfo farmers have always grown.

### **Over-production**

The bright NZ dairy farmers must get all NZ dairy farmers to stop buying feeds, especially PKE, for extra milk production, that creates surpluses that reduce the payout, at no profit to anyone except middlemen, and must also get the milk auctions abandoned or start at the \$6.50 cost of production

equivalent, and get marketing on quality. I've recommended these for ages.

Buying PKE, one of the causes of milk over-production, for no profit, and is against New Zealand's international conservation aims, re felling bush also affecting wildlife and gives the international conservationists ammunition to attack us, which many countries love doing, through jealousy. We must avoid conservation faults, so as to help get more receptive buyers.

Hooray, for yesterday's news, 'Fonterra started discouraging PKE', but as always, in its ignorance it is too late, because most farmers have signed up for long term purchase contracts through the cunning middlemen. Fonterra is so far removed from their industry.

### **On sales**

People with a good standard of living, like we are fortunate to have, can't maintain it, if selling to the less fortunate poor people, so we must produce better quality products, and promote them as such.

Also, we can't thrive by selling wholesale and buying retail.

The government and marketers must know these rules, and make agreements accordingly.

### **Jealousy examples**

USA using the higher USA grain-fed methane figures on a per human basis, against our large number (50 million) animals feeding the world, by only 4 million of us. Their ignorant critics must have thought that we consumed all the milk produced, or they didn't want to think. When I was top of the class at school, a wise man warned me that jealousy was man's worst disease, so avoid causing it. He was so right. I was bullied slightly by a less fortunate, when it was not a universal problem. The saw my black eye and the dumb guy, who was against learning, was caned.

Northern Hemisphere people used 'NZ polluting air-miles' against buying our foods, when all went by sea, all because of jealousy of our success of having everything, and being so clean and green, and with low costs, thanks to our hard working smart farmers, which all countries would love to have.

A Dutch journalist here, got an easy audience criticising some minute farming faults, that our media had already distorted and exaggerated, so I wrote about smelling their cows in the air as soon as entering Holland, and that the northern hemisphere farmers always asked me why our farm dairies and animal manure, did not smell. Pasture feeding is natural, grain and PKE are not. Dutch and Japanese dairy farmers get complaints from townies smelling their cows, while we have none about pasture fed ones.

### **Milk Prices**

Canada allows no milk product imports, so their dairy prices increased 53% from 1994 to 2007, to US\$53, while the EU average was US\$34, USA \$33, UK US\$33, China US\$28 and NZ US\$25, while the cost of producing milk fell by 3.8 per cent. This cost of production formula was created by the Canadian dairy industry and has a built-in profit for producers.

### **Pollution**

NZ pasture-fed animals produce much less methane per cow than northern hemisphere grain-fed ones, but their propaganda criticises New Zealand, using USA cow methane figures. Read the Methane chapter in Pollution. NZ grazed pasture animals produce less methane than natural bush does. Our vegetarians don't know this, nor that grain growing produces more pollution than grazing animals on pastures.

New Zealand's grazing farming stores carbon, and good [www.grazinginfo.com](http://www.grazinginfo.com) farmers increase carbon. The small Hamilton City pollutes the Waikato River and its Hamilton Lake more than farming does, but the media, being what they are, never try to get them to improve.

The people in some cities in Germany have to drink bottled water, and the Blue Danube is now brown. The Waikato River is cleaner now than both 50 and 10 years ago, except for mercury from Kinleith Paper Factory, and E.coli from townie dogs swimming in the river.

The sandy bottom of the Waikato River can now be seen in some parts. The Waikato Regional Council should be honest and fair and publish the improved Waikato River figures, instead of every little fault, and should fine Kinleith Paper factory for their mercury and Hamilton City for its human effluent running into the River.

The brown in the Waipa River is not pollution, but fine clay from the soils where it comes from. It has less pollution, because it doesn't run through towns. Waikato Regional Council should tell the public this.

The Algae in the Waikato River is not from farms or animals, it is because none of its nine hydro

dams aerate the water, as is done in Australia, South Africa, USA and China.

I attended a public conference on 'Water' by four local bodies, who quoted figures we already knew with no causes or solutions, so taught us nothing, and helped in no way, but oozed bureaucracy. I was the only one to make positive suggestions regarding reducing pollution, which scientists and DairyNZ should be promoting. I explained how to deepen top soils with LimeMagPlus, chisel ploughing, slow release fertilisers and correct grazing, all proved by top farmers in New Zealand and other countries, and published in [www.grazinginfo.com](http://www.grazinginfo.com) under Soils > Cultivating and Subsoiling. We should remember the old saying, "Everything begins in the soil".

Some may ask why deepen soils, because good top soils are deep (40 cm or more), soft to absorb more animal manure and urine for the 40 cm deep pasture roots to access, thirty earthworms per spade spit, with little leaching and pollution, and very little runoff. As a comparison DairyNZ had one. Read Soils and Earthworms in [www.grazinginfo.com](http://www.grazinginfo.com) to see photos of good soils and to learn more.

Bad top soils are shallow, hard from the top down, with cracks in dry weather, a hard pan, few or no earthworms. If the land is flat, with too few drains, or overdrained, with two metre deep drains, heavy rain runs off, taking animal manure with it into drains and waterways.

### **Mineral deficient animals**

Every animal photo published in the Waikato Times this year, and in most farming publications and most Country Calendar programs, showed cattle deficient in at least one element, mostly from being overstocked, so underfed and without getting the best nine soluble minerals which all need.

See Animal Health > Symptoms & Causes in [www.grazinginfo.com](http://www.grazinginfo.com)

DairyNZ ran a field day in March on a Rukuhia, near Hamilton, brown drought stricken dairy farm. Two farms beyond it was a GrazingInfo farm member with 15 cm long green grass and chicory. The farm described in the 'Milk Profit & Quality' chapter, near Hamilton I took a ryegrass sample for analysing in mid March, while there were bare brown farms all round it.

Over autumn and winter, the Waikato Times reported on dry brown farm after farm, and pugged wet ones, but didn't cover one that was doing well. We all know that the Times thrives on bad news, but surely it owes farming, on whose back it rides, to help all, and the whole country, to do better.

I apologise to non dairy farmer readers for all the above, but it is important for Fonterra and all New Zealand. The following now, is important for all of us.

### **Foods that are good for us**

Publishing the foods and items that are bad for us, would take a whole book and cause arguments, but would be preferred by the media, which love gloom and bad news, and like making criminals into heroes by publishing large photos of them, with little consideration for the victims.

**Good Bread** - There are many Vogel and other breads, but the Vogel 'gluten free, no dairy\*, Wholemeal bread', is 90% compatible for most people, and it is nice to eat, while some are not. Many other breads I've tested are nowhere near 90, and the slices are of uneven thicknesses.

\* I hate having to type 'No dairy', but most milk comes from superphosphate and other wrong acidifying fertilisers and acid soils. If all used GrazingInfo LimeMagPlus recommended fertilisers or drank Lewis milk, 'No dairy' would seldom be necessary.

Avoid breads with fat grains like linseed and sunflower seed, unless they are all still whole, or refrigerated, which is impossible. Once damaged or cut, the fat starts going rancid, which adversely affects most people to varying degrees. Once bought, keep all breads, mueslis, fats including those in supplement capsules, in the freezer or fridge. This stops them becoming rancid or toxic to some people. Some, like my wife Auriel, can digest concrete and cast iron! I have to be very careful.

Breads and most foods vary between batches, so I muscle test every batch of foods, waters and supplements before buying, by borrowing a 4 kg plastic water bottle or two in the shops as weights, or at home before drinking or eating them, so I now don't have the less than perfect digestion I previously suffered.

If having to take an antibiotic, take one probiotic a day. This was suggested by a chemist, whom I've found very helpful, because they hear back from patients about good ones and bad ones, while patients seldom tell their doctor that a prescription didn't help.

### **Fish**

I think everyone knows that most fish is good for us, however, some is not, because of mercury (Hg) in some areas, and in all deep sea and farmed fish. Mercury, being very heavy, goes to the

bottom of the sea, so deep sea fish like Orange Roughy are very high in Hg, which few people know. Macadamia nuts and biscuits are also high in Hg. One Macadamia biscuit gives me boils, the pus of which is high in Hg. I liked both, so about 10 years ago my Hg blood level was 40 mg/kg (ppm). Auriel's was 30 from the same food, but she worked in the garden and perspired (glowed!) which drains toxins out of bodies. I do the heavy work in the garden, but have never perspired, so have more toxins in my body, which form boils. Naturopath Chris Rhodes drained mercury out of us both, down to approximately 2 and 1 mg/kg.

The mercury in a Macadamia biscuit can kill a dog or cat.

The high Hg polluting areas for fish are near White Island, around which are under-sea lakes of mercury, so Whakatane and Tauranga fish have high Hg. The sea current flows south, so Hg levels decrease to Wellington, but are high in the salt that is made near Blenheim.

Krill capsules are much lower in Hg than fish capsules. There is so much krill, which is what whales eat, and there was enough a hundred years ago when there were a hundred times more whales in the world than now. For more information, read Mercury in 'Human Health Minerals'.

**Teas** - Dilmah all natural Decaffeinated Green Tea, two or three a day, strengthens the prostate and reduces the chances of it getting cancer.

Black conventional tea without milk increases the chances of getting kidney stones.

**Water** - Some bottled spring waters, even with flash names, are bad with toxins. NZ Natural pure water of New Zealand is excellent with no impurities. You can muscle test bottled waters easily before buying, by using others as three or four kg weights. See the Water chapters.

**Juices** - Golden Circle Pineapple fruit drink with vitamin C, many of the others are toxic.

The above are mentioned because of their merits for your benefit, not for our reward.

**Papers** - Most papers contain mercury, because it is used to bind the paper ingredients together. Mercury is a glue, and is used as a chelator, as is done with amalgam which is a mix of silver (used in teeth fillings) and mercury, needed to glue it in. Kinleith Paper Mill's waste runs into the Waikato River, which increases its mercury level. I say 'increases' because the mercury from the deep bore water at Wairakei near Lake Taupo, already has mercury, which ends up in the river. Neither is fined for polluting like farmers are, sometimes for nothing by comparison.

Muscle testing and analyses show the levels.

Kitchen paper towels containing toxins can upset some people. 'Handee Original, Thick, Strong & Thirsty' tissue paper doesn't, and is 90 out of 100 compatibility, which is about as good as is made.

**Australian sheep breeders**, Shane McGrath, a sheep farmer, is interested in suppliers of lambs to finish, and people to talk with in Australia. He has 300 ha. If interested, please contact him.

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Balwyn North

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**Times to apply nitrogen** - I was on a farm last week where they (farmer and son) had sown spring pasture, but had not read how to treat it, so had not applied nitrogen. Don't shudder! Until clovers are established and making it, it must be applied (usually twice), never as the drug urea, which is expensive for what it is, and not as good as Ammo (best) or 50% Sulphate of Ammonia and urea (equals Ammo). Sulphate of Ammonia gives sulphur, which is essential, is synergistic with N, and necessary, especially after the high leaching rainfall we've had.

Best wishes,

Vaughan Jones, ONZM Queen's Honour 2013, for services to farming. 99% Honours in Dairying 1948. NZ Dairy Board award for Waikato Most Improved Dairy Farm 1959. International Agricultural Consultant & Journalist. Represented NZ in Agricultural Journalist Congresses in USA in 1992 & Austria 1994. Managing Director of the website GrazingInfo Ltd, compiled since 1970. NZ M.Mkt.I.

The 50 Spreadsheets cost \$200 +NZ GST 98-827-706 once only. Updates are free.

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