

2-13-2001

## Interview with Dale Glass

Lurette Frost

Dale Glass

Follow this and additional works at: [https://digital.kenyon.edu/elfs\\_interviews](https://digital.kenyon.edu/elfs_interviews)

---

### Recommended Citation

Frost, Lurette and Glass, Dale, "Interview with Dale Glass" (2001). *Interviews*. 55.  
[https://digital.kenyon.edu/elfs\\_interviews/55](https://digital.kenyon.edu/elfs_interviews/55)

This Book is brought to you for free and open access by the Foodways at Digital Kenyon: Research, Scholarship, and Creative Exchange. It has been accepted for inclusion in Interviews by an authorized administrator of Digital Kenyon: Research, Scholarship, and Creative Exchange. For more information, please contact [noltj@kenyon.edu](mailto:noltj@kenyon.edu).

Accession number: ELFS-LSF-A021301.A  
Researcher's name: Lurette Frost  
Event: Interview with Dale Glass  
Place: at the home of Dale Glass, in Mt. Vernon, Ohio  
Co-workers present: none

LF: Lurette Frost  
DG: Dale Glass

This is Lurette Frost interviewing Dale Glass on the 13<sup>th</sup> of February in his house on Mansfield Rd. in Mt. Vernon, Ohio.

DG: I started getting arthritis bad. I was with Ohio State extension so I spent 15 years down in Holmes County and Chillicothe and I spent 15 years at Wooster in Wayne County. I was what they called, the field faculty of Ohio State and my job was to, Wooster was an agricultural experiment station. They discovered, like the soybean that I just showed you. That DR. Sinclair, he is testing these beans, he raised them out at Ohio State, at their farm down near Columbus. And then if those beans finally get to the place where they want to put them on the market, well as an extension agent for Ohio State, I was working with the farmers. I would say to the farmers, 'We have this new soybean, you could get a 50 percent mark up in your price if you'll raise this. It doesn't have Trans-fat in it. It is really going to hit the market one of these days because they have been making chips.' So what I would do was try to teach the farmers why this bean was important and then I would help him raise it. Here is what you have to do as far as planting it; here is the special agronomy practices you will have to follow. So my job was to try to get the farmer to raise this new thing that the researchers discovered. So that is what I did for thirty years. When I worked up in Wayne County, it was one of the leading dairy counties in all of the mid-west out side of Wisconsin. It has got more silos and more cows, so I was pulling the milk big time. A dairy parade in Wooster, a dairy parade in Orville. Here I am now and I have retired and I am moving down here to Knox County. My son in law, just married my daughter, is a wellness doctor. He specializes in nutrition, life style modification and this kind of things and he works a lot with diabetes patients, heart patients. He is director of this wellness center; there was a big staff and a lot of things going on. I started to get so much arthritis and I thought, what am I going to do? I can't take, I have had cancer of the esophagus, I can't take all these medicines, they really goof me up. My stomach and my esophagus really I just don't take any of that material. So I was having so much arthritis and didn't know what to do. So I go to a specialist down at Ohio State. He said well I will give you cortisone shots and then he took a big needle and put it right in the joint. Well that really helped, 'well that solved that problem.' Till about three months when it started hurting again and swelling up. I couldn't move it. And then he says 'well I'll give you another shot but you can only have, this will be the next to the last one, because this is really hard on you system. It is not safe to give you this. You are going to have to start another procedure.' He wrote on a piece of paper, like you are writing, and he said that there are four things that we can do, he never knew there were five. Here's four, I'll give you the shots, that's limited, we could immobilize it, so he said we will make you a special little cast. So this thing you

can take it off you can wash it, see I can move some of it, but I couldn't move this joint here. So he says 'well see what that does.' OK, I wore it, I wore it and I go back. It was still hurting. I wore this thing for over a year. There are two more choices, he could go in and fuse the joint and that won't control all of your pain, but you won't be able to move it so we will fuse that joint. You will still get some movement, but that is not going to solve my problem. What we can do is put a new joint in there. Oh, we are going to make me a new thumb joint. So one day I was talking to my son in law all about this and he said, 'dad do you eat dairy products?' I said, 'do I ever, cheese, ice cream, milk you name it I use it.' I am a big time, I promote dairy products from way back. We had our own cow when I was a kid. I drank milk and ice cream that was my favorite food. He said, 'I have found that if I can get my patients off of all dairy products, not just cheese but all dairy products, they have made a remarkable improvement in their arthritis. You just try it. Why don't you try to get off of dairy products for a month? You won't die. There are so many other foods that you can eat.' So I did and I began to see improvement. I threw that thing away. I have never had any operation. The only thing I had to do for my arthritis was get off of dairy products because there is something in milk that has, there are fifty hormones in milk...

#### Looking for something

I am not lactose intolerant. They have discovered that milk, this comes from an animal, the blood goes through the udder and so you are using a product that is of animal origin. Everything that was in the animal is in the milk. So that is why when I was a county agent we spent years up in Wayne County and Rosse County trying to help the farmers get their herds tuberculosis and brucellosis free. One of the ways we did that, killed all the cows. If your dad owned a farm and had fifty cows and the veterinarian came in and test it and they had TB, they had to go. They kill them all. The same thing with brucellosis and then we would get our county TB free. The only way to do that is test all the groups and after they went through so many tests they would call it a tuberculosis free County. Well every County wanted it. It made a big difference. You could sell your cow, other wise you couldn't sell cows out of the County. And then we did the same thing with Brucellosis because brucellosis is a bad disease for humans, like TB. So I was able to help the farmers in Wayne County get all the herds tested and every animal that was positive had to be killed and destroyed. The herd had to be re tested and re tested and we finally got rid of those diseases. Well those diseases come through the milk. They say, 'we pasteurize the milk so you don't have to worry about that.' What about that morning that that guy had had a bad weekend, that is running the pasteurizer and something didn't happen and he didn't push the button. I am not saying this happens very often but any ways there is always that potential. So any ways animals have diseases in them. And then when I found out about those fifty hormones that are in milk and I am drinking milk well then I am consuming those hormones. Then I watched dairy farmers, I have been in their stalls and I have to be careful when I say this because a lot of farmers are very consciences but they have these big tubes of antibiotics. A real consciencous farmer will use a teat cup, a strip cup. Before he starts to milk he will take each teat and go shppp and squirt a little bit of milk on the teat cup and if there is icky stuff on there you don't use that milk. So then he has to dump the milk, big problem for that poor farmer. He is trying to send his kid to Kenyon and if he dumps his milk he is not going to be able to pay his bills. They have an awful time trying to cope with the

diseases they have and so they have to use antibiotics. Now there is a hormone that farmers can feed to help them produce more milk. When I drink the milk I am getting those. The driver comes into the farmers tank where he keep all the milk and he takes a sample they take it...

Phone ringing

All those hormones and things they can't take out. Also whatever it was in milk that was causing me to have arthritis and I have shared this with a lot of other people and they have found the same thing. There is something in the dairy products, especially when you concentrate the into cheese... Phone call

To end this story was I got off of all dairy products. I had to bow to my poor dairy farmer friends. I am sorry I can't use you product any more. I really promoted you for thirty years. But had to look out for my own health and that really has worked. It also helps with skin conditions and some other health problems I was having. So there is something in the milk, it may be the protein, it may have been those hormones. I don't know what it was. All I know is that it works. I have some friends that I share that with and he shares that with his patients.

LF: Did you tell the doctor that this worked for you?

DG: You know I wanted to, I had a tumor right here on my finger and I thought he had retired so when I had to get this operated on I did not ask for him. My local doctor got another doctor. When I went down to his office I saw the dr. that did all the stuff was still on the placard, he was still practicing. So I should have told him. I told this doctor about it. When you start talking about alternative medicine and complimentary medicine and supplements some doctors have a real struggle with that. They think that it is placebo effect. My friend a doctor really thinks that there is something to this and my son in law went to him when he was here from Guam, he is stationed in Guam, and so I think that the medical community is starting to come around. It is an anecdotal story that I am telling you but I have never read any compelling double blind placebo studies on it. I think they are out there and I know my son in law really has a lot of patients. See there is this book out there called the wellness encyclopedia, but out by Berkley. It is coming on the market. I got a lot of stuff like that. My son in law here is what he has got me on. I have got osteo arthritis and here are 5 or 6 products he tells me I should use. (He is showing me a diagram)

I use the ground up flaxseed too and then for my GI tract problems... going over the chart. I take a packaged 5, which is a completely packed with al the different vitamins and minerals. Then I take vitamin E and I am using the co-enzyme for my heart. So those are the supplements I take and then we try to eat better. We are probably 95% vegetarians. We try to eat vegetables and fruits and all that stuff. We are living in a very rural community with a lot of farmers and it is really difficult for farmers to know what to do. Particularly if you built your whole farm and you whole career on a dairy operation, you just can't say well I think will switch over to beans and corn tomorrow. That's a problem with the medical profession, my son is about ready to be a radiologist and he is going to Stanford. He teaches radiology at a chiropractic college. Can you imagine what it would be like to change the medical schools and textbooks to involve more supplement and complimentary alternative medicine? Acupuncture and yoga and all of this stuff, so

it is a real struggle. But the medical school ... has helped with heart conditions with just life style modifications and change. He has got a book, all of those things on the shelf, they are all my medical books.

Showing me a book about fast food, the bible to try to eat right.

We are trying to eat more servings of fruits and vegetables and cut down on soy and high fats. By my having cancer of the esophagus I had to have a terrible operation and I had to go back every year. I had terrible scaring. When they sewed me back together they took out the top part stomach and the bottom part of my esophagus. I have to sleep on an incline. The scaring started making scar tissue and my body doesn't know the difference between that and a piece of steak so I stated having hiccups and everything. So it was really bad and I had to keep going back. I am very concerned with eating right because I don't want any more cancer. I have had enough of that. See this is hereditary, my father died of this, my brother and I had it at the same time. Low and behold he didn't make it and I did. By him having it, he had swallowing problems. By the time you start having swallowing problems it is too late. It is 95% fatal but they had found mine before it had grown into the wall of my esophagus. So they could save me. My father and all my brothers and sister had Colin polyps. Colin polyps are the precursor to cancer and if you don't get them out of there, 80 to 95% of them turn to cancer.

Showing me his book that he put together from Dr. Youngburg urgings.  
Story about his sister and ovarian cancer