

New Era of Activism

by Sally Fallon Morell & Michael Schmidt – June 7, 2010

“All truth passes through three phases: first it is ignored, second it is violently opposed; third it is accepted as self-evident.” The words of philosopher Arthur Schopenhauer describes the traditional nutrition movement in general and the raw milk movement in particular. Today the best gauge of our progress in the raw milk campaign is the fact that we have moved from the first to the second stage. The recent raids on raw milk producers in Wisconsin and Minnesota, unfounded allegations distributed to the media, the Wisconsin governor's rejection of raw milk legislation passed with overwhelming support—actions all aimed at sending conscientious farmers into bankruptcy and denying nature's perfect food to those who need it—indeed, the phase of violent opposition has begun.

Over the last ten years, the Weston A. Price Foundation has provided the knowledge about food and nutrition that people need to ensure their most basic right: good health. Knowledge creates responsibility for those who have compassion and who understand the world in which we live. In addition, through our membership and chapter system, we have created a critical mass of citizens on whose shoulders rests the responsibility for bringing fundamental change to our world—change that moves from the “me” to the “we.”

For this change to happen, we need to enter a new era of activism.

To understand the basics of food and nutrition, to become connected with the source of our food, to secure healthy food for ourselves and families—this was the first step. The next step is to protect these fledgling food systems, and to do this in ways that build communities rather than destroy them. If we care about our future and our planet, everyone of us has a moral obligation to get involved in protecting our food and our farms.

It has become clear that the most powerful weapon for controlling people is diet.

Will we have food that dumbs us down and saps our will, or food that supports clear thinking and effective action? We must take the lead in defending our right for the right food—first and foremost by supporting those on the front lines, our farmers.

A plan of action: first **we must never cease contacting our elected representatives, government employees and the media**, always appealing to their better instincts, always in the spirit of education. We must create an atmosphere in which it is shameful to oppose access to life-giving food. And second, **we must create farm- and food-centered communities**, centers of food creation, independent of the mainstream.

These islands of hope can become teaching models for the future—the goal is not to impose change on the majority, but to be there when individuals make the decision to come out from among them and take personal responsibility for their health and their lives.

Let us heed Dr. Price's dying words, “You teach, you teach, you teach,” as we look ahead to stage three.

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Sally Fallon Morell, M.A. is the author of the best-selling cookbook *Nourishing Traditions*. She serves as founding president of the Weston A. Price Foundation, a **nonprofit nutrition education foundation**. **She is also the founder of A Campaign for Real Milk**; in this capacity she has campaigned for consumer access to whole unprocessed milk from pasture-fed cows, Nature's perfect food.

Michael Schmidt has been a biodynamic farmer with a master degree in Agriculture for over 33 years. Born in Germany, he came to Canada in 1983 and has been instrumental in massive changes towards the awareness of the cultural importance of agriculture. He was recently vindicated of all charges in his fierce, 16 year battle to legalize raw milk in Canada. A scholar of Gandhi and Martin Luther King he continuously promotes and urges others to adopt civil disobedience and the non violent approach in court and daily life. In light of the significance of this food rights battle he helps farmers and consumer to be fully prepared to make real sacrifices in order to win this crucial rights battle for the sake of our children. Visit Michael's Glencolton Farm Website



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HYPERLINKS for PDF version:

raw milk campaign = <http://realmilk.com/>

Wisconsin – “Wisconsin: DATCP Raids Hershberger Farm” by Pete Kennedy (8 June 2010)
<http://www.ftcldf.org/news/WI-DATCP-raids-hershberger-kennedy.htm>

Minnesota – “Minnesota: Hartmann Farm Press Release” by Gary K. Wood (29 May 2010)
<http://ftcldf.org/news/news-mn-hartman-wood.htm>

Wisconsin governor’s rejection of raw milk legislation – “Wisconsin Raw Milk Update” by Pete Kennedy (25 May 2010)
<http://www.farmtoconsumer.org/news/news-wi-update.htm>

Weston A. Price Foundation = <http://www.westonaprice.org/>

A Campaign for Real Milk = <http://realmilk.com/>

Glencolton Farm Website = <http://www.glencoltonfarms.com/>