

My wife, Auriel, Steve and I, wish you all a Very Happy Christmas and a Prosperous, Optimum Rainfall 2013, with many more years to come.

Our 60 mm of rain in Hamilton over the last three days is the best Christmas present any farmer could want. We hope that you all got it, or more.

### Health

The most valuable thing we have is our health.

Some subscribers commented on how I've improved their animals' health, and asked if I can improve theirs.

Many who have known me for five decades ask how I keep working such long hours at 81 and look so well. They don't see me in my mirror! However, I now feel like only 50. A year ago Auriel and I felt 100 + so visited some of the alternative specialists listed including Chris Rhodes (See Human Health > Health Specialists.) who checked our whole bodies electronically by remote wand, measuring urines and drained the toxins out of us. Mercury (Hg) was 30 and is now 2.

Many farmers (a third of my clients) suffer from health problems such as Celiac disease which is gluten intolerance (my research shows 25% in NZ). See Human Health > Gluten. More is to be added to it.

Arthritis (20% in NZ). See Human Health, Arthritis which is accentuated by low boron.

Food allergies, like gluten, are more linked to rheumatoid arthritis as opposed to other forms of arthritis.

Vertigo, dizziness or a balance problem. See Human Health > Vertigo, caused and/or accentuated by gluten.

Toxins. See Human Health > Toxins. More to come.

Some of you ask what I eat to be healthy. Recently it is more organic and home grown things because almost all supermarket fruit and vegetables contain mercury, cadmium, and an excess of manganese. NZ soils are high in Mn. Applying optimum amounts of LimeMagPlus reduces manganese levels in soils, crops, animals and milk. More to come on milk.

Most supermarket vegetables have 50 compatibility 20 Hg, 15 Cd and 20 Mn, so we avoid them. Ours and most organic ones are 80, 0, 0, 3 Mn. I have had hundreds tested by Chris Rhodes.

I muscle test all foods for toxic elements and avoid the toxic ones.

I've never boom sprayed weeds, smoked or been drunk, and was trained and fed by my mother and wife Auriel, to eat variety and well.

I use the Metabolic Food Type indicator in Human Health, which shows that I need protein and fat with all meals, so take Thompsons G8 Pea Protein in drinks, soups, porridge, etc., and 100% Kiwi Olive Oil. I use the Chris Rhodes analyses. Read Health Specialists. Auriel needs carbohydrates.

Take your pick from below.

Compatibility, Hg, Cd, and Mn.

Thompsons Pea Protein \$30.00 500 g. 80 0 0 5.

Nuzest Pea Protein \$45.00 500 g. 85 2 2 5.

Radiance Boron \$30 for 60. 55 2 to 50 1 2. Their quality person favours old measuring systems that don't detect low levels so Radiance doesn't believe these figures.

Thorne Boron Picoline \$18/ for 60. 70 2 0 2. Take one Thorne Boron capsule (3 mg) with each meal.

Many people suffer from arthritis, however, as with asthma, breathing problems, and some other sicknesses, some are misdiagnosed. Auriel was, and after a decade of suffering so-called arthritis in her hips went to an orthopaedic surgeon who diagnosed Bursitis and gave each hip a Bursitis injection which cured her pains completely a decade ago.

Arthritis is caused by a deficiency of Boron. Read Arthritis after I've finished and loaded it in a few weeks time. Although, nothing in GrazingInfo is ever finished. I add information all the time.

Good health is not possible if the water you drink is polluted.

**Water                      Compatability Hg Cd Mn Al**

Hamilton Ellerslie Ave 5 25 20 12 6

Hamilton Ellerslie Ave filtered 50 15 20 12 6

Ham Ellerslie Ave filtered & boiled 65 15 20 12 6

Hamilton Te Rapa by Rhodes 10 15 20 12 6

Kaiapoi NZ Natural Spring. 80 0 0 0 0

Notice how consistent the toxin analyses are. They show how good Chris Rhodes' measuring system is.

Farm waters are often worse.

So boil all except natural deep spring waters.

More to come on water.

Some chapters like Lime and Nitrogen are long, so using your computer to read them to you could help.

**Macintosh Speech** reads typed information in Mac Pages, Word, Mail and PDFs. Highlight words in any of them then use **Shift Command A** to read and to stop reading.

Windows can now do it so read <http://support.microsoft.com/kb/306902> to see how to.

**More on Australia**

Statistics New Zealand shows that 53,200 went to Australia last year and 13,800 moved here from Australia. There were also net gains of migrants from most other countries, led by the United Kingdom (5,500), India (5,200), and China (5,000).

Many NZ farmers who were the first to go Australia have done well, while some townies have regretted it and had difficulty selling and returning, especially from Perth where mine closures have caused empty houses galore.

Many going to Australia didn't know that their top income tax rate is 45% (used to be 70%) while ours is 28%. Until naturalised, tax is much higher. Their capital gains tax is the same in the first year and then at half the income tax rate, while ours is all free of tax.

**LimeMagPlus again**

Warren and Judy Tocker emailed -

"Thank you for the tuition at your Fielddays workshop in June. Following your recommendation there I bought a copy of V.A. Tiedjen's book "More Food From Soil Science". Not cheap but a good decision.

"We have applied 5t/ha of LimeMagPlus over the last two years and believe that our farm is showing the benefits through increased output (meat per hectare) and significantly more dense, weed-free clover/rye pastures."

Michael Nicholas phoned with similar results and applied more LimeMagPlus.

Hundreds have had similar results.

Those who say that lime is slow to work (implying years), are wrong when it comes to Rorison's LimeMagPlus, which is softer, and when applied with lime's synergisms (deficient elements which include OrganiBOR, slow release chip boron, serpentine magnesium which has a variety of minerals. These and more are in some, twice the price Rok, Fos and Humate minerals, and other minerals that combine to make the soil healthier. All help make lime act faster and more completely. I and others have seen growth responses after two weeks of it being washed in, which is faster than urea that some

farmers pour on for years and after it lowering organic matter levels, suffer reduced responses. All my clients have been surprised at how fast earthworms increase, thatch reduces, facial eczema ceases, and how pastures don't dry out and grow more clover, only a few months after applying LimeMagPlus.

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