Interview with a Cancer Survivor

Say “No” to Drugs! Say, “Yes” to Healing Foods!

Investigative Reporter Pam Killeen Interviews Cancer Survivor Jerry Brunetti while Attending the Pennsylvania Association for Sustainable Agriculture (PASA) conference at Penn State.

Jerry Brunetti is a cancer survivor and advocate of Sally Fallon’s *Nourishing Traditions* diet, based upon the research of Dr. Weston A. Price. Jerry is a highly esteemed speaker at many sustainable agriculture and health conferences and is internationally renowned for his motivating and inspirational presentations on health, wholeness and community. Jerry studied Animal Sciences from North Carolina State University and served several years as Dairy Director of the National Farmers Organization. In 1979, he founded and is currently managing director of Agri-Dynamics (www.agri-dynamics.com), a company that produces natural feed additives and holistic remedies for livestock and pets, plus eco-friendly pesticides and bio-stimulants for the horticultural industry. Jerry currently serves on the steering committees of the Eastern PA Chapter of the Weston A. Price Foundation and the Lower Mt. Bethel Environmental Advisory Council.

Pam: Jerry, you’ve become quite an icon in the world of sustainable agriculture. Before we get into your personal story about surviving cancer, can you tell us how you got involved in this more holistic form of farming?

I was an ag student in the late 60’s. In the early 70’s, I worked for a farmers’ organization as a union organizer. In the mid-70’s I had a cow/calf operation. In 1979, I became a consultant for other farmers, particularly livestock farmers in the northeast.

Pam: From there, you developed your own business?

Yes. I developed a company that eventually became Agri-Dynamics. We primarily focused on soil fertility. We knew that livestock needed nutrient dense forages in order to be healthy. Then, clients began asking me to put together animal remedies that they could use as alternatives to pharmaceutical drugs. I started formulating nutraceuticals and botanicals that addressed specific issues that appeared in livestock operations (such as scours, mastitis, somatic cell count, foot rot etc…).

Pam: So you were using natural remedies to help balance the animals and the soil?

That’s correct. We tried to hit it from the preventative side (from the soil – up) and then from the therapeutic side by using complementary formulas that could address an animal’s innate ability to heal itself. It’s just like you see today in the human
alternative field with nutraceuticals, botanical medicines, homeopathic medicines and so on.

Pam: Are the principles based upon minerals and probiotics?

We use a broad-spectrum approach including: minerals, vitamin formulations, botanicals, enzymes, probiotics, spray-dried soil based organisms, rare earth minerals. We put formulas together to address the specific needs of the farmer. Farmers choose these organic methods based upon principles and belief in holistic protocols. Organic farmers are interested in solutions that don’t include petrochemicals out in the fields and pharmaceuticals in the barn.

Pam: Do you notice an increase in demand for organic or what is also called “eco-agriculture”?

It’s huge. It’s the only growing sector of agriculture right now. It’s the only hopeful sector of agriculture given the current failures of the industrial model, which has become too capital intensive with concentrated animal feeding operations. On the other hand, when farmers switch to a grass based system, the animals are less stressed, the families are less stressed and profits increase. It becomes a win-win situation. The environment wins, the local economy wins; people get healthy; animals are healthy. It’s the way it should be.

Pam: Conventional farmers and their families tend to have a lot of health challenges, don’t they?

Yes. They don’t eat well. A lot of the farmers in the conventional model don’t even raise gardens. They’re even advised not to drink their own raw milk. In feedlots, animals are under a lot of stress because of the exposure to environmental contaminations from the tremendous amounts of manure in the confinement. It’s no wonder the farmers who operate these “factory farms” become ill! They are breathing the same air as these very sick animals. Out in the fields, conventional farmers are also exposed to many pesticides. When industry imposes these types of unhealthy agricultural practices, the health of our food is compromised. Under healthy, organic, conditions food is far more medicinal.

Pam: Exactly. We’re hearing a lot of stories in the news about mad cow disease, E. coli and such. I think if the animals were outside, eating grass, basking in the sunshine, we would all be better off. Confinement operations are simply not natural settings for animals. I have friends who have a confinement turkey operation. They won’t eat these turkeys. Instead, for their own consumption, they pasture their own turkeys. Let’s switch the topic back to you, Jerry. You’ve got quite an important story to tell about your health challenge. Can you tell us how you’ve been able to turn your health around?

In 1999, I was diagnosed with an aggressive form of Non-Hodgkins lymphoma (follicular cell). Based upon the tumor size found my abdominal cavity, I was advised
that, if I didn’t take aggressive chemotherapy, I was looking at 6 months to 2 years of life left. When I checked out the details associated with that, I found out that the survivability rates with this treatment were 35% within 5 years. I wasn’t given very good odds. I researched the MSDS and PDR to find out the side effects of the chemo agents the doctors wanted to use. Needless to say, after I reviewed the research, I declined mainstream medical treatment. The chemotherapy treatment mainstream medicine offered was called, “M.O.P.” and “C.H.O.P.” Their approach was destructive to bone marrow, kidney and liver. My quality of life would have been pretty dismal had I chosen their protocol. I decided that they didn’t give me much of a chance. I wasn’t very excited about taking products that were cytotoxic (creating a lot of collateral damage to my own healthy tissues). In order to solve the problem, I chose my own protocols.

I began searching for answers by finding out where the cancer came from in the first place. I started studying cell gene defects. The cell that has gene defects is what causes the malignancy to really take off. There are genes that are called “tumor suppressor genes” and there are cells that are activating the carcinoma. Many things can cause cancer: environmental toxins, stress and something I call “western malnutrition” (not eating enough of the right things such as the different types of good fats, amino acids, trace elements, macro elements and eating the wrong kinds of foods such as the bad fats, and sugar). Sugar is one of the main things that can predispose people to cancer. If they do get cancer, sugar really increases their susceptibility from dying from cancer because cancer is a “sugar junkie”. We’re consuming about 170 pounds of sugar per capita per year here in the United States. In the early 1800’s, we consumed about 10 pounds and sugar consumption translates into insulin production. Insulin is associated with inflammatory processes.

All of the drugs, COX-2 inhibitors, like Celebrex, Vioxx, are all predicated on the fact that we have so many inflammatory conditions today. Inflammation is coming from a deficiency in the long chain fatty acids (EPA, DHA), an excessive amount of the omega-6 fatty acids (which are pro-inflammatory) and a high amount of refined carbohydrates and sugar consumption. When people consume an excess amount of bad fats, a deficiency of good fats and lots of sugar, doctors write a lot of prescriptions for Vioxx.

Pam: Why did you avoid chemotherapy and radiation?

Neither chemotherapy nor radiation can cure cancer. That’s admitted by the National Cancer Institute the National Institutes of Health. In Fortune magazine, March 29, 2004, there was an article illustrating that survivability rates with people who have had metastatic cancer (where cancer spreads from the primary tumor to distant organs) has not at all improved over the last 30 years. That means that we’ve seen no improvement with the four major killers (breast, prostate, lung and colorectal cancer). Over 200 billion dollars have been spent on cancer research. There have been 1.56 million published papers on cancer and 64 billion dollars spent annually to treat people with cancer.
Pam: Cancer is a huge industry yet mainstream medicine is not making much headway in finding the cure. People need to start asking more questions, just like you did, Jerry. You initiated your own health campaign after you started doubting the efficacy of mainstream medicine.

The reports tell people that tumors don’t kill cancer patients; rather, metastatic illness kills cancer patients. Metastatic cancer spreads to the liver, brain, bones or other vital organs. That’s what kills people with cancer. In order to contain metastasis, you have to have immunity. A strong immune system is the only “drug” that works against cancer. By the time a tumor is discovered there’s at least a billion malignancies in that tumor and they’re rapidly dividing - they’ve already “seeded” the rest of the body by the time you’ve discovered you have cancer. In other words, you’ve got cancer seeds all over the body. What determines the survival rate of cancer patients has to do with whether or not the immune system is still operating effectively.

Pam: Can you explain how the immune system works?

Well, you have to have raw materials to feed the immune system and you have to have components that modulate the immune system. Apparently, what’s going on is that there’s a communication breakdown among the cells. Cells communicate in an electromagnetic realm or, rather, they emit photons (which are light particles). Environmental toxins can block the frequencies that the cells communicate with. In other words, light is being emitted at a particular wavelength. Other cells are able to take that light as language and know how to do what they need to do. It’s called photon repair. Scientists know it exists, they don’t understand how it works but they know that’s what happens at the DNA level.

There are 100,000 biochemical processes that occur on every single cell, every second. So we have about 70-100 trillion cells in the body. What’s orchestrating this organized biochemical cellular delivery that controls bodily functions? What causes 100,000 biochemical reactions to occur in order per second? It’s communication. Cellular communication breaks down when the body is out of balance (whether it’s cancer, autoimmune disorder or degenerative disease). The immune system also communicates cell-to-cell. The cells identify an “invader” and order the immune system to turn on to create what is necessary to destroy the “enemy” (be it a virus, bacteria or this fungus). Different cells communicate with other cells with this information. If the communication system has broken down, you have to find ways to augment communication. That means you have to avoid things that are interfering with the communication (such as toxic compounds like heavy metals, arsenic, mercury, lead, aluminum, fluoride, bromine). These are all interfering carcinogenic compounds because they shut down communication and also interfere with the genes that are responsible for the cell correcting itself from having cancer. It’s interesting that humans have the ability to correct gene defects within 24 hours 90% of the time. That’s unique to humans. Lab rats can only do this 0-13% of the time. This is very meaningful because if you do cancer research on lab rats, the results don’t translate very well to humans.
Pam: What measures did you take to improve your immune system?

I detoxified. I did tests to find out what kind of toxins were in my body. I found out I had a lot of heavy metals such as mercury, arsenic, lead. I detoxified by using far infrared saunas, chelation therapy, chlorella, sodium alginate (from seaweeds) and cilantro. These are all good chelators of heavy metals. I also did the saunas to dump a lot of junk. I did colonics in order to cleanse the bowel because that’s ultimately where waste gets recycled back into the system. I increased my consumption of fermented foods such as sauerkraut and kefir. My primary focus was to start eating a lot of nutrient dense foods. Fortunately, I’ve always been an avid gardener so I could grow a lot of my own nutritious foods.

Pam: What are the benefits of fermenting dairy?

If you ferment milk and turn it into kefir, or yoghurt, you’ve added more value to it by increasing fermentation organisms such as lactic acid, which produce anti-pathogenic compounds such as: nicin, benzoic acid, lactic acid, hydrogen peroxide, and lactoperoxidase. Fermented foods have a cleansing effect on the body and help digestion.

Pam: Why do you think you developed this form of cancer?

I was predisposed to this cancer for a variety of reasons. It’s difficult to point out exactly why. There are 55,000 new cases of lymphoma every year. Up to 50% of these new cases may be coming from polio vaccines contaminated with the simian virus 40 back in the 50’s and early 60’s. And they know that 43-45% of the lymphoma biopsies show the presence of simian virus 40. Conversely, none of the controls had the presence of simian virus 40. There is also a strong connection between certain viruses and lymphoma. There seems to be a strong connection between the herpes family viruses and lymphoma. Contaminated vaccines may also suppress the immune system and cause individuals to be susceptible to cancer. Who knows where else cancer is coming from? Viruses seem to be associated with lymphoma, brain cancer, melanoma and possibly others.

Pam: Do you think that there’s a connection between lymphoma and pesticides?

Yes. There also seems to be a strong connection between prostate cancer and the female cancers because pesticides act like estrogen. Pesticides are estrogenic compounds. Estrogen related cancers (ie: prostate, breast) have a strong connection to pesticides.

Pam: Other than consuming nutrient dense foods and lacto-fermented foods, what else did you do nutritionally in order to boost your immune system? I know you also consumed a lot raw dairy products even though authorities are telling us that raw milk is “dangerous”.

Land grant universities are suggesting that raw milk is potentially unsafe. Raw milk can be unsafe if it’s produced under feedlot conditions. Often, these animals are fed
high levels of grain, which suppresses their immune system (grain is not a natural food for them). Feeding too much grain to an animal will alter, in an unhealthy way, the omega-3’s, omega-6’s, CLA in raw milk. Milk from a confinement operation is suspect. Many people are allergic to commercial milk. When doctors have taken their patients off of commercial milk, patients improve. Commercial milk is not the same food as raw milk from pastured animals. It’s radically different structurally and nutritionally.

Milk is a living food. It has at least 35 different enzymes in it that help digest the milk itself. Lactase, an enzyme present in raw milk, will help people digest the dairy. Pasteurization destroys the lactase in milk and is one reason why people become lactose intolerant. I’ve seen people who were extremely allergic to commercial dairy do very well on raw dairy. There are a very small percentage of people who are truly sensitive to both raw and commercial dairy - they tend to do very well on fermented raw dairy such as kefir or yoghurt. When they gradually increase their consumption of fermented raw dairy, they eventually do very well on raw milk. Lacto-fermented dairy is a good way to build up your digestion. I’ve known many people who regularly consume raw dairy without any ill effects.

Pam: What other benefits exist when the animals are out on pasture?

Raw milk from grass fed cows has tremendous benefits for human health because it’s got the fat-soluble vitamins (vitamins A and D). We are very deficient of both of these very important vitamins. Vitamin D is extremely critical for cancer recovery. Every cell in the body has vitamin D receptors. Vitamin D is associated with apoptosis (cell death). If you want cancer cells to commit suicide (via apoptosis) you have to have adequate amounts of Vitamin D in the system. You can get a very small amount from the sun, but you have to have adequate amounts of cholesterol in your body in order to synthesize the vitamin D. We are so deficient in minerals. Vitamins work synergistically with minerals. Fat-soluble vitamins actually move minerals from the GI tract into the bloodstream and ultimately into the cell. Strict vegetarians are at risk of becoming deficient in critical nutrients that only come from animal sources: amino acids, fatty acids and fat-soluble vitamins

Pam: Is there any research to show that raw milk is safe?

Research has been done (I think at UC Davis) where they added pathogens such as E. coli, salmonella, campylobacter and listeria to milk and noted that these pathogens could not survive in raw milk. On the other hand, when you add these pathogens to pasteurized milk, they will proliferate. In other words, the pasteurized milk has no “immune system”. The lactic acid, lactic acid bacteria, enzymes, lactoperoxidase and lactoferrin in raw milk are all very beneficial. In fact, the FDA just approved lactoferrin as a spray to control pathogens in slaughterhouses because antibiotics and antisepsitics aren’t working. Lactoferrin in milk is safe and effective in fighting pathogens. It’s another good reason to drink milk.
Pam: Can you explain how we bought into the myth of raw dairy being an unsafe food?

Hygiene is important. The Creator intended for animals to be outdoors, grazing on grass, basking in the sun, breathing fresh air and getting exercise. That animal is not the same animal that is in a feedlot surrounded by tons of manure. In feedlots, animals are fed too much grain, which causes acidosis, suppressed immune systems etc… Unhealthy compounds produced by a sick cow will end up in the milk and the meat.

For centuries, milk was always consumed in its raw state. In the mid-1800’s, cows lived under horrendous conditions. The animals were undernourished, living in squalor. If an animal is undernourished, it’s immune system caves in and it now becomes susceptible to all the illnesses that can now show up in the milk. This was putrid, sick milk coming from dying animals. This was not the raw milk that our forefathers had raised their families on. In the late 1800’s, physicians formed an association to create a “certified raw milk” standard. They wanted to ensure that certified raw milk (from healthy cows on healthy farms) would remain available for medicinal purposes for their patients. The doctors were the milk inspectors because they wanted to make sure that healthy standards were respected. They knew that healthy milk could heal their patients. The Mayo Foundation (precursor to the Mayo Clinic) successfully used the “milk cure” on thousands of patients. Many clinics in the United States and around the world used the “milk cure” for curing everything from tuberculosis (which was supposedly caused by milk!) and several other ailments. On this regimen, you gradually increased your raw milk consumption to up to 10 quarts a day. You would drink small quantities of raw milk throughout the day. Rest and cleansing (sweating, colonics etc…) were also a part of the program. Raw milk proved to be a highly therapeutic food.

Pam: You also increased your consumption of fats – especially saturated fats, correct?

Yes. Saturated fats have been around since the beginning of time. I come from an Italian background where we ate a lot of lard, egg yolk, meat, and milk fat. These foods were staples of many other indigenous cultures. Saturated fats were in all diets. When the cereal fat industry started producing oil in the early part of the 20th Century, we started to see heart problems. Supposedly, saturated fat was blocking the arteries like axle grease. The obesity and diabetes in the United States come from eating sugar. 35% of the babies that were born in the year 2000 will develop adult onset diabetes. And, diabetes is a precursor to so many other problems (stroke, cardiovascular illness, lower limb amputations, renal failure and impotence. We have an obesity epidemic. All of this fat is not coming from fat. We have good fats and we have bad fats. A balance of omega-3 and omega-6 fats is very important. As I said, saturated fats are now recognized as a healthy fat (as long as the cows are pastured). EPA and DHA from fish are also very important. And, you need fat-soluble vitamins, such as vitamin A, D, and K from an animal source. You can get vitamin D from sunlight if you have cholesterol (from saturated fats).

Pam: Are you worried about cholesterol?
Cholesterol is not the enemy. I have an analogy for cholesterol – you can’t blame firemen as the cause for the fire. When you see a house burning, you see firemen trying to put out the fire. If you examine the association, you may think that the firemen caused the fire! Cholesterol shows up on the scene after the fact. Dr. Albrecht said a similar thing about crops – a diseased crop is an indicator that the soil is not balanced and the immune system of the crop is failing. Disease attacks the weak crops so that higher life forms will not eat them (because it is not fit for consumption). The same is true for the body.

Other tests exist that are better indicators for heart disease (check for triglyceride levels, leptin levels, sugar fasting glucose levels, homocysteine and C-reactive protein). These are the tests that you ought to be paying attention to. What you really want to avoid is inflammation. If you have inflammation, you are at risk for heart disease or cancer (C-reactive protein is a good test for checking inflammation levels). Even if you don’t get these tests done, you still need to eat foods that don’t cause inflammation. Start eating foods that protect you from inflammation like anti-oxidants (from fat soluble vitamins) that protect the lining of the arteries. Also, colorful vegetables are very important for minerals, carotenoids and other pigments that are anti-inflammatory and augment the immune system. They also have salicylic acid (natural aspirin), which doesn’t have the side effects of aspirin (such as causing ruptures or hemorrhaging), and yet it thins the blood nicely. Food is medicinal.

Pam: What foods should people avoid and why?

Generally speaking, people should avoid processed foods. People need to avoid sugar and highly processed carbohydrates (boxed cereals, cookies, crackers, etc…). One golden rule is that the more man touches a food, the worse it is for you. Be very careful of the industrialized fats and oils. Foods that are fried in omega-6 cereal oils (soy, corn, cottonseed) are highly oxidized. In other words, these oils become rancid, which means they become highly carcinogenic, damaging the lining of your arteries. These rancid oils also cause the liver to start producing cholesterol in order to protect the body from their damaging effects. Saturated fats (such as butter, coconut and palm oil) are a far better choice for health and they are far more stable for cooking. Your health will be determined by the combination of how many good foods you eat versus how many damaging foods you eat.

Pam: Can you tell us about the importance of selenium and iodine?

I work a lot with livestock and use several trace elements as part of their protocol: copper, zinc, boron, manganese, iodine, selenium etc…. Iodine and selenium aren’t looked at because they’re not considered necessary for crop growth but they are necessary for animal health and productivity. Selenium is very intriguing because it’s part of an enzyme system where it combines with glutathione which is a tripeptide consisting of three amino acids (methionine, glycine, glutamic acid). When glutathione, the three amino acid peptide, comes together with the trace element, selenium, glutathione peroxidase is created. Glutathione peroxidase is an enzyme. The trace elements are the
“keys” of the enzyme system. All of the metabolic enzymes (including the ones that run our thinking, heart, muscles, vision, hearing etc…) are dependent upon elements. Many of them are trace elements that are very deficient in our foods because our soils are deficient.

In order to fix this problem, we have to start replenishing our soil with the trace elements that are missing. To date, we have only been replenishing them with nitrogen, phosphorus and potassium to grow conventional crops. But, these are not nutrient dense, health giving crops. Selenium and glutathione peroxidase are very important for the immune system. Powerful white cells, known as nutrophils, attack fungal organisms, which are tough to get rid of. Selenium is very important for these enzyme systems to make an immune system. In other words, we’re talking about raw materials for the immune system.

Secondly, selenium seems to interfere with viral replication. It almost acts like an anti-viral drug. AIDS is an epidemic in many African countries. However, in Senegal, they have a 1.77% HIV infection rate. The Senegalese live on what is known as “apatite” soil, which is what we have in the Great Plains and the High Plains. Dr. William Albrecht, at the University of Missouri, identified those soils as the most fertile soils on earth. 60 million bison fertilized the rich soils in the Great Plains and the High plains. The “apatite” soils in Senegal are basically the same material. They’re loaded with trace elements such as selenium. The Senegalese are eating mineral-rich food.

Researchers believe that this is the reason why the HIV rate is so low in Senegal. When you put selenium in the diets of livestock, reproductive problems, infections, muscle disease disappear. Selenium is a very critical element. Veterinarians have been using it for the last 30 or more years. At one time, it was considered to be a toxic material – all trace minerals are potentially toxic if taken in high doses. This doesn’t mean you need to avoid the element. Iodine also fits that category. Iodine is critical for the thyroid. Selenium and iodine together are responsible for being able to convert the T4 to the T3 thyroxin. Without selenium and iodine you can’t have a healthy thyroid. Hypothyroidism is also an epidemic today. Particularly amongst women. If you have problems with your thyroid, you’re going to have problems with your entire endocrine system. I think it’s one of the reasons we have so many menopausal problems. The thyroid gland is the master thermostat of the endocrine system, which regulates all of the other glands (including the glands that produce estrogen, testosterone, progesterone etc…). It’s no wonder we have so many endocrine related diseases!

Pam: What can people do in order to address deficiencies in iodine and selenium?

We need to seek out nutrient-dense raw materials in order to combat these imbalances. The Japanese consume the highest amount of iodine in the form of sea vegetables and fish. The Japanese eat the entire fish (the head, eyes, etc…). If you burn seaweed down to an ash, you will find about .5% actual iodine. It’s a very rich source of iodine. The Japanese diet ranges from 100-500 times more iodine consumption than the American diet. The Japanese have the lowest incidence of cancers (breast, cervical,
uterine, ovarian and prostate). Within a generation or two of the Japanese immigrating to the United States, they have the same levels of those same cancers that we do. The Japanese eat small amounts of fermented soy, which is a totally different food than other forms of processed soy we find here in the States. Soy and the brassicas are goitrogenic foods. Soy has to be fermented in order to get rid of the thyroid suppressing compounds. Like the Japanese, the Icelandic people had low levels of cancer. For many years, they fed their dairy cows fish meal. Consequently, the iodine from the fish ended up in the milk. When the government banned the feeding of fish meal to the cows, the cancer rates in Iceland increased dramatically.

Pam: What other benefits come from iodine?

Iodine is a disinfectant and will kill parasites, bacteria, viruses, yeasts, in the blood. We use it in the cattle industry as an antibiotic. Since our immune systems are so weak today, we need to have elements, like iodine, in order to fight the pathogens. We also need these elements in order to keep our endocrine system going. Iodine is found in high quantities in the salivary glands, in the lining of the stomach, it’s necessary for digestion. I take high levels of iodine.

Pam: Can you share the sources of selenium and iodine that you take?

I take different forms of selenium – SelenoExcell (an organically-bound yeast selenium) and Se-Methylselenocysteine (a water soluble selenium), and Selenomethionine (a chelated selenium to the amino acid methionine). I take anywhere from 400-800mcg. In a study with 1,350 subjects, men that were on 200mcg of selenium for over 10 years, cut their risk of prostate cancer by 50%.

Iodorall is the dried form of Lugol’s iodine solution. Lugol’s is an old fashion medical and veterinarian remedy. It’s been around for about 100 years. It consists of 2 forms of iodine (iodine and iodide). The glandular system has preferences. Some of the glands prefer iodine and some of the other glands prefer iodide). I take about 50mg per day and will eventually taper off that dose. Right now I’m trying to flush out contaminants such as fluorine and bromine and heavy metals. I’m using it as a detoxifying agent at this dose for now.

Pam: Can you tell us what you eat in a typical day?

I make a smoothie every morning which consists of about 12 ounces of raw milk, 4 ounces of raw cream, 2 raw eggs, 2 Tbsp virgin coconut oil, 1 Tbsp flax oil, 1 cup berries, 1 tsp cinnamon (cinnamon is great for regulating sugar metabolism and is an anti-microbial), ¼ tsp cloves, ⅛ tsp allspice and a dash of pure vanilla. Cornell University did a study on these spices because they are great for preserving foods. I want to eat these spices in order to keep pathogens at bay. These spices are also good for digestion. They also taste great. This combination makes about 1 quart. I sip on it all morning. I also juice carrots, celery, beet and ginger. I don’t like to drink a lot of carrot and beet juice because it is very high in sugar. I drink a lot of raw cream (high in fat), which helps slow down
the uptake of sugar. Ginger is a COX 2 inhibitor – it is an anti-inflammatory. It’s a digestive aid. It’s one of my favorite herbs. I grow my own cereal grasses – wheat, barley, rye and oats. And, I’ll juice about 4-6 ounces of the cereal grass and add it to vegetable juice. If I don’t grow it myself, I take a dehydrated cereal grass product. This is very convenient, particularly if I’m traveling. I want the benefits of the chlorophyll in the cereal grass, but the chlorophyll hides all of the other wonderful pigments of the rainbow that you don’t see in the grass. The pigments consist of lutein, lycopene, anthocyanins, zeaxanthin, yellow, gold, blue…these are all powerful pigments for the immune system and cleansing. These grasses are also loaded with enzymes. I consume a lot of enzyme rich foods such as raw and fermented foods. The enzymes help improve my digestion. They can also help add enzymes to the metabolic reservoir that runs the rest of my body. I eat grass fed meat only. I eat wild salmon, Alaskan Sockeye. I eat lots of vegetables, raw, cooked and fermented.

Pam: That all sounds very healthy. Over 5 years ago, the doctors didn’t give you much hope, Jerry. You look fantastic. I know your schedule and it doesn’t sound like you’re slowing down. You are certainly an inspiration to everyone. Would you like to share your email and website about your agricultural products?

Our company, Agri-Dynamics, has a holistic line of products for the agricultural community. The website is: www.agri-dynamics.com. My email is: jbrunetti@agri-dynamics.com.

Pam: Before we finish up here, do you have any parting words?

Don’t believe that if someone has a medical degree they know everything they need to know about getting you well. How you feel is a good indication if what you’re doing is actually working. When I got sick, I hooked up with 2 “medical coaches”. The conditions were that they had to be on my team. I was the athlete, they were the coaches. It’s not about egos. It’s not who knows the most. It’s about winning this challenge to save my life. I had more time to do the research than my coaches did so they had to remain very open-minded while I shared information with them. I constantly asked them for their advice. I didn’t want them to answer me based upon their ignorance. I wanted them to answer me based upon their willingness to learn. They needed to respect the fact that I am capable of reading the English language well enough to interpret the research. If you want to get well, you’re not going to be successful without the food. Ultimately, that’s where you’re healing will come from.

Pam: Where can people find the support they need and to learn more about how to follow your suggestions?

People need to join the Weston A. Price Foundation in order to learn about the wisdom of tradition. Dr. Price traveled all around the world studying the diets of primitive people and compared the health of these peoples to the health of neighboring villages where people were eating “western”, processed, foods. The people who were eating the processed foods were nowhere near as healthy as the people eating traditional
foods. The results were dramatic. He saw this in many villages all around the world. Consistently, he saw that the traditional diets were high in fat. They were eating about 10 times more fat-soluble vitamins and 5 times more minerals than Americans were at that time (in the 1920’s - 1930’s). Seventy years have gone by and both the food and the soil have deteriorated in quality. These traditional diets are proof that diet does have something to do with being healthy. They work. You don’t have to reinvent the wheel. I encourage everyone to go to www.westonaprice.org. Read Dr. Price’s book, “Nutrition and Physical Degeneration” and the other books associated with the foundation. Start or join a chapter in your area. Get educated. Find out that food is your answer. Food is medicine. Hippocrates said it back in his era (460 BC-377 BC). We have fallen so far off track by relying on drugs. Food is many things in many cultures; food is celebratory; food is a ritual; food is a sacrament; food is a notation of the seasons; food is a focal point for family and community to become unified; food heals and prevents illness.

Pam: And, people need to start finding this wonderful food on farms so that they will know exactly how the food is produced.

Right. People need to find a new reverence that is being discovered on the small family farms. Go out and talk to farmers that are small farmers and get them involved in this movement. Get their raw milk, chicken, eggs, beef, vegetables and so on. If they aren’t producing these types of foods, you may be able to talk them into it. If they want to survive economically, they need to produce foods for the community. Their food is the pharmacy of the future. Peace on earth!

Pam: Thank you for spreading such an encouraging message, Jerry.

Thank you!

Pam is an Investigative Reporter and a Health Watchdog, exposing truth in issues such as health, nutrition and agriculture. Her website is www.pamkilleen.com.