



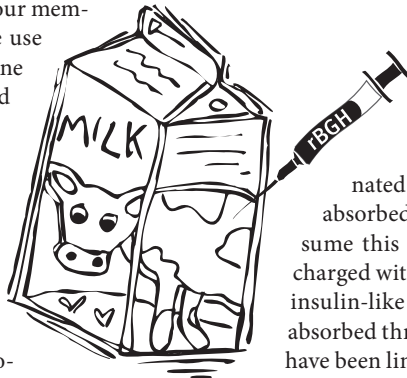
## Alert: Boycott rBGH

Following up on our successful campaign against Yoplait and Dannon, the Organic Consumers Association is now asking our members to boycott ice cream companies that still allow the use of rBGH, the genetically modified bovine growth hormone (Dreyer's, Edy's, Nestle, Haagen-Dazs, Klondike, Good Humor, Breyer's).

OCA is also joining Breast Cancer Action's Milking Cancer campaign to get Eli Lilly to drop rBGH, which they recently bought from Monsanto and now market through Elanco. As Breast Cancer Action points out, the irony is that Eli Lilly sells both cancer treatment drugs and rBGH, which causes cancer.

We're also targeting the National Federation of Milk Producers which allows rBGH in its new Dairy FARM program (Farmers Assuring Responsible Management).

[www.is.gd/4R3Xm](http://www.is.gd/4R3Xm)



## The Danger of Livestock Waste

The *New York Times* is doing a series of articles, and accompanying videos, about the massive pollution of American waters by corporate agri-business. Use the link below to watch the video on the water pollution caused by factory farms, *Health Ills Abound as Farm Runoff Fouls Wells*.

The video includes an interview with a woman who describes the effects of drinking hormone-contaminated water from a nearby dairy farm on her reproductive health and that of her teenage daughters. [www.is.gd/4R4kg](http://www.is.gd/4R4kg)

## Organic Fertilizer or Toxic Sludge?

With toxic municipal sewage sludge being spread over tens of thousands of non-organic farms and ranches across the US, and sold in garden supply stores, often falsely labeled as "organic" fertilizer - polluting the land, food crops, pasture, and gardeners - OCA is about to launch a major campaign against the sewage sludge industry. [organicconsumers.org/sludge.cfm](http://organicconsumers.org/sludge.cfm)

## Vía Orgánica Tour: November 15-22

OCA invites you to join us on an enjoyable and inspirational organic food and farming eco-tour November 15-22, hosted by our Mexican sister organization Vía Orgánica, based in San Miguel de Allende, Guanajuato.

We have several spaces left and are offering a discounted price of \$850 for a week of bilingual workshops, tours to area organic farms, restaurants, stores, and green-building projects. At the Vía Orgánica farm school and resort meet Mexican activists and savor gourmet organic meals and beverages, swim in our thermal pool, hike and bike and enjoy the cultural attractions of the nearby UNESCO World Heritage Site of San Miguel de Allende. OCA Director Ronnie Cummins and other OCA staff will lead the tour. The theme of this tour will be "How Organic Food and Farming Can Stop Global Warming." Sign up now: [organicconsumers.org/tours/](http://organicconsumers.org/tours/)

## OCA Needs Your Help

OCA and our international network of organic consumers understand that we have a positive healthy solution for the nation and the globe's food, health, economic, and climate crisis: organic food, farming, and ranching. But to get out our all-important message we need your support and your donations. For the next two weeks, our strongest ally in the organic industry, the Dr. Bronner's Magic Soap Company, will be matching your donations dollar for dollar. So please send us a tax-deductible donation today.

[organicconsumers.org/donations.cfm](http://organicconsumers.org/donations.cfm)

## Go Organic to Avoid rBGH

Dr. Sam Epstein, Chairman of the Cancer Prevention Coalition, warns:

- ▶ rBGH makes cows sick.
- ▶ rBGH-derived milk is contaminated by pus.
- ▶ rBGH-derived milk is chemically and nutritionally different than natural milk.

Milk from cows injected with rBGH is contaminated with Bovine Growth Hormone, traces of which are absorbed through the gut into the blood of people who consume this milk or products made from it. rBGH milk is supercharged with high levels of a potent cancer tumor promoter called insulin-like growth factor number one (IGF-1), which is readily absorbed through the gut. Excess levels of IGF-1 in the human body have been linked in numerous scientific studies as a cause of breast, colon, and prostate cancer.

Dr. Epstein and other scientists recommend boycotting rBGH-tainted milk and dairy products and purchasing organic products instead. According to The Hartman Group, a well-respected firm analyzing consumer, organic milk is now a leading priority for health-minded consumers. Demand for organic milk has grown at an annual rate of 20% until recently, while overall milk consumption has dropped by 10%.

"Nevertheless," Dr. Epstein emphasizes, "only a few schools make organic milk available, nor do most state governments, under low-income food programs, particularly by the Special Supplemental Nutrition Program for Women, Infants and Children."

-Samuel S. Epstein, M.D., *Cancer Expert Counters Reckless Claims That Hormonal Milk Is Safe*, October 14, 2009 [www.is.gd/4R47y](http://www.is.gd/4R47y)

## Little Bytes

### Food Industry Dictates Nutrition Policy

CNN covers the benefits of a low-meat diet, while at the same time outlining the ties between the food industry, the USDA, and bad nutrition.

### FDA Urged to Ban Feeding of Chicken Feces to Cattle

A coalition that includes Consumers Union and the Center for Science in the Public Interest, along with McDonald's Corp. is asking the FDA to prohibit the feeding of poultry litter to cattle

### The Dark Side of Dairies:

**A Broken System Leaves Immigrant Workers Invisible—and in Danger**  
Milk may have a wholesome commercial image, but the dairies that produce most of the nation's supply aren't always healthy places to work. Dairy workers are injured at a much higher rate than other workers in the US. To make matters worse, federal labor laws that protect workers in other industries and give them a voice don't cover dairy workers.

### Can Biotech Food Cure World Hunger?

The *New York Times* hosts a debate between experts for and against GM agriculture.

### 80+ Groups and 38,000+ Reach Out to Senate Finance Committee Against Siddiqui Nomination

Over 80 groups sent a letter urging the rejection of Islam Siddiqui as Chief Agriculture Negotiator at the office of the US Trade Representative.

Read these articles & many more: [www.organicconsumers.org](http://www.organicconsumers.org)