



# Plog Post

August 2016

**I**t's ten o'clock. Do you know where your chicken is? Or perhaps it's better to say, "Do you know what your chicken's been eating?"



Most people have no idea where their food comes from, and when it comes to poultry and eggs, it's a very important question. Unless you're shopping at a high price specialty store or

going to a farmer's market and carefully interviewing the farmer at the egg/ chicken booth, the chances are your poultry have been fed soy, GMO corn, and antibiotics. In fact 70% of the antibiotics manufactured in this country are put in animal feed. And that's not because they're always sick- it's because these make them grow faster, as do soy and corn.

When God designed the chicken and the cow and the pig, He did NOT design them to run on antibiotics, GMO corn, or soy. All of these are toxic to the animal and the consumer who eats them.

Our Little Market takes great care in researching our farmers (even visiting the premises) to make sure we get what we want. It can sound rather tedious, but it works. We have a member who has never been able to enjoy eggs, all her life. As a child they even nauseated her, but she forced herself to eat them, knowing they were good for her. When she gets our eggs from Kepner Farms, she not only tolerates them, she craves them.

Another woman has an autoimmune disease that manifests in her legs breaking out with a rash whenever she eats eggs that have junk in them. If she eats our eggs, however, NO rash.

Chickens, to be really healthy, need to be raised free of these bad ingredients and be outdoors scratching on the ground for bugs and natural seeds. "Free Range" on your egg carton only means that the birds have access to go outside if they want to. And if they've been raised indoors, they usually don't want to; it's too bright and scary.

So read your labels carefully for chicken and eggs, or go to a good farmer's market near you and ask these questions: 1) Do your birds get antibiotics at any time in their life? 2) Are your birds given a feed with soy or corn in it? 3) Are your birds outdoors most of the time? 4) Are they on grass or dirt? (grass is much better, but very hard to find). Then be prepared for "sticker shock". Good food is NOT cheap, but neither is being sick. I'd rather have expensive food at the beginning of my life and a cheap (to nonexistent) disease at the end, than to have cheap food at the beginning and an expensive, debilitating disease at the end, wouldn't you?

May Jesus give us all the grace to get well and stay well that we may fully serve Him all the days He's ordained for us on this earth. Our bodies really ARE temples.

Yours in Christ,

*Steve (and Lisa)*

