

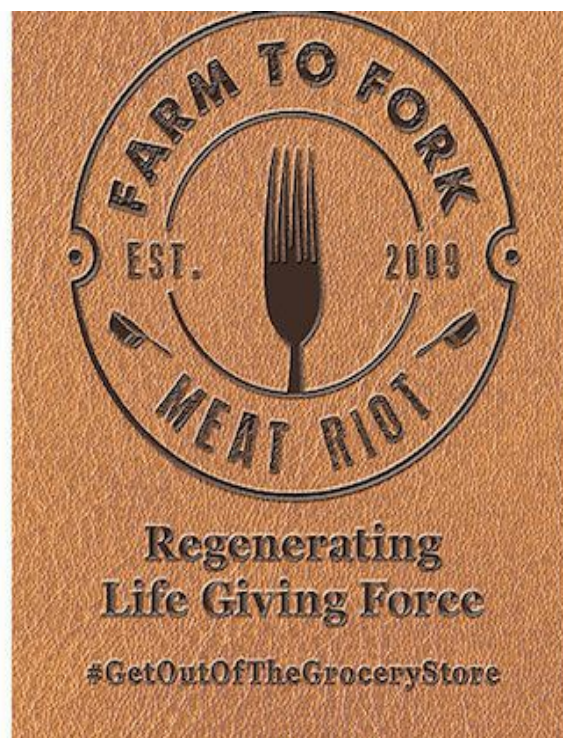
Actionable intelligence to live a Free & Inspired Life



# The Solari Report

August 5, 2021

## Solari Food Series: The War on Meat, Part II with Niti Bali



**Pete Kennedy:** Welcome to the Solari Food Series audiocast. This is your host, Pete Kennedy. Individual legislators and regulators fear the most the mama lion, the mothers of young children who do whatever she believes will best benefit their health. One such individual is today's guest, Niti Bali.

In 2007 Niti's two-year-old daughter, Meenakshi, was diagnosed with cancer, and subsequently underwent five rounds of toxic chemotherapy treatment that did not stop the disease.

Seeing that the medical system had failed her daughter, Niti embarked on a holistic mission to source the cleanest, healthiest foods from local farms. That mission centered on finding sources of regenerative meat. Although Niti was able to cure her daughter's cancer with the food she obtained from the farms, the damage to her daughter from the chemo was too great. Meena passed away in September 2009.

What happened to her daughter lit a fire, and Niti has made it her life's work to educate farmers and consumers on the importance of producing and eating regenerative meats and nutrient-dense foods.

Niti is the founder and CEO of Farm to Fork Meat Riot, a 501(c)3 nonprofit organization serving as a catalyst for reestablishing the small family farm food system. She also operates under the Farm to Fork Meat Riot umbrella, a community-supported agriculture program in Raleigh, North Carolina.

Niti believes that there are two categories of food – real food and poison. In this audiocast she will touch on the poison produced in our conventional food system and the confined animal feeding operations, but we will focus mainly on regenerative livestock raised in accordance with the laws of nature and the healing qualities that it brings to human health.

So without further ado, Niti, welcome to the Solari Food Series audiocast.

**Niti Bali:** Thank you so much for having me, Pete. I'm so excited to talk with you today.

**Kennedy:** Let's get into it, starting with your [daughter's] illness. You can speak about that and how it led you to discover regenerative meat. The floor is yours.

**Bali:** In 2007 Meenakshi, our then two-year-old beautiful, healthy, articulate daughter was diagnosed with Esthesio-neuroblastoma. Upon presentation, her sphenoid bone had already been consumed by the solid mass tumor, so she was palliative at best. If our medical institutions had operated under the Hippocratic oath – which they boast about, and which people believe is being practiced to first do no harm – then at that moment they would have sent us home to just love her for as long as we could. They actually didn't expect her

to live for 24 hours, as I found out later. Normally children with that type of diagnosis, they don't believe that they are going to live at all.

She was never going to survive the damage that was already done. The fact that they proceeded and wanted to even consider and prescribe chemotherapy, to me, was breaking their oath.

What I've learned since then is that they don't operate on this oath. For anybody out there who thinks that they do, they do not. This is evidenced repeatedly, over and over again in multiple stories that I hear.

I've been working now for ten years with thousands and thousands of families, and I just hear the same chaos and same nonsense over and over and over again.

So the fact that they didn't just tell us to go home, for me, was more evidence that the institutions that we created to serve us have now become our masters. Instead what they did was they chose to experiment on her. They did that with five rounds of chemo which only tortured her needlessly, and it tortured us as her parents. This human torture therapy only pushed me to research more powerfully for the truth about cancer.

I'm fully aware now that our medical industrial complex has no intention of healing anyone; this centralized system financially serves the corporatocracy and is disguised as 'healthcare for the people'. They haven't cured anything yet.

If you are seeking relief and actual healing, you should look no further than regenerative meat because regeneratively-raised meat heals. Animal fat from animals honored under the law of nature, under universal laws, are hormone balancers. High fats like coconut oil and olive oil and avocados and the seed oil that I think people are aware is dangerous are all hormone destructors and tumor growers.

I also think it is interesting that people can become allergic to those plant fats if they consume them in great volume. If you consume animal fats in volume, you are not going to just become allergic to them because you've been eating a lot of them. You can overeat plant fats and become allergic to them that you may not have had in the beginning, but you cannot do that with animal fats. The reason is because of the inflammation that is created with the plant fats.

They might start off reducing inflammation. If you are coming off of chemicals – chemistry projects like Cheetos and Doritos and Burger King and McDonald's – that is one thing. You may find relief for a minute. Then over time I've seen it time and time again that plant fats create inflammation again.

**Kennedy:** So in your daughter's case, what exactly was it that led you towards meat? How

did you discover that that is what worked best?

**Bali:** We didn't have time to learn all of the things that I know now. She's been dead for 12 years, so we are actually talking about 13 or 14 years ago now.

Fourteen years ago I didn't even know what a GMO was. GMOs hadn't really been talked about or identified. Only in 2009 was Jeffrey Smith's book published. Prior to that, I don't know who knew about GMOs. That was how I learned about them, and that was after she was already gone.

...Between my husband and I, I was in charge of researching food and holistic approaches. His work was to research every medical option. So when we say 'holistic medical' all the way to radiation or any therapies that he could find that he thought were going to work, he was researching that side of it.

I was looking for farms, and I started by going to farmers markets. I already had relationships at local farmers markets.

In 2007 there was no meat at farmers markets. Today you see a lot of meat and eggs and things like that, but back then there wasn't any – at least around Raleigh, North Carolina. And we live in the capital. So the state capital farmers market is the largest market in our state. At that market, which I easily had access to, I used to go there. I should have access to everything at the state market because it's supposed to support the agriculture for the whole state. Everybody is supposed to be coming there from everywhere and have access – meaning the producers.

It was interesting to me that they did have an indoor area where they only had one pork producer, one beef producer, and just one of each of these few producers who were allowed inside the building where they could have freezers and stuff. They were very limited on what they could have.

When I went to go visit those farms, they were wanting to do a good job raising livestock, but they were part of this good 'ol boys' club. It's very political. All of these farmers markets are very, very political. It is still a centralized food system.

If you read my book, I talk about how grocery stores and farmers markets aren't really that different because you have to meet health code to participate in a farmers market or in any centralized food distribution system. So they all have to comply with health regulations which effectively means that even if a farmer is doing a really good job raising something, they aren't allowed to sell it to you until they have washed it in bleach.

Eggs, for example, have to be washed in bleach and disinfected and made as dead as possible so that you can be feeling 'safe'. They think that their job is to protect you and

provide safety. That is not their work; their work is not to provide us with safety. Their only work is supposed to be to provide us with freedom and liberty, and they have forgotten this.

**Kennedy:** We are going to get into that in a bit. We both agree that there should be a legal difference or distinction between public and private distribution of food. I think that you are talking about the private distribution that should be between the seller and the customer.

**Bali:** Yes, and farmers are not free to have this relationship, and eaters don't know that. Eaters think that when they go to the farmers market they are having a free, direct exchange, but this is a ruse. This is a façade; it is not true.

**Kennedy:** You found that out firsthand. You couldn't get the foods you wanted at the farmers market, so you went direct to the farm. I think that this time you had in mind the kind of food you want. Like you said, there are very few farmers who produced it.

Describe the process of trying to convince the farmers to go to regenerative farming and what you were able to do to persuade at least some of them to do that.

**Bali:** I would say that I wouldn't be able to convince anyone of anything because I've never really tried. I mean, words don't teach; life experience teaches.

In working with farmers my experience has been that if I want a farmer to grow food to a specific standard, I need to show them a market for it.

In the beginning, showing the farmers a market for this demand while growing the eaters was hard work. I would get enough clean meat faster than the eaters, and then I would have more eaters versus the food. This kind of teetering and tottering cost a lot of small farmers a lot of energy and faith and money.

They could see what I was trying to do, and they knew that what I was doing was not a lie. I was not lying to them, and there was no trickery involved. For them to have the correct volume of sales, we really needed a different type of investment from the eaters.

In the beginning I didn't really understand this. It was starting and stalling all of the time, and I was just realizing what was happening as we were moving along. As I was recognizing these problems, I was trying to come up with some kind of solution.

Eaters could also see that there was a struggle going on, and there was a struggle because they were making a commitment, but the farms weren't able to maintain the commitment. There were stop-gaps and delays in the commitment because it takes time to raise food – to

raise animals. Even with plants, you plant the seed, and it takes time for the gestation period and to grow them out.

Our membership was growing, and what ended up happening was my farms would start producing over the demand a little bit, but they were having to carry that gap so that we had room for more eaters to come in and grow with us.

It was a very big struggle to get those things going in the very beginning. I call them 'My Army of Meenas' affectionately because they all hung in there. Now after 12 years I've been able to look back and see where I could have done things a little bit differently or I could have been more efficient with some things. I could have avoided some of the struggle. I just didn't know what the problems were, and the farmers weren't even able to articulate and verbalize what some of the problems were. We were just dealing with things as we went along.

If you look back, hindsight is always 20/20. So we were able to create more efficiency as a side effect of that.

The big deal was that farms weren't just going to be producing this stuff to this level because eaters were not willing to pay for it. They didn't know what the costs were. Eaters have no idea what real food costs or the fragility of our food system.

**Kennedy:** You did at that time. Like you said, the doctors thought that your daughter wouldn't live 24 hours, but she was actually able to live over two years.

Could you explain how you were able to extend her life through diet and what you saw worked with her?

**Bali:** In our case, what was happening was I went to the farmers market, and I found out that there was no real food there. So I was going to the farms of the people at the farmers market, and I would start to get to meet their neighbors and friends – people who weren't at the market. These were people who I later found out couldn't get into the markets.

There was more regenerative farming going on all around these guys than there was with the people who were actually at market. That was the first thing that I discovered.

Then I started talking to these people and building relationships with them. Building relationships takes a lot of time, and it takes a lot of effort. They don't trust you. So it took a while.

If somebody was allowing me to walk their land, and if what was happening on their land made sense to me and it looked like the animals were healthy and happy with nice, clean coats and there wasn't an imbalance or flies all over them, I would support them. That

doesn't mean that there aren't bugs and flies on farms; I just mean that they are not taking over and making the animals uncomfortable. There wasn't any stagnation on the land.

This required me to drive from farm to farm. That was not convenient and it wasn't easy, but it wasn't worth it for them to come off of their land to just bring me food just for my family. So I continued to do this.

What I did with Meena was she had already been through five rounds of chemo, and she had already been tortured in the hospital. I write about those details in my book for anybody who is interested in the background on that. When we finally got home, and I was feeding her, I was pretty much letting her choose what she wanted to eat. I wasn't going to fight with her.

We only had a limited amount of time together, and I knew this. At this point, I knew this. So I was just trying to enjoy her as much as I could and make things as easy and comfortable for her as possible.

Guess what? She only ever wanted to eat the meat. She was two, and if you put in front of her meat and blueberries and some vegetables or whatever we would get from the farm, she would only ever want to eat the meat.

I wasn't going to fight with her for her to eat fruit or vegetables. I was not going to do that. If she would ask me for more meat, I would just feed it to her – unlimited. So she ate and chose to eat mostly meat.

At some point I just started giving her more meat. That doesn't mean that we didn't offer her fruit and vegetables. She had access to whatever she wanted, but she would basically focus in and only want the meat. We all knew that, and it wasn't a big deal for us. We would make sure that she had it.

Then we went back to the hospital for screening at Duke. When they ran the tests, her tumor was necrotic; it was dead. I wrote about that in the book, too. Everybody can read all of the details and see exactly how that unfolded.

The meat was the cure. Had I known that in the beginning, we could have been doing that from day one. Secondly, that wasn't going to change the fact that she had other cancer growth going on. Now, because she had five rounds of chemo, she had other cancers that were the side effects of chemotherapy. The side effects of having chemo and radiation treatments is more cancer; that is a side effect. You know that because it's written.

Anyone who has gone to the hospital and has participated in chemotherapy is given a full disclosure that this is going to cause more cancer. People sign it, and then they do it anyway.

**Kennedy:** Most cancer victims don't die of the cancer; they die from toxemia.

So when you are dealing with your daughter's illness during that time, and even after the time she passed, you had another challenge. You had these farmers who you were trying to convince to produce the food the way that you think is healthiest, but they need customers to convince them.

Another part of the work that you did was trying to convince consumers to ship their purchases over to regenerative foods, especially regenerative meats. So how did you go about that?

**Bali:** I saw that my farmers were struggling. What happened first was that a lot of the folks who were feeding us were saying that they were thinking about going out of business because people don't really care about food. The majority of the population, I find, is actually seeking relief. This was evidenced to me because I decided that I was going to try to help our farmers, and I created a website. It was a landing page. I thought, "If people come here, then I can talk to them and tell them how powerful regenerative meat is."

I didn't call it that then. I didn't even know these words at that time. I was just saying things like, "You need to support local farms, and we need our animals outside on grass."

I didn't know the terminology.

**Kennedy:** For the listeners, could you define what regenerative meat is? On our last program, the guest used the term, 'grass-fed meat'. It's basically the same thing, but I would like you to provide your definition of 'regenerative' for the listeners.

**Bali:** What is amazing is that our bodies are constantly regenerating. This is a regenerative universe. Everything is meant to regenerate and reproduce and revive constantly. That is how our cells are, too.

When you talk about regenerative livestock, we are raising them in a regenerative fashion. Like Joel Salatin says, "The pigness of the pig and the chickenness of the chicken and the cowness of the cow."

That means that you allow them to be on the land doing their work. The chickens are the clean-up crew on the farm. The hogs are the ploughs. They are the ones that are clearing the woods. They are creating these beautiful forests. Then you have cows, and they are regenerating soil.

All of them are regenerating the soil. All of their movement is massaging the earth and



regenerating the soil. These livestock animals are working in this symbiotic relationship between the sun and the rain and the air and the soil. So what they are producing is called 'living soils'.

You can't have living soils without animals. And without living soil, you can't have plants that have any nutrition in them. So for folks who think that you can feed the world on just plants, you have no idea what you are talking about in the sense that you cannot produce plants to feed the world without livestock massaging the soil.

There is no soil without livestock. So what has been happening is as we have created and established these monocultures that are raping the soil with tilling machines and the crops themselves and the petrochemical fertilizers, which is poison for the soil, and it doesn't produce a living soil but a supplemented soil, this is a dead soil.

If you take something that you've mined, this is what they are doing when they use these fertilizers, those are minerals that are being mined, and then they are using petrochemical varieties of these minerals, and then they are pouring them back out. It's not that they're just using petrochemical machines like gas-powered tractors to put it out there that is the petrochemical aspect of this, but they are literally using chemistry project fertilizers that they mined the minerals, and then they converted them because they want the consistency.

Nature isn't consistent. It's not always repeating itself. Nature is not repeatable. There are no two snowflakes that are the same.

So to condition the minerals to make them equal, they are using petrochemicals to condition them and make them all the same. So you have Miracle-Gro, which is a patented formula. That means it's not natural, and some man made it. They patented it because you can't patent nature.

If something has a patent number, that means it's fake chemistry project poison. That's what I'm always referring to. Doritos are patented. That's poison; it's not real. It is some chemistry project that somebody wants you to put in your body, and then your cells don't know what it is, so you are being poisoned.

In the same way, they make this thing called Miracle-Gro on a commercial scale. They are pouring it out on these monocultures as fertilizer. Our regenerative farmers are not fertilizing the land with anything that has been mined from somewhere that they are carrying back out. What it is is a closed system where the animals massage the earth. They are pooping and peeing on the land and massaging the land with their energy and their hooves or their claws. This action and the energy that they are putting out there is what is actually fertilizing. That is operating under universal law or the law of nature.

**Kennedy:** Let's get back to your recruitment of your customers. What was your most

effective pitch to get them to participate in this kind of agriculture?

**Bali:** I didn't really have a pitch, Pete. What was happening was that everybody was sick. I haven't met a really healthy person yet. Most people in the population are generally suffering with something, and they are seeking relief – even if they are only suffering with anxiety.

So they are seeking relief from pain and relief from suffering. They don't even realize that this anxiety and depression they are suffering. Everybody has got a shirt these days that says, "The struggle is real." They think that is something that is actually happening to them. These are all side effects of malnourishment, and that is what they are suffering from.

People have mental imbalances and weight imbalances. You either have a person who is too skinny and can't gain weight, or you've got a person who is too fat and can't lose weight. Most of the population is too fat.

You've got these electrical imbalances where you have folks who are suffering with MS and strokes and seizures. You have circulatory imbalances where people are having issues with blood pressure or heart disease. Heart disease is supposedly a number one killer. No, the number one killer is the doctor – medical malpractice or medical murder, which they are allowed to do with no prosecution.

Then there is metabolic imbalances, which are your cancers, your autoimmune conditions, and the Crohn's disease and the IBS diseases. I guess Crohn's and IBS also falls into the next category, which is digestive imbalances. So you've got IBS, Crohn's, constipation, and diarrhea. All of those things are also a form of autoimmunity, which is also a metabolic syndrome.

Then you have the bone problems where you have the arthritis and the migraines that are happening, and rickets. All of these kids have sports injuries constantly. It's amazing to me now that mothers think it's normal that when your baby tries to walk that the child could break their leg. I have seen more babies who are of the toddling age who are just trying to walk in casts. I'm asking the mothers, "What is happening?"

The mothers say, "Oh, they were just trying to walk." No, that is not normal. That is called rickets. That is malnourishment. That is a skeletal imbalance. That is what we are looking at.

All of this is due to poor nutrition and malnourishment. Why? Because parents are being told, "On the food pyramid, your child should eat Cheerios for breakfast, and then they should have a sandwich for lunch. For dinner they should have pizza."

This is called wheat on wheat on wheat or grain on grain on grain. It's not just any grain, but these are chemistry project grains.

**Kennedy:** Right. These are glyphosate-laden grain.

**Bali:** And poison. So you are poisoning your children, they are malnourished, and it's chelating out all of the minerals that would be in the bones, which is what is weakening the skeletal system. All of the nutrition that would be helping to regenerate and build new cells leaves you in a state of metabolic imbalance, which are these cancers. And you have circulatory imbalances. You have the stiffening of the arteries, which is happening because there are no new cells coming in, and there is no pliability. We are losing our pliability because there is no nourishment, which only comes from animal fat.

Most of these people were coming to me because they were sick. When you are sick, you just need relief. I didn't have to convince anybody of anything. They were sick. They would find me because they were sick or because they didn't know how to feed their children. They were asking, "Why is my kid constantly sick? I don't know what I can do."

When a mother doesn't know how to feed their child because everything that they are buying out of a store isn't working, this is what is happening.

People were coming to me. When I started teaching eaters that our medical system is the most regulated system and that medical professionals are restricted to operate under the 1910 Flexner Report standard of care and not based on actual solutionary medicine using correct nutrition or proper exercise that really support cellular regeneration and proper endocrine system support, they pretty much know that I am speaking truth. They have experienced the damage and the pain and the destruction of these systems on one or several levels of their own life experience.

I'm not convincing them of anything; I'm pointing out factual events that they have experienced, and they are seeking relief. I am able to provide that relief, and they are able to experience ease after they've done what I said. Then they are sold. They are not going to go back to what they were doing before after that.

**Kennedy:** You've got these people who are interested in finding this type of food. You are trying to find an effective way to distribute it to the people who need it for their health. Talk about community-supported agriculture, why you set that up, and how it works.

**Bali:** My CSA is actually a counter economic strategy that helps us operate outside of the centralized corporatocracy. It's a private food system that I legally set up as a 501(c)3 food church so that we could speak freely and operate in truth and freedom for food freedom and for health independence.

All of these people started coming to me, Pete, and they were all coming to me with

disease. Nobody was coming to me because they were thinking, “Let’s support farms.”

When they were coming to me, I was having these really hard conversations with them. I was breaking laws left, right, and center because I was speaking truth. If you speak truth to anybody, you’re breaking laws. Everything that I’m saying here, I’m not really allowed to talk about. I’m not allowed to tell you that your child is malnourished because I’m nobody; I’m just a mother. I’m not certified or licensed. I am speaking truth to you based on the fact that the body has energy and that it is capable of regeneration. Well, we are not allowed to say that based on the Flexner Report that was filed in 1910.

I’m getting off topic, but I am saying this because I was being shut down every time that I said something. So I had to establish a way to be able to communicate without taking on so much liability since we established this litigious society.

**Kennedy:** We’re going to get into some of the harassment that you suffered from the ‘alphabet soup’ agencies. Could you just explain how community-supported agriculture program works?

**Bali:** I created this group of people, and I have a bunch of rules. The reason why I have these rules is because of all of these other things that I’m telling you – how I’m not allowed to talk about these things. So I needed people to take full responsibility for themselves. So I had to create my own psychological operation and say, “Hey, I need you guys to know that for us to be able to gain help and get this food, we all need to take individual responsibility. Therefore, I need you to give me a dollar as a fee because that is my legal and binding contract.”

For legalese, I created a fee system. It isn’t a dollar; it’s more than a dollar. It’s actually a lot of money because I needed to be paid for all of this work that I am doing. I wasn’t really trying to do this, but I fell into doing it on accident because I needed to [obtain] food selfishly. I don’t tell everybody this, but my daughter was dying, and I needed food for my family. “Do you want some, too? Do you want to know what I know? If you do, then here is how much money I need from you.”

I was able to do it fairly affordably for people because I was doing it out of my home. This was actually when I first spoke with you, the great Mr. Pete Kennedy, who gave me legal protection.

I said, “I need a disclaimer or something.” So you wrote my legal for me. So, thank you, Pete.

You wrote my legal disclaimer because I was just trying to get people the meat. They just needed the good meat. It’s not legal to possess the meat, and it’s not illegal to raise the meat. It’s not illegal to own the meat, and it’s not illegal to eat the meat. It’s just illegal for

us to sell it to you and to tell you why you can use it for medicine. That is the illegal part. So I am taking all of the legal onus.

**Kennedy:** With the CSA, Nita, they were supposed to purchase a certain amount of meat each month or a certain amount of food each month. That was how you had it set up, correct?

**Bali:** I actually set it up so it was easier than that. What I wanted was for everybody to participate on whatever level they wanted. It cost money to join the membership, so they had to pay me a CSA fee. They pay an annual membership fee and a monthly CSA fee. What that does is it gives them access to the food. Then they can buy the food a la carte, which is one at a time, which is the most expensive way to buy it. They can buy the food in a monthly subscription, which is a bundle that is in increments.

For chicken, it's always that chicken is one bundle. For example, you have to buy two chickens as a bundle to get a discount. You make the commitment to the farm that you are going to get two birds a month for the whole year if you want a chicken subscription.

As far as beef and pork went, it was in five-pound increments. So you could either do five or ten pounds every week, or you could do 15 and 20 pounds every month or every week, but you couldn't do less than 15 pounds a month or 5 pounds a week. That was because we needed a specific amount of volume for it to make sense for a farm to produce it. Otherwise, they can't afford to just produce for you one pound, one pound, one pound, and you are not gaining any health off of that anyway; you have to eat a lot more meat than that. So that worked in both directions.

The other part of it was that I was encouraging people – and I still am – to no longer participate in a grocery store because this nonparticipation is how I wanted to stop funding the global powers that were profiteering off of our suffering. They were dividing us and brainwashing us into compliance and not allowing us to talk to each other about truths.

**Kennedy:** Here you are, this small CSA, and you are getting visits from the United States Department of Agriculture, the FDA, the North Carolina Department of Agriculture and Consumer Services. Could you tell the listeners what this harassment was about? You mentioned earlier about why you did the formation of the food church, but describe the harassment first. For someone as small as you to get this much attention is amazing to me.

**Bali:** I'm really small. Everybody thinks that I'm so gigantic big. I think that it's amazing that any of these organizations even know who I am. That's how much of a threat meat is to the agenda that people don't want to believe.

I started the CSA in my garage. We got up to 100+ families. Then we moved into

commercial space. When I moved into commercial space, Pete, you heard more from me. All of a sudden they were like, “Oh my gosh, she just moved into commercial space.”

Before that they were trying to be friendly, but they wanted me to participate. They were really trying to build a rapport with me and have a friendship with me. I think that they were playing nice with me in the beginning.

When I moved into commercial space, all of a sudden the same man who used to come to my house and be nice to me had become Dr. Jeckyll/Mr. Hyde. He’s crazy. He said, “Look, you’re not allowed to do this.”

I said, “I’m not allowed to do what?”

They could never tell me what I’m not allowed to do.

**Kennedy:** What department was he with, Niti? Was this Federal or state?

**Bali:** That was NCDA. When I moved into my space, he came to visit me. He said, “What are you doing here? You’re growing? Congratulations. I need to inspect your fridges and freezers.”

I said okay. I wasn’t up for inspection because I had already been inspected recently. So I thought it was odd, but then I thought, “Whatever. Maybe he’s just setting me up in the new place.”

I was never trying to do anything against the rules because I’m not trying to do anything wrong; I’m just trying to do a good job. So I let him in. He looked at everything, and then all of a sudden he said, “You can’t do this here. You can’t have broken seals. On this level you can’t have chicken that is produced from a local farm.”

I said, “If it was in their numbers, then it should not be a problem.”

So now I have answers for everything that he had to say, but he said, “I need you to get rid of broken seals. You can’t have a separate freezer anymore.”

At home I used to be able to have a personal freezer that was not going to be for sale, and then I had the stuff that was for sale.

**Kennedy:** Initially you had a permit, correct?

**Bali:** I still have this meat handler’s license because I was not ever trying to do something illegal. I was always just trying to do what I’m supposed to do. I was checking all of the

boxes and doing all of the correct things.

What I learned from doing that is that now that I've asked permission, I can't get rid of my permission. I've even tried to give them my meat handler's license back.

When you ask our government that works for us permission to do something, now you are a slave. Now you have to comply with what they want the way they want, and you're not free to run your business the way that you want, even if it's for the good of everybody. They use 'safety' as the excuse for all of this garbage.

When he came to me originally, the reason why you get a meat handler's license is because you want to be trained so that you know how to operate within safety parameters to keep the meat safe. So I am doing that. But now they don't want me to do this in a bigger way, so they are trying to find a reason to try to make me stop.

Next he said, "You are making health claims on your website," because he didn't know what else to say.

"What health claims am I making?"

He said, "You said that your daughter's cancer was cured with the meat."

I said, "It was. That was a fact."

He said, "Well, you said that the animals outside on grass are healthier than the ones in a house."

"Yes, that is a fact." If you put animals in a house and you look at their state versus being outside, when they are inside they look like that deer that is leaning up against a tree that you know isn't well. I mean, come on, folks. When you are out walking in the woods and you see a deer frolicking versus a deer leaning up against a tree, logic and common sense tells you that this frolicking creature looks healthy and robust. That creature looks like I can eat it and I'm not going to die.

If I eat this deer that is leaning up against a tree, that creature is sicker than me because it's leaning up against a tree, and I shouldn't eat that; it's going to make me sick.

When people say to me, "How do you know that CAFO meat isn't better or worse than regenerative meat?" I say, "Are you joking? Have you been to a Confined Animal Feeding Operation?"

If you take life, and you trap it in a house, what happens? What happens if you keep your dog in a house and you never let the dog go outside? I'm not talking about these little toy

dogs and miniature ones; I'm talking about a real big dog. Even with the toy dogs, you've got to let them outside to poop and pee.

If you trap them in the house, they are going to be depressed. And what about you? What if you get locked in your house? Isn't that called jail? When you put someone inside of it and they are never allowed out of it, their mind is going to go nuts. That is the reason why in prison they have outdoor time. They can't even handle keeping all of those people caged and managing them. Even in prison they know that they have to allow them to go outside.

These livestock that are in these CAFOs don't go outside.

**Kennedy:** So you were getting harassed by the North Carolina Department of Agriculture and the FDA, too. There are actually FDA claims – and they have accused food manufacturers and people selling food of this before – of failure to file a new drug application if you make a claim on a food. According to FDA, that is the violation that you are committing.

So you were able to find refuse and still educate your members on the health bearing properties of these foods by setting up a nonprofit 501(c)3 food church. So you called it 'Farm to Fork Meat Riot'. Why was the term 'riot' included in that name?

**Bali:** I think that if anybody out there listening to me is hearing what I'm talking about here in these past few minutes and you're not upset, angry, or feeling violated by the food system controllers, then I think that you should be. I think that you should look into this until you are upset about it. You've been poisoned without your knowing it – at least I was.

I decided that enough is enough. I wanted to create a riot. I wasn't trying to be nice about it. I wasn't trying to be all soft and fluffy. I wanted people to know that you should be upset. The reason why you should be eating regenerative meat and not CAFO meat is because you have realized the violation not just because, "I feel bad for these animals," but animals that are sicker than we are are going to poison us. Let that sink in for just a minute. Animals that are sicker than you are cannot nourish you. Neither can plants that are blanker than you are.

If you are eating a plant that was grown in nonliving soil – and, yes, I'm coming after your hydroponic people and everybody else – and if you are growing plants in a very limited medium, those plants are empty and blank. Those plants are not nourishing you.

**Kennedy:** You've set up this food church, and you feel freer to tell your truth about the health-giving properties of meat. One of the basics on this is the human digestive system. Could you tell listeners about how the human digestive [system] is efficient and how it digests meat so efficiently?



**Bali:** Just like we understand the digestive system of a chicken or a hog or beef, and how they are comparing us all the time to apes and monkeys and saying that we should eat a bunch of fruits and vegetables like they do, no, we don't have the same digestive system. If you look at our digestive system, our colon isn't as big and long. Our intestinal system isn't as big and long as a gorilla's, for example. So our digestive system is only capable of converting every single thing that we put into our mouth into sugar. It cannot convert anything that we put into our mouth into fat.

That matters. Why? Because our cells are fueled by fat. Our cells need to be fueled by fat. The building blocks for our cells require fat first, then protein. Then if we need glucose, then we can take the fat and the protein, and our body can actually convert that to sugar. We can convert everything to sugar; we just can't convert anything to fat.

If you are eating anything besides fat, it's all going to turn to sugar, including protein. Yes, meat, muscle, and protein will convert to glucose because it's a process that is called gluconeogenesis in which that occurs. We cannot convert anything into fat.

For that reason, if you are eating a high-fat, moderate protein low-carb (meaning low sugar and low or no plants) diet, you are going to thrive and live a robust life. We are at the top of the food chain. For that reason, we can even consume gasoline as evidenced by the fact that we can drink moonshine or Coca-Cola or any sodas – Pepsi or Mountain Dew or any chemical concoction in an aluminum can or bottle – people are obviously living off of that. They live on that, and they live on Doritos. Everything is included. This includes whole wheat bread. I'll just put that in there with the Doritos and pizza.

What people don't realize is that when you are having bread on bread with bread and more bread, who needs to eat pizza with a breadstick? I'm just confused. It's so much grain. You're just a sugar burner.

As long as you are a sugar burner, you are going to experience brain fog, and you are going to be hungry all of the time. You are going to need three, six, or eight meals all day long. Nobody had time for all of this back in the day. I mean, if you really look back just as recently as the *Waltons* family or the *Brady Bunch* on television, or even *Dick Van Dyke*, they were cooking liver and onions every week. It was just a thing. On the *Brady Bunch* you've got a family with six kids, and they never had pizza ever. Sam the butcher was a main character and the only person they talked about getting food from ever. It was the main staple of the time.

If you look at pictures of people from the 1970's and before, everybody was more robust, slim, and healthier. Go back to the 20's and it's even more powerful. Go back even further. The only people who were not doing well were the oligarchs.

If you go back to medieval times, the kings were the ones with the gout. It was the disease

of the sugar and the wine; it wasn't a disease of the meat. The peasants didn't have gout, and they were on the scraps of the beast. They were eating all of the ox tail and the liver and the bone broth and the stews. They were really just on stews. They were on meat. They couldn't afford bread. They couldn't afford the grain. They couldn't afford the gardens and the vegetables and the fruit. That is why you see the queens with the big old thing of grapes. You didn't see the peasants eating grapes. They weren't even eating grape leaves because they couldn't get that stuff.

The orchards and all of those things were for the kings in the medieval times. So you might not believe what was going on in caveman times. People go back to the *Bible* and they say, "Oh, cavemen didn't exist." Whatever. I don't care. But everybody can remember medieval times. There is evidence of the castles.

If you can just go to medieval times, everybody who was able to thrive were the peasants, the regular people, and they were all on meat. They were high on meat.

**Kennedy:** This brings up something today. There is meat, and then there is meat. Unfortunately I think it's either 97% or 98% of the meat out there today – and meat is a trillion dollar business – is conventionally-produced, and much of it is from CAFOs.

You touched on this earlier, but maybe you could talk more about the CAFO meat and how that leads to disease, and how that is not what we should be eating.

**Bali:** Look, friends, industrialized life is what it is. If you take life, and you try to industrialize and mechanize it, then you are going to have disease. It's logic. This is basic common sense and logic. The fact that you don't know that those beasts are not being honored and that they are mechanically and industrially being raised is the only thing that you really need to know.

It's not a quantum leap for you to understand me when I say that if a deer is leaning up against a tree, it's sicker than you are and you don't need to eat it. That is everything in a Confined Animal Feeding Operation. On top of which, those animals are being fed poison. They are being fed glyphosate grains – grains that are doused with poison.

You know that your wheat is being doused with it, too. They dry the wheat using glyphosate. They use it in the drying process, but it's not in your ingredient list because processes don't need to be listed as ingredients.

You don't see chlorine on the list of ingredients for your eggs. Your eggs have been washed in a chlorine wash. Your lettuce and all of your produce in a store has been washed with chlorine. All of it. If you don't believe that, you have no idea. They are putting it through a chlorine wash under the guise of 'safety'. Everything is under the guise of safety, but how much chlorine is good enough for you?

**Kennedy:** Let's talk about the right way to do it, which is regenerative meat. Explain a little more about how that builds health and can point you towards optimum health.

**Bali:** Our physical apparatus is built on cells that are made from fat. It's powered by the sun.

When you eat regenerative beef versus CAFO beef, CAFO beef is a very efficient meat that you buy for \$3 to \$6 a pound. That is because it's like a year old, and it is fattened up on grain at the end. Regenerative meat is different. This is not a competition between grain and grass. That is not my main point here, so do not be confused. When you have the grain-fed beef in the store, it's only a year old. It was only on grass for less than a year.

Regenerative meat is on grass for two and a half to three years. So there is a big difference between being two and a half to three years old and finished on grass. Even if the animal is finished on grain, it's better that it's outside. It's better for you to get local regenerative beef. There is a lot of regenerative beef, Pete, that is finished on grain. It's still regenerating the soil, and the animal has still been honored, and it is still being fed grain.

Maybe that grain isn't grain. I don't know; that is also a thing. I don't want anyone to get lost in the conversation between grain-finished and grass-finished as much as I want you to pay attention to the fact that there is an animal that is on grass for more than 12 or 18 months versus the ones that we are talking about that stay outside a lot longer.

If you didn't know, any of these herbivores that actually live past five years are more beautifully marbled on grass and more delicious than anything. Back in the time of the Native Americans, they used to eat the oldest buffalo. When they were hunting buffalo, they were hunting through herds that were miles wide and miles long, and these animals were creating a robust landscape everywhere they went.

Yes, they would come through and trample everything, but that disturbance was what promoted the soil. It came back because the buffalo would keep moving. They would go away, and they would only trample over it for that day for the whole year, and then they would come back around another year or another season later – maybe even two or three seasons later.

When they would come back, by that time this land had the opportunity to rest and recover. That is another aspect of regenerating soil.

When they were hunting those beasts, they were hunting the oldest of those beasts, and most of them were over five and eight and ten years old. That buffalo that they would kill would be super-fatty and most amazing. That fat was the medicine that allowed them to be robust.

How did these Native Americans operate without these big gardens? How did they do it? How were they thriving? What about the Eskimos? What about the most robust traditional people of the planet? They never had gardens. They used some herbs, and they even smoked some herbs. Even the smoking of the herbs wasn't detrimental. What? In fact, it was medicinal.

I'm not promoting smoking anything, but I'm saying that they were gaining health from those plants that they were smoking because they didn't also have chemicals intertwined and mixed up in that concoction.

**Kennedy:** You are one of the more militant people I know when it comes to trying to secure a quality food supply. You developed what I call the Farm to Fork Meat Riot standards for meat; it's pretty extensive. Maybe you could summarize what those are about and how there is this continuum between the top, down to something that was raised in a way that you know all along is food you consider to be poison. So maybe you could summarize the standards that you have developed.

**Bali:** First of all, if you are a food producer out there, in my book I have this thing called Farm to Fork Meat Standards. It's like a grade school style report card. It starts with a Grade A and it goes down to Grade F. Everything below the F is poison.

I say, "If it's in a centralized food system, meaning if it's in a store, it's considered poison. Why? Because it has to meet health code. If it has to meet health code, it's dead and it's poison; don't eat it. Just say no."

If you can purchase something direct from the farmer that is dirty and alive, then it's food. So even if you land on my report card that I write on in this book and it's a Grade F, it's food; it's not poison, and it offers life-giving force.

Basically the Grade F is for folks who are still vaccinating animals, still using GMO feed, still using medicine for the animals in the event that they have a weakness. They might use some kind of antibiotic or something like that.

There is a withdrawal period for them. According to the people in charge, that is okay because they think that they know when the damage is over. I'm saying, "I don't agree with that as evidenced by the fact that there are people who have chemical sensitivities to meat that is poorly raised."

If you have one of these conditions like electrical deficiencies like MS or you have a metabolic disease like cancer or you have a serious autoimmune diagnosis, then you are not going to be able to do really well on a Grade F; it will still affect you. Even the Grade D, which is a step up, and all the way up to a Grade C, people are still vaccinating, but maybe

the pastures are a little bit more improved. Perhaps they have more minerals that they have access to.

Take the report card with a grain of salt, producers. I know that there are going to be variations based on your location and all these things that I can't possibly address. I mean, this was really difficult for me to write. It was like writing a standard for how to raise your children, which is ridiculous. It is utterly ridiculous to write standards for that, but it gives you some kind of baseline, and it is very extreme.

Most Americans won't go for the Grade A. They are happy with an F.

**Kennedy:** What is Grade A in your view, Niti? What is the top?

**Bali:** Grade A means that this beast had parents going back two and three generations that have never been vaccinated. At the time of writing the book, I called it 'heritage breeds' or I referred to these pure breeds for a lack of a better way to say that. That doesn't mean that I have anything against mixed breeds. I understand that there are many mixed breeds that have been designed to be able to tolerate better varieties of climates or flavors or something.

I wouldn't mark them down as a side effect of that, but if you have the breeding stock that has never been vaccinated, and you go to third to fifth to ninth generation with that breed, it's way more powerful. You can see the health in the beast. You can see that they are more fertile. You can see that they have an easier time tolerating flies or whatever.

All of these things that they have come up with, like, "You need to buy this spray to spray all over your beef to keep all of the flies off of them." No, you don't. Nature has a solution for everything. Just like human beings, they've got us fearing the sun. Hello, you are solar-powered. Do not use sunscreen. Stop it.

Also, if you eat a lot of meat, you are able to more easily tolerate the sun and not burn.

Did you know that if you were to start using lard or tallow as sunscreen, it's amazing how much protection it would offer you. I know I'm Indian and I can tolerate the sun a lot more, but Pete, you can test it for me.

**Kennedy:** Earlier you talked about the fact that most of your customers had some kind of health problem. You've been doing this for twelve years now, and you have a lot of healing stories. The medical profession says that it's only anecdotal, but anecdotes are powerful.

**Bali:** Is it anecdotal, or is it testimonial? What's the difference? I mean, these maniacs are so crazy. When you are still running a legal system based on testimony, testimony is the

most powerful tool that you have in law to defend your argument.

**Kennedy:** Talk about some of the instances of healing that you've seen with your CSA members.

**Bali:** I've seen so much of it. The last third of my book is just testimonials that very brave people were strong enough to share. You know, guys, a lot of people had a lot of experiences that they are not interested in broadcasting or publishing in a book. That's why we have the HIPAA laws. A lot of people don't want their medical information out there. For a lot of folks, it's humiliating to feel like they were broken that way, and they don't want people to know that. I just want to start with that.

A lot of folks say to me, "If I cured my cancer with rib eyes, then I would want everybody to know that."

I say, "You might, and you might not. You don't know what you would really want to do in that situation. Don't try to speak for everybody else."

We do have someone in the membership who was in a wheelchair with MS, and you won't know her anymore because she's not in a wheelchair, and she hasn't been in a wheelchair for a very long time. Her disease was being reversed with meat and with fat and a little bit of fat fasting. She also eliminated all plants.

She is a very, very strict carnivore.

**Kennedy:** So she can walk normally now?

**Bali:** Yes. You can reverse it. It's amazing what the body is able to regenerate and repower. All of your cells are being recreated every year. It took her a lot of therapy in terms of physical therapy to be able to use her legs again properly.

If she wanes off of her diet a little bit, her body is very quick to scream at her and say, "No, we're not going down that road again."

Her body lets her know, "I do not want to do that again."

She might get an electrical tingling sensation down her arm or something. So if she feels any of those things, because she has tried to reintroduce corn in season and different fruits and vegetables that are local within our circadian rhythm, and she hasn't been able to do that.

A lot of people might feel like you are very limited. I think it's funny. With a lot of these plant allergies, I don't know that these are plant allergies, guys. I'm pretty confident that you

are being poisoned by the plant, and your body is saying, “Hey, you just need the meat.”

You have a lot of folks who are saying, “Well, you should have a strong biome.” I don’t know about that.

**Kennedy:** The critics of meat consumption say that it can cause cancer and it can cause heart disease. Do you have an anecdote for that?

**Bali:** Prove it. I would say really loud and proud, “Prove it. There is absolutely zero evidence to that effect.”

**Kennedy:** To the contrary, have you heard a story about someone with those ailments who has gotten better under your program?

**Bali:** The most powerful story that I would have is I have a lot of men – and it just happened that there were more men with heart issues and gout and hemochromatosis in my experience – who were having a lot of issues with their bodies. They were told that they shouldn’t eat beef or any red meat because their hematocrit was too high and they would have a problem with that.

It was interesting that the more high meat they went, the more their body was able to regulate that, and they could stop giving blood after a while. I’m talking about within a year of high meat.

With high blood pressure or low blood pressure problems, those were generally resolved with most people within eight or nine weeks. Most all thyroid problems were resolved very rapidly. The thyroid receives so much relief, as soon as 90 days, and it only gets better after that.

**Kennedy:** Like you said, you have plenty of testimonials in your book, *Farm to Fork Meat Riot*.

**Bali:** There are so many people who won’t speak out, but there are a lot of those testimonials being collected on <http://meatRX.com> as well. If people want to look up Shawn Baker’s *Meat RX* podcast. There is a testimony being posted every moment of the day.

**Kennedy:** We will have that in the commentary and information on how to reach that site.

In the last year it seemed to me like the demand for regenerative meat has gone up with this COVID and the breakdown of the supply chains as well as the inflation in conventional

food. What have you seen from your vantage point? Do you think that the demand for it is going up or has been going up for the past year?

**Bali:** I think that people are realizing that if the food in the store is going to cost the same as the food from a farm, they might as well get the food from the farm. From a common sense perspective, a lot of folks just couldn't reconcile the expense for regenerative meat. But if the regenerative meat is not very far from what is in the stores already, then they would prefer to choose the better quality.

You still have a lot of folks who are just stuck on the convenience factor, so they are not going to make a change unless and until there is no more meat. The meat is disappearing out of the stores faster and faster, and there is a reason for that.

If you are producing regeneratively raised meat, you definitely need to keep going because you have a market that is growing. If you want help in promoting that, please reach out to me and talk to me. I am here, and I want to promote you. I want to support you. I want to help connect you and build bridges between you and eaters.

**Kennedy:** What is interesting now, too, is that as the demand for regenerative meat is going up, the establishment has stepped up its campaign against meat, especially beef. From what I understand, *Epicure Magazine* says that it will no longer publish meat recipes. It's one of the biggest gourmet publications around.

Why do you think that they are targeting beef more? It's like some of the climate change advocates are targeting beef when you have these pork and poultry CAFOs which pollute a lot more than just a feedlot would. So why this stepped-up campaign against meat in general, and why this specific targeting of beef do you think?

**Bali:** The cause is always the cure. In my experience with the medical industrial complex and the food industrial complex and the political industrial complex and all of that, I think it is fascinating that when they say, "Go up," go down and you will do better. If they say to go up, go down, and you will always be more successful.

I think that the economic strategist, and if you look at any of the experts in any of these centralized systems, they would support me in saying the same thing. If mainstream says to go up, then go down, and you will be more successful.

The reason why beef is under attack is because beef is what takes longer to grow, it is medicinally more powerful for more people than pork and chicken, it's more satiating for sure, and people can live on beef alone and have a more robust life experience than on any of the other creatures.



All poultry and all of the two-legged creatures just aren't as satisfying and aren't as medicinal because they don't have the fat content. The medicine that beef carries, because it's an herbivore, for us is huge. We have more access to the medicine in the fat of the beef than we do in any of the other meats.

**Kennedy:** In the last year, in addition to the deterioration of the conventional food system, we have also seen the deterioration of the medical system as well. During the lockdowns, a lot of people who had cancer or heart disease were having trouble getting treatment as the COVID-centric medical system is not helping overall health.

Do you see more people opting out of the medical system and going strictly by making food their medicine, or do you see that not changing all that much?

**Bali:** I think that they would do it if they knew that they had help. I know a lot of people who want to do it, but they don't have any help. Even if they are working with me, if I had a hospital facility, meaning a place that they could come where I could just immerse them in food that I cooked for them and I nourished them, they would show up. Everybody is trained to believe that they don't have the answers and they can't do it. They're not even allowed to cook because they are going to burn their house down. This is true. This is the training.

I'm having to retrain everybody or break them out of this training and pour power back over them for them to know their power. There is a whole chapter in my book called 'You Matter'. You are important. You are worthy beyond belief.

I said that on purpose because individuals have lost their power. They are trained to give up their power to a professional for everything, including scrambling an egg.

All I do every day is try to pour power over people so that they can feel confident enough to scramble an egg, or to patty a burger. You know, you can save somebody's life if you can just teach them that they can patty a burger and put it on a grill, and it's okay. It's okay. Nothing serious is going on. What are you going to do? You might burn it. Just start over and do it again. You're not going to burn it a second time.

I'm just saying that the solution is simplicity, and it's such a clean and simple solution that it's unbelievable. People are trained to believe that everything is so complex.

When you start listening to them explain cancer to you, it's so convoluted. Hey, folks. If you are listening to me right now, if something is so convoluted, it's called lies. It's just lies. If you can't understand it, it's bull. It's nonsense.

**Kennedy:** Let's go to your vision from Farm to Fork Meat Riot. You've really set up a unique kind of nonprofit. Where would you like to take it? Where do you see it five or ten

years from now if things work out the way you want?

**Bali:** I actually have folks on a team. I'm seeking funding. My vision is to create an affiliate program to spread food church framework across the country and around the world.

Pete, are you familiar with the CrossFit brand or the athletic performance methodology?

**Kennedy:** Yes, it's a paleo-type program.

**Bali:** It's a workout methodology. They have an affiliate program where you can have a CrossFit gym, which they call a 'box', and you can repeat it. They teach you how to do it.

I would like to create an affiliate program with certification and things of that nature for people to be able to do their own food church. What is really important is for the eaters and the producers to have bridges. They need a lot of them all over the place, and I can't possibly singly do any of this. There are so many people out there doing so many parts and pieces of it. If we could just connect them, the solutions are everywhere.

It's building those bridges and building the financial security for them correctly to avoid financial ruin. It's really easy for eaters with good intentions to try to recreate what they think is a food church, and then financially ruin a farm or a farm family.

I would like to be able to create an affiliate program for that.

**Kennedy:** This has been great having you on. You mentioned your book, *Farm to Fork Meat Riot* earlier. I highly recommend it for inspiration and how you have helped so many people in your area. Could you tell the listeners where they could go to order that book and also where they could go to get more information about your nonprofit?

**Bali:** First of all, I just want to thank you, Pete, for all of your support over the years. You mean a lot to me and to our work and the regenerative Ag community. You are a real hero, so I just wanted to thank you for that.

**Kennedy:** Thank you, Niti.

**Bali:** You guys can follow me and my work at [www.FarmtoForkMeatRiot.org](http://www.FarmtoForkMeatRiot.org). That is a living space where you can purchase my book, you can make a donation, and you can generally know what I'm up to. I am actively working towards creating this affiliate program. As soon as I'm able to, I will launch it from that site. So you guys would have access to that as well.

**Kennedy:** Where would be the best place to go to order your book?

**Bali:** If you go to that website, you would be able to buy the book there as well.

**Kennedy:** You've moved mountains in your area. I wish you continued success. We will be seeing each other next month at Polyface Farms hopefully. I wish you the best of success.

**Bali:** Thank you so much, Pete. I really appreciate you and your work. I look forward to talking with you again soon.

**Kennedy:** Take care, Niti.

### **MODIFICATION**

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

### **DISCLAIMER**

Nothing on The Solari Report should be taken as individual investment advice. Anyone seeking investment advice for his or her personal financial situation is advised to seek out a qualified advisor or advisors and provide as much information as possible to the advisor in order that such advisor can take into account all relevant circumstances, objectives, and risks before rendering an opinion as to the appropriate investment strategy.