

## **Benefits of Drug Free & G.M.O. Free Food**

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Ever wonder why some meat tastes better than most run-of-the-mill meat and why some eggs are more flavourful than others? Ever stop and consider the feed?

### **What makes Traditional Foods different?**

Traditional Foods is a group of small family farmers who are seeking to help fill a growing demand for naturally grown products. These products are free of Genetically Modified Organisms (G.M.O. Free) and drugs and are highly mineralized. As a connection between consumers and small family farms, Traditional Foods tries to raise its livestock and crops in a way to provide the consumer with well-balanced mineralized food.

### **What does Drug Free mean?**

Traditional Foods livestock are not given any synthetic growth regulators (hormones) or synthetic veterinary drugs, including antibiotics and parasitides.

### **What does G.M.O. Free mean?**

Genetically modified organisms (G.M.O.s) are created by taking genetic material from one organism and inserting it into another, often unrelated organism. Bacterial, viral, insect or animal genes have been inserted into plants and animals to make completely new life forms that would not be found in nature. The imprecise, unpredictable nature of the Genetic Engineering process and our inability to control G.M.O.s in our environment and food leads to health and environmental risks including:

- the development of antibiotic resistance
- the potential for allergic reactions
- the creation of new toxins
- nutritional changes in food

### **What are our livestock fed?**

Our livestock are fed all natural products such as grass, hay and corn silage with additions of grains, flax and other protein sources to provide a better amino acid balance. Along with feed, vitamins and minerals from Bio-Ag Consultants & Distributors Inc. are fed. Bio-Ag products contain special and unique products such as; Natural Vitamin E, Natural Selenium and B Vitamin Complex, Chelates, Kelp Meal and Probiotics (Bio-Lac).

Traditional Foods ensures that all of our animals are treated humanely and are not factory farmed.

### **Biological Farm Standards**

- Soil Tests
- Biologically Active Fertilizers
- Feed Tests
- Spray only as needed

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To place an order contact  
**Traditional Foods**  
1-877-335-3755  
traditionalfood@wightman.ca

## Beyond Organic

Dr. William A. Albrecht, the famous soil specialist, reminds us that plants will make a lot of growth, just as you and I will, even when certain wanted materials are missing. But the plants themselves will be different. Thus, cabbage is one thing if grown on one kind of soil, another if grown on another kind of soil. There are more minerals in it, or less, depending on the minerals in the soil; and, apparently, more or less proteins and vitamins in it. The same is true of carrots, beets, peas, oranges, apples, potatoes, sweet corn or any other plant we use as food. The calcium concentration of a lettuce leaf can be twofold, and spinach threefold, according to the calcium in the soil... the same mineral variations occur in grasses and other plants eaten by domestic animals; and what they eat, in turn, affects their products which we eat. Our beefsteaks, pork chops, lamb roasts, and omelets can be mineral-shy if the cows, hogs, lambs and chickens were shortchanged on their minerals.

*~Are We Starving To Death?*  
The Saturday Evening Post, 1945

**Traditional Foods animals are  
well mineralized**

**Retail and Wholesale  
available in quarters, sides  
or boxed meats**

All meats cut and  
wrapped in small  
government inspected  
abattoirs.

### Traditional Foods

1-877-335-3755

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Naturally Ontario  
Grown

*Bio-Balanced  
Beef and Pork*

No Medicated Feeds  
No Vaccines  
No GMOs  
No Hormones

**A TASTE FROM  
THE COUNTRY  
DIRECT TO YOU!**

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