

## NOURISHING TRADITIONAL DIETS SATURDAY, OCTOBER 21

Animal fats, organ meats, properly prepared whole grains, fermented foods and nourishing bone broths kept our ancestors healthy. Sally Fallon Morell, author of “Nourishing Traditions”, explains why these are vital factors for maintaining good health. Beginning with a presentation showing Dr. Weston Price’s unforgettable photographs of healthy traditional peoples, Ms. Fallon Morell explains the underlying factors in a variety of traditional diets which conferred beauty, strength and freedom from disease on so-called primitive populations. Then she presents a step-by-step plan to put nourishing traditional foods—foods that your family will actually eat—back into your diet, including easy breakfast cereals, soups, sauces, snack foods, fermented condiments and soft drinks that are actually good for you.

Learn about:

- Butter, the number one health food
- The vital role of high-cholesterol foods
- Why lowfat and vegan diets don’t work
- The amazing powers of raw whole milk from pasture-fed cows
- The dangers of modern soy foods and soy infant formula
- Foods that help babies grow up smart and strong
- The unfortunate consequences of modern farming methods
- The conspiracy to promote vegetable oils and hydrogenated fats; and,
- Old-fashioned foods that give limitless energy and vibrant health.