



The Weston A. Price Foundation®
for *Wise Traditions* in Food, Farming and the Healing Arts

NOURISHING TRADITIONAL DIETS

The Key to Vibrant Health



by Sally Fallon Morell, President
The Weston A. Price Foundation

DISCLAIMER

The information contained in this presentation is not intended as a substitute for professional medical advice, diagnosis or treatment.

It is provided for educational purposes only.

You assume full responsibility for how you choose to use this information.

WHAT IS A HEALTHY DIET?



EVEN LISA IS CONFUSED!

ATKINS DIET? CARNIVORE? KETO?

VEGETARIAN/VEGAN?

ZONE DIET?

ALL RAW?

MACROBIOTIC?

SOUTH BEACH DIET?

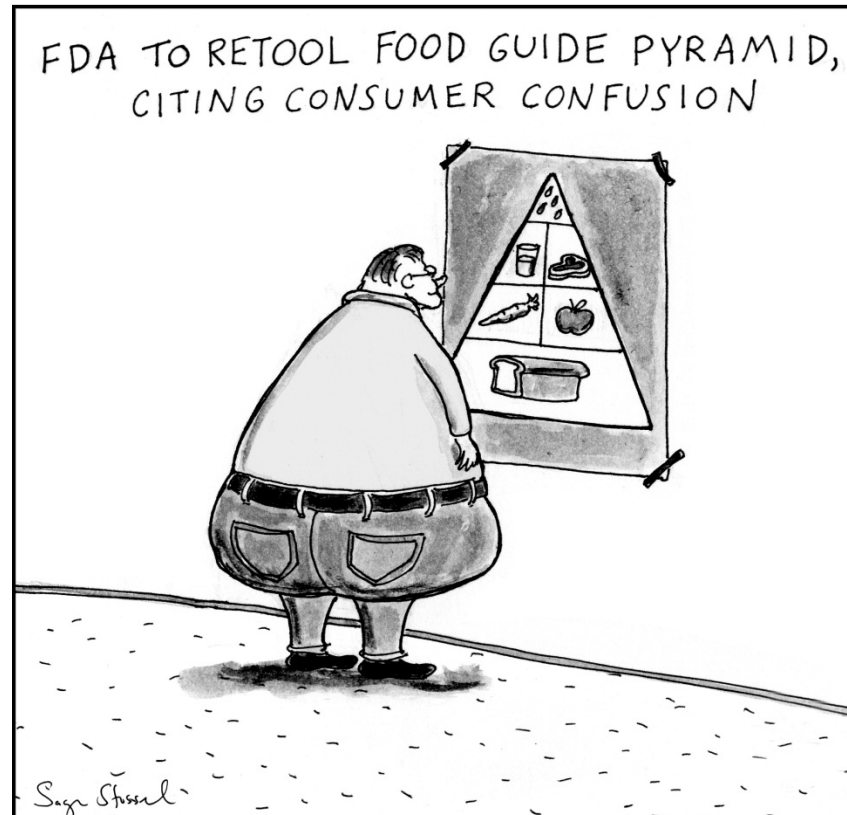
JUICING?

FOOD COMBINING?

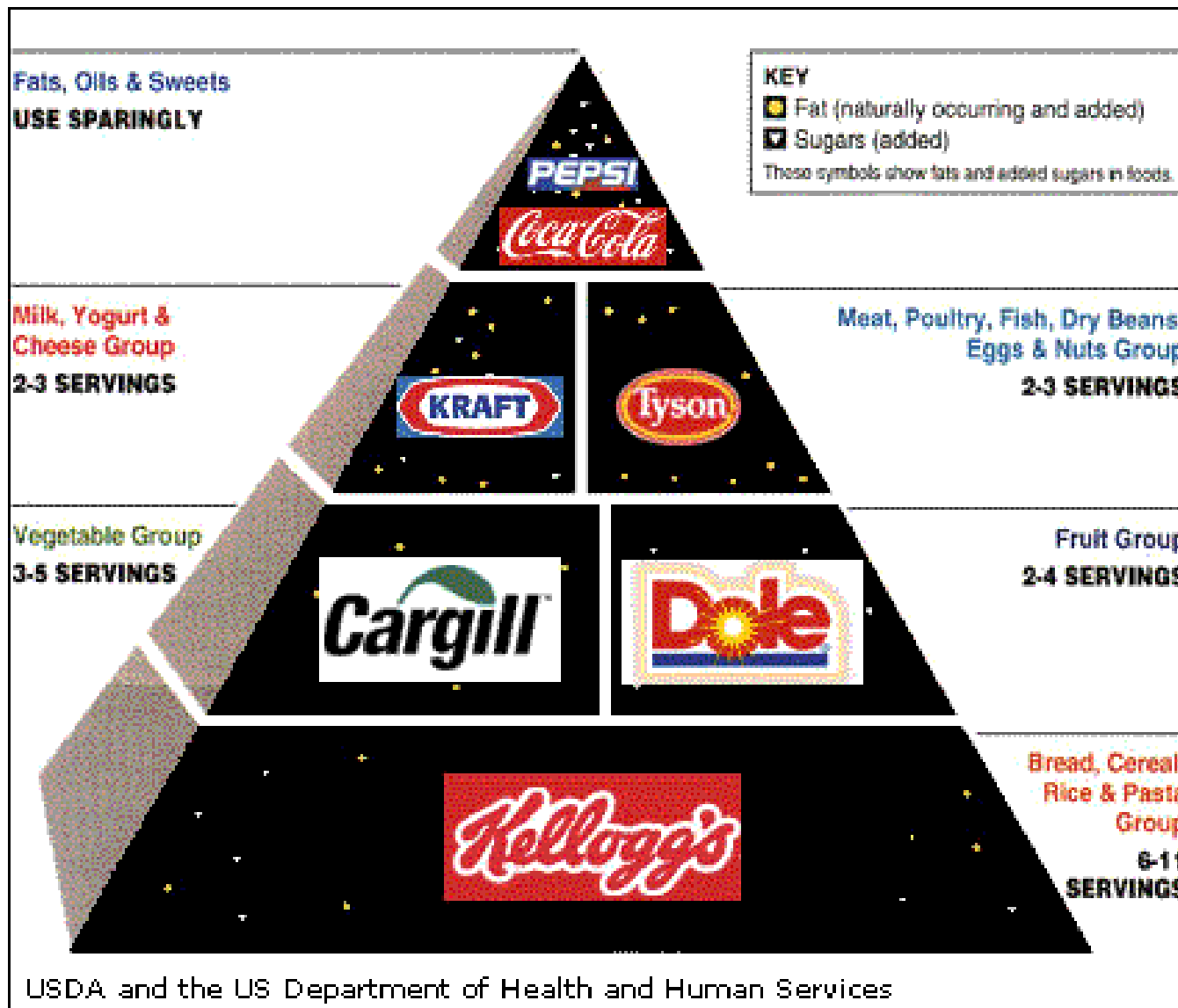
BLOOD TYPE DIET?

METABOLIC TYPING?

OR IS IT THE US GOVERNMENT OFFICIAL DIET?



FORMULATED TO PROMOTE
THE PRODUCTS OF COMMODITY AGRICULTURE!




WESTON A. PRICE 1870 – 1948



A SHOCKING AND POWERFUL TESTAMENT TO THE ADVERSE EFFECTS OF MODERN PROCESSED DIETS UPON HEALTH

PUBLISHED BY
PRICE-POTTENGER NUTRITION FOUNDATION™

Nutrition and Physical Degeneration



Dr. Price traveled worldwide to discover the secrets of healthy people.

Weston A. Price, DDS

*"DR. WESTON PRICE was one of the most prominent health researchers of the 20th century... This extraordinary masterpiece of nutritional science belongs in the library of anyone who is serious about learning how to use foods to improve their health."
– Dr. Joseph Mercola*

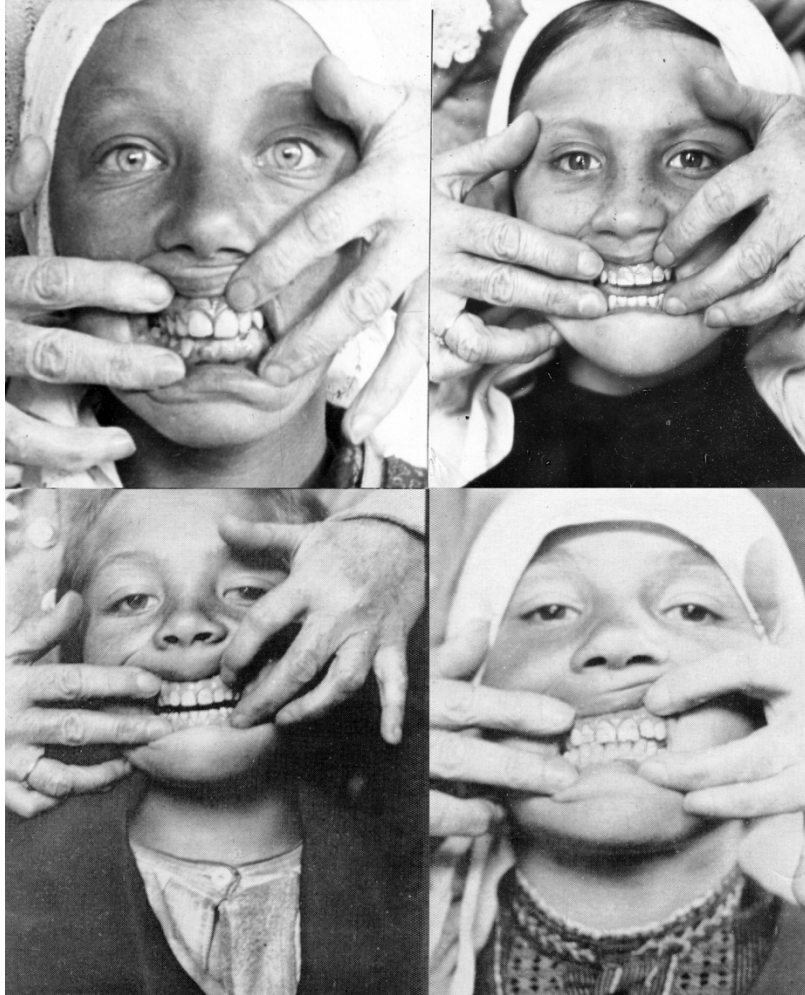
EXPANDED EDITION WITH NEW PHOTOS AND TEXT

LOETSCHEN VALLEY, SWITZERLAND





PRIMITIVE SWISS



MODERNIZED SWISS



PRIMITIVE GAELIC PEOPLE



PRIMITIVE SEMINOLE INDIANS OF FLORIDA



BEAUTIFUL FACIAL DEVELOPMENT SHOWS
OPTIMAL EXPRESSION OF GENETIC POTENTIAL.

MODERNIZED SEMINOLE INDIAN OF FLORIDA



POOR DIET HAS PREVENTED OPTIMAL
EXPRESSION OF THE GENETIC POTENTIAL

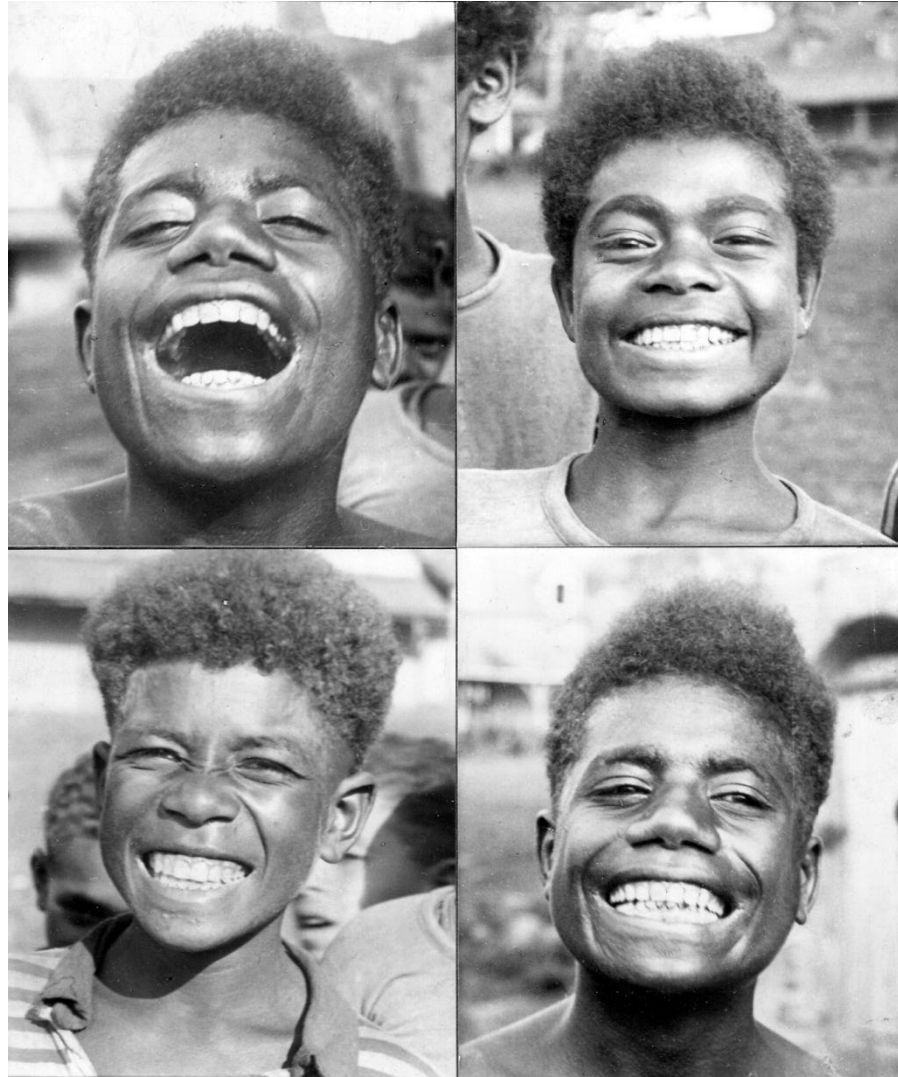
THE TEETH TELL THE TALE!

STRAIGHT TEETH

CROWDED, CROOKED TEETH

PLENTY OF ROOM IN HEAD FOR PITUITARY, PINEAL, HYPOTHALAMUS, SINUS CAVITIES AND EAR TUBES	COMPROMISED SPACE FOR MASTER GLANDS IN THE HEAD
GOOD SKELETAL DEVELOPMENT, GOOD MUSCLES	POOR DEVELOPMENT, POOR POSTURE, EASILY INJURED
KEEN EYESIGHT AND HEARING	POOR EYESIGHT AND HEARING
OPTIMAL FUNCTION OF ALL ORGANS	COMPROMISED FUNCTION OF THE ORGANS
OPTIMISTIC OUTLOOK, LEARNS EASILY	DEPRESSION, BEHAVIOR PROBLEMS , LEARNING PROBLEMS
ROUND PELVIC OPENING, EASY CHILDBIRTH	OVAL PELVIC OPENING, DIFFICULT CHILDBIRTH

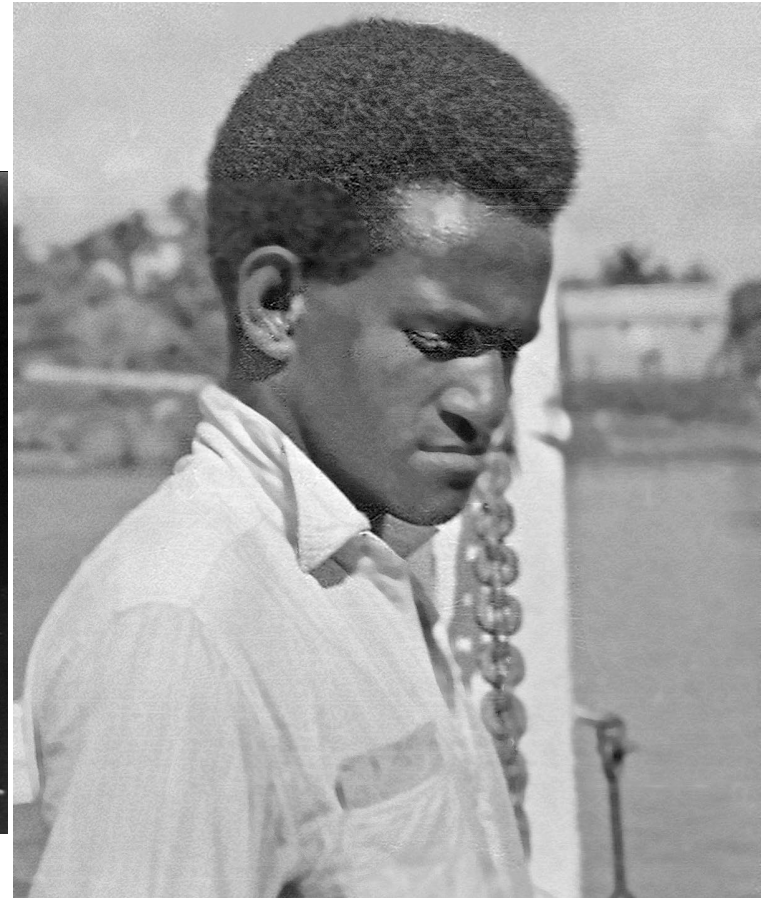
PRIMITIVE SOUTH SEA ISLANDERS



THESE ARE HAPPY TEENAGE BOYS!

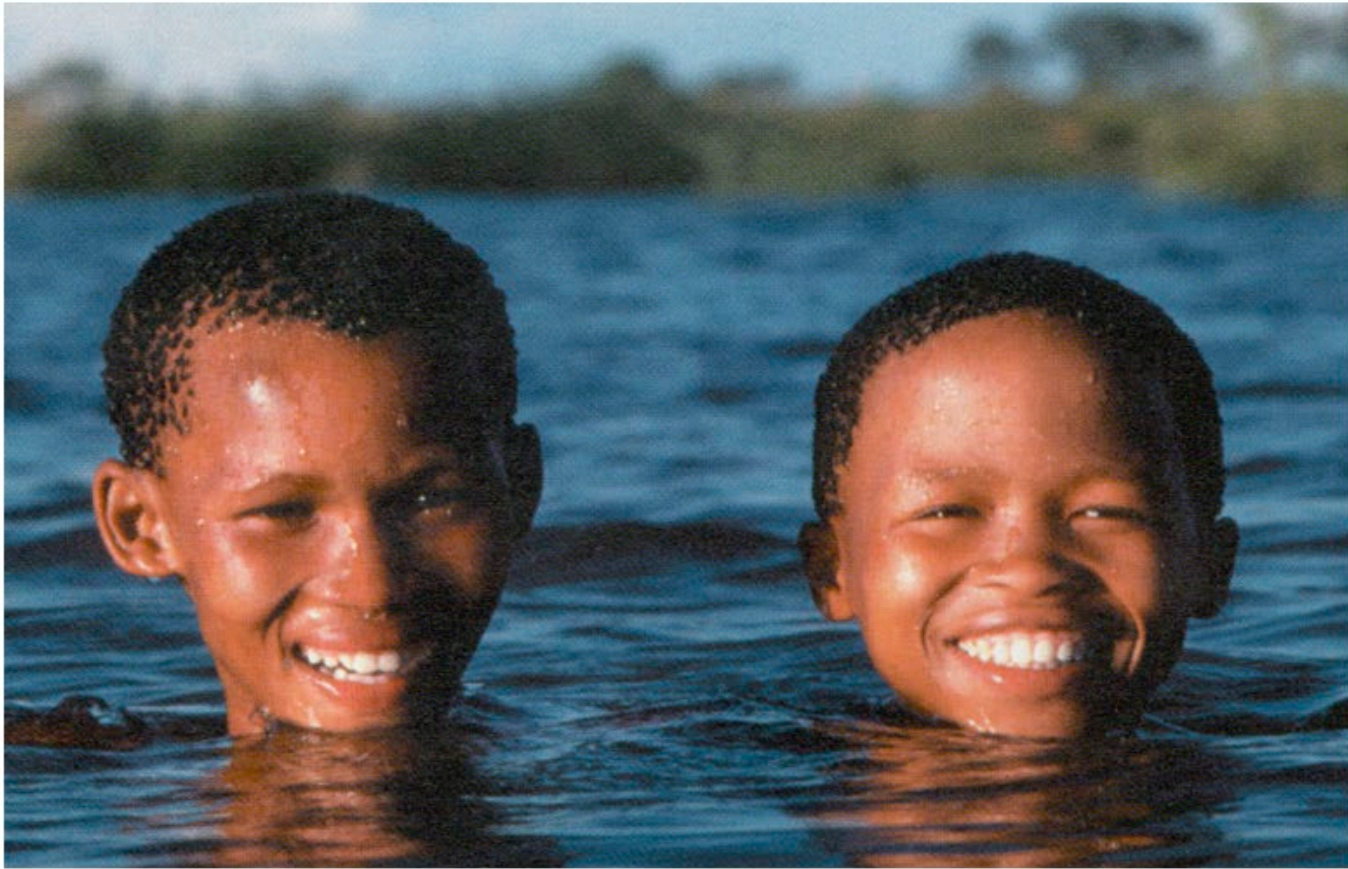
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MODERNIZED SOUTH SEA ISLANDERS

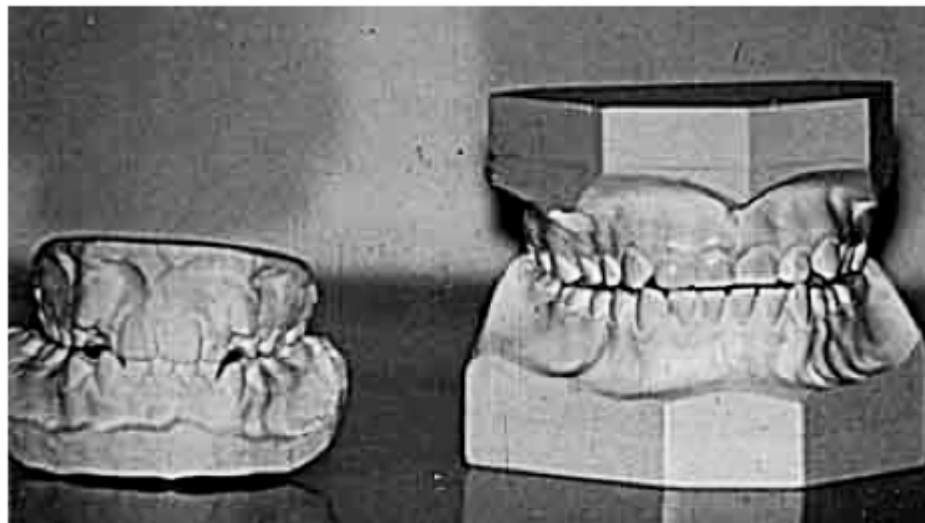
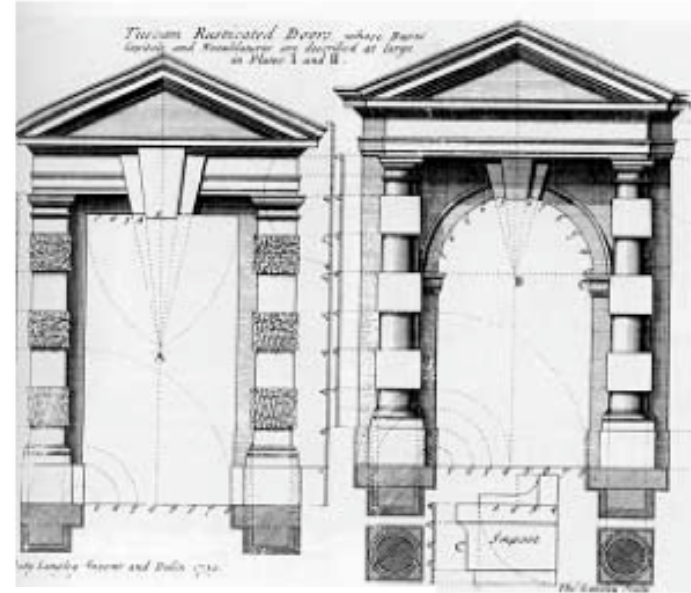
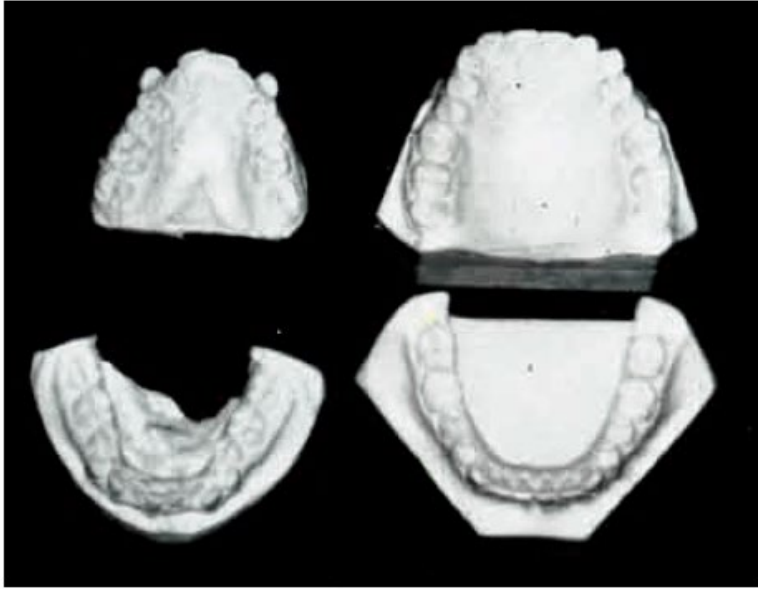


SECOND GENERATION HAD NARROWED FACES
AND MODERN HEALTH PROBLEMS.

MODERN VERSUS TRADITIONAL FACIAL STRUCTURE



DENTAL CASTS OF MODERNIZED AND PRIMITIVE INDIVIDUALS



TYPICAL DENTAL DEFORMITIES



ANTERIOR CROSSBITE



POSTERIOR CROSSBITE



CROWDING



OPEN BITE

An open bite is usually due to an oral habit.



PROTRUSION



ECTOPIC ERUPTION

Ectopically erupting maxillary incisors.



COMPLETE CLASS III

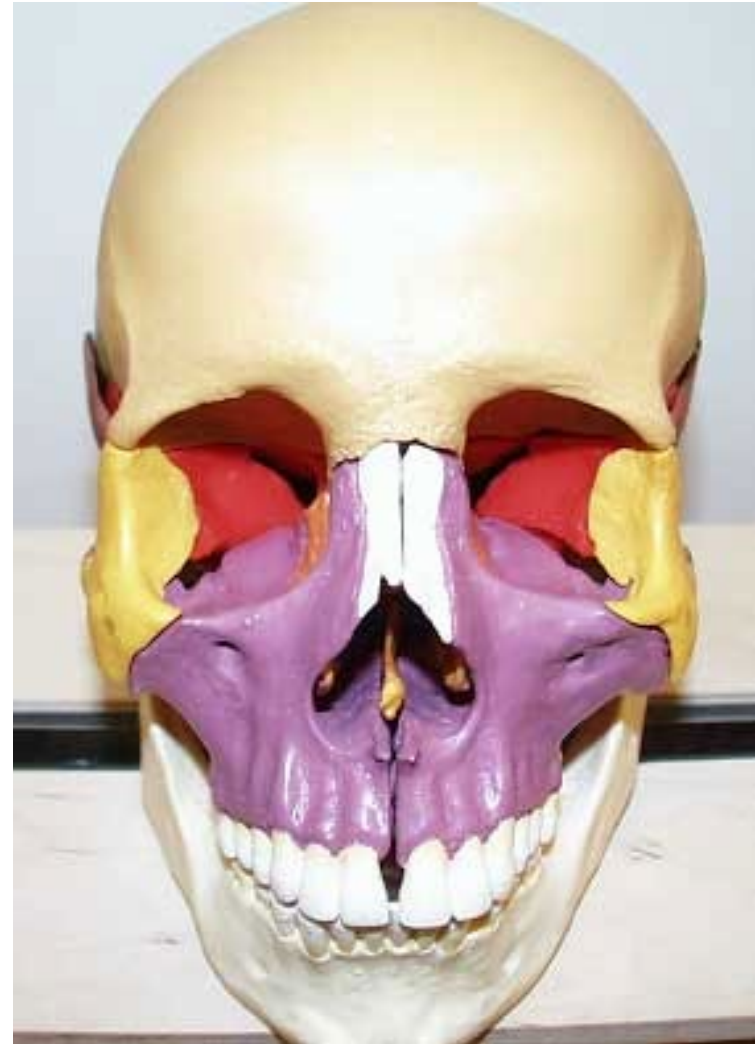


DIASTEMA



ORAL HABITS

THE FACIAL BONES





PRE WWII AMERICAN

DIET INCLUDED

WHOLE RAW JERSEY MILK

BUTTER AND CREAM

SHELLFISH

FISH EGGS

MEAT AND LIVER

BROTH

FRUITS

VEGETABLES

COD LIVER OIL



**SOUTHERN
MARYLAND
WOMAN
about 1870**

Nourished on
seafood,
raw milk
pastured butter,
lard and pork,
chicken, beef,
game, liver

NORMAL FACIAL DEVELOPMENT



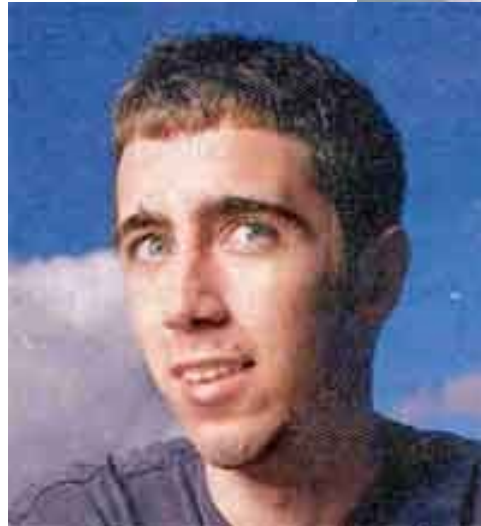
THE TYPICAL **CENTRAL AMERICAN DIET** INCLUDES
RAW GOAT MILK, SEAFOOD, ORGAN MEATS, INSECTS,
CHEESE, RICE AND BEANS.

Makeshift School Brings Lessons to Afghans



SAMIULLAH POPAL/EPA SHUTTERSTOCK

FACED: Afghan children attend school in a makeshift school in a village in Afghanistan.



MODERN CHILDREN

MOST MODERN CHILDREN HAVE NARROW FACES
AND NEED BRACES TO STRAIGHTEN THEIR TEETH



HEALTHY BABIES

FIRST PRINCIPLE

NO REFINED OR DENATURED FOODS

REFINED AND DENATURED FOOD COMPONENTS 1930s

Refined Sugar

White Flour

Vegetable Oils

Canned Foods

Condensed Milk

REFINED AND DENATURED FOOD COMPONENTS TODAY

Refined Sugar

High Fructose Corn Syrup

White Flour

Pasteurized Milk

Skim and Low Fat Milk

Hydrogenated Fats

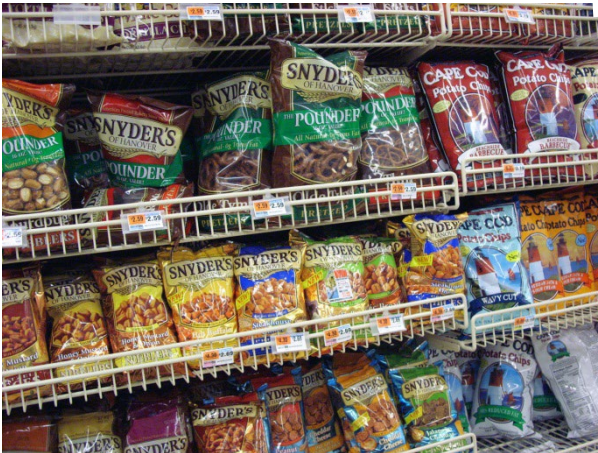
Refined Vegetable Oils

Isolated Protein Powders

Additives/Artificial Sweeteners

"LIFE IN ITS FULLNESS IS MOTHER NATURE OBEYED."

WESTON A. PRICE, DDS



FACTORY FOODS ARE NOT MOTHER NATURE'S FOODS!

SECOND PRINCIPLE

EVERY DIET CONTAINED ANIMAL PRODUCTS

FISH AND SHELLFISH Including organs, oil, bones, and heads.
Weston Price found the best bone structure among those eating seafood

BIRDS Chicken, ducks, geese, etc., including the organs, fat and skin.

RED MEAT Beef, goat, sheep, game, pork, etc., with organ meats and fat preferred.

MILK AND MILK PRODUCTS Raw or cultured, not pasteurized

EGGS From pasture raised or wild birds

REPTILES

INSECTS

ANIMAL FOOD NUTRIENTS

THESE NUTRIENTS ARE FOUND
ONLY IN ANIMAL PRODUCTS

VITAMIN A

VITAMIN D

CHOLESTEROL

VITAMIN B12

VERY LONG CHAIN,
SUPERUNSATURATED FATTY ACIDS
AA, EPA AND DHA

THESE NUTRIENTS ARE MORE
EASILY ABSORBED FROM
ANIMAL PRODUCTS

CALCIUM

B6

MAGNESIUM

IRON

ZINC

COPPER

VITAMIN B12 DEFICIENCY

EARLY SIGNS

PSYCHIATRIC DISORDERS

CHRONIC DISEASE

FATIGUE	DEPRESSION	MULTIPLE SCLEROSIS
TINGLING IN HANDS AND FEET	OBSESSIVE COMPULSION	ANEMIA
SLEEP DISORDERS	MANIC DEPRESSION	CANCER
IRRATIONAL ANGER	DEMENTIA ALZHEIMER'S	HEART DISEASE

VEGETARIAN DIETS

More tooth decay
More allergies
More mental illness
Need more health care
Poorer quality of life
AND
More cancer!



DEFICIENCIES FROM PLANT-BASED DIETS

Vitamin A

Vitamin D

Vitamin K2

Vitamin 12

Vitamin B6

Cholesterol

Calcium

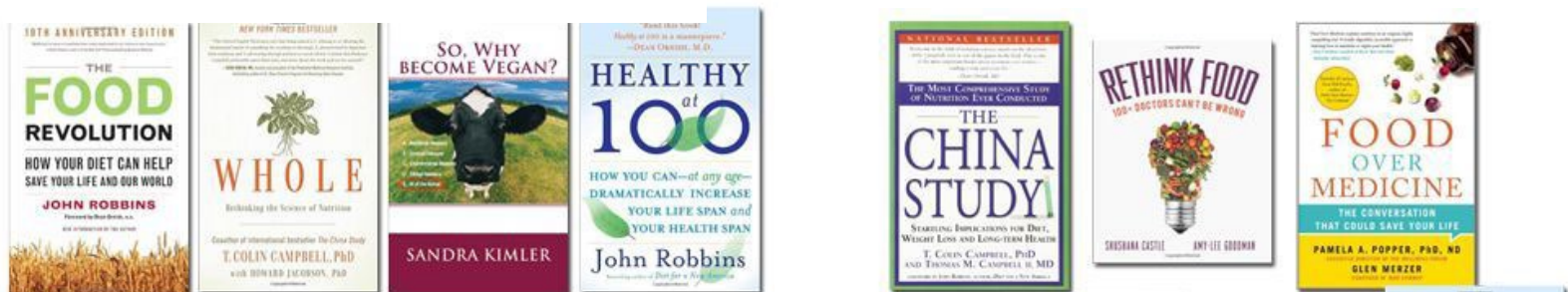
Iron

Zinc

Lysine

Glycine

AA and DHA



THIRD PRINCIPLE

NUTRIENT DENSITY

DR. PRICE'S KEY FINDING

PRIMITIVE DIETS CONTAIN **4 TIMES**
THE CALCIUM AND OTHER MINERALS,
AND **10 TIMES** THE FAT-SOLUBLE VITAMINS
COMPARED TO THE MODERN AMERICAN DIET.

SOURCES OF VITAMINS A AND D

SEAFOOD

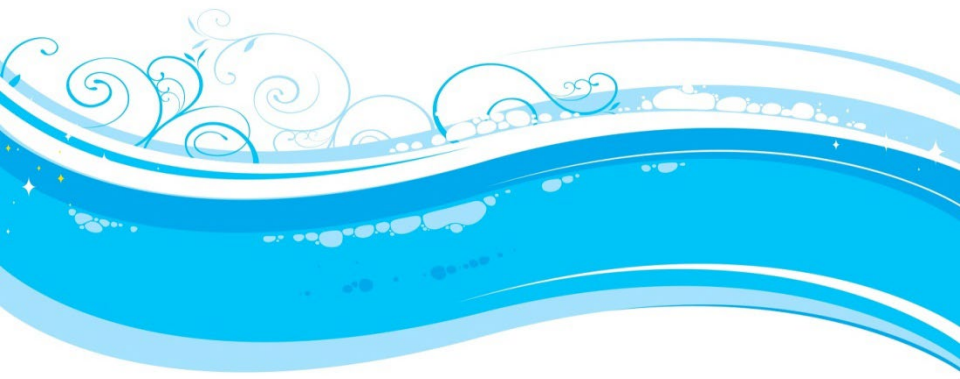
FISH EGGS
FISH LIVERS
FISH LIVER OIL
FISH HEADS
SHELL FISH
OILY FISH
SEA MAMMALS



LAND ANIMALS
GRASS-FED!

INSECTS
BUTTER AND CREAM
EGG YOLKS
LIVER, ORGAN MEATS
ANIMAL FAT

ESPECIALLY MONO-GASTRIC
ANIMALS SUCH AS BIRDS, PIG,
BEAR, GUINEA PIG



THE FAT-SOLUBLE ACTIVATORS A AND D

“ A question arises as to the efficiency of the human body in removing all of the minerals from the ingested foods. Extensive laboratory determinations have shown that most people cannot absorb more than half of the calcium and phosphorus from the foods eaten. The amounts utilized depend directly on the presence of other substances, particularly fat-soluble vitamins.

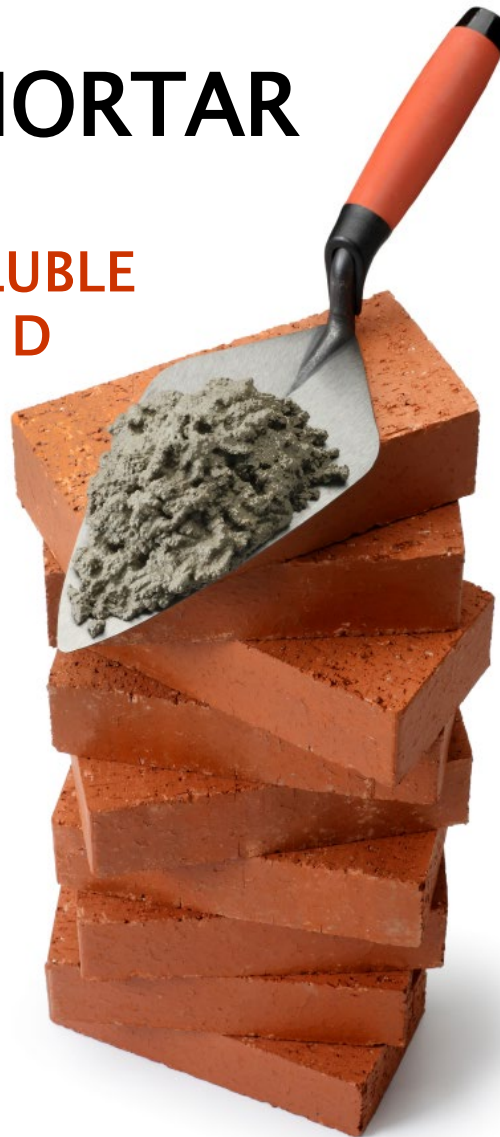
It is at this point probably that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amount of the special activating substances, including the vitamins [A and D] **needed for rendering the minerals in the food available to the human system.**

It is possible to starve for minerals that are abundant in the foods eaten because they cannot be utilized without an adequate quantity of the fat-soluble activators. ”

WESTON PRICE, DDS
NUTRITION AND PHYSICAL DEGENERATION

BRICKS AND MORTAR

MORTAR = FAT-SOLUBLE
ACTIVATORS A AND D



BRICKS = MINERALS

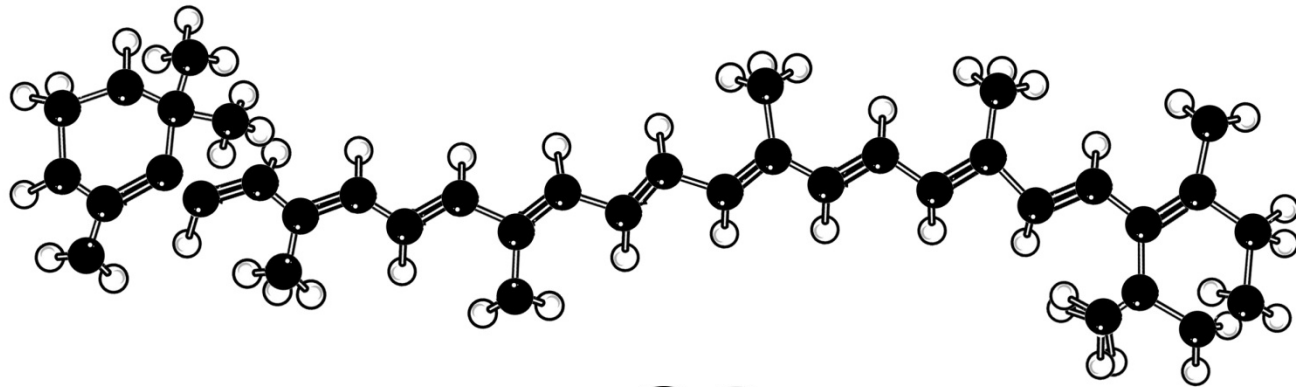
THE BODY IS LIKE A HOUSE OR TEMPLE,
BUILT OF BRICKS AND MORTAR

VITAMIN A MYTH: PLANT FOODS CONTAIN VITAMIN A

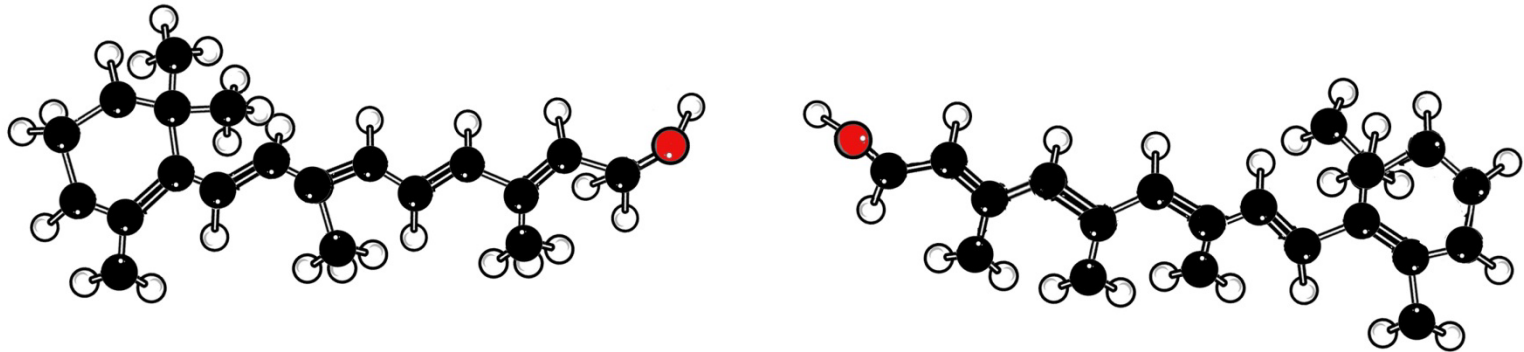


TRUTH: THERE IS **NO** VITAMIN A IN PLANT FOODS

Conversion of Beta-Carotene to Vitamin A



+O₂



CONVERSION PROBLEMS

NEEDED TO CONVERT **CAROTENE TO VITAMIN A:**

Fats in the diet

Thyroid Hormone

Enzymes – as yet unknown

Vitamin E

CONVERSION AND STORAGE IS DIFFICULT OR IMPOSSIBLE FOR

BABIES AND CHILDREN

DIABETICS

Individuals with poor thyroid function

Individuals with poor liver function

Individuals with poor intestinal absorption

Individuals with high intake of sodium nitrites and nitrates

Individuals exposed to pesticides and other toxins

Individuals who consume lots of carotene

EVEN UNDER OPTIMAL CONDITIONS, **PLANT SOURCES OF CAROTENE**

CANNOT SUPPLY SUFFICIENT VITAMIN A FOR OPTIMUM HEALTH.

VITAMIN A

NEEDED FOR NUMEROUS PROCESSES IN THE BODY

PROTEIN ASSIMILATION

CALCIUM ASSIMILATION

FETAL DEVELOPMENT

PROPER GROWTH

PREVENTION OF BIRTH DEFECTS

PROPER FUNCTION OF THE ENDOCRINE SYSTEM

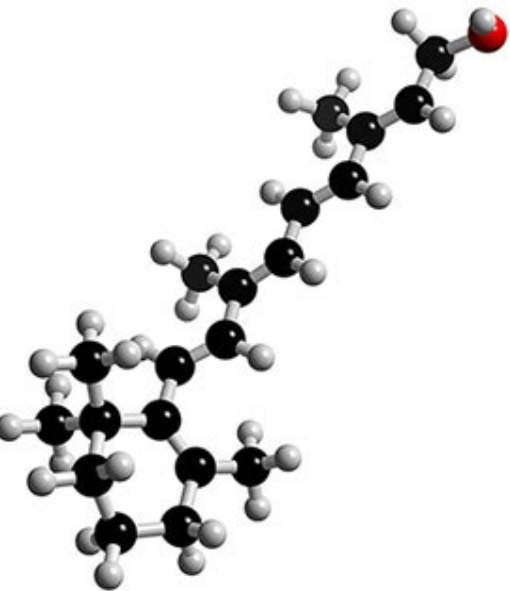
THYROID FUNCTION

IMMUNE SYSTEM FUNCTION

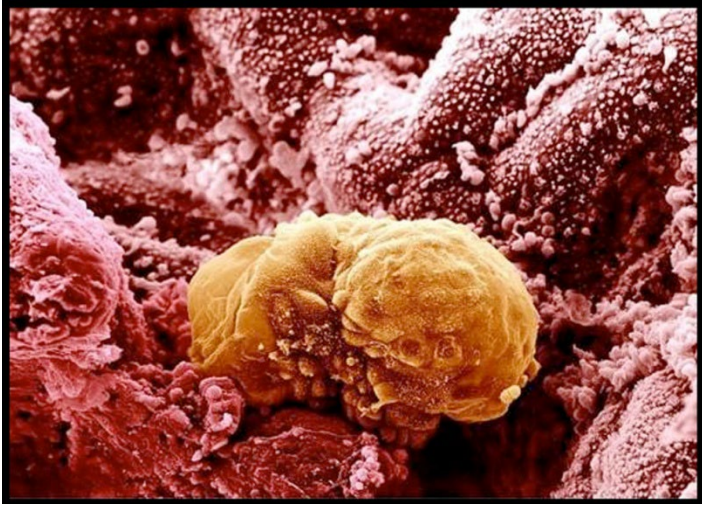
PRODUCTION OF STRESS AND SEX HORMONES

EYES, SKIN, BONES

ABILITY TO PLAN AND COMPLETE TASKS



PRE-CONCEPTUAL DIET



Human Embryo at
6 Days Old.
Heart is already
forming.

- Diet rich in sacred foods must begin BEFORE conception
- At least SIX MONTHS for healthy men and women
- ONE TO TWO YEARS for those who have been vegetarians, eaten the standard American diet or have been exposed to pesticides and industrial chemicals.

CHOLESTEROL THE MOTHER OF ALL HORMONES

ACTH

↓
→ **CHOLESTEROL**

↓
Pregnenolone → Progesterone

↓
Pregnenolone → Progesterone

↓
DHEA → Androstenedione → Estradiol

↓
Testosterone

SEX HORMONES

Corticosterone
Aldosterone
Corticosterone

11 Deoxycortisol → Cortisol

**REGULATE
MINERAL METABOLISM,
GLUCOSE LEVELS,
BLOOD PRESSURE,
HEALING AND STRESS**

**VITAMIN A IS NEEDED FOR EACH CONVERSION.
TRANS FATS INHIBIT ENZYMES THAT MAKE THESE CONVERSIONS.**

VITAMIN A IS DEPLETED BY

STRESS AND WORRY
EXCESS DIETARY PROTEIN
COLD WEATHER
FEVER AND ILLNESS
PHYSICAL EXERTION
EXPOSURE TO TOXINS
PREGNANCY

VITAMIN D MYTH



MYTH – To get adequate vitamin D, just expose your face and hands to sunlight for 10 minute every day.

TRUTH – The body makes vitamin D out of cholesterol by the action of UV-B sunlight on the skin. However, except in the Tropics, UV-B is available only at mid-day during the summer months.

VITAMIN D FOOD SOURCES

All healthy primitive groups, including those living in the tropics, had rich dietary sources of vitamin D.



FISH LIVER OILS

FISH EGGS

SHELL FISH

OILY FISH

INSECTS

BUTTER

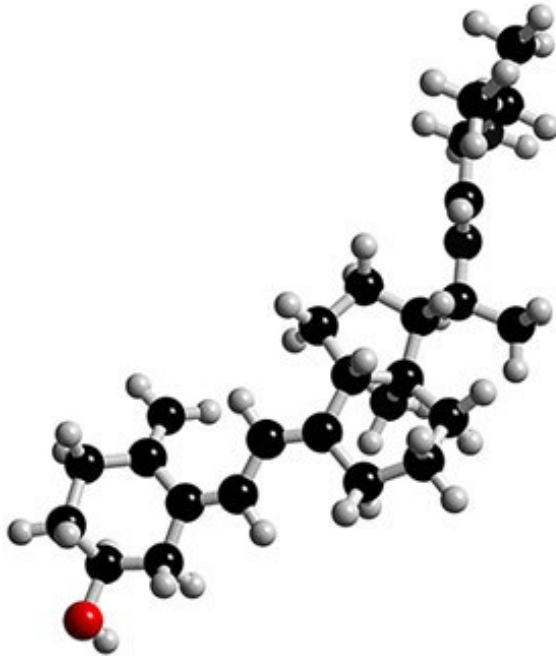
EGG YOLKS

ORGAN MEATS

FAT OF BIRDS AND PIGS

BLOOD

ROLES OF VITAMIN D



HEALTHY BONES

PROPER GROWTH

MINERAL METABOLISM

MUSCLE TONE

REPRODUCTION

HEALTHY SKIN

INSULIN PRODUCTION

IMMUNE SYSTEM

NERVOUS SYSTEM

CELL FUNCTION

FEEL GOOD CHEMICALS

LONGEVITY

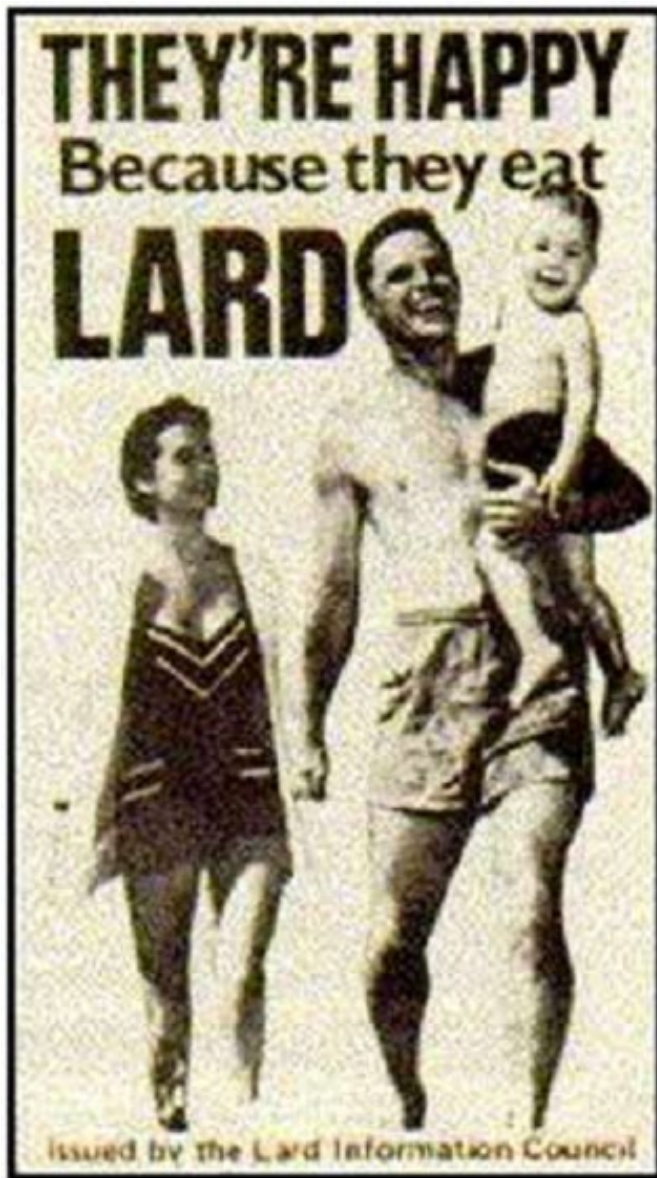
SOURCES OF VITAMINS A AND D IN THE TRADITIONAL AMERICAN DIET



ALSO, LIVER AND OTHER ORGAN MEATS
AS IN SAUSAGE, PATE, LIVERWURST, SCRAPPLE, ETC.



AMERICANS COOKED IN LARD!



VITAMIN D IN LARD
HELPS THE BODY
MAKE NEURO-CHEMICALS
THAT PROTECT
AGAINST DEPRESSION.

ACTIVATOR X = VITAMIN K₂

ANIMAL FORM: K2 is the animal form of vitamin K, made from K1, the plant form.

GROWTH: Plays important role, especially in facial development. Sign of deficiency: Underdevelopment of middle third of the face.

BONES AND TEETH: Needed for deposition of phosphorus and calcium in bones and teeth

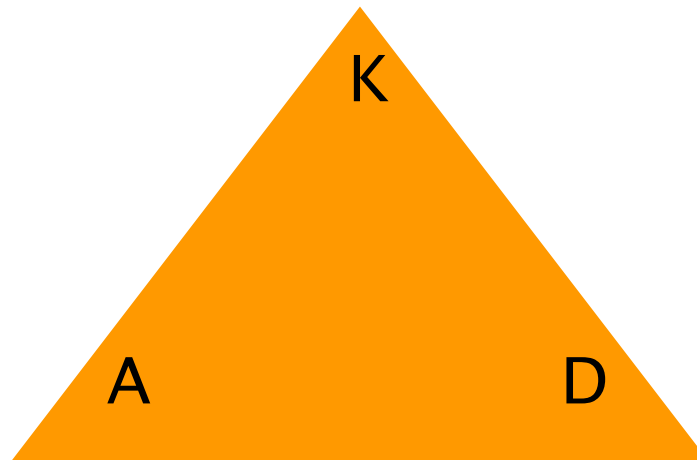
HEART DISEASE: Prevents calcification and inflammation of the arteries.

BRAIN: Involved in synthesis of myelin sheath; supports learning capacity.

REPRODUCTION: Vital for normal reproduction.

THE SYNERGY OF VITAMINS A, D and K

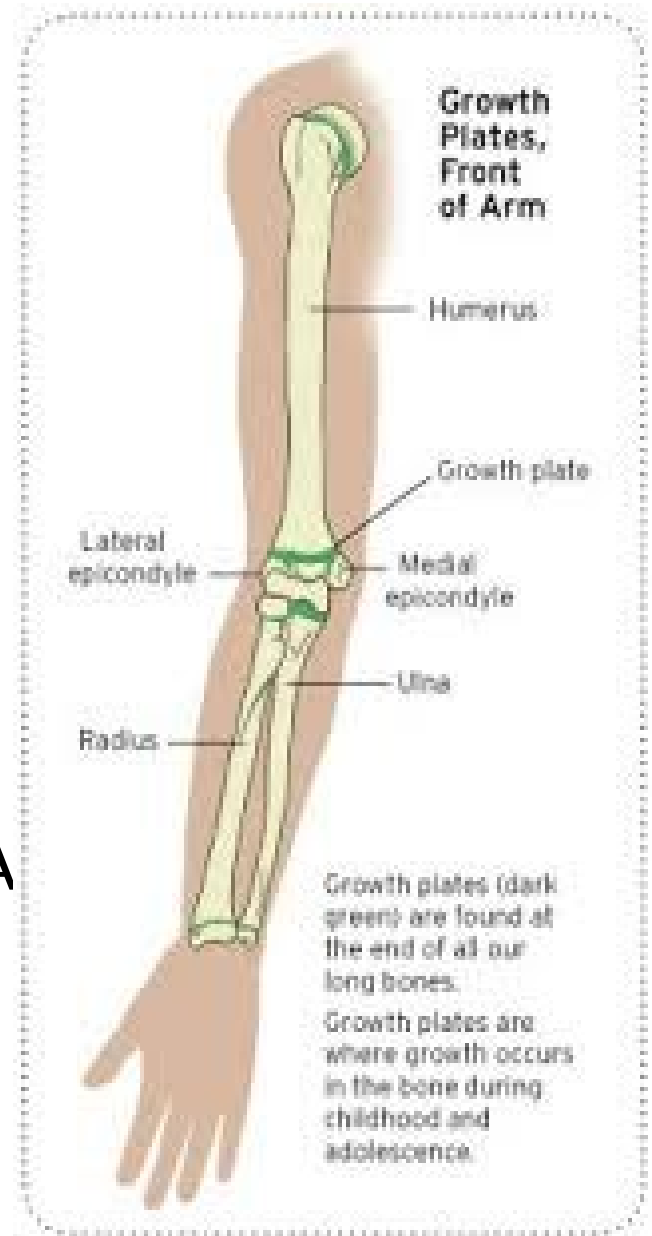
VITAMIN K ACTIVATES PROTEINS AFTER
SIGNALING BY VITAMINS A AND D



VITAMINS A AND D TELL CELLS TO MAKE CERTAIN PROTEINS



Vitamin K2, supported by vitamins A and D, prevents the growth plates from closing prematurely, including the growth plates in the maxilla.



FOOD SOURCES OF VITAMIN K₂

Animal foods from pasture-fed animals

EMU OIL, HIGH-VITAMIN BUTTER OIL

GOOSE LIVER/DUCK LIVER/CHICKEN LIVER

GOOSE FAT/DUCK FAT/CHICKEN FAT

AGED CHEESES

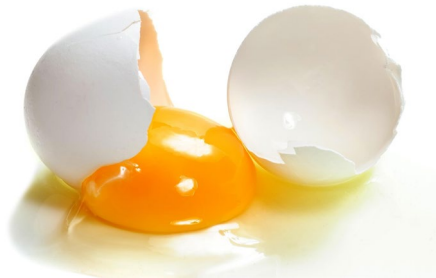
EGG YOLK

BUTTER

LARD

CHICKEN LIVER

FATTY MEATS





THE SACRED COW

A Step-Up Transformer of Grass and Sunlight into the Vital Fat-Activators A, D and K2

THE IMPORTANCE OF GRASS FEEDING



More vitamins – A, D and K

More minerals

Richer in butterfat

More CLA, strong anti-cancer substance

No harmful industrial chemicals

No soy feed



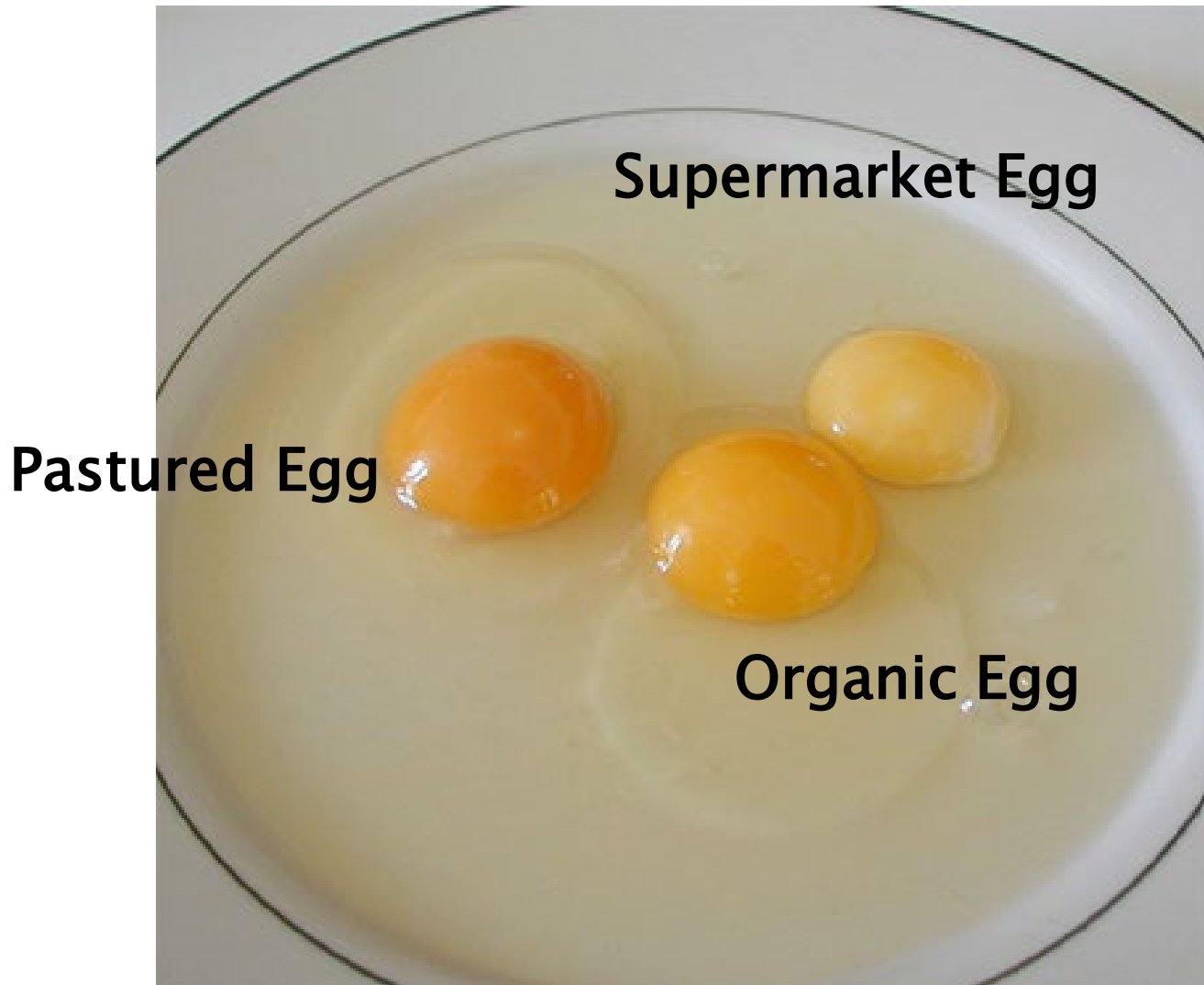
PIGS IN THE WOODS

One analysis found over 1000 IU Vitamin D in 1 tablespoon of lard from pigs raised outdoors!

THE **PASTURED** POULTRY MODEL

Maximizes Fat-Soluble Vitamins in Poultry and Eggs





8 times more
vitamin D,

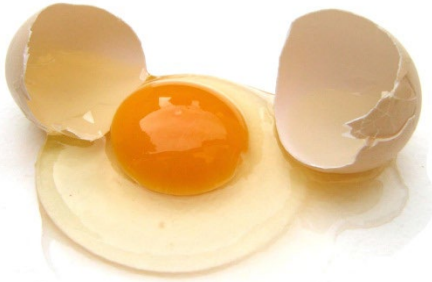
2 times more
vitamin A

in pastured
egg compared
to
supermarket
egg

THE “EFFICIENT” INDUSTRIAL CONFINEMENT MODEL



KEY NUTRIENTS FOR BRAIN DEVELOPMENT



VITAMIN A: Cod liver oil; liver, butter and egg yolks from grass-fed animals

VITAMIN D: Cod liver oil; lard, butter and egg yolks from grass-fed animals



VITAMIN K: Butter, egg yolks and organ meats from grass-fed animals

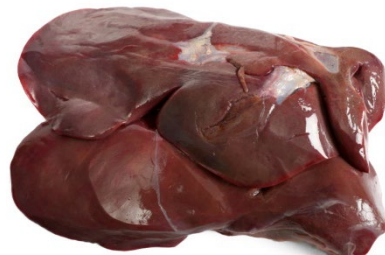
CHOLINE: Liver, egg yolks from grass fed animals

DHA: Cod liver oil, liver, butter, egg yolks



ZINC: Red meat from grass fed animals, shell fish

CHOLESTEROL: Seafood; dairy foods, eggs and meat of grass fed animals

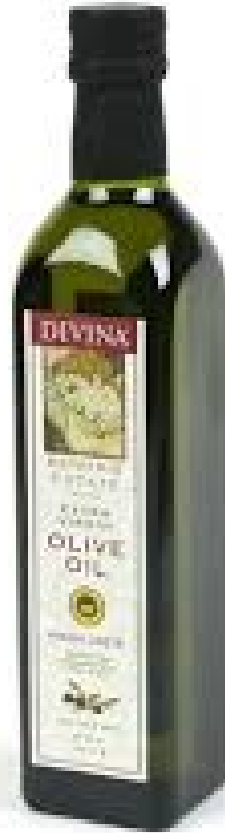




RAW CHEESE FROM PASTURED ANIMALS

A complete food!

THE SIX BASIC GOOD FATS AND OILS



Pastured Butter, High-Oleic Olive Oil, Duck Fat
Pastured Lard, Coconut Oil, Cod Liver Oil





SHELLFISH

Rich source of vitamins A, D, K2, cholesterol, choline, zinc and B12



LIVER



Lots of ways to eat liver:

- Sauteed liver
- Liverwurst
- Braunschweger
- Pate
- In sausage
- Mixed in meat loaf, meat balls, etc.

LIVER: NO FOOD HIGHER IN NUTRIENTS

PER 100 G	APPLE	CARROTS	RED MEAT	LIVER
PHOSPHORUS	6 MG	31 MG	140 MG	476 MG
IRON	.1 MG	.6 MG	3.3 MG	8.8 MG
ZINC	.05 MG	.3 MG	4.4 MG	4.0 MG
COPPER	.04 MG	.08 MG	.2 MG	12 MG
VITAMIN B2	.02 MG	.05 MG	.2 MG	4.2 MG
VITAMIN A	0	0	40 IU	53,400 IU
VITAMIN C	7 MG	6 MG	0	27 MG
VITAMIN B6	.03 MG	.1 MG	.07 MG	.73 MG
VITAMIN B12	0	0	1.84 MG	111.3 MG

EAT LIVER FRIED, GRILLED, WITH BACON, IN SAUSAGE, PATE AND LIVERWURST.

1940s NEWSPAPER ARTICLE

World of Women

Liver Should Be Served At Least Once A Week

By ARDEN H. DUANE (For ANP)

According to doctors and dietitians liver is one of the most valuable foods and should be eaten at least once a week.

Liver is used not only in the treatment of anaemia but in its prevention as well... which means no less, that it is important in the diet of the healthy, too. Liver is especially rich in iron (pig's liver yields more iron per serving than any other food we eat), copper and vitamins A B and C. The adolescent girl is advised to eat plenty feeding babies a liverpaste as a of liver and doctors recommend substitute for egg yolk.

Pork liver is the cheapest of all, Beef liver and pork when properly prepared, make delectable dishes. Calf liver is the most expensive, lamb's is equally as good but a great deal lower in price. Chicken liver is also expensive but extremely delicate in flavor.

Are you accustomed to serve only fried liver and onions and bacon? There are many other ways to prepare this health food, I have selected the following liver recipes for you. Why not have a liver dinner at least once a week?

PORK LIVER LOAF

One and one half pounds pork liver, one onion, one egg, slightly beaten, one cup milk, one cup bread crumbs, parsley salt one half small green pepper.

Chop liver, onion and pepper together until they are minced very fine. Add milk and egg, crumbs and seasonings. Mix well. Shape into loaf, place in baking pan and bake in moderate oven until tender and well browned. Serve with garnish of parsley or strips of bacon.

BAKED BEEF LIVER

Six thin slices beef liver (two pounds), one teaspoon salt, one eighth teaspoon pepper, eight

One of The Most Valuable Of Foods

prunes, cooked and stoned, three tablespoons butter, six slices bacon, two cups sliced pared apples, one cup cream.

Sprinkle each slice of liver with some of the salt and pepper. Spread each slice with some of the apples and prunes which have been cut into pieces. Dot with the butter in bits and roll tightly. Wrap each liver roll in a strip of bacon and skewer with toothpicks. Place in a shallow baking dish and add the cream. Bake in a slow oven for two hours.

LAMB LIVER EN CASSEROLE

One pound lamb liver, four carrots, one half cup celery, one half cup onion, one half cup mushrooms, three tables bread crumbs, one and one half cups stock in which liver was cooked, salt and pepper.

Boil liver until tender. Dice mushrooms, chop liver, carrot celery and onion. Mix all ingredients except crumbs. Put in casserole. Sprinkle top with crumbs and bake slowly until brown.

Baked Tomatoes Stuffed with liver, baked liver with stuffings, liver cakes, liver scramble, liver baked in sour cream, Spanish liver and many more, all on the Liver Leaflet that you may have at once if you will just send a loose three cent stamp along with your request to Arden H. Duane, Associated Negro Press, 3507 South Parkway, Chicago, Ill.







FISH EGGS

Peruvian Girl with Dried Fish Eggs.
... “for healthy babies.”

- Activator X (Vitamin K2)
- Vitamin A
- Vitamin D
- Zinc
- Iodine
- DHA

All essential to healthy
reproduction.



SALMON CAVIAR

WildPureDelicious
Delivered to your door



Available from
VitalChoice.com



UBE Lab tests show
1 tablespoon caviar
supplies 17,000 IU
vitamin D!!

REAL BONE BROTH



**Good broth
resurrects the dead.**

South American Proverb

BONE BROTHS

1. Supply many minerals in a form easy to assimilate
2. Supply nutrients that help build healthy cartilage
3. Supply amino acids that help the body detoxify
4. Supply gelatin to help digestion
5. Support gut health
6. Glycine in broth regulates mood

JUST SAY NO TO INDUSTRIAL FOOD-LIKE SUBSTANCES



Industrial Seed Oils Refined Sweeteners Pasteurization Extrusion Additives (MSG/Senomyx)
Agricultural Toxins⁷⁷

WORST OFFENDERS

Industrial fats and oils

High fructose corn syrup, agave “nectar”

MSG

Artificial Sweeteners

Modern Soy Foods

Breakfast Cereals

Pasteurized and Homogenized Milk

THE BAD FATS!



INDUSTRIAL FATS AND OILS



LIQUID POLYUNSATURATED OILS CAUSE
UNCONTROLLED REACTIONS IN THE BODY



SOLID PARTIALLY HYDROGENATED OILS
INHIBIT REACTIONS IN THE BODY

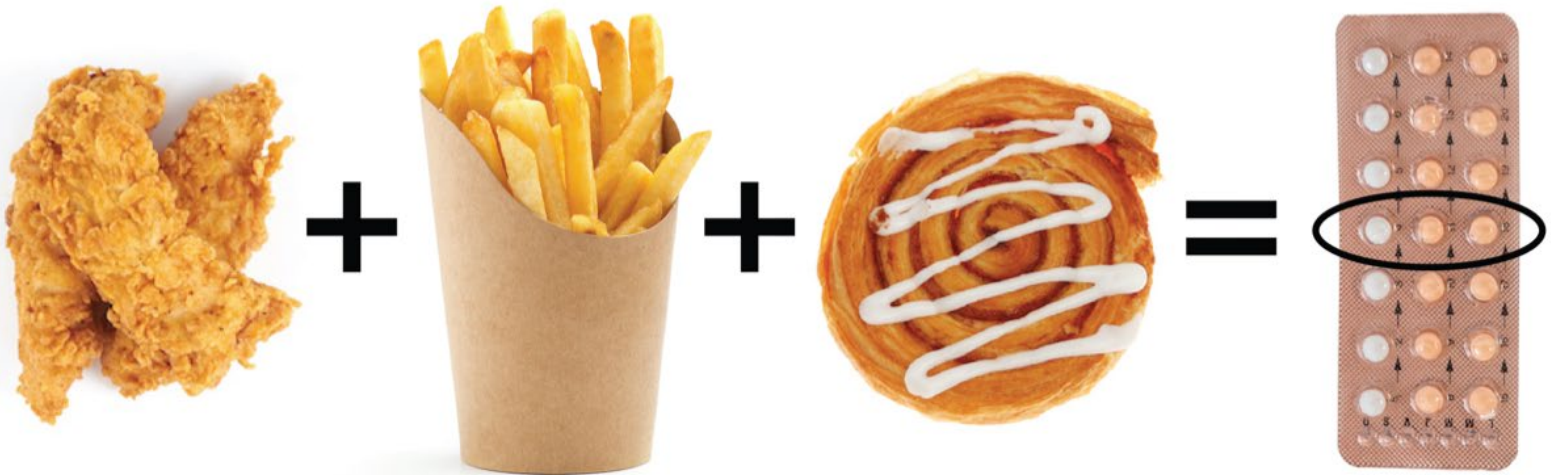
THE RESULT:

BIOCHEMICAL CHAOS



**1 TABLESPOON SOYBEAN OIL CONTAINS 28,370 UG ESTROGEN,
MORE THAN MOST BIRTH CONTROL PILLS**

Approximately 1 tbsp soybean oil is in a serving of each of these items: chicken nuggets, French fries and a pastry. So the "happy" meal would provide the estrogen equivalent of 3 birth control pills.

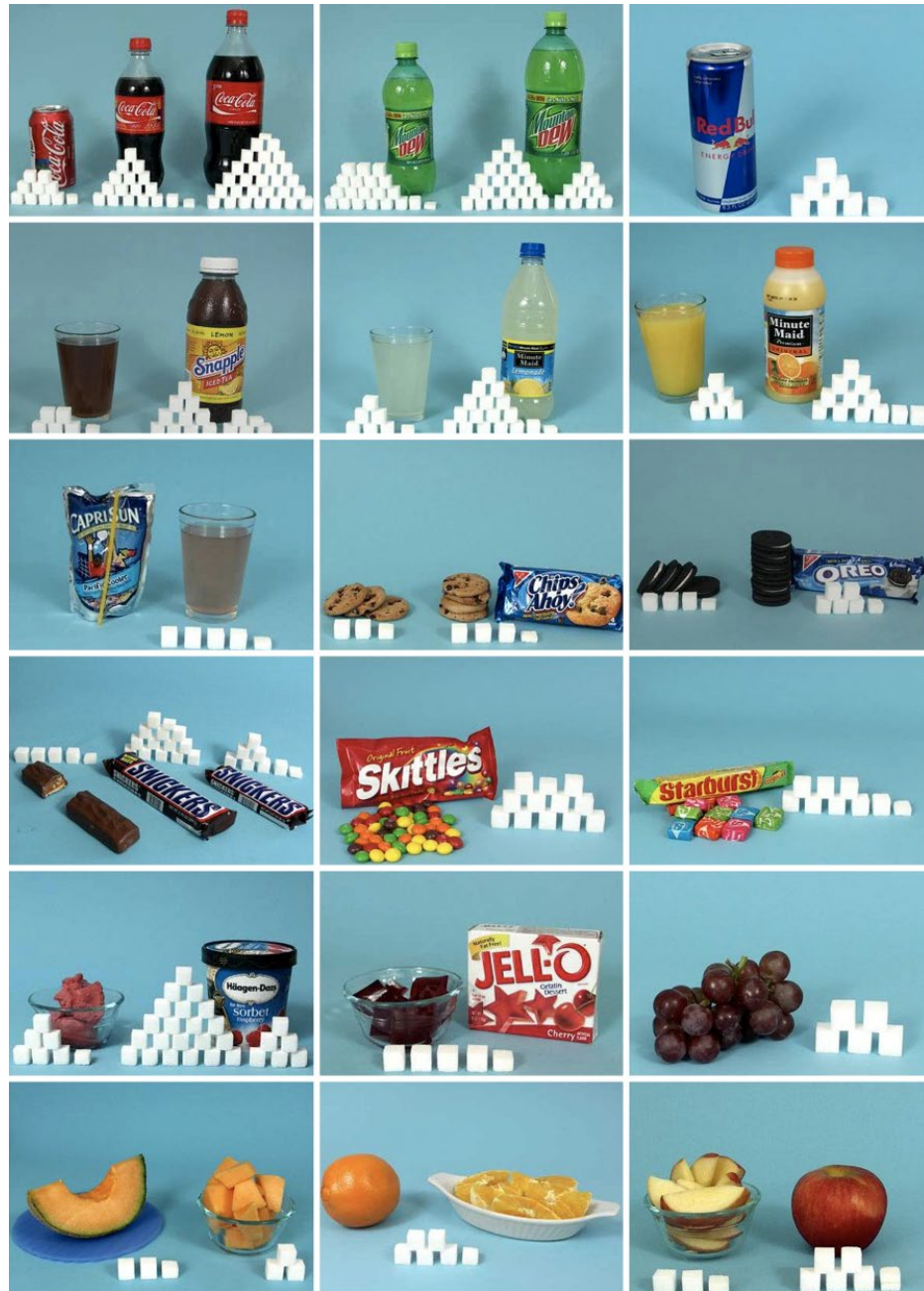




OVEN FRIES

made with duck fat, lard or tallow

SUGAR!
SUGAR!
SUGAR!



TOP 10 Sneaky Sugar Foods



Cereal

10-15 gm/ serving



Granola

14-17 gm/serving



Frozen Dinners

12-17 gm/ meal



Canned Soups

22 gm/ can



Salad Dressings

7-11/ serving



Barbecue Sauce

13-16/ serving



Fruit Juice

22-30 gm/ serving



Sweet Tea

17-20 gm/ serving



Dried Fruit

15-20 gm/ serving



Sports Drinks

18-22 gm/ serving

HIGH FAT DIET: THE CURE FOR SUGAR CRAVINGS!

- **“Animals with chronic HFD [high-fat diet] intake were less motivated to obtain sweet palatable foods. . .**
- **Chronic HFD causes a significant motivational impairment for sweet palatable foods;**
- **These changes may be associated with a decreased dopaminergic and cannabinoid neurotransmission in the nucleus accumbens.”**

MODERN SOY FOODS ARE IMITATION FOODS!



PROBLEMS WITH SOY FOODS

PHYTIC ACID: Blocks absorption of calcium, magnesium, iron, copper and especially zinc.

PROTEASE INHIBITORS: Block protein digestion, cause swelling of pancreas.

ISOFLAVONES: Block thyroid function and cause endocrine disruption. Lower cholesterol

LECTINS: Irritating to the gastrointestinal tract.

MANGANESE: High levels can cause brain damage in infants

OXALATES: High levels can cause kidney stones.

FOODS THAT CONTAIN HIGH LEVELS OF MSG



MSG has been linked to diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's.

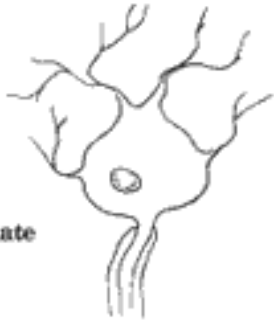
INGREDIENTS THAT CONTAIN MSG

Monosodium glutamate	Yeast Extract
Hydrolyzed Vegetable Protein	Autolyzed Yeast
Hydrolyzed Protein	Hydrolyzed Oat Flour
Hydrolyzed Plant Protein	Corn Oil
Plant Protein Extract	Reduced-fat milk
Sodium Caseinate	Soy Protein Isolate
Calcium Caseinate	Natural Flavors
Textured Vegetable Protein	Flavors

High Concentration MSG

Lower Concentration MSG

Immediate



One hour



Two hours



From
EXCITOTOXINS

By
Russell Blaylock,
MD

The colors we're dyeing for

Red 40

Hyperactivity, and various types of cancer

Red 3

Thyroid cancer, and chromosomal damage

Yellow 5

Hyperactivity, chromosomal damage and thyroid tumors

Yellow 6

Hyperactivity, and kidney and adrenal gland tumors

Green 3

Bladder and testes tumors

Blue 1

Hyperactivity, chromosomal damage, kidney tumors and asthma

Blue 2

Hyperactivity, chromosomal damage, and brain and bladder tumors



HONORING OUR HEALTHY GUT FLORA

BENEFICIAL BACTERIA

OLD PARADIGM: Healthy human body is sterile and microbes attack it, making us sick.

NEW PARADIGM: Healthy human body lives in symbiotic relationship with microorganisms.

SIX POUNDS of healthy bacteria in our digestive tract

Digest our food

Assist in assimilation

Create nutrients

Protect us against toxins

Help us feel good

Without good bacteria, we are dead!

LACTO-FERMENTED CONDIMENTS

provide enzymes and good bacteria



Beet relish

Ginger carrots

Cortido

(spicy So. American sauerkraut)

Pineapple chutney

Raspberry syrup

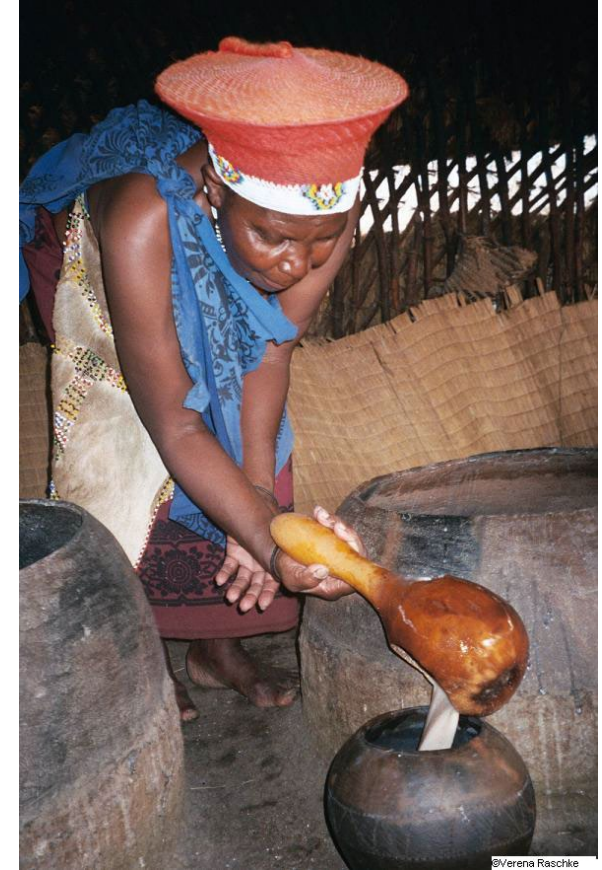
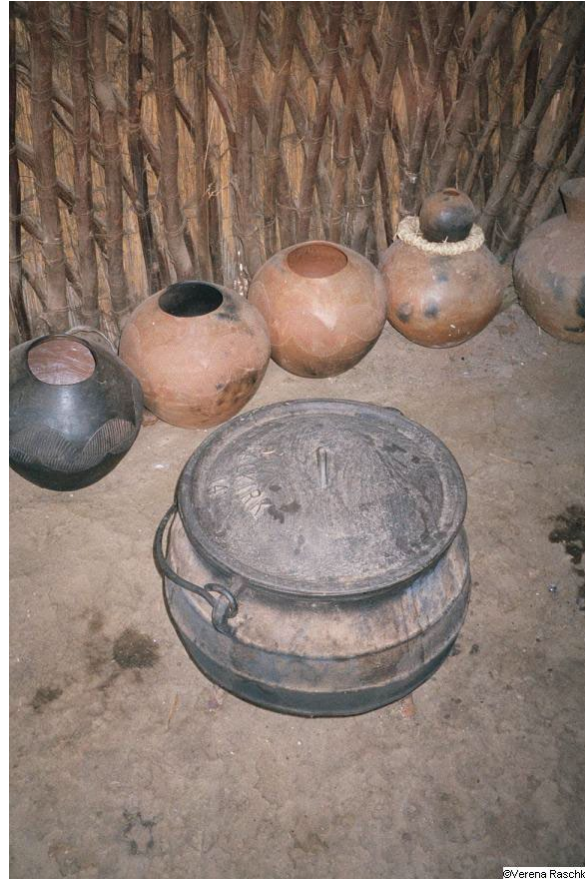
Apricot butter



KOMBUCHA

Brands that are low in sugar make an excellent substitute for soft drinks.

Fermented Beverages in Africa



Made from maize, sorghum, bananas, etc.

Rich sources of enzymes, protective bacteria, vitamin K, B vitamins

RAW MILK FOR CHILDREN

- Calcium for optimal growth, strong bones, strong teeth.
- Protection against asthma, allergies, eczema
- Builds immune system.
- Glutathione for protection against toxins.
- Builds healthy gut wall.



STUDIES ON RAW VS. PASTEURIZED MILK AT RANDLEIGH FARM, 1935-1940

HISTORY OF RANDLEIGH FARM



Rat fed only raw milk from cows fed dry ice grass silage and grain. Notice absence of acrodynia.



Rats fed only pasteurized milk from cows fed dry ice grass silage. Hairless areas (acrodynia) are due to a deficiency of vitamin B₆.

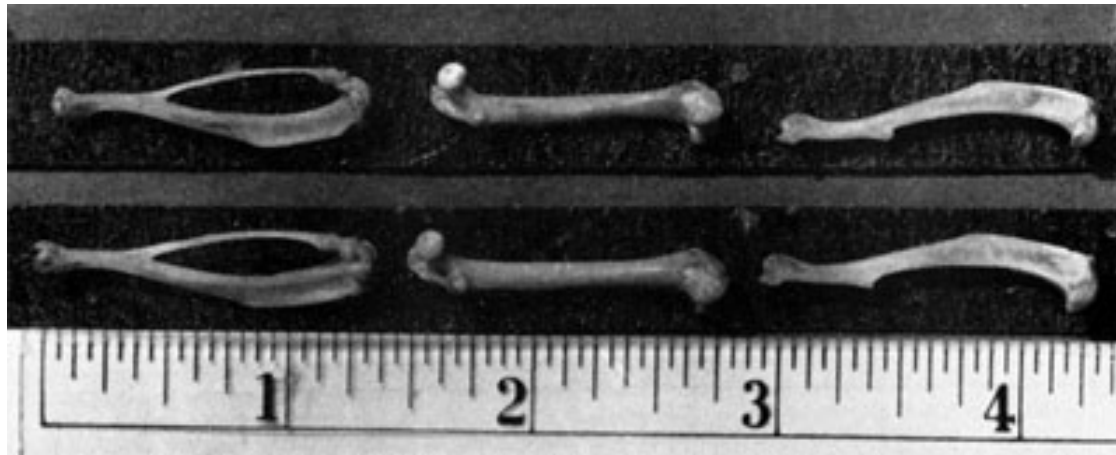
ABOVE: Rat fed only raw milk. Good development, healthy fur.

BELOW: Rats fed only pasteurized milk. Poor development. Hairless areas (acrodynia) due to vitamin B-6 deficiency.

BONE DEVELOPMENT

SIX-MONTH STUDY

PASTEURIZED MILK-FED RAT, weighed 146 grams
Bones shorter and less dense



RAW MILK-FED RAT, weighed 206 grams
Bones longer and more dense

One-to-One Exposure of Femur, Tibia and Fibia

GUINEA PIG STUDIES OF WULZEN AND BAHRS

Department of Zoology
Oregon State College, 1941



**WHOLE
RAW MILK**

Excellent growth; no abnormalities

**WHOLE
PASTEURIZED
MILK**

Poor growth; muscle stiffness;
emaciation and weakness; death within
one year.

Autopsy revealed atrophied muscles
streaked with calcification; calcium
deposits under skin, in joints, heart and
other organs.

American Journal of Physiology 1941, 133, 500

RAT STUDIES OF SCOTT AND ERF

Ohio State University, 1931



**WHOLE
RAW MILK**

Good growth; sleek coat; clear eyes; excellent dispositions; enjoyed being petted.

**WHOLE
PASTEURIZED
MILK**

Rough coat; slow growth; eyes lacked luster; anemia; loss of vitality and weight; very irritable, often showing a tendency to bite when handled.

RAW MILK & GLUTATHIONE

- Glutathione: Key compound for detoxification
- High levels in whey protein
- Research in 1991 discovered that whey proteins only boost glutathione status in their raw, un-denatured state.
- Explains the success of the Milk Cure

Source: <http://www.westonaprice.org/blogs/cmaterjohn/2010/09/11/the-biochemical-magic-of-raw-milk-and-other-raw-foods-glutathione>

MILK PROCESSING

- 2019 study looked at the effect of processing on milk proteins.
- Boiling (pasteurization), spray drying, freeze drying, microwaving.
- All four methods resulted in significant degradation/oxidation of the milk proteins.
- Fed to rats, processed milk protein caused damage in plasma, liver and brain.
- Adversely affected learning and memory in rats.

Source: pubs.rsc.org/en/content/articlelanding/2019/ra/c9ra03223a#!divAbstract

See: Be Kind to Your Proteins at nourishingtraditions.com

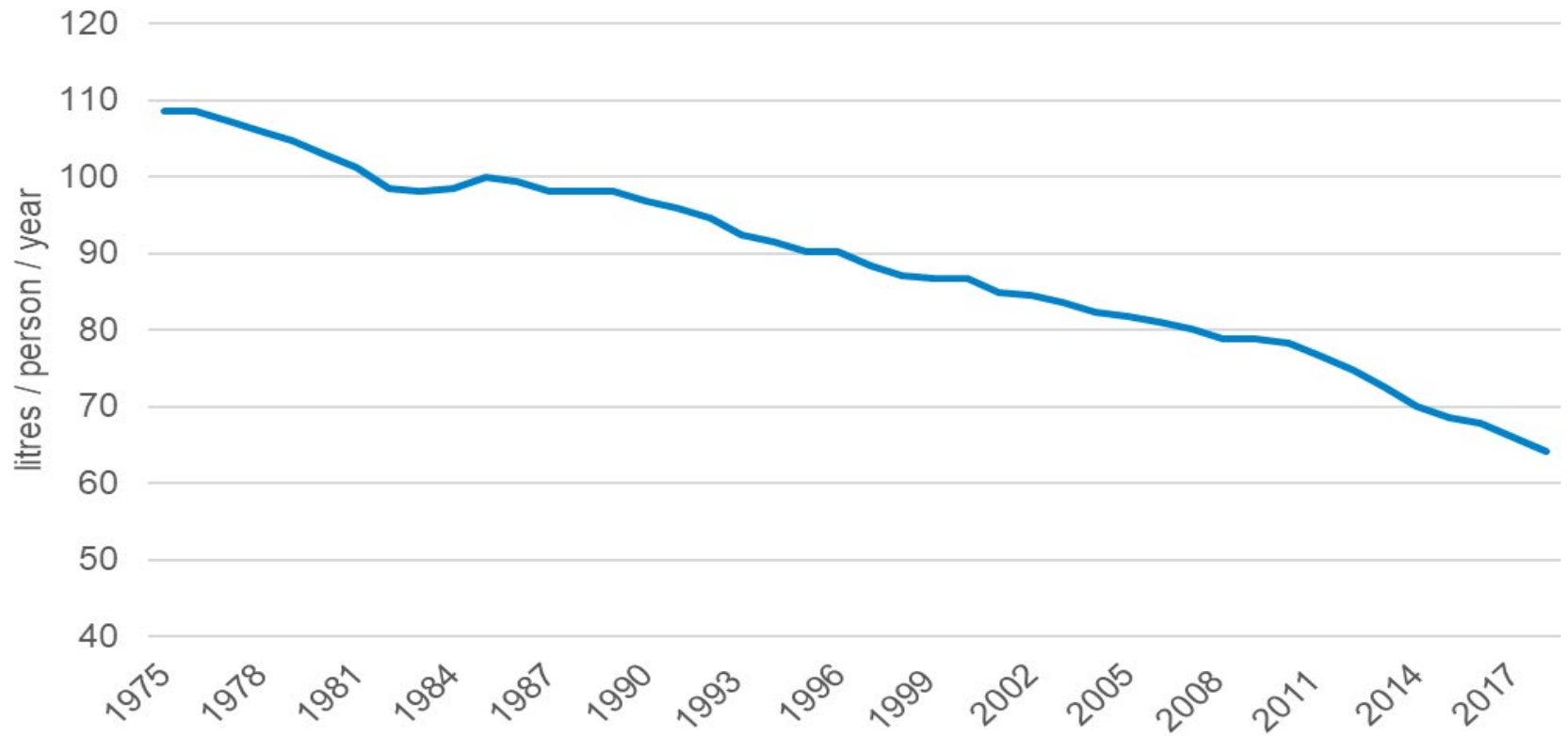


NONFAT SPRAY DRIED MILK IS A MAJOR INGREDIENT IN

- Infant Formula
- Flavored Milk for Children's Lunches
- Whey Protein Powders
- Non-Fat Milk

U.S. CONSUMPTION OF PASTEURIZED MILK IS DECLINING

Per capita US liquid milk consumption has fallen by over 40% since 1975





A Campaign for Real Milk

A Project of the Weston A. Price Foundation

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[Raw Milk Finder](#)

RAW MILK FINDER



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GRAINS: BANE OR BLESSING?



GRAIN PREPARATION IN TRADITIONAL DIETS

Seeds, grains, legumes & nuts are soaked, sprouted, fermented or naturally leavened

Deactivates ENZYME INHIBITORS (block digestion)

Neutralizes PHYTIC ACID (blocks mineral absorption)

Neutralizes TANNINS and LECTINS (irritants)

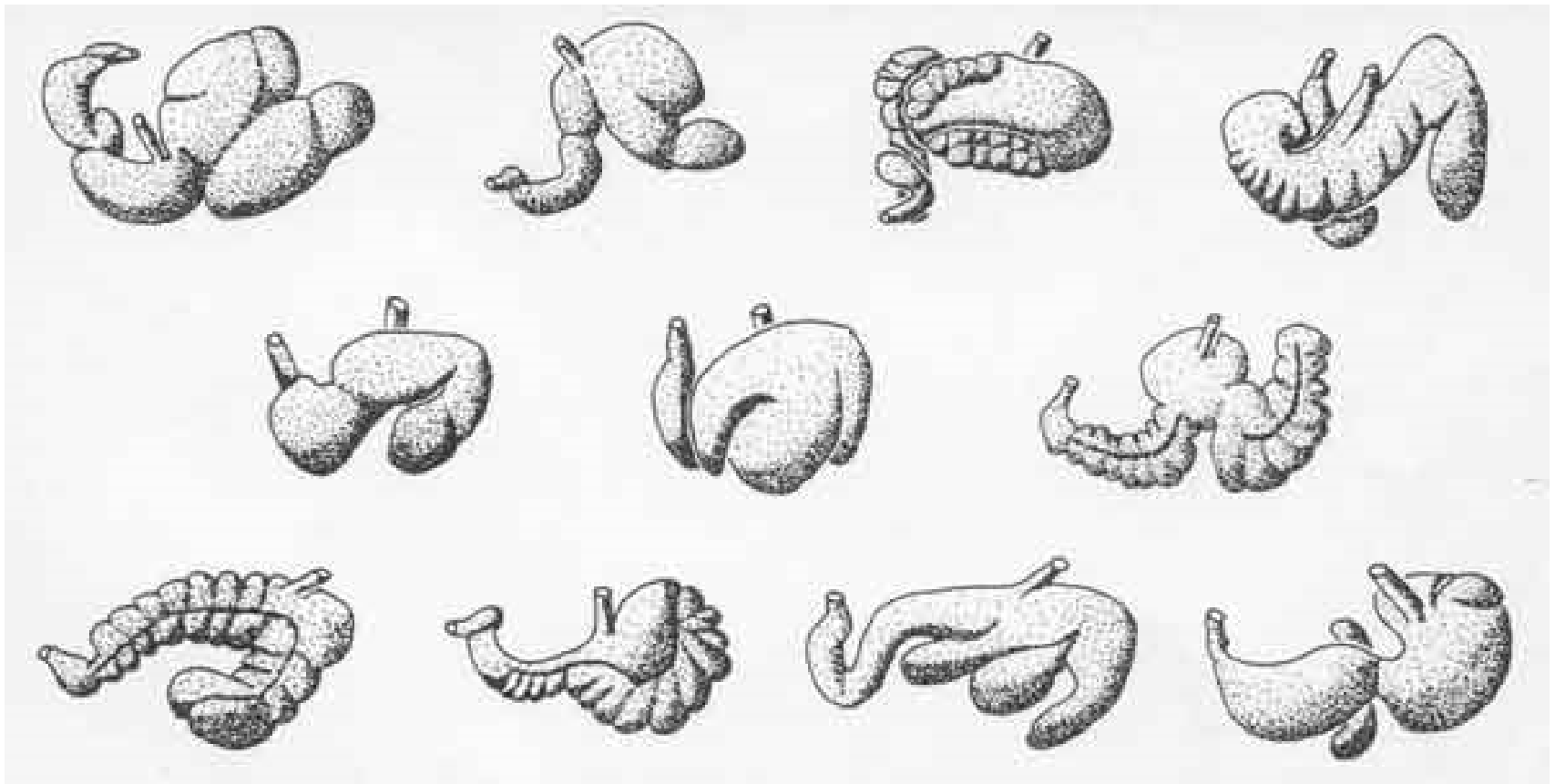
Pre-digests COMPLEX STARCHES & SUGARS (hard to digest)

Begins breakdown of GLUTEN (hard to digest; can be toxic)

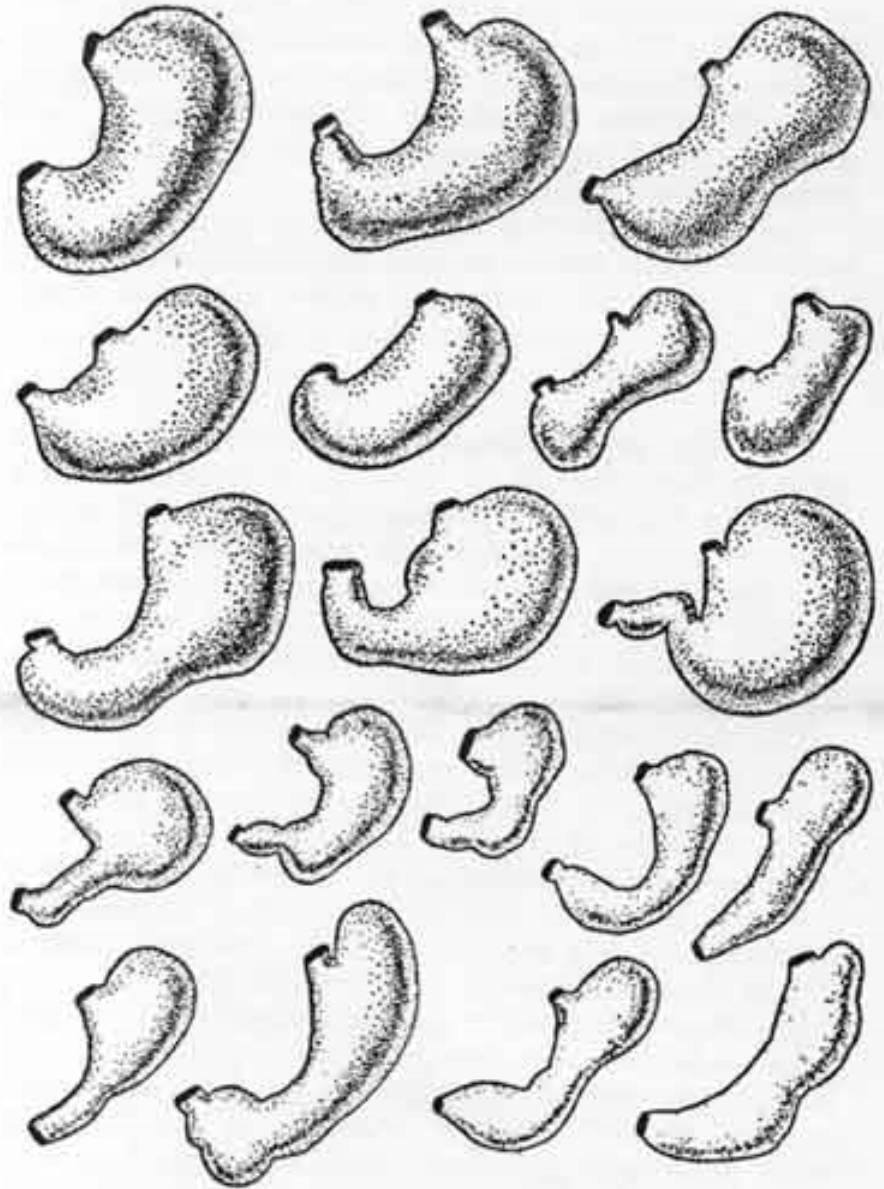
Begins breakdown of CELLULOSE (impossible to digest)

Proper preparation makes seed foods more digestible and their nutrients more available.

HERBIVORE STOMACHS



HUMAN STOMACHS



PROPER PREPARATION OF SEED FOODS

Imitates natural factors that neutralize
the seed's "preservatives"
and allow it to sprout:

MOISTURE

WARMTH

SLIGHT ACIDITY

TIME



TRADITIONAL CHEROKEE CORN PREPARATION

Two weeks
fermentation
wrapped in corn
husk

GOOD GRAIN BREAKFAST



1. Soak rolled oats overnight in warm water and 1–2 tablespoons of something acidic (whey, yoghurt, vinegar or lemon juice) overnight.





2. Next morning, bring water and salt to a boil.

3. Add soaked oatmeal, bring to a boil and cook, stirring, for about 10 minutes.

4. Cover and let sit several minutes.





5. Serve oatmeal with plenty of butter or cream and a natural sweetener. Sprinkle coconut and/or crispy nuts on top if desired.

GOOD BREAKFASTS



**SCRAMBLED EGGS WITH
SAUTÉED POTATOES**



**SMOOTHIE MADE WITH WHOLE
YOGHURT, EGG YOLKS, FRUIT AND
COCONUT OIL**



**FRIED EGGS WITH NO-NITRATE
BACON AND FRUIT**

SCRAPPLE

Get Your Organ Meats
Every Morning for Breakfast!





EXTRUDED BREAKFAST CEREALS



CRUEL BREAKFAST



MORE CRUEL BREAKFASTS



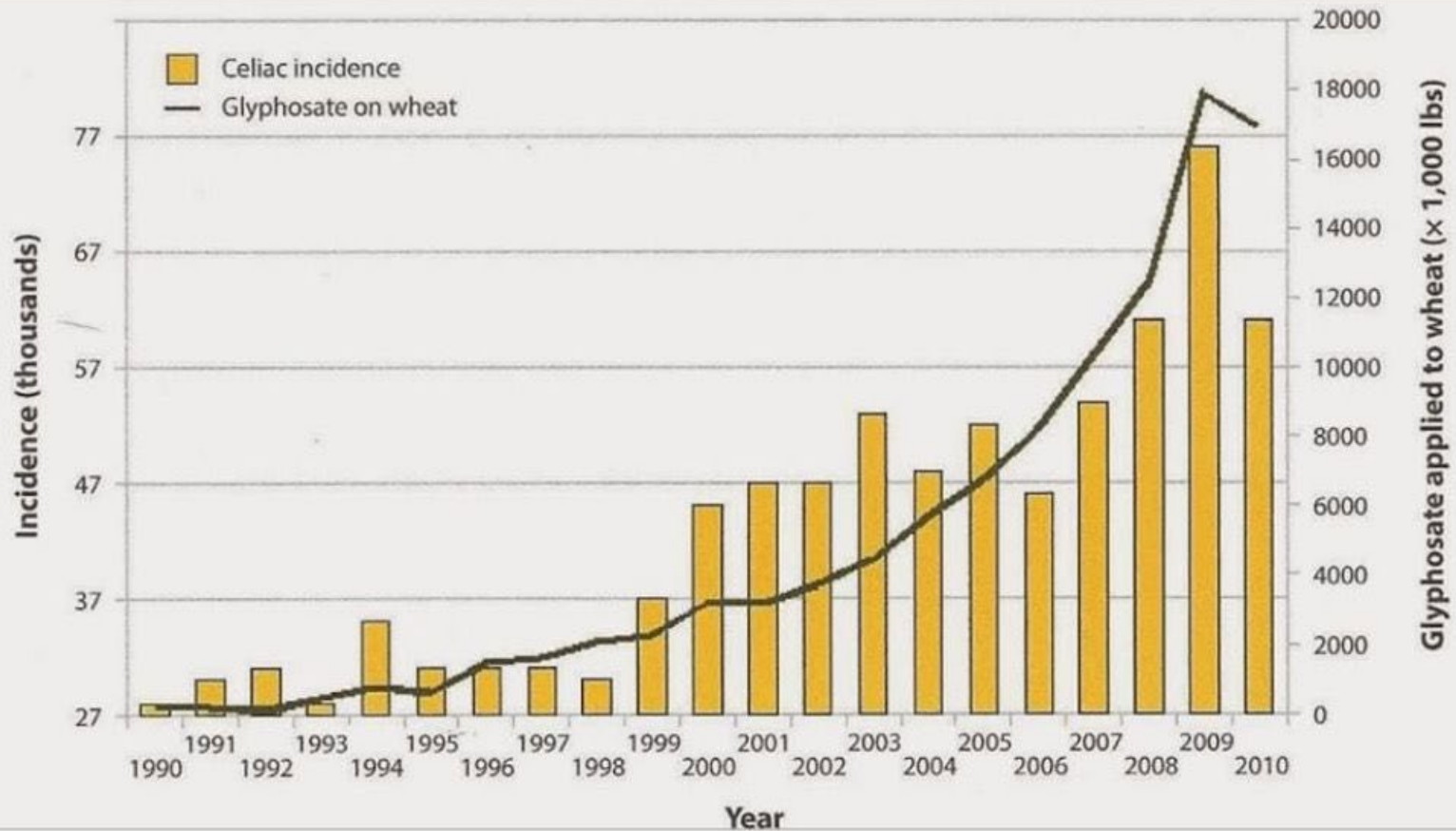
AVOID THE BLOOD SUGAR ROLLER COASTER

Plenty of fat with every meal

Always eat sweet things with good fats!

GET TO KNOW. . . (organic) SOURDOUGH!





Gluten Intolerance is really GLYPHOSATE POISONING

grannygoodfood.blogspot.com



SALT IS NEEDED FOR

Protein digestion

Carbohydrate digestion

Development of brain

Adrenal function

Cellular metabolism

Hormone production

TRADITIONAL SALT PRODUCTION



Traditional salt production involved the simple evaporation of sea water. The salt was rich in magnesium and trace minerals.

Modern salt has all the magnesium and trace minerals removed and contains aluminum-based additives.



UNREFINED SALT



Salt should be gray, beige or pink (not white), indicating the presence of minerals.

senomyx

A Healthier Way to Flavor



THE SOLUTION TO FATIGUE: Easy Digestion

- Raw Dairy, not pasteurized
- Proper Preparation of Grains
- Lacto-Fermented foods, rich in enzymes and beneficial bacteria
- Gelatin-rich bone broths

Less energy required for digestion
=
More energy for you!

THE PURITANICAL DIET



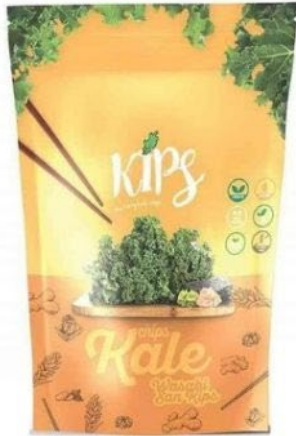
The virtuous, plant-based, low-fat, low-salt, high-fiber diet. Approved by dietitians! Impossible to stay on.

PALEO DIET





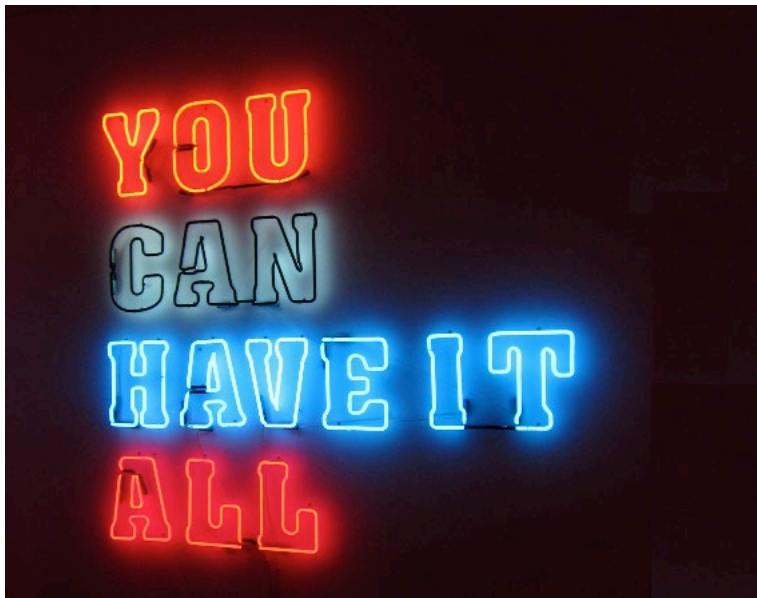
THE PORNOGRAPHIC FOODS



You Don't
Have to
Eat Kale!







No deprivation
on the
Wise Traditions
diet!

Meat!
Sauces and Gravy!
Bacon!
Eggs!
Seafood!
Fats—Butter, Butter, Butter!
Salt!
Grains!
Milk and Cheese!
Pickles!
Vegetables!
Soups!
Sweets!
Soft Drinks!



PREPARING FOR HEALTHY CHILDREN

Nutrient-Dense Diet at least 6 months before conception

Nutrient-Dense Diet during pregnancy, lactation and growth.

Child Spacing, at least three years between each child.



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for **Wise Traditions** in Food, Farming and the Healing Arts



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Looking for a healthier and more delicious way to eat?
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About the Weston A. Price Foundation

The Weston A. Price Foundation (WAPF) is your source for accurate information on nutrition and health, always aiming to provide the scientific validation of traditional foodways. People seeking health today often condemn certain food groups – such as grains, dairy foods, meat, salt, fat, sauces, sweetens and nightshade vegetables – but the Wise Traditions Diet is inclusive, not exclusive.

We show you how to include all these nourishing traditional foods in your diet through our choices and proper preparation techniques. The result is vibrant health for every age of life, including the next generation. [Read more...](#)

WISE TRADITIONS 2017 18th Annual Conference of The Weston A. Price Foundation
November 10-13, Minneapolis, Minnesota
[ORDER CONFERENCE RECORDINGS](#)

FEATURES

- [Opportunity to Support a Study on Raw Milk Cheese](#)
Does raw cheese help prevent osteoporosis? Here's an opportunity to find out. [READ MORE](#)
- [Why Did God Create Cancer?](#)
Dr. Tedd Koren reveals cancer as a self-protective mechanism.
- [Support for Pediatric Cancer](#)
Kim Schuette provides detailed instructions for restoring your child to health.
- [GcMAF and Raw Milk](#)
Lee Emerson explains how the cancer paradigm is changing.
- NEW SERVICE FOR WAPF MEMBERS**
Consultation with Pete Kennedy on policy and legal matters including disputes with government regulators, food freedom legislation and issues regarding raw milk, cottage foods and on-farm meat and poultry processing. Contact Pete at pete@realmilk.com.

PODCASTS AND BLOGS

- [Podcasts-The Weston A. Price Foundation](#)
- [Mother Nature Obeyed](#)
- [Real Milk Blog](#)
- [Recipe of the Week](#)

MAIN HEALTH TOPICS

- KAD** [Dr. Price's Key Discovery](#)
Advances for better children in traditional foods.
- [Happy, Healthy Children](#)
Advances for better children in traditional foods.
- [Cod Liver Oil](#)
Our number ONE superfood.
- [Why Butter is Better](#)
Nature's healthiest fat.
- [What About the Paleo Diet?](#)
Comparisons with the Wise Traditions Diet.
- [Vaccinations](#)
The most important decision parents will ever make.
- [In the Footsteps of Dr. Price](#)
The WAPF message goes to America & the World.
- [Dietary Guidelines from the USDA](#)
Some of disastrous dietary advice.

ALL HEALTH TOPICS

All of Nutrition	Environmental Toxins	Modern Diseases
All the Doctor	Fats	Modern Health
Brain-Health	Fats & Breads	Past & Present
Celiac/Enteropathy	Intolerance	Health from Perspective
Children's Health	In the Footsteps of Dr. Price	Nutrition Corner
Cod Liver Oil	Know Your Fats	Soy Alert
Dairy	Milk & Butter	Traditional Diets
Dietary Guidelines from the USDA	Meat's Health	Traditional Foodways
DSD/Neurotoxic	Meat & Sausage/Health	Vegetarianism & Heart Health
		Women's Health

CONNECT WITH US

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They're happy... because they eat butter!

They also eat plenty of raw milk, cream, cheese, eggs, liver, meat, cod liver oil, seafood, and other nutrient-dense foods that have nourished generations of healthy people worldwide!

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For Finding the Healthiest Foods in
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Healthy 4 Life



Dietary Guidelines
from the Weston A. Price Foundation
for Cooking and Eating
Healthy, Delicious, Traditional Whole Foods

COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS

1. Animal Foods
2. Grains, Legumes, Nuts
3. Vegetables and Fruits
4. Healthy Fats and Oils 140



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NEW!

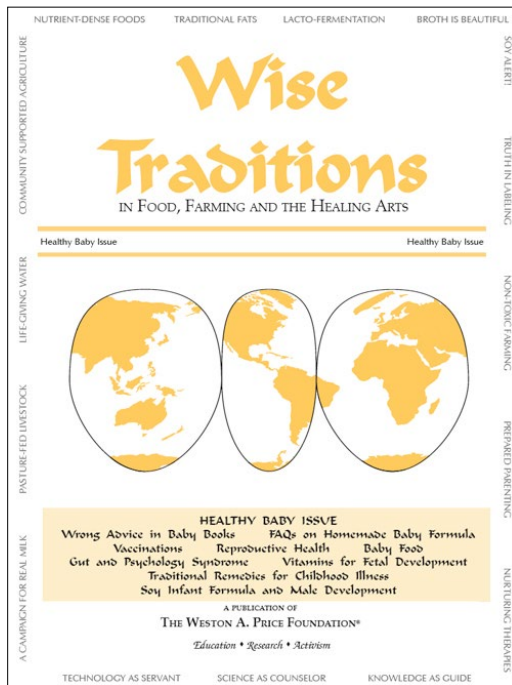
11 DIETARY PRINCIPLES BOOKLET



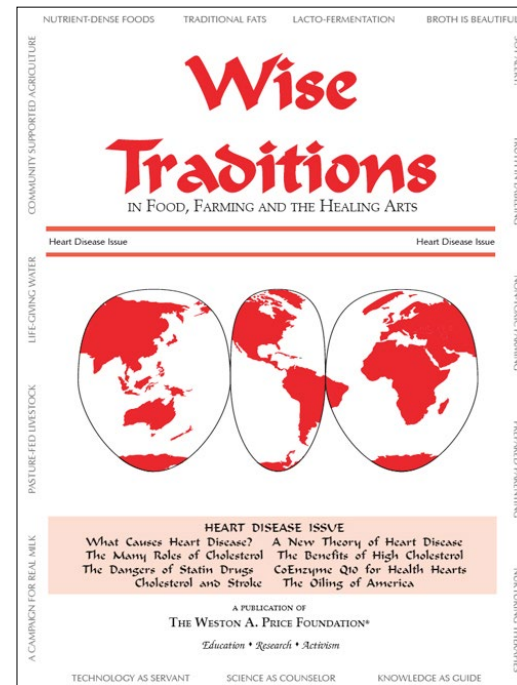


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HEALTHY BABY ISSUE



HEART DISEASE ISSUE



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The go-to podcast for good health

A Production of the Weston A. Price Foundation



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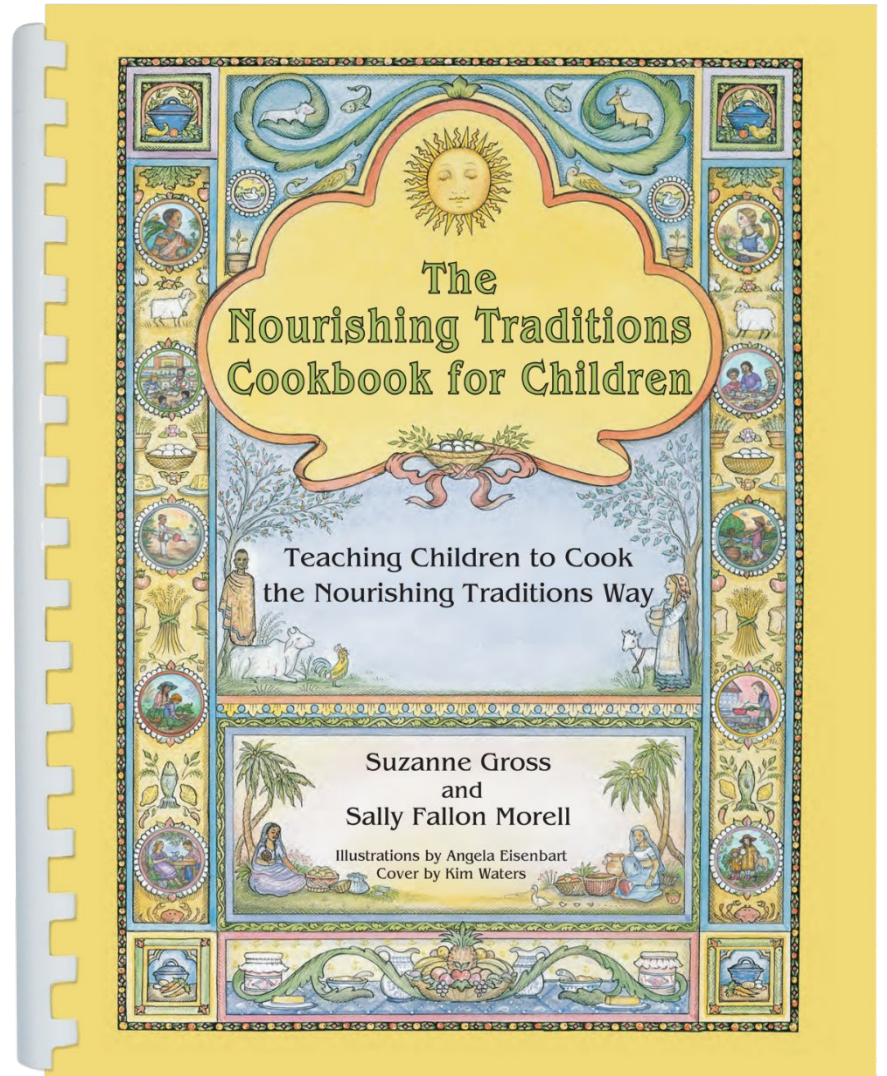
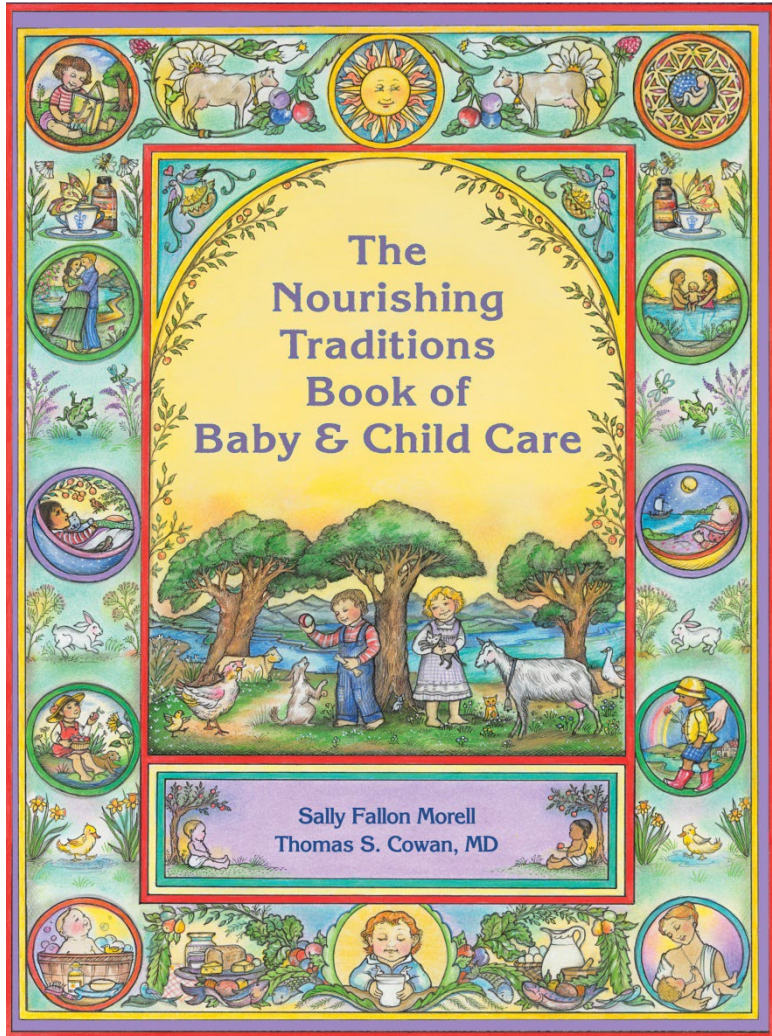
- nourishing fats
- healthy pregnancy
- dental health
- dangers of GMOs
- gut health
- nutrient-dense food
- sustainable farming
- traditional diets

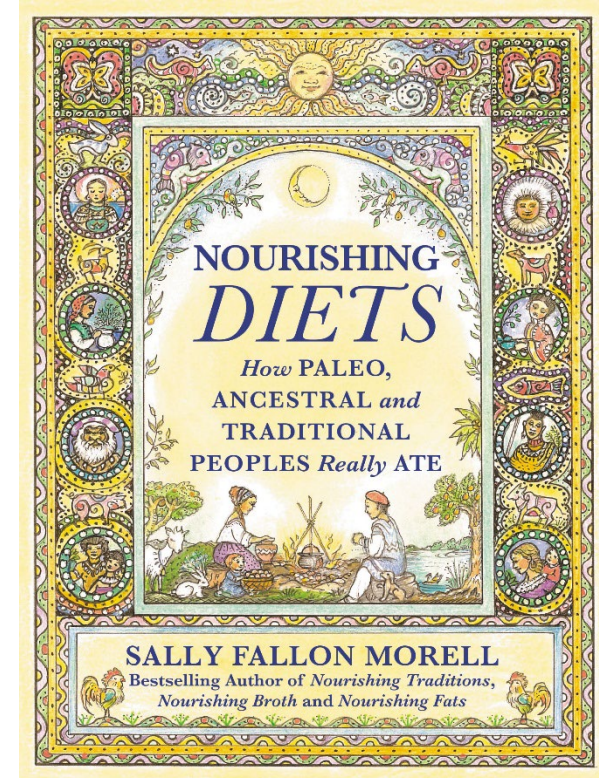
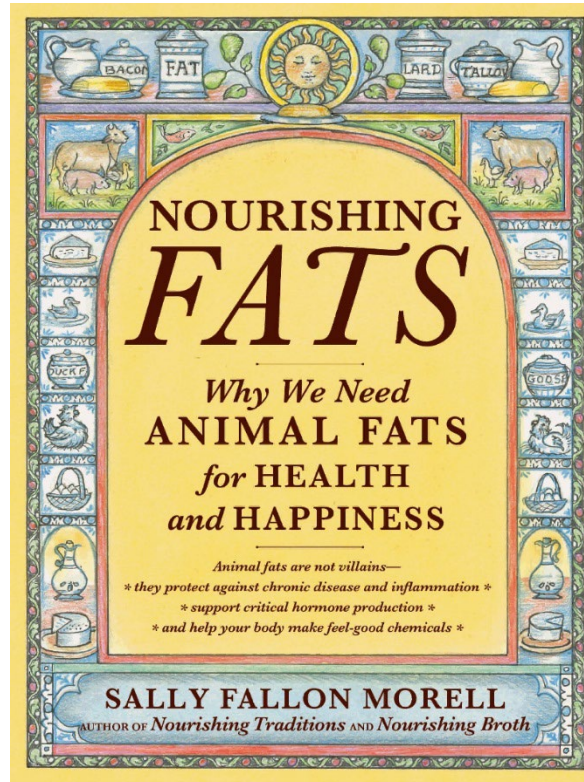
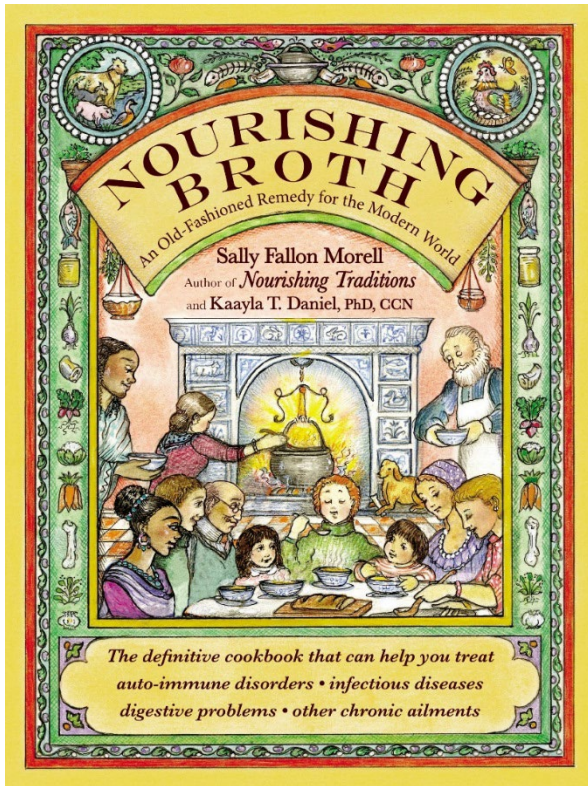
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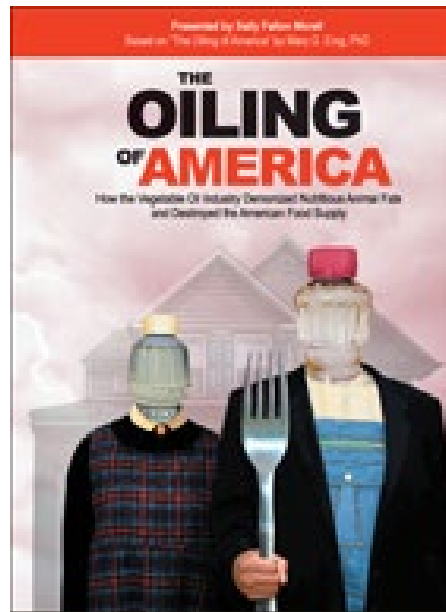
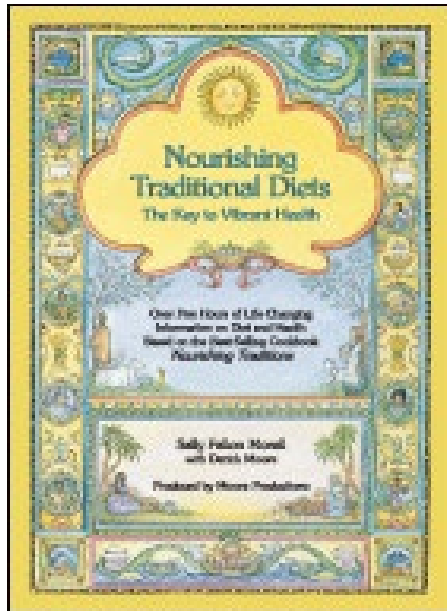






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MYTH**

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(including "Coronavirus")
Are Not the Cause
of Disease*

THOMAS S. COWAN, MD, and
SALLY FALLON MORELL

A SHOCKING AND POWERFUL TESTAMENT TO THE ADVERSE
EFFECTS OF MODERN PROCESSED DIETS UPON HEALTH

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Weston A. Price, DDS

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- Dr. Joseph Mercola

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Spend at least 50% of your food dollars on direct purchases from local farmers and artisans; with the remainder of your food dollars, you can celebrate how small the world has become!



TRADITIONAL DIETS **MAXIMIZED** NUTRIENTS

MODERN DIETS **MINIMIZE** NUTRIENTS

TRADITIONAL DIETS

MODERN DIETS

FOODS FROM FERTILE SOIL

FOODS FROM DEPLETED SOIL

ORGAN MEATS PREFERRED OVER MUSCLE MEATS

MUSCLE MEATS, FEW ORGANS

ANIMAL FATS

VEGETABLE OILS

ANIMALS ON PASTURE

ANIMALS IN CONFINEMENT

DAIRY PRODUCTS RAW AND/OR FERMENTED

DAIRY PRODUCTS PASTEURIZED

GRAINS AND LEGUMES SOAKED/FERMENTED

GRAINS REFINED, EXTRUDED

BONE BROTHS

MSG, ARTIFICIAL FLAVORINGS

UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)

REFINED SWEETENERS

LACTO-FERMENTED VEGETABLES

CANNED VEGETABLES

LACTO-FERMENTED BEVERAGES

MODERN SOFT DRINKS

UNREFINED SALT

REFINED SALT

NATURAL VITAMINS IN FOODS

SYNTHETIC VITAMINS ADDED

TRADITIONAL COOKING

MICROWAVE, IRRADIATION

TRADITIONAL SEEDS/OPEN POLLINATION

HYBRID SEEDS, GMO SEEDS

POWERPOINT PRESENTATION

nourishingtraditions.com

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