LABORATORY TEST PERFORMED ON HFF CHICKEN AND EGGS OBTAINED FROM RAWESOME BETWEEN JUNE AND OCTOBER 2010.

Drinking Water Information from the EPA

COPY

Primary Drinking Water Standards have been established by the EPA for those metals that have known or suspected health effects. Water that contains primary metals in concentrations above the EPA's maximum contaminant limit poses a potentially serious health threat. **Secondary Drinking Water Standards** are unenforceable federal guidelines regarding taste, odor, color and certain other non-aesthetic effects of drinking water. Individual states may adopt their own drinking water regulations for these metals.

The EPA has published extensive guidelines on how its **maximum contaminant levels (MCL)** are obtained and how it's various **health advisory (HA)** levels are obtained. ACCEPTABLE and UNACCEPTABLE levels used in this report are based on various levels set by the EPA and given in the table below. Elements that exceed the EPA's MCLs are considered UNACCEPTABLE. Elements less than the various HA levels are considered ACCEPTABLE. Elements between these levels should be considered with CAUTION. The HA levels include the EPA's lifetime HAs, the 10^{-4} cancer risk, or the EPA's **maximum contaminant limit goal** (MCLG). The MCL is the maximum permissible level of a contaminant in water that is delivered to any user of a public water system. The MCLG is a non-enforceable concentration of a drinking water contaminant that is protective of adverse human health effects and allows an adequate margin of safety.

Reference limits (ppb or µg/L) and information on contaminants in drinking water (www.epa.gov/safewater/contaminants/index.html)

Element	Acceptable < HA	Unacceptable > MCL	Source	Potential Health Effects for Primary Metals
Arsenic	< 1*	≥ 10	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes	Skin damage or problems with circulatory systems, and may have increased risk of getting cancer
Copper	< 1300	≥ 1300	Corrosion of household plumbing; Erosion of natural deposits; Leaching from wood preservatives	Short-term exposure: Gastrointestinal distress Long-term exposure: Liver or kidney damage
Lead	< 0.5 *	≥ 15	Corrosion of household plumbing; Erosion of natural deposits	Infants and children: Delays in physical or mental development; children could show slight deficits in attention span and learning abilities Adults: Kidney problems; high blood pressure
Thallium	< 0.5	≥ 2	Leaching from ore-processing sites; Discharge from electronics, glass and drug factories	Hair loss; changes in blood; kidney, intestine, or liver problems
Uranium	< 1 *	≥ 30	Erosion of natural deposits	Increased risk of cancer, kidney toxicity
Antimony	< 6	≥ 6	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder	Increase in blood cholesterol; decrease in blood sugar
Barium	< 2000	≥ 2000	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits	Increase in blood pressure
Beryllium	< 0.4	≥ 4	Discharge from metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense industries	Intestinal lesions
Cadmium	< 5	≥ 5	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; Runoff from waste batteries and paints	Kidney damage
Chromium	< 100	≥ 100	Discharge from steel and pulp mills; Erosion from natural deposits	Allergic dermatitis
Mercury	< 2	≥ 2	Erosion of natural deposits; Discharge from refineries and factories; Runoff from landfills; Runoff from cropland	Kidney damage
Nickel**	< 100	≥ 100	Erosion of naturally occurring deposits	Decreased body weight; heart and liver damage; dermatitis
Selenium	< 50	≥ 50	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines	Hair or fingernail loss; numbness in fingers or toes; circulatory problems
Aluminum	< 50		Erosion of naturally occurring deposits	Secondary Drinking Water Elements
Iron	< 300		Erosion of naturally occurring deposits	
Manganese	< 50		Erosion of naturally occurring deposits	
Zinc	< 5000		Naturally occurring; Discharge from metal factories	
Fluoride	< 4 ppm	≥ 4 ppm	Added to municipal water supplies; Erosion of natural deposits	Bone disease (pain and tenderness of the bones); Children may get mottled teeth

* The MCLG for arsenic, lead, and uranium is zero. ** The MCL and MCLG for Nickel were remanded in 1995.

What to do for elevated metals

Call your local water supplier, the state EPA, or the EPA drinking water hot line (800-426-4791). Sometimes, the EPA will allow public water systems time to correct their problems as long as they have a plan to do so. If they are unaware of the problem, it may mean the source of the contamination is after it leaves the water treatment facility or that they are not testing for the element. Toxic metals can be removed with 90% or greater efficiency by reverse osmosis or particulate filtration. Please refer to the specifications of your water purification system.

Lead

Lead is perhaps one of the most important elements in drinking water in the United States. Infants and young children are typically more vulnerable to lead than the general population and levels taken at the source or reported from a municipality may not reflect the levels at any given tap within a home. The EPA has set zero as a MCLG for lead.

When to test your water

Clinical tests show unknown exposure to toxic elements
New well
Reports of water problems in your area
New water filtration system
Symptoms of metal toxicity (see your doctor)
New house
Old house
New water source

Fig. 1, EPA limits.

Fig. 1, above, are references to Environmental Protection Agency (EPA) limits for drinking water contaminants (handwritten notes refer to Oortman/McMahon tests). EPA limits are often optimistic and do not reflect true toxicity that accumulates in the body. Please be advised that those limit-guidelines are considered by most medical professionals to be high, both traditional and alternative, and that the true levels that do harm should are much lower levels. Doug at Doctor's Data said those reference limits would apply to the broths made from the chicken and eggs as well plain water and whole products.

Oortman/McMahon tests:

Tests of HFF's chicken and eggs submitted by Jelle Oortman and Patricia McMahon in June 2, 2010 obtained from Rawesome.

Mercury level found in HFF eggs is higher than the EPA limit. Arsenic level found in the chicken was in the 'caution' EPA range.

Please keep in mind while reading these reports, that 1 liter of H2O (water) = 1000 milliliter (ml) of H2O in volume which weighs 1kg = 1000 grams. The standard unit of volume in the metric system is the liter (l).

Other units of volume and their equivalents in liters are as follows: 1 milliliter = 0.001 liter; 1 centiliter = 0.01 liter; 1 deciliter = 0.1 liter

Also consider 1000 milliliters equals 1 liter; (so 1 milliliter equals 1 cubic centimeter in volume). 1 milliliter = 1 *ml;* 1 centiliter = 1 *c/;* 1 deciliter = 1 *dl;* 1 liter = 1 *l*; 1 liter /1000 milliliters & 1 milliliter /1,000,000 microliters

In other words a microliter = unit of volume equal to one-millionth (10-6) of a liter

1 kg = 1000 milliliter = 1000 g so 1ml weighs 1 g (or gr)

1 g = 1 000 000 µg, so 1 kg = 10^9 µg (= 1.000.000.000 µg)

That is: a microgram (µg , mcg or sometimes ug) is a unit of mass equal to 1/1,000,000 of a gram (1 × 10–6), or 1/1000 of a milligram (1x10-3).

1 ppm (1part per million)= 1 mg/L = 1/1 million = 0.000001 ltr (l)

1 ppb (1part per billion) = 1 µg/L = 1/1 billion = 0.000000001 ltr (l)

mg = milligrams or 1000th of a gram; mcg = micrograms or 1 millionth of a gram; 1000 micrograms = 1 milligram.

Therefore, ppm or mg/ltr (mg/l) on a lab report means the same thing.

COMPREHENSIVE DRINKING WATER ANALYSIS

DOCTOR'S DATA INC

WATER TYPE: Bottled
ORDERED BY: Fres Water

LAB NUMBER: W100604-2043-1
DATE ORDERED: 6/4/2010
DATE COLLECTED: 6/13/2010
DATE COMPLETED: 6/29/2010

PRIMARY EPA DRINKING WATER METALS

PRIMARY METALS	RESULT parts per billion (ppb)	ACCEPTABLE	CAUTION	UNACCEPTABLE
Arsenic (As)	< 1	X		
Copper (Cu)	< 10	X		
Lead (Pb)	< 0.5	X		
Thallium (Tl)	< 0.1	X		
Uranium (U238)	< 1	X		
Antimony (Sb)	< 0.5	X		
Barium	< 10	X	The EPA has not established levels for this category	
Beryllium	< 0.4	X		
Cadmium (Cd)	< 1	X		
Chromium (Cr)	< 10	X		
Mercury (Hg)	< 0.5	X		
Nickel (Ni)	< 5	X		
Selenium (Se)	< 10	X		

SECONDARY EPA DRINKING WATER METALS

SECONDARY METALS	RESULT parts per billion (ppb)	ACCEPTABLE	CAUTION	
Aluminum (Al)	< 10	X		The EPA has not established levels for this category
Iron (Fe)	< 30	X		
Manganese (Mn)	< 5	X		
Zinc (Zn)	< 50	X		

FLUORIDE

	RESULT parts per million (ppm)	ACCEPTABLE	CAUTION	UNACCEPTABLE
Fluoride (F^-)	0.1	X	The EPA has not established levels for this category	

Fluoride is naturally occurring and is sometimes added to water to promote strong teeth. High levels can cause bone disease and mottled teeth. Although controversial, some researchers report adverse health affects at levels lower than "acceptable" by the EPA.

pH LEVEL

	RESULT pH unit	ACIDIC < 6.5	ACCEPTABLE 6.5 - 8.5	ALKALINE >8.5
pH	7.3		X	

pH is a measurement of corrosivity. A pH of 7 is neutral, being neither acidic nor alkaline. pH values of less than 7 are considered acidic (the lower the pH, the more acidic) and pH values above 7 are considered alkaline (the higher the pH, the more alkaline).

INFORMATION

This test is a screen for primary and secondary metals regulated by the U.S. Environmental Protection Agency (EPA) in drinking water using analysis by ICP-MS. ICP-MS is one of the most sensitive and accurate techniques for measuring trace elements in drinking water. Please see the back of this report for definitions of terms and abbreviations and information about action levels and reference ranges.

Interpretation:

ACCEPTABLE: Levels marked in the green area are within the desirable range recommended by the EPA. **These levels are considered safe to drink by the EPA.**

CAUTION: Levels marked in the yellow area are higher than the desirable range recommended by the EPA, but lower than the EPA Maximum Contaminant Limit. **If your drinking water contains metals with levels in the caution area you may wish to consider alternate sources or filtration.**

UNACCEPTABLE: Metals marked in the red area are higher than the EPA Maximum Contaminant Limit and actionable. **Consumption of water with metals at this level may affect health. Contact your municipality and/or consider alternate sources or filtration.**

COMMENTS: FILTERED

V3

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Drinking Water Information from the EPA

Test A was performed on drinking water alone.

DRINKING WATER ANALYSIS

DOCTOR'S DATA INC

WATER TYPE: Bottled
ORDERED BY: [redacted]

fees water rv pdm

LAB NUMBER: W100604-2041-1
DATE ORDERED: 6/4/2010
DATE COLLECTED: 6/13/2010
DATE COMPLETED: 6/29/2010

PRIMARY EPA DRINKING WATER METALS

PRIMARY METALS	RESULT parts per billion (ppb)	ACCEPTABLE	CAUTION	UNACCEPTABLE
Arsenic (As)	< 1	X		
Copper (Cu)	< 10	X		
Lead (Pb)	< 0.5	X		
Thallium (Tl)	< 0.1	X		
Uranium (U238)	< 1	X		
Antimony (Sb)	< 0.5	X		
Barium	< 10	X	The EPA has not established levels for this category	
Beryllium	< 0.4	X		
Cadmium (Cd)	< 1	X		
Chromium (Cr)	< 10	X		
Mercury (Hg)	< 0.5	X		
Nickel (Ni)	< 5	X		
Selenium (Se)	< 10	X		

SECONDARY EPA DRINKING WATER METALS

SECONDARY METALS	RESULT parts per billion (ppb)	ACCEPTABLE	CAUTION	
Aluminum (Al)	< 10	X		The EPA has not established levels for this category
Iron (Fe)	< 30	X		
Manganese (Mn)	< 5	X		
Zinc (Zn)	< 50	X		

pH LEVEL

	RESULT pH unit	ACIDIC < 6.5	ACCEPTABLE 6.5 - 8.5	ALKALINE > 8.5
pH	8.6			X

pH is a measurement of corrosivity. A pH of 7 is neutral, being neither acidic nor alkaline. pH values of less than 7 are considered acidic (the lower the pH, the more acidic) and pH values above 7 are considered alkaline (the higher the pH, the more alkaline).

INFORMATION

This test is a screen for primary and secondary metals regulated by the U.S. Environmental Protection Agency (EPA) in drinking water using analysis by ICP-MS. ICP-MS is one of the most sensitive and accurate techniques for measuring trace elements in drinking water. Please see the back of this report for definitions of terms and abbreviations and information about action levels and reference ranges.

Interpretation:
ACCEPTABLE: Levels marked in the green area are within the desirable range recommended by the EPA. **These levels are considered safe to drink by the EPA.**

CAUTION: Levels marked in the yellow area are higher than the desirable range recommended by the EPA, but lower than the EPA Maximum Contaminant Limit. **If your drinking water contains metals with levels in the caution area you may wish to consider alternate sources or filtration.**

UNACCEPTABLE: Metals marked in the red area are higher than the EPA Maximum Contaminant Limit and actionable. **Consumption of water with metals at this level may affect health. Contact your municipality and/or consider alternate sources or filtration.**

COMMENTS: FILTERED V3

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Test B was performed on the same water alone cooked for half hour in a stainless steel pot.

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Account Number:

July 21, 2010

Sample: **Cooking Water - translucent**
Lab Number: **U100707-2493**

Element	Results (µg/g)
Aluminum	<detection limit
Antimony	<detection limit
Arsenic	0.005
Beryllium	<detection limit
Bismuth	<detection limit
Cadmium	<detection limit
Copper	0.057
Lead	<detection limit
Mercury	<detection limit
Nickel	<detection limit
Platinum	<detection limit
Thallium	<detection limit
Thorium	<detection limit
Tin	<detection limit
Tungsten	<detection limit
Uranium	0.001

Analysis performed by Inductively Coupled Plasma - Mass Spectrometry (ICP-MS)

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Test C was performed on the same water in the same pot and HFF chicken cooked in it for half hour.

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Account Number:

July 21, 2010

Sample: **Cooling Water - opaque**
Lab Number: **U100707-2494** =cieren

Element	Results (µg/g)
Aluminum	<detection limit
Antimony	<detection limit
Arsenic	<detection limit
Beryllium	<detection limit
Bismuth	<detection limit
Cadmium	<detection limit
Copper	0.12 120
Lead	<detection limit
Mercury	0.003
Nickel	0.003
Platinum	<detection limit
Thallium	<detection limit
Thorium	<detection limit
Tin	<detection limit
Tungsten	<detection limit
Uranium	<detection limit

Analysis performed by Inductively Coupled Plasma - Mass Spectrometry (ICP-MS)

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Test D was performed on the same water in the same pot and 4 HFF eggs, shell and content, cooked for half hour.

Hanson Tests:

Tests of HFF's chicken and eggs submitted by Tamara Hanson obtained from Rawesome on October 6, 2010. (Conversion from the analysis to the chart, e.g. µg per gram to in µg per liter = 1:1000):

Chicken analysis (Fig. 2, below)

aluminum 0.07 converts to 70: > 50 is unacceptable
arsenic 0.023 converts to 23: > 10 is unacceptable
uranium 0.062 converts to 62: > 30 is unacceptable
thallium 0.001 converts to 1: caution area < 0.5 is acceptable, > 2 is unacceptable

Egg analysis (Fig. 3, below)

antimony 0.009 converts to 9: > 6 is unacceptable
cadmium 0.01 converts to 10: > 5 is unacceptable
lead 0.012 converts to 12: high end caution area <0.5 is acceptable, > 15 is unacceptable

Unable to find EPA limits for tin as found in the egg but it is very high.

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Client: Tamara Hanson

Account Number:

November 5, 2010

Sample: **Raw Chicken**
Lab Number: **U101102-2174**

Element	Results (µg/g)
Aluminum	0.07
Antimony	<detection limit
Arsenic	0.023
Beryllium	<detection limit
Bismuth	<detection limit
Cadmium	<detection limit
Copper	0.31
Lead	<detection limit
Mercury	<detection limit
Nickel	0.002
Platinum	<detection limit
Thallium	0.001
Thorium	<detection limit
Tin	<detection limit
Tungsten	<detection limit
Uranium	0.062

Analysis performed by Inductively Coupled Plasma - Mass Spectrometry (ICP-MS)

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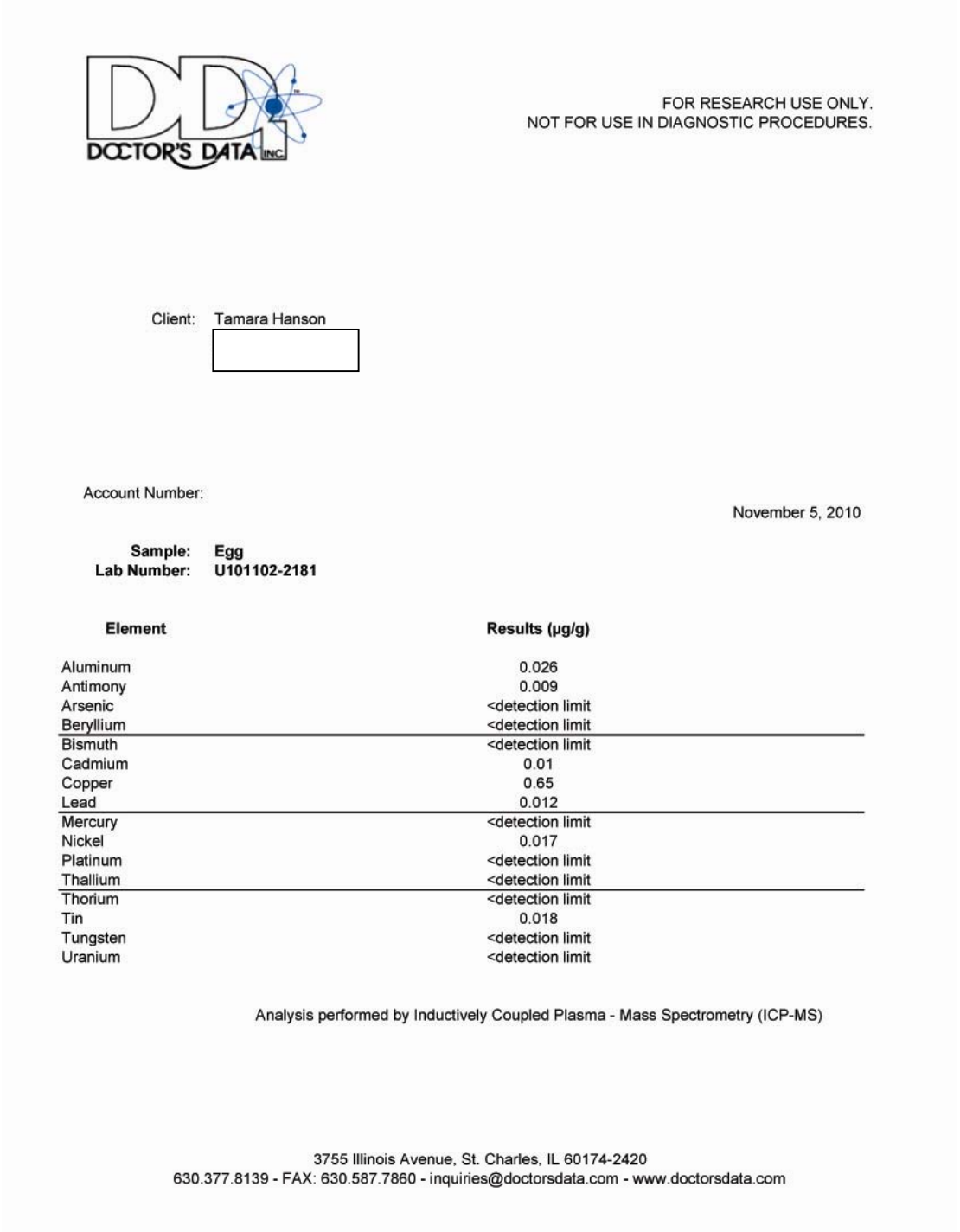
Fig. 2, chicken analysis; HFF chicken purchased October 6th from Rawesome.



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Client: Tamara Hanson

Account Number:

November 5, 2010

Sample: **Egg**
Lab Number: **U101102-2181**

Element	Results (µg/g)
Aluminum	0.026
Antimony	0.009
Arsenic	<detection limit
Beryllium	<detection limit
Bismuth	<detection limit
Cadmium	0.01
Copper	0.65
Lead	0.012
Mercury	<detection limit
Nickel	0.017
Platinum	<detection limit
Thallium	<detection limit
Thorium	<detection limit
Tin	0.018
Tungsten	<detection limit
Uranium	<detection limit

Analysis performed by Inductively Coupled Plasma - Mass Spectrometry (ICP-MS)

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Fig. 3, egg analysis; HFF eggs purchased October 6th from Rawesome.

CONCLUSIONS:

Even though HHF claimed to be compliant with organic standards by October 6th when Ms. Hanson obtained the chicken and eggs from Rawesome, the results are not organic or healthy. Those test results applied to the water sample reference limits for drinking

water contaminants, the chicken tested even worse than Oortman/McMahon test which only had a cautionary arsenic level of 0.005 µg per gram versus your 0.023 µg per gram. The above tests prove that the feed Sharon Palmer was feeding her chickens up to October 6th, if they were HFF chickens, is not organic or healthy but is commercial.

Considering the outright fraud committed by Sharon Palmer and James Stewart at HFF for about the last 2 years, no tests initiated by them should be considered valid.

Victoria Block had no considerable on-the-farm work at HFF from inception of HFF through October 2010 to be able to verify any claims product quality. She has basically been merely a visitor and more importantly a vendor of HFF products at farmer's markets and profits considerably by them. Her testimony for product quality has no validity.

The testimonies given on this website were from people who worked daily at HFF for extended periods and were fired because they complained about Sharon Palmer and James Steward deceptive and profitable practices at HFF.

Members should require that an independent member go to the farm and collect fresh eggs and a chicken, butcher the chicken and submit them to Doctor's Data for analysis. The farm should be checked by an independent party at least twice monthly and who should oversee collecting of eggs once weekly while on the same day oversee collecting and butchering of chickens each week. Also, Sharon Palmer must submit receipts of any and all feed and purchases of chicks and from whom purchased to another independent member who should verify orders and receipts bi-monthly or monthly.