

Apologies for the delay in answering emails. The answering of questions, updating chapters and spreadsheets, and writing more chapters to give information that is being asked by subscribers, take up to 12 hours a day, seven days a week, but it is not work - I enjoy it. I just wish days were longer.

After some subscribers wrote that using GrazingInfo information had improved their animals' health, and asked if I could improve their own health, the Human Health chapters were started.

I got no colostrum because my mother was very ill, so am gluten intolerant, but live with Celiac without problems, thanks to Auriel's gluten-free cooking and shopping.

Avoiding wheat decreased my weight from 75 to 66 kg, and with knee lifting at the computer for exercise and to allow lubricants to go back into joints, caused fat loss from my tummy, and better health than ever before. I eat mangos and its juices which help lose weight, and fight free radicals. Blueberries also help, but not as much. Catechins in blueberries activate fat-burning genes in abdominal fat cells to assist belly fat loss in particular.

I've always been interested in health so have 25 books on it and researched sicknesses and allergies and have written 20 chapters on health, with more coming. Reading and applying the information has improved my wife's, family's, friends' and some subscribers' health, and of course mine.

Fixed crook back

I can run again without sore and clicking joints, and my 'farmer's crook back' since 1958 disappeared completely in January 2013 at the age of 81. Oh what bliss not feeling a back at all, meaning that there is no pain there whatsoever, even if touching my toes or picking up things I've dropped. I've thought about the reasons, and believe they are the draining of mercury (from 30 down to 1 in urine) and the other three heavy metals out of my body by alternative health Naturopath, Chris Rhodes, 45 Cunningham Rd, Te Rapa, Hamilton 3200, phone 850-6300, using Heel drainage from Germany, that others in New Zealand also recommend. See the Human Health Specialists list of those who have also helped us over the years.

Also, taking a Thorne boron capsule helped. Googling for [boron arthritis cure](#) found 174,000. They can't all be wrong. We all know of people with arthritis (for example crook backs), which can be eased, or cured, depending on age and how far gone it is. Nothing I know of can replace old damaged joints, but they can be eased.

Thorne boron contains a little mercury as most supplements do, but all other boron's tested had too much mercury, as do many supplements, so I don't take or recommend those with high mercury, cadmium, manganese and/or aluminium. Good Health supplements are almost all free of heavy metals, so I have asked them to develop a boron. They told me that it is on their list.

Heavy metals

This problem, also applies to most selenium human supplements, except Good Health Premium Vision which are multi-mineral capsules testing at 80 0 0 0 0. This means they are highly compatible (80 out of 100) with zero heavy metals. It is the best multi-mineral capsule I have ever got tested, and have taken for nearly a year now. It improved my selenium level to the optimum, aided by vitamin E in the capsules and our home-grown vegetables fertilised with Selcote Ultra, and coconut oil from the Philippines where selenium and boron are high. Read the contents on the box. They don't contain magnesium or boron, so take Good Health Magnesium Ultra which also contains zinc, which all of us need to take daily. The NZ government has recognised that all New Zealand is low in zinc so makes Zincaps available through prescriptions, but unfortunately it contains small amounts of heavy metals.

Good Health Premium 80 compatibility and 0 mercury, 0 cadmium, 0 manganese and 0 aluminium, contains zinc (and copper, and more).

Solminix has no heavy metals. Lots of other soluble mineral mixes I've tested have a lot.

When we recommend a supplement it means that it is the best one at the time with the lowest; heavy metals, poisons, oxides, fewest chelated items and is better than previous ones recommended.

Avoid chelated products in supplements and animal minerals.

'Chelated' means mixed and bound, often using mercury, which is a glue used to hold silver in

amalgam for teeth fillings, and other mixes, so I try to avoid supplements with chelated minerals.

Chris Rhodes in his incredibly sophisticated laboratory has measured thousands of toxins in all the foods and supplements we take. I mean thousands, which consist of 860 spreadsheet rows, each with an average of three items equals 2,500 at about a dollar each.

All ours and most **organic** vegetables, fruit and milk don't have heavy metals, while all the others I've had measured do. It took me a year to find out why so many foods contain heavy metals. It is the superphosphate which is made with sulphuric acid making the phosphate available, which unfortunately also makes the heavy metals of mercury, cadmium, manganese, available. It is then taken up by plants, eaten by cows so gets into milk.

Avoid using any superphosphate and other part-superphosphate fertilisers

It amazes me that so many farmers are still applying superphosphate, Serpentine Super, so called Pasture mixes (that are based on superphosphate) and other fertilisers that fertiliser companies make from the cheapest and worst raw phosphates. These have high levels of some heavy metals, and are apparently bought by fertiliser companies for as little as \$60 a tonne, while the best reactive phosphates are \$400 or more. Then treating these bad ones with sulphuric acid to make the phosphorus available which causes all sorts of other problems, such as also making the heavy metals available, so all wash into streams and also leach. Mostly, the treatment is not necessary because most soils are acid. The heavy metals then get into the animals and their products. I've had some measured and it is unhealthy for humans.

Environment Waikato made MAF's Whatawhata Hill Country research station change from applying superphosphate to applying reactive phosphate in about 1984, because after aerial topdressing, the phosphate levels in the many streams running through the station became high.

Why didn't MAF also suggest the same to farmers to reduce their costs, and help them increase their profits? They still don't. The Fieldays Farms of the Year winning Beef farmers in the Waikato were already using reactive phosphates.

The now Waikato Regional Council has become a big prosecuting body, instead of an educational one. I helped and wrote about farming peat biologically for Environment Waikato, when I was on the Peat Development Committee, at no cost to them, but they didn't use it. I presume for fear of upsetting the colossal fertiliser companies who have forgotten that they are farmer co-operatives, and every year give millions for research on fertilisers, but not on good farming practises.

Mixing fine elemental sulphur with good quality reactive phosphates and then mixing it into our acid soils on an equal cost basis, gives more P available and better pastures and crops than superphosphate, because this P is cheaper with no leaching. The proof is in the far superior crops grown, compared with the same cost superphosphate and deficient elements. The MAF Te Kuiti trials, that I corrected to an equal cost trial, showed the benefit of reactive phosphate over superphosphate. Read Elements > Phosphate, Beef Profiting, Forage & Grain Crops, Maize/Corn page 8 which has, "We and Bill Chynoweth frequently grew maize silage crops of over 30,000 kg per ha using reactive phosphate mixes and only 100 kg per ha of DAP if animal manure was not applied in some form (effluent, wintering on, or poultry manure). After I retired from farm visit consulting because of gluten problems (without knowing for eight years that it was one cause of requiring frequent comfort visits!) Bill's yield dropped to 24,000 kg in a good year, because of him going back to a Single Superphosphate mix (at a MAF consultant's recommendation) and without Tri-Fix, losing him a net \$2,000 per hectare."

If those in all the so-called research bodies got out of their comfy offices, and visited the best farms they'd learn more and be of more benefit to farmers.

LimeMagPlus again, sorry, but some of you need the information

LimeMagPlus improves soils and pastures and animal health more than any other fertiliser, and grows more and better pasture on improved soils and fewer weeds, than urea.

Mike Anderson near Huntly wrote, "After applying your LimeMagPlus, the back of the farm which was moss covered poor pasture with no clovers, changed. Post drought the pastures had improved amazingly. In the past we used to see moss on the ground in winter. Not anymore! More clover and grass grew last season thanks to LimeMagPlus than I have ever seen. As you know I was using Solminix. Confession! I was talked into changing to another brand and the herd became

noticeably less healthy, so I'm going back to Solminix.

"We're in the process of updating our cash flow budgets and have added your grazing-info subscription. Really do appreciate your emails thank you Vaughan."

Many vets and sales people have cost some farmers thousands of dollars by selling them bad minerals. Some minerals have reduced the quality of milk.

David Wallace's peat farming video please

Some of you will know David Wallace of Moanatuatua where he farms 1,400 ha of peat and leases more. He made videos called 'Peat to Pasture' and a second one called 'Modern Peat Developments' or something like that, which he no longer has a copy of. If you have one please email me at support@grazinginfo.com or phone at 07-853-7555.

Speciality Seeds Ltd

I get their monthly newsletters and find them useful. The last one was about the best winter green feed crops, useful for South Island winters and high country summers in the North Island. Email mail@specseed.co.nz and ask to receive it.

Storksbill weed

Two subscribers who don't want to spray, emailed about getting rid of Storksbill. It pleases me when subscribers ask how to fix things without chemicals. There could be more with the problem.

Storksbill is in the unfinished Weeds chapter of 33 pages which I was hoping to finish before answering, but it will take weeks or months to finish, so this is the Storksbill section.

It is not like Buttercup, Chickweed and Pennyroyal which liming gets rid of.

As with all weeds, Storksbill should be killed when young and before flowering and seeding, which it continues to do over many months each year.

Try to avoid stock grazing too much Storksbill because it has caused photosensitivity in some. Young lambs with bare skin have had very bad scabs like Facial Eczema.

Storksbill seedlings germinate over a long period, so some farmers have thought that their spraying had failed.

Pulling and digging out are OK for small numbers, which is when all weeds should be controlled. For large numbers, chisel ploughing (see Soil's > Cultivation), then growing a summer forage crop or other type of crop, to allow time for seeds to germinate, be eaten or if deep, to decompose, and then resow the latest best pasture.

Thick dense pastures that are not overgrazed don't grow many weeds. Having plenty of earthworms reduces weeds, because they are always looking for dry material, so eat a lot of weed seeds.

There are organic sprays for doing small areas. See Organic Weed Killer on page 22 of Gardens. Use a jet spray aimed at the middle of the weed to avoid killing the surrounding plants.

Not many will be able to arrange this good idea. A rugby playing farmer used helicopter spraying on his steep hill farm 15 minutes from Hamilton and Morrinsville, against Ragwort, every year at a cost of \$2,000. His rugby club members then did it for \$2,000 very happily for fund raising. With no spraying, the pastures thickened and the ragwort and other weeds decreased.

From experiences from many farmers, I know that animals become healthier without sprays.

To keep weeds out, feed the soil and pasture fully with capital applications, and then maintenance applications to keep mineral levels on Optimum.

Increased profit & production in the recent 'drought' season

A 177 hectare 500 cow Puketaha, near Hamilton, dairy farmer, who wants to remain anonymous reduced cow numbers by 10% and applied 5,000 kg of LimeMagPlus per hectare on all except one control paddock, stopped growing maize and feeding concentrates and bought feed, and changed from a soluble mineral mix that contained manganese, to Solminix (DeLaval soluble mineral mix). His cows became healthier and quieter, his excessively high mastitis of 30 cows a day, partly caused by manganese in the mineral mix, dropped to only one case a day. Milk production and profit increased even in this drought season.

I estimate that about 70% of NZ dairy farmers are milking too many cows, so losing money, damaging their farms and buying expensive bought feed, including PKE which is a disaster in many ways. One is to pollute the very clean Singapore with thick smoke from burning the bush to grow more palm oil trees.

In USA when milk fever occurs, some feed more sulphur. Solminix is all sulphate minerals so supplies S all the time, so feeders have few if any milk fevers, and few other health problems.

Results are what count. A vet group compared the figures between another brand of minerals and Solminix, and claimed that Solminix was not as good, but many farmers using other brands not happy with their cow condition, stress, high cell count and mastitis, low Se and low Na levels, change to Solminix and within weeks their cows improve and continue improving for six weeks. The animals become quieter and healthier with less mastitis. Staff moral improves when animals are healthy and tamer. See Minerals.

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Best wishes

Vaughan Jones

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