PRESIDENT'S WELCOME

November 15, 2019

Dear Friends of the Weston A. Price Foundation:

Welcome to the 20th Annual Wise Traditions Conference! We are delighted to celebrate our 20th anniversary with you in the Dallas region.

It's hard to believe that *Wise Traditions* started in a church basement twenty years ago, way back in the spring of 2000, where we had a few exhibitors and seventy-five attendees. Today *Wise Traditions* is the premier nutrition conference in the nation! And we pride ourselves in offering something for everybody—the health professional seeking the latest science, farmers and ranchers who want to produce the highest quality food, parents looking for practical advice for raising healthy children, and anyone in search of solid information on diet and health.

This year's conference, *Ancestral Wisdom Meets Modern Science*, focuses on the way that modern science validates our ancestral food traditions—from the emphasis on animal fats to the use of fermented foods. In spite of what we may read in the media, today's science supports the Wise Traditions diet of nutrient-dense foods, including butter, eggs, meat and organ meats, animal fats and seafood.

The biggest complaint we get about our conferences is: "I can't decide which lecture to attend!" That's a deliberate policy on our part—we try to make every track as interesting as possible. In fact, we have thirty-five outstanding speakers this year and four tracks daily. But fortunately, you don't have to choose. Audio recordings of all the speakers and video recordings of many will be for sale at the Fleetwood Onsite Conference Recording table and through our website, westonaprice.org.

In order to help you choose, we have classified the conference presentations into various categories:

Seminar = Two hours or longer
General = Broader coverage of a topic
Sponsor Presentation = Exhibitor talk
Basic = Especially recommended for beginners
Focused = In-depth coverage of a topic

This conference offers continuing education units (CEUs) for nurses and acupuncturists. You may still sign up for them at the Conference Registration Desk.

Please plan to spend some time in our exhibit hall. I know you will be impressed with the quality and variety of the exhibitors this year. And we don't let just anyone exhibit—exhibiting is by invitation only, so you know that all the products and foods for sale are approved by us. We welcome the many exhibitors, as well as those who have attended in the past.

I know that you have come to expect wonderful food at our *Wise Traditions* conference and this year you will not be disappointed. We have worked closely with the chef and staff of the Marriot Dallas-Allen Hotel to provide delicious, nutritious meals featuring a variety of farm-fresh foods. All of our conference meals are gluten-free (with gluten-containing sourdough bread on the side) and casein-free. We are especially grateful to our food donors who are providing a cornucopia of high-quality foods. Particular thanks go to Maureen Diaz who has worked with the chefs to make sure all meals are WAPF-friendly.

If you have any questions or special needs, please speak with Paul Frank or one of his assistants at the Conference Registration Desk. We'll do our best to make your conference weekend not only educational, but also enjoyable in every way.

Sincerely yours,

Sally Fallon Morell

Sally Fallon Morell
President

Wise Traditions 2019

20th Annual Conference
of the Weston A. Price Foundation
November 15–17, 2019
Delta Hotel by Marriott, Allen, Texas

We would like to acknowledge and thank our sponsors and partners for their generous support of the Weston A. Price Foundation and of our 20th Annual Conference.

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Pure Indian Foods
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Rich Nuts
Walkabout Health Products
White Oak Pastures
Willow Run Foods

IMPORTANT NOTICE

We choose our exhibitors carefully; all the products they provide at this conference are approved by the Weston A. Price Foundation.

We ask our exhibitors, and also any speakers associated with our exhibitors, to promote their products by emphasizing the good things about the foods, supplements and other items they are selling. We do not allow vendors to criticize other products or vendors.

If you as an exhibitor, attendee or speaker have any concerns about a particular product, please bring these concerns to the Weston A. Price Foundation staff, and we will investigate. Any exhibitor or representative of an exhibitor found criticizing or making negative statements about other products at this conference will be asked to leave.

TABLE OF CONTENTS

President's Welcome 1
Conference Sponsors 2
Schedule at a Glance 4
Conference Survey 5
General Conference Information 6
Speakers 7
Guided Farm Visit 24
Author Book Signings 25
Podcast 26
Children's Program 27
Presentation Schedules 28
Recordings/Photo Contest 31
Hotel Map 32
Continuing Education Units 33
Weston A. Price Foundation Staff 34
Menus 35
FTCLDF FundRAISER Breakfast 37
Food Donors 38
Exhibitor Layout 39
Exhibitors: Alphabetical 40
Help Small Farms 42
Advertisements 44

ANCESTRAL WISDOM MEETS MODERN SCIENCE

20TH WISE TRADITIONS CONFERENCE

NOVEMBER 15-17, 2019 · ALLEN, TEXAS

Gratitude

A conference like Wise Traditions is only possible through the efforts of many individuals. The WAPF Board of Directors is most grateful to:

- The Weston A. Price Foundation staff
- Paul Frank and the staff of PTF & Associates
- Platinum, Gold, Silver, Bronze and other exhibitors
- Food donors
- Our many excellent speakers
- Hardworking chef consultant Maureen Diaz and hotel chefs and kitchen staff
- The Weston A. Price Foundation conference support team George Diaz and Mike Mudrak
- Wonderful conference attendees and our dedicated volunteers

…and many others who have provided contributions of their time, energy & advice!

SCHEDULE AT A GLANCE

Friday, November 15th

7:15–8:45 am	FTCLDF Breakfast
9:00–1:30 am	Chapter Leader Meeting and Lunch
9:00–10:15 am	**CAMPBELL** The Vaccinated Versus Unvaccinated Children and the Risk of Chronic Diseases
9:00 –12:15 pm	**JAY** Artificial [Estrogen] Intelligence **PLOTNER** The GAPS Diet, Stage by Stage
11:00 –12:15 pm	**AGARWAL** DIY Curry Sauces, Spice Blends and Toothpowder
12:15–1:30 pm	Lunch Served
1:45–3:00 pm	**CORRADO** Broths and Stocks: Timeless Remedies for Vibrant Health **MILLER** Vaccine Studies (Part 1) **PLOURDE** Surviving the 5G Never Encountered by Our Ancestors **COLE** On Holistic Dentistry
3:45–5:00 pm	**CORRADO** Culturing Dairy for Everyone (even the Lactose-intolerant) **MILLER** Vaccine Studies (Part 2) **QUINN** Studies on Kamut **WEEKS** Whole Body Health Tests: Simple Tests to Determine Your Current Level of Health and Strategies for Resetting It
6:00–7:30 pm	Dinner
7:30–9:30 pm	Bloggers Panel **MOEGGENBORG**, **BLUME**, **VITT** Making Wise Traditions Work for Your Family Ask the Practitioners Panel **COWAN**, **WINTERS**,**JAY**, **SCHOENFELD**, **EDWARDS**, **PLOTNER** **BALLERSTEDT** Humanity & Ruminants: Past, Present and Future Film with Q&A **SMITH** "The Secret Ingredients" (Free to the Public)

Mix and Mingle

Come hang out in the pool and bar area after the Friday evening sessions.

Saturday, November 16th

6:30–7:30 am	Movement Session **GOKHALE**
7:30–8:15 am	**DIGIUSEPPE** It's Time to Re-Think Your Water!
7:15–8:45 am	FTCLDF Breakfast
9:00–10:15 am	**FALLON MORELL** Part 1: Nourishing Traditional Diets **SENEFF** Part 1: Glyphosate: The Rattlesnake in the Corn Fields **BALLERSTEDT** Forage Agriculture IS Sustainable Agriculture **JAY** Straight Shooting Stem Cells
11:00 –12:15 pm	**FALLON MORELL** Part 2: Nourishing Traditional Diets **SENEFF** Part 2: Glyphosate: The Rattlesnake in the Corn Fields **GOKHALE** The Gokhale Method: How Would Weston A. Price Have Approached Back Pain? **RANDALL** Dangers of Cannabis
12:15–1:30 pm	Lunch Served
1:45–3:00 pm	**FALLON MORELL** Part 3: Nourishing Traditional Diets **COWAN** Part 1: Cancer and the New Biology of Water **GARDNER** Ancestral Skin Care **SCHOENFELD** Vitamin A-mazing
4:00–5:15 pm	**FALLON MORELL** Part 4: Nourishing Traditional Diets **COWAN** Part 2: Cancer and the New Biology of Water **FARZIN** Making Offal Taste Good **TARANTOLO** Not By Bread Alone Doth Man Live, Even if It's Sourdough: A Critique of Antidepressants and the Medical Model in Psychiatry
6:30–9:30 pm	Awards Banquet Keynote: **DIAMOND** Dietary Sense and Nonsense in the War on Saturated Fat and Cholesterol

SCHEDULE AT A GLANCE

Sunday, November 17th

6:30–7:30 am	Movement Session **GOKHALE**
7:15–8:45 am	FTCLDF Breakfast
7:30–8:15 am	**SCHLINSOG** Vitamin K2 MK-4 (Activator X): For the Treatment and Prevention of Physical Degeneration
9:00–10:15 am	**FALLON MORELL** Reading Labels **WILLIAMS** The New Homeopathic Sensation Method **TENNANT** Healing is Voltage: Part I **EDWARDS** Toxic Iron and the Master Antioxidant
11:00 –12:15 pm	**BOBB** and **GUTIERREZ** The Art, Science and Story of Fermentation **WINTERS** Healing With Hunger: Practical Applications of Intermittent Fasting **TENNANT** Healing is Voltage: Part II **KRISHNER** Healing Leaky Gut
12:15–1:15 pm	Lunch Served
1:30–2:45 pm	**WILLON** Sports Nutrition: How to Optimize Performance at Any Level **TENNANT** Healing is Voltage: Part III **DIAMOND** Demonization and Deception in Targeting Cholesterol as a Cause of Cardiovascular Disease
2:55–3:45 pm	Closing Ceremony **FALLON MORELL** and **BLUME** The Powerful Simplicity of Recovering with Real Food

Monday, November 18th

7:00 am–6:00 pm Professionally Guided Farm Visit **WINTER**

Make the Most of Your Conference Experience

Meet others! Nowhere else will you find so many kindred spirits gathered to learn and discuss health & traditional food. Don't be shy—introduce yourself!

Visit our sponsors and exhibitors. They have wonderful information and products to share with you.

Tell your friends. One-day passes are available to attend the conference, plus people can visit the exhibit hall and see the Friday movie for free.

First timer? We recommend Saturday's seminar on traditional diets for anyone who has not attended that talk before.

If there is something you need, please see the room monitor near the entrance of each session room or visit the registration desk or Weston A. Price Foundation table.

Stay comfortable. Bring a sweater or jacket to the meeting rooms, they may be chilly.

Benefit the group. If you ask a question that you think will benefit the group, please go to the microphone so all can hear you. Personal health questions should be posed privately.

Stretch and enjoy. Before attending the talks, attend the early movement sessions.

Leave united and inspired.
Share this information with friends.

CONFERENCE SURVEY

We appreciate your feedback so that we can offer a great conference.

Please go to the link to complete the survey.

https://www.surveymonkey.com/r/Texas2019

GENERAL CONFERENCE INFORMATION

Name Badges
Your conference name badge is your admission ticket to all sessions, plus it helps create community when we can see each other's name and city. To enter a session, you will have to wear your badge.

Meals
Your meal tickets were in your registration envelope. Please provide the appropriate ticket to the volunteer at meal time. Without a ticket, you cannot get a meal. This ticket is for one meal only. There is plenty of food for all. One complaint we have each year is that people waste food. Please don't overload your plate but rather take a reasonable amount and return for seconds if you are still hungry. Please do not fill your plate in order to take food to someone who has not bought a meal ticket. Please see the Registration Desk if you need a meal ticket.

Children Meals
Please note that the children's program is closed during the lunch and dinner hours. If you purchased meals for your child in this program, your child will dine with you in the main meal room for every meal except the Saturday evening banquet.

Fermented Foods
Our menu includes delicious, healthy fermented foods and drinks, which provide good bacteria needed for a healthy gut. Traditional cultures often ate them with meals, though not in large quantities. If fermented foods are new to your diet or if you overeat them, you may feel some discomfort or gas. It is not harmful, simply uncomfortable. We recommend limiting the amount you eat at each meal.

Session Rooms
Please set your cell phone either to 'off' or 'silence' during talks. If you have a question for a speaker, you may ask it at the microphone at the end of the talk. Please do not ask personal health questions but questions that will be of general interest.

Children Attending
Children ages 3-12 who are potty trained are welcome to the conference as long as they are enrolled in the Children's Program. There will be no programs or childcare provided for infants and children under age 3. For the sake of other conference attendees, we ask that adults refrain from taking children to the conference sessions.

Guided Farm Visit on Monday
There is still room to register. Go to the Registration Desk for information.

Conference Evaluation
Below is the link for the evaluation. We appreciate your time in filling this out. We review these carefully and consider your comments. Thank you.
https://www.surveymonkey.com/r/Texas2019

Handouts
Only a few paper copies of handouts will be provided. We ask that these be reserved for those with no computer access. Not all speakers provide handouts but we have posted the ones we received for you to download. These are listed in alphabetical order by the presenter's last name. We will post additional handouts as we get them. https://www.ptfassociates.com/secure/wisetraditions/lecture19.asp

Conference Recordings
Please visit the Fleetwood table to inquire about ordering recordings of this or past conferences at a 25% discount while at the conference. After the conference, go to westonaprice.org for recordings information.

Luggage Storage
If you are checking out of the hotel on Sunday morning and need to store luggage, please see the staff at the front desk of the hotel.

Photo/Video Release
The Wise Traditions Conference plans to take photographs during the 2019 conference and reproduce them in educational, news or promotional materials including print, electronic or other media, and on the Weston A. Price Foundation website. By attending, you grant the Weston A. Price Foundation the right to use your name and photograph for such purposes. All postings are the property of the Weston A. Price Foundation.

Liability
By registering and attending the Wise Traditions 2019 Conference, you agree and acknowledge that you are participating in the activities on your own free and intentional will. You acknowledge this freely and knowingly and that you are, as a result, able to participate in said events and hereby assume responsibility for your own well-being. This acknowledgement includes participation in any tours and evening events.

Disclaimer
The information provided at this conference is for informational purposes only and is not intended to substitute for the advice of a doctor or other health care professional. You should not rely upon or follow the programs or techniques or use any of the products and services made available by or through this conference for decision making without obtaining the advice of a physician or other health care professionals. The nutritional and other information provided at this conference are not intended to be and do not constitute health care or medical advice.

Neither the Weston A. Price Foundation nor any of its affiliates or their respective stockholders, members, directors, officers, employees or agents guarantees the accuracy, adequacy, timeliness, reliability, completeness or usefulness of any of the content of this conference.

Weston A. Price Foundation chooses exhibitors carefully and refuses to allow exhibitors selling products known to be harmful or whose products, services or business models are inconsistent with the Foundation's values, principles and goals. We do not allow businesses based on a multi-level marketing business model, including independent associates connected with such businesses. The Foundation does not have the expert knowledge or experience of every product exhibited. Thus, the Weston A. Price Foundation cannot vouch for the quality or efficacy of any of the products or services sold at Wise Traditions 2019.

SPEAKERS

Sandeep Agarwal — Friday 11:00–12:15, Starlight II

DIY Curry Sauces, Spice Blends and Toothpowder

In this class, you will learn traditional recipes for making your own delicious curry sauces and useful spice blends. You will learn an Ayurvedic recipe for making your own toothpowder using spices and herbs that are easily available. We will also share practical tips on how to purchase and keep spices fresh.

Sandeep Agarwal is the founder of Pure Indian Foods which makes grass-fed organic ghee and sells traditional organic Indian foods. He is also the founder and chief curator of ButterWorld (butterworld.org), a traveling exhibition showcasing unique, rare and historical dairy artifacts from around the world. His interest in dairy history grew out of his family's fifth-generation ghee business (started by his great-great-grandfather in 1889) and the culturally significant role that dairy plays within his Indian heritage. Sandeep is a graduate of David Winston's Center for Herbal Studies' two-year herbalist training program and one-year graduate program. He has spoken at Ayurvedic conferences in the U.S. and India. Sandeep is passionate about cooking traditional Indian foods using lots of fresh herbs and dry spices. (pureindianfoods.com)

Peter Ballerstedt, PhD — Friday 7:30–9:30 PM, Sunset

Humanity and Ruminants: Past, Present and Future

Modern human beings exist because of ruminants. Today's societies depend upon ruminant animal agriculture. We must improve the productivity and efficiency of worldwide ruminant animal agriculture if we're going to meet the needs of the mid-21st century. This presentation will introduce the audience to ruminant animals, the essential ecological functions they perform and humanity's relationship with them.

Saturday 9:00–10:15, Moonlight

Forage Agriculture IS Sustainable Agriculture

Forage agriculture is the world's largest, most climate-resilient form of agriculture. In addition to the production of nutrient dense animal source foods, forage agriculture performs many ecosystem services. Forage agriculture is an integral and indispensable part of all sustainable agriculture systems. Grassland ecosystems, forage growth, grazing management, nutrient and water cycles, and soil health will also be discussed.

Peter Ballerstedt earned his bachelor's and Master's degrees at the University of Georgia and his doctorate at the University of Kentucky. He was the forage extension specialist at Oregon State University from 1986 to 1992. He is currently the forage agronomist at Barenbrug USA. Peter's personal experience has led him to re-examine human diet and health. What he has learned doesn't agree with the advice given for the past several decades. This new understanding combined with his forage background has given him an increased passion for the key to true social, economic and ecological sustainability—ruminant animal production systems-—the source of butter, red meat and cheese! Peter has spoken at many different events in the U.S. and internationally. Many of his presentations are available on YouTube (bit.ly/2JJDJpE). He blogs at "Grass Based Health" (bit.ly/2XaRdxv) and Facebook (bit.ly/2wsNBes), and posts to twitter and Instagram @GrassBased. Peter and Nancy live in western Oregon with their two dogs Conor and Noni. His knowledge, enthusiasm and speaking style will provide an entertaining and informative presentation.

Please share photos and updates on social media using the hashtags:
#wisetraditions2019 #wisetraditions #wapf #realfood #ancestralwisdom

SPEAKERS

Mandy Blume

Friday 7:30–9:30 PM, Moonlight

Bloggers Panel: Making Wise Traditions Work for Your Family

A Weston Price diet is what our families need to thrive. It can prevent and often eliminate health issues of the mind and body. It tastes the BEST and well-nourished kids are easier to raise! But our kids don't always understand this, so we real food bloggers want to share tips we've learned raising our own families. We'll answer your questions on how to help get your loved ones on board so they'll appreciate these nourishing foods. Join Carrie Vitt from DeliciouslyOrganic.net, Mandy Blume, author of *Real Food Recovery,* and Kelly Moeggenborg from KellytheKitchenKop.com, as we help you get your family on track.

Sunday 2:55–3:45, Starlight II

The Powerful Simplicity of Recovering with Real Food

In this antagonistic world, it is paramount that we demonstrate with a gentle and kind resolve the incredible hope and power of eating real, properly prepared foods. After seeing tremendous success in recovering the health of our kids and foster kids, we now write the menu and volunteer at local orphanages and foster group homes. Children's health turns around quickly. The results are nothing short of phenomenal! Our goal is to document our success and encourage replication across the country. We will see effects on our prison systems, reduction of national financial costs and, most importantly, the future of our children—including 400,000 orphan children—improved.

Mandy Blume is a dedicated wife, mom of four and volunteer mom to hundreds. She is a published author, certified nutritional therapy practitioner, certified traditional foods chef with a B.S. and advanced studies from Cal Poly. She is the founder of Real Food Recovery, a 501(c)3 non-profit organization dedicated to children-at-risk. Mandy is the force behind this advocacy portal and website, which encourages families to try old remedies and to get into the kitchen for fun and simple recipes that build strong bodies. With first-hand experience seeing kids' health improve, she is devout and creative in her use of food for immune-boosting via the local farmers utilizing holistic practices. Her aim is to inspire a life full of simple fun, kindness, passion, good food and the CHOICE of good health. Mandy's passion is helping and being a voice for foster/orphan children, which she remains active contributing her expertise to children in organizations including: the Children's Home Society, Family Services in Florida and the Salvation Army.

Leslie Bobb, MPH, CIHC

Sunday 11:00–12:15, Moonlight

The Art, Science and Story of Fermentation

The ever-expanding body of scientific literature connecting the gut to the function of all other systems highlights the importance of gut health more than ever. Yet, our culture supports all the things that damage this inner ecosystem. As a nation, our health is worse than ever. Every culture throughout history has practiced fermentation. Could this be a missing piece? Fermentation is where art, science and health meet. In a world that is so disconnected and diseased, our mission is to help heal some of the spaces between us, and spaces within us, by engaging in something most of us love to do…eat. This talk will explore the history of fermentation, the ways in which modern science is supporting ancient wisdom and the art behind mastering this craft. You'll learn why you should ferment and what, exactly, that means, as well as how to get started in your own kitchen.

Leslie Bobb started her career with degrees in psychology and communications before discovering her love for food. She went on to complete certifications in nutritional therapy and brain health, as well as a master's in public health. Leslie shares her knowledge of and passion for the intersection of food and health in Richmond, Virginia, online, and everywhere she can.

Cultural Revivalists is a project born out of love for food and appreciation of traditional wisdom. Leslie and Lyndsay Gutierrez, both health coaches and food nerds, came together through a shared fascination for fermentation and ancestral health. Years of playing in the kitchen and learning about traditional food methods has brought a deep respect for the importance of connection that the food chain creates.

SPEAKERS

Natalie Campbell, MS, PT, NTP — Friday 9:00–10:15, Starlight II

The Vaccinated Versus Unvaccinated Children and the Risk of Chronic Diseases

I plan to summarize what I have learned from interviews with thirty-five families about their experience with vaccination. (Many more families were considered who did not meet my criteria.) These families all began by having their children vaccinated according to CDC recommendation. For various reasons each family decided to decrease and eventually stop vaccinating subsequent children, thereby meeting my criteria of two hundred children residing in households containing both vaccinated and completely unvaccinated children. Besides counting cases of each chronic health condition reported, I also looked for patterns in differing responses to vaccines in different families. Studying children born between the years of 1970 and 2017 gave me the opportunity to examine the health effects (or disease effects) of the changing vaccine schedules. Other topics will be a description of a pertussis epidemic among some of the families, and spouses who do not agree about vaccination. I will finish with some advice for parents who decide not to vaccinate their children.

Natalie Campbell began her education at the University of Michigan as a music major but finished with a degree in physical therapy. She has worked in many areas of physical therapy including rehabilitation, general hospital, home care and hospice. She later began studying biochemistry "for fun," which eventually turned into a master's degree in human nutrition, also from the University of Michigan. More recently she has taken post-graduate courses in pelvic physical therapy, which she hopes to combine with nutrition for pelvic problems. In 2016 she qualified as a nutritional therapy practitioner. Her nutrition career has been temporarily put on hold to complete this and one more vaccine project.

Griffin Cole, DDS, NMD — Friday 1:45–3:00, Sunset

Biologic Dentistry: Mouthful of Evidence

This entertaining presentation will show how biologic dentistry differs from conventional dentistry. Dr. Cole will discuss how the mouth provides a lot of evidence regarding one's overall systemic health. He will focus on diagnoses and treatment modalities aimed at helping the body heal, rather than traditional symptom alleviation.

Dr. Griffin Cole received his DDS from the University of Texas Health Science Center in San Antonio in 1993 and has been practicing biological dentistry since that time in Austin. He became ozone certified in 2006 and received both his board certification in naturopathic medicine and his degree in integrative biological dental nedicine in 2010 from the School of Integrative Biological Dental Medicine, where he currently serves as the practice management instructor. Dr. Cole received his Mastership in the International Academy of Oral Medicine and Toxicology (IAOMT) in 2015 and authored the Academy's fluoridation brochure and the official Scientific Review on Ozone Use in root canal therapy. He is a past president of the IAOMT and serves on the board of directors, the mentor committee, the fluoride committee, and is the fundamentals course director and meetings chairman. He has been featured on numerous radio and television programs including World News Tonight with Diane Sawyer. He has been published in four national peer-reviewed publications for his restorative and cosmetic dentistry and in 2013 became the first dentist to be published in a peer reviewed journal for his case study treatment of bisphosphonate-related ostenecrosis of the jaw utilizing ozone therapy for successful treatment of this disease. He lectures to health professionals on practice management and biological dentistry.

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SPEAKERS

Monica Corrado, MA, CNC, CGP

Friday 1:45–3:00, Moonlight

Broths and Stocks: Timeless Remedies for Vibrant Health Today

From the beginning of time, people have used bones to make nourishing stocks. Monica Corrado, teaching chef, certified GAPS (Gut and Psychology Syndrome) practitioner and member of the honorary board of the WAPF returns to teach about what it takes to make a nourishing broth or stock, from the pots and water to the types of bones and timing. Learn about the nutrient components that make stocks healing and how to achieve them. Learn what it takes to make a gelatinous stock every time. Whether you are new to cooking stock and broth, or an old hand, have your questions answered in this lively, informative cooking session.

Friday 3:45–5:00, Moonlight

Culturing Dairy for Everyone (even the Lactose-Intolerant)

Raw? Pasteurized? A1? A2? Grass-fed? Grain-fed? Vitamin A and vitamin K? Guernseys, Jerseys, Swiss Browns… *Holsteins*? Liquid milk can be hard to digest even in its most natural state: fresh from the cow, a.k.a. "raw". Pasteurized milk is *always* hard on the digestive tract. Traditional peoples worldwide have cultured their milk to make it easier to digest and to increase its nutrient content. Culturing pre-digests milk proteins (casein) and milk sugar (lactose), adds probiotics and increases live enzymes. Lactose intolerant? Enjoy yogurt, kefir and sour cream again! Throw out those calcium pills and learn how to make easily digested, bio-available cultured dairy products, including yogurt, kefir, sour cream and creme fraiche. (Culturing dairy for GAPS will also be covered.)

Monica Corrado, MA, CNC, CGP is a teaching chef, certified nutrition consultant and certified GAPS practitioner who is passionate about illuminating the connection between food and well-being. She lives to share the tools, knowledge and inspiration to cook nourishing, traditional food. On the honorary board of WAPF since its inception, Monica is a dynamic teacher, speaker, consultant and author. She's been involved in the sustainable and local food revolution for more than twenty years, forming CSAs and connecting people to farmers and real food. She has been teaching food as medicine worldwide for thirteen years after eighteen years in sustainable food sourcing and preparation, menu design and management. Over the past ten years, Monica's work has focused on the gut-brain connection. She is an authority on cooking to heal a leaky gut via the GAPS (Gut and Psychology Syndrome) nutritional protocol. Dubbed "the GAPS chef", she teaches cooking in the GAPS practitioner training with Dr. Natasha Campbell-McBride. For information about her books, charts, online courses and Cooking for Well-Being Teacher Training program, see: simplybeingwell.com Facebook: Simply Being Well: Cooking for Wellbeing.

Tom Cowan, MD

Friday 7:30–9:30 PM, Starlight I

Ask the Practitioner Panel

We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Saturday 1:45–5:15, Starlight I

Cancer and the New Biology of Water

The current model of cancer and its treatment is a failure. New discoveries about the properties of water, particularly water inside the cell, can serve as a blueprint for more successful cancer treatment and a model medicine in the 21st century.

Dr. Tom Cowan is a holistic physician in private practice in San Francisco. He is the author of *Human Heart, Cosmic Heart; The Fourfold Path to Healing*, and the co-author of *The Nourishing Traditions Book of Baby & Child Care*. He is a popular speaker at Wise Traditions conferences.

SPEAKERS

David Diamond, PhD — Saturday Banquet, Starlight Ballroom

Keynote: Dietary Sense and Nonsense in the War on Saturated Fat and Cholesterol
For the past seventy years there has been a concerted effort to demonize the saturated fat and cholesterol found in animal-derived food and tropical oils. Despite the well-established health benefits of diets rich in cholesterol and saturated fat, flawed, deceptive and biased research has created the myth that a lowfat, plant-based diet is ideal. Dr. Diamond will provide a historical perspective on how poorly-conducted epidemiological research, U.S. government intervention and misinformation conveyed by contemporary lifestyle researchers have contributed to the current state of confusion regarding dietary influences on health.

Sunday 1:30–2:45, Sunset

Demonization and Deception in Targeting Cholesterol as a Cause of Cardiovascular Disease
The reputed role of high serum cholesterol as a causal factor in coronary heart disease has been a source of controversy and debate for decades. Millions of healthy people are on statins (drugs that reduce cholesterol levels) and that number will increase considerably if current guidelines from the American College of Cardiology and the American Heart Association are followed. Despite many contradictory findings, advocates for cholesterol reduction have praised statins as "miracle drugs" which provide "the best anti-atherosclerotic insurance". However, close inspection of the clinical trial findings reveals that the apparent benefit of statins is much less impressive than clinicians and the general public have been led to believe. Dr. Diamond will discuss how biased research has created the false appearance that cholesterol causes heart disease and that statins are wonder drugs. He will describe how researchers used deceptive statistics to give the false impression that statins produce a dramatic reduction in the incidence of cardiovascular disease and mortality. He will point out that the minuscule benefits of statins are offset by their well-documented adverse effects. This talk will serve as a wake-up call for the public to learn how to optimize their diet and cardiovascular health without depending on medication.

David Diamond received his PhD in biology in 1985, with a specialization in behavioral neuroscience, from the Center for the Neurobiology of Learning and Memory at the University of California, Irvine. He was a career scientist at the Department of Veterans Affairs for thirty years and is currently a professor in the departments of psychology, molecular pharmacology and physiology at the University of South Florida, where he has directed his animal and clinical research program on post-traumatic stress disorder and traumatic brain injury. He has been funded by the VA, NIH, DoD, NSF and pharmaceutical companies in his neuroscience research, with over one hundred publications, reviews and book chapters on the brain, stress and memory. In the past decade, Dr. Diamond has expanded his research program to address cardiovascular disease, medication and nutrition research. In recent years he has added publications addressing controversial issues in heart disease, diet and cholesterol to his list of peer-reviewed medical publications. He has been invited to present his research on nutrition, diet, statins and cholesterol at numerous cardiology, obesity and diabetes conferences.

Tom DiGiuseppe, PhD — Saturday 7:30–8:15 AM, Moonlight

IT'S TIME TO RE-THINK YOUR WATER! Solutions that Provide Your Family with Safe, Clean and Great Tasting Water Throughout Your Home
Water is an important part of our health and we all want to provide our family with safe, clean drinking water. Yet hundreds of toxic chemicals are found in our drinking water. These contaminants enter our rivers, lakes and streams and ultimately end up in the water in our homes. Solutions exist for removing toxic contaminants from your water supply. Tom will describe water filtration systems that provide clean, filtered water throughout your entire home along with systems for filtering just your drinking water. For those looking to have absolutely pristine drinking water, he will describe water purification systems which incorporate technologies to purify, restructure and re-mineralize to create water as close to the way nature intended it to be.

Tom DiGiuseppe Tom has been involved in the design, testing and installation of water filtration and purification systems for both residential and commercial customers for thirty years. Early research focused on the development of chemical sensor technology for environmental monitoring, measuring contaminant levels in soil and groundwater, determination of fluid purity and ceramic membrane filtration systems. Tom has recently led an effort to design, develop and demonstrate a self-sustaining living module integrating renewable energy systems with sustainable water solutions. The demonstration module incorporates a greywater treatment system, water recycling and an advanced drinking water purification system that together minimize water usage and maintain adequate water supplies of clean, safe drinking water. Tom earned his PhD in chemical physics from Boston College. He regularly attends leading technical conferences on water and wastewater management.

SPEAKERS

Ben Edwards, MD — Friday 7:30–9:30 PM, Starlight I

Ask the Practitioner Panel

We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Sunday 9:00–10:15, Sunset

Toxic Iron and the Master Antioxidant

Iron is essential for life. However, excess iron that is not properly chaperoned is deadly as it will combine with oxygen to rust you from the inside out (a.k.a. "oxidative stress"). Oxidative stress is the common denominator of all Western disease from Alzheimer's to cancer to coronary artery disease. Because iron has been fortified into the American food supply since the 1940s and the body recycles iron very effectively with no known iron excretion pathway other than bleeding, most Americans are over-saturated with iron in their tissues. Are you really "anemic" or is the iron just stuck in the tissues? Come learn how *bioavailable copper* found most prominently in organ meats along with animal-based vitamin A (aka retinol) are essential for chaperoning iron and also essential to the master antioxidant needed to deal with this iron-induced oxidative stress.

Dr. Ben Edwards obtained his undergraduate degree from Baylor University and his medical degree from the University of Texas-Houston Medical School. He then completed his internship and family practice residency training in Waco, Texas, at the McLennan County Medical Education and Research Foundation where he was chief resident. Upon completion of his residency he moved to rural west Texas where he worked as the only physician in the county at Garza County Health Clinic in Post, Texas. After seven years of practicing conventional, rural family medicine, Dr. Edwards transitioned to an integrative-functional medicine type of practice and founded Veritas Medical in 2012. Dr. Edwards now oversees six other medical providers at three clinics in Lubbock, Abilene and San Angelo. He lives with his wife Jamie and six children in Abernathy.

Sally Fallon Morell, MA — Friday 9:00–5:15, Starlight II

Seminar on Traditional Diets (*Highly Recommended for Newcomers)*

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 today. 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.

Continued on next page

SPEAKERS

Continued from previous page

This seminar is highly recommended for both laymen and health professionals new to the work of the Weston A. Price Foundation and makes an excellent introduction to the main conference speakers.

- **Introduction to the Work of Weston A. Price and Characteristics of Healthy Diets:** Introduction to Dr. Price's work and discussion of the underlying characteristics of healthy traditional diets.
- **Know Your Fats:** Fats and oils in traditional diets. Learn about the basics of lipid biochemistry and how to choose good fats and avoid the bad.
- **How to Change Your Diet for the Better:** Practical advice for busy people including easy recipes for snacks, soups, breakfasts, desserts and enzyme-enriched beverages and condiments.

Sunday 9:00–10:15, Moonlight

Reading Labels

The shopper is faced with a bewildering number of choices at the grocery store—and even at the health food store. This talk will cover some of the main red flags on food labels for those who wish to eat as healthy a diet as possible—and also ingredients that are not labeled!

Sally Fallon Morell Sally Fallon Morell is founding president of the Weston A. Price Foundation and founder of A Campaign for Real Milk. Mrs. Fallon Morell lectures extensively around the world on issues of health and nutrition. She is a prolific writer of numerous articles and books and serves as editor of *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation. In 1996, Fallon Morell published the best-selling *Nourishing Traditions* (with the late Mary G. Enig, PhD), the cookbook that launched her career in alternative health. Visit her website at newtrendspublishing.com.

Janine Farzin

Saturday 4:00–5:15, Moonlight

Learn to Play the Organs: Liver, Brains and Tongue

You know you are supposed to be serving up organs every week, but in practice it's not happening. We'll outline common barriers to enjoying organs and how to overcome them. Focusing on the most nutrient-dense of the organs (liver, brains and tongue), we'll break down why you need more, how to prep them for cooking and share several recipes for novice and advanced cooks alike.

Janine Farzin is a Weston A. Price Foundation co-chapter leader in Chicago and can be found at offallygoodcooking.com. She has engineering degrees from UC Berkeley and MIT and is a Fulbright Fellow. After sixteen years in transportation, she is now working to start up a WAPF-inspired school and community kitchen. With four young children, she and her husband try to keep sane by drinking plenty of raw liver cocktails.

Please share photos and updates on social media using the hashtags:
#wisetraditions2019 #wisetraditions #wapf #realfood #ancestralwisdom

SPEAKERS

Andrew Gardner — Saturday 1:45–3:00, Moonlight

What's Wrong with Modern Skin Care, How Our Ancestors Cared for Their Skin and How You Can do the Same (Including the Best Way to Render Animal Fats)

Lotions, serums, creams, moisturizers, deodorants, antiperspirants, sunscreens, etc., etc. The list of products we're told to put on our skin is endless. But what's in these products? Is there more in them than what's listed on the label and is any of it good for our skin? What does common sense tell us about what we should be putting on our skin? What did our ancestors use on their skin before petroleum products, rancid industrial vegetable oils and chemically fractionated plant products? And does science back up the effectiveness of what our ancestors used? In this talk, you will learn the answers to all of these questions and have ample time to ask your own. You will also learn how to make your own ancestral skin care products, complete with a tutorial on the little-known but easiest and most effective way to render animal fats.

Little did **Andrew Gardner** know that a trip to a farm in Mexico would lead him to embark on another journey, one to discover a practical solution to the modern skin care dilemma, a solution consistent with the true principles of nutrition and health. This journey led to the discovery of what people used for skin care before the introduction of man-made chemicals as well as the science behind this traditional wisdom that had been almost completely forgotten. Due to the lack of any product on the market that fit the ideal for healthy and effective skin care, he was prompted to create a formula that he could use and share with others, a simple recipe for traditional nourishing and healing skin care, and in the process invented the term "tallow balm". He also founded the company Vintage Tradition (vintagetradition.com) where tallow balm can be obtained by those who prefer not to make their own.

Esther Gokhale — Saturday 11:00–12:15, Moonlight

The Gokhale Method: How Would Weston A. Price Have Approached Back Pain?

Weston A. Price compared people in non-industrial societies who stayed in their natural context with those who traveled to an industrial context in order to discover which dietary elements help preserve natural facial structure, dentition and more. There is a parallel lesson to be derived in body structure. By studying people in similarly non-industrial settings and comparing them with people who are transplanted into more industrial settings, we can discern some key principles that help perpetuate musculoskeletal health. From ancient Indian villagers and artisans to modern-day African cement factory workers, from generations of Dutch cheesemakers to high-tech employees in Silicon Valley, Price's insights hold true today and reveal that, just because people comes from a non-industrialized culture, they are not exempt from back pain. In Africa, whereas there is evidence in the medical literature of low incidence of back pain in some cultures, in modern times and in industrialized settings these statistics point to higher rates than modern Western societies suffer. What changed? What are the shifts that bring this about? How can we recover best practices from ancestral populations, so that we can, in spite of industrialization, continue to enjoy the high levels of physical function our ancestors did?

Esther Gokhale (GO-clay) is the creator of the Gokhale Method, an ecosystem of posture and movement education, products and community to help people live pain-free lives. As a girl growing up in India, she helped her mother, a nurse, treat abandoned babies waiting to be adopted. This early interest in healing led her to study biochemistry at Harvard and Princeton and later acupuncture at the San Francisco School of Oriental Medicine. After experiencing crippling back pain during her first pregnancy and unsuccessful back surgery, Esther began a lifelong crusade to vanquish back pain. Her studies at the Aplomb Institute in Paris and years of research in non-industrial cultures led her to develop the Gokhale Method. Her method has been featured in many publications, including *The New York Times*, which called her "the posture guru of Silicon Valley." She sees her mission as reeducating people to help them eradicate pain. Gokhale's book, *8 Steps to a Pain-Free Back*, has sold over 150,000 copies and has been translated into ten languages. She has taught at corporations such as Google, IDEO and Facebook and has lectured at TEDx(Stanford), Ancestral Health Symposium, Wise Traditions and PrimalCon. She lives on the Stanford University campus, where she raised three children with her husband Brian White, a professor in the math department.

SPEAKERS

Lyndsay Gutierrez, MIH, CIHC — Sunday 11:00–12:15, Moonlight

The Art, Science and Story of Fermentation

The ever-expanding body of scientific literature connecting the gut to the function of all other systems highlights the importance of gut health more than ever. Yet, our culture supports all the things that damage this inner ecosystem. As a nation, our health is worse than ever. Every culture throughout history has practiced fermentation, could this be a missing piece? Fermentation is where art, science and health meet. In a world that is so disconnected and dis-eased, our mission is to help heal some of the spaces between us, and spaces within us, by engaging in something most of us love to do…eat. This talk will explore the history of fermentation, the ways in which modern science is supporting ancient wisdom and the art behind mastering this craft. You'll learn why you should ferment and what, exactly, that means, as well as how to get started in your own kitchen.

Lyndsay Gutierrez spent nine years in the Navy traveling and eating around the world, then came home and completed degrees in health and wellness, culinary arts and a Master's in nutrition and integrative health. Lyndsay shares her passion and down to earth approach to food, farming, cooking, health, nutrition and fermentation at Pizazz in Great Falls, Montana, online and around the world. She partners with Leslie Bobb in the Cultural Revivalists project.

Anthony Jay, PhD — Friday 9:00–12:15, Moonlight

Artificial (Estrogen) Intelligence

Every single day, most people are exposed to a number of artificial estrogen chemicals. These never-before-found-in-nature chemicals disrupt natural sex hormones and drive a number of rising health problems, even inheritable health problems. Furthermore, these chemicals are additive because the body perceives them as the same thing. What these specific chemicals are, what they do to our health and how to avoid them will all be discussed.

Friday 7:30–9:30 PM, Starlight I

Ask the Practitioner Panel

We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Saturday 11:00–12:15, Sunset

Straight-Shooting Stem Cells

What is the science behind injecting someone else's stem cells into your body and how can you upgrade your own stem cells without injections? Why did the FDA recently restrict stem cell use in the U.S. even while more professional athletes than ever are leaving the country to get injections? These are the topics discussed by an insider who has worked with and studied human stem cells at the Mayo Clinic.

Anthony G. Jay has a PhD in biochemistry and researches stem cells and epigenetics at the Mayo Clinic in Rochester, Minnesota. He is also the president of AJ Consulting Company which provides personalized diet, sleep and training programs based on DNA. Dr. Jay is the author of a bestselling book on artificial estrogen chemicals and is an expert on hormones, fats and cholesterol. His book is called *Estrogeneration: How Estrogenics Are Making You Fat, Sick, and Infertile*.

SPEAKERS

Kiran Krishnan — Sunday 11:00-12:15, Sunset

Healing Leaky Gut

Over a decade worth of microbiome research has revealed a clear pathology to leaky gut and intestinal barrier function. The research has also described the fundamental dysfunctions in the standard American gut that leads to severe leaky gut and ultimately to chronic disease. It is surprising that conditions as varied as gastroesophageal reflux, clinical depression, diabetes, autoimmune disease, obesity and even cancers have the same cause driving the risk and development of the disease despite these conditions showing up in such different ways. As we come to understand the standard and common dysfunctions of the microbiome and the intestinal lining, we can begin to repair and rebuild our most vital system. Intelligent modulation of the microbiota, the rebuilding of the mucosal structures and reestablishment of the tight-junctions will play a significant role in truly effective therapeutics to address the vast majority of chronic conditions. Kiran will discuss the most common pathology of leaky gut that is driven by dysbiosis. He will also cover the origin of chronic illness in this modern age and discuss practical ways to repair and reestablish a healthy microbiome and a gut barrier system.

Kiran Krishnan is a research microbiologist whose focus is the human microbiome and wellness. With particular expertise in the newest frontier in microbiology, gut commensal spore bacteria, Krishnan is a frequent lecturer largely to medical audiences but also as an expert guest on live radio and podcasts. Coming from a strict research background in the fields of molecular medicine and microbiology, Krishnan has conducted over thirty clinical studies using spore bacillus strains. In addition to a leaky gut study published in 2017 (justthrivehealth.com/blogs/blog/groundbreaking-study-on-healing-leaky-gut-with-the-strains-used-in-just-thrive-probiotic) showing a 42% reduction of gut enteropathy (disease) within thirty days, his other studies have examined reversing glyphosate damage in the gut, irritable bowel syndrome, weight loss, periodontal disease, rheumatoid arthritis, liver disease, the vaginal microbiome, etc. Based on his own clinical trials, Krishnan estimates that 80-90% of Americans have a chronic overgrowth of pathogens in their intestines and leaky gut.

Neil Z. Miller — Friday 1:45-5:00, Starlight I

Miller's Review of Critical Vaccine Studies: Important Scientific Papers Summarized

Primum non nocere is Latin for "First, do no harm," one of the guiding principles of medical care. Yet there is a large body of scientific evidence confirming numerous vaccine safety deficits that counteract well-publicized benefits. For example, several peer-reviewed studies show that mercury and aluminum in vaccines can cause neurological, immunological and developmental harm. Other studies show that childhood vaccines are associated with an increased risk of cancer, allergies, seizures, bleeding disorders, and type 1 diabetes. Many people sincerely believe that all vaccines are safe, adverse reactions are rare, and no peer-reviewed scientific studies exist showing that vaccines can cause harm. In this presentation, conference attendees will learn the other side of the story that is not commonly told. For example, scientific papers published in prestigious, high-impact medical journals show that: a history of measles and mumps is protective against fatal heart attacks and strokes; the pertussis vaccine caused virulent vaccine-resistant strains of pertussis to emerge; chickenpox vaccines reduced cases of chickenpox but increased shingles cases; children have an increased risk of requiring emergency care after receiving MMR; vaccinated people can spread disease, making "herd immunity" an unrealistic goal; parents who reject vaccines for their children are highly educated.

Neil Z. Miller is a medical research journalist and the director of the *Thinktwice Global Vaccine Institute* (thinktwice.com). He has devoted the past thirty years to educating parents and health practitioners about vaccines, encouraging informed consent and non-mandatory laws. He is the author of several articles, studies and books on vaccines, including *Miller's Review of Critical Vaccine Studies* (vacbook.com), *Vaccine Safety Manual for Concerned Families and Health Practitioners* (updated 2nd edition), and *Vaccines, Are They Really Safe and Effective?* He has lectured for the International Chiropractic Pediatric Association, the International College of Integrative Medicine, the Hahnemann Academy of North America and the Culture of Life Institute. Mr. Miller has a degree in psychology and is a member of Mensa.

SPEAKERS

Kelly Moeggenborg — Friday 7:30-9:30 PM, Moonlight

Bloggers Panel: Making Wise Traditions Work for Your Family

A Weston Price diet is what our families need to thrive. It can prevent and often eliminate health issues of the mind and body. It tastes the BEST and well-nourished kids are easier to raise! But our kids don't always understand this, so we real food bloggers want to share tips we've learned raising our own families. We'll answer your questions on how to help get your loved ones on board so they'll appreciate these nourishing foods. Join Carrie Vitt from DeliciouslyOrganic.net, Mandy Blume, author of *Real Food Recovery,* and Kelly Moeggenborg from KellytheKitchenKop.com, as we help you get your family on track.

Kelly Moeggenborg has passionately researched how to eat better and live naturally since 2004 when she discovered the Weston A. Price Foundation and was shocked to learn the truth about the food we eat and the conventional medical options available to us. Back then everything was confusing and it was a big information overload. So she started writing in 2007 to offer simple, clear help and empower you to nourish your family well, feel better naturally and raise healthy kids without going crazy in the process. Kelly lives in a small town near Grand Rapids, Michigan and is a wife, a homeschooling mom of four, a blogger at KellytheKitchenKop.com and author of the book *Real Food for Rookies*, which was given a "thumbs up" by Sally Fallon Morell in the *Wise Traditions* journal.

Becky Plotner, ND — Friday 9:00-12:15, Starlight I

GAPS, Stage by Stage

GAPS, Stage by Stage will cover the reasons why we do each GAPS foods at each stage, laying out the protocol in an easy-to-follow manner. GAPS is all about reducing inflammation so the body begins to speak to you, telling you what to do. When you support the body properly, it can repair itself. When we miss these signs, it can prolong the journey.

Friday 7:30-9:30 PM, Starlight I

Ask the Practitioner Panel

We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Becky Plotner is a board-certified naturopathic doctor, through the American Naturopathic Certification Board. She is a traditional naturopath, a certified GAPS practitioner and doctor of pastoral sciences. She is a practitioner classified as literate in Lyme and literate in iodine. She is the owner and writer for Nourishing Plot and GAPS Protocol Help. She serves on Dr. Natasha Campbell-McBride's GAPS board of directors and just wrote the book *GAPS, Stage by Stage, With Recipes*, with ample guidance and direction from Dr. Campbell-McBride as well as the book *Food Probiotics vs Commercial Probiotics*. Plotner studied parasitology through Duke University, Duke Global Health Institute, through Kilimanjaro Christian Medical University College and continues to study iridology through Ellen Tart-Jensen. In 2017, Dr. Campbell-McBride chose Plotner to be her "GAPS Expert". She trains certified GAPS practitioners and GAPS coaches on the GAPS protocol. Plotner sees people in her north Georgia office, as well as online. Due to GAPS, her son has recovered from autism, ADHD, hypoglycemia and dyslexia and she has recovered from IBS, POTS, PCOS, cancer, stage two spinal degeneration, stage four adrenal fatigue, Lyme disease, hypothyroidism, Hashimoto's, heavy metal poisoning, carpal tunnel, fibromyalgia, chronic H. pylori infection, systemic candida and eczema.

SPEAKERS

Elizabeth Plourde, PhD, CLS, NCMP — Friday 1:45-3:00, Starlight II

Surviving the 5G Never Encountered by Our Ancestors

In recent years, there has been a rampant escalation of wireless technologies throughout the world, especially in affluent countries. Led to believe that their lives will be easier and more convenient, people have incorporated these radiation-emitting devices into their lives without understanding how the effects of EMF radiations are cumulative—the same as nuclear radiations. The EMF sensitivity symptoms take longer to show up, and are symptoms that are commonly found in many diseases, therefore the wireless radiations are not being investigated as the cause of the distress, cancers and the accelerated aging that many are experiencing today. This presentation will cover the many symptoms that EMF radiations cause, along with the biochemical explanations for the symptoms. It also includes a detailed action guide that will assist participants in reducing EMF exposures, as well as guidelines for food that protects and repairs EMF damage, which will increase the efficacy of any treatment program they have incorporated to improve their health and well-being. These actions are even more imperative today due to the roll-out of 5G, which requires a multitude of small-cell antennas placed closer to our homes and businesses.

Elizabeth Plourde, PhD, is a clinical laboratory scientist and NAMS certified menopause practitioner. Her education has been augmented by invaluable experience while working with cutting-edge medical research laboratories for two decades. Applying this knowledge and background, her research has been devoted to hormone interactions, toxins that interfere with their balance, and most recently to the cellular disruptions of electromagnetic radiations that affect the body's ecosystem.Dr. Plourde's independent research provides simple common sense answers to avoiding or clearing up the disease states that have become accepted as normal when the conditions are just a matter of the proper knowledge of how to prevent them. Her goal is that everyone maintains a greater quality of life and obtain life-long vibrant health and vitality. Her twenty-five years of research and expertise in the field of health have resulted in her appearances on *ABC's 20/20*, *Berman & Berman: For Women Only*, *Good Morning America*, *The Gary Null Show*, and numerous network news and radio shows. She is the author of *EMF Freedom: Solutions for the 21st Century Pollution; Sunscreens – Biohazard: Treat As Hazardous Waste; Hysterectomy: The Best or Worst Thing that Ever Happened to Me?;* and, *Your Guide to Hysterectomy, Ovary Removal & Hormone Replacement.*

Bob Quinn — Friday 3:45-5:00, Starlight II

What Have We Done to Wheat and How Can We Fix It

For thousands of years wheat has been known as "the staff of life" and was the foundation of some of the greatest civilizations known to man, the Egyptians, the Babylonians, the Greeks, the Romans, the Europeans and now the North Americans. However, this has changed suddenly over the past seventy years and today we have up to 20% of the U.S. population who can no longer tolerate eating wheat and another 20% who occasionally dabble with wheat-free/gluten-free diets. The staff of life is broken. What has happened to cause these serious problems and what can be done to mend the staff of life and restore wheat to the center of a healthy diet as was the case for so many thousands of years? This presentation will explore where we have gone wrong with our wheat starting with modern industrial production systems on the farm and increasing efficiency in processing at both the mill and the bakery. In addition, wheat plant breeders are changing wheat to be more suitable for these modern industrialized systems. All of these changes have been in the name of high production and low cost so that we can be assured of abundant cheap food. We now see that this cheap food has a very high cost. The price is not paid at the checkout counter. Many are already demonstrating what can be done to reverse the damage done. The presentation will be focused more on solutions than the problem.

Robert "Bob" Quinn—the 2007 recipient of the Montana Organic Association Lifetime of Service Award—is a progressive leader in promoting organic and sustainable agriculture throughout Montana and the rest of the world. The Organic Trade Association awarded Bob the 2010 Organic Leadership Award for his contributions in the "Growing Organic Agriculture" category and in 2013, he received the Rodale Institute's Organic Pioneer Award. In 1986, Bob's company

Continued on next page

SPEAKERS

Continued from previous page

Montana Flour & Grains introduced the natural food industry to an ancient Egyptian wheat, called khorasan (similar to durum wheat). This grain was marketed under his own brand name, KAMUT (the ancient Egyptian word for wheat). Through the trademark, Bob has been able to preserve an ancient grain and guarantee it is not genetically modified or altered. KAMUT brand khorasan wheat is grown under strict production guidelines and is exclusively grown organically. On a mission to educate and farm eco-consciously, Bob is studying dryland vegetable production and a project designed to grow and process enough straight vegetable oil (SVO) on his farm to run all the farm's tractors and combines. He also promotes food production systems based on producing high nutrition and quality rather than high yields. For Bob, experimenting with crops is the most enjoyable part of farming. He studied to be a plant scientist, his first love is growing plants and his whole farm is his laboratory. His love of the land continues to fuel his desire to change the agricultural landscape of America—one grain at a time.

Karen Randall, FAAEM — Saturday 11:00-12:15, Sunset

Cannabis – The Basics and Beyond

Karen Randall will offer a discussion of the basic science of cannabis. It will include a brief discussion about plant basics and how current cannabis has changed. Additionally, she will cover the medical harms being seen with chronic and acute THC use. CBD use has drastically increased across the country, but is the product on the shelf really safe? What are the harms? What are the potential benefits?

Karen Randall, DO, FAAEM, is trained in emergency medicine, pediatrics and family medicine. She has a certificate in cannabis science and medicine from the University of Vermont School of Medicine. Dr. Randall spent twenty years teaching emergency medicine at Henry Ford Hospital in Detroit and was selected as teacher of the year multiple times. She moved to Pueblo, Colorado in 2013 and is the vice president of case management and serves as chairman of the board for the Southern Colorado Emergency Medicine Associates (SCEMA).

Will Schlinsog, DC — Sunday 7:30-8:15 AM, Moonlight

Vitamin K2 MK-4 (Activator X): For the Treatment and Prevention of Physical Degeneration

Dr. Will Schlinsog will be sharing the latest news and research about Walkabout emu oil, the highest food source of naturally occurring vitamin K2 MK-4, Dr. Price's Activator X.

Dr. Will Schlinsog is a board certified doctor of chiropractic in Wisconsin and California. He completed his pre-chiropractic education at the University of Wisconsin and went on to attain his doctor of chiropractic degree from Logan College of Chiropractic now known as Logan University in Chesterfield, Missouri. He has been in practice for thirty-three years and maintains a private practice in Marshfield, Wisconsin. He will be sharing the latest news and research about Walkabout Emu Oil, the highest food source of naturally occurring vitamin K2 MK-4, Dr. Price's Activator X.

SPEAKERS

Pam Schoenfeld, RD

Friday 7:30-9:30 PM, Starlight I

Ask the Practitioner Panel

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Saturday 1:45-3:00, Sunset

Vitamin A-mazing!

Vitamin A deficiency has been considered a Third World problem. It is becoming clear that this is no longer the case. A high percentage of individuals in developed nations are at risk for vitamin A deficiency, both because they consume almost no good sources of animal-based vitamin A and, because of gene and other biological differences. Their bodies cannot adequately convert the carotenoids in plant foods to physiologically-essential vitamin A or retinol. As a licensed dietitian-nutritionist, Pam sees vitamin A deficiency daily in her practice. She is often the first person on the medical care team to recognize and address it. She sees amazing results when the deficiency is corrected. Pam will discuss the myriad of essential functions that vitamin A serves and the problems that can arise when intake is deficient. Pam will present recent discoveries showing that vitamin A is required for cognitive function, energy production, hormonal balance and successful reproduction. While all ages are affected by vitamin A deficiency, during pregnancy and childhood the deleterious effects can be permanent. You will learn which foods provide vitamin A and how much to consume, why traditional diets are naturally rich in vitamin A, and what to do if you are not regularly consuming liver—the best dietary source of vitamin A. With so much focus on the fat-soluble vitamins D and K2, it is time that vitamin A once again had its moment in the sun!

Pamela Schoenfeld is a registered dietitian-nutritionist whose practice in Raleigh, North Carolina, focuses on the nutritional needs of women and their families. She credits the information from the Weston A. Price Foundation for restoring her own health and giving her the energy to return to school to become a dietitian at the age of fifty. She firmly believes this was in part due to her resuming the consumption of liver and other high-vitamin A foods, foods she enjoyed while growing up. Currently a member of the board of directors, she has represented the Weston A. Price Foundation via written and oral commentary to the United States government regarding the critical deficits in the dietary guidelines for Americans and the FDA food labeling requirements, both of which have the contributed to the simultaneous epidemics of malnutrition and obesity in the U.S. and across the globe. She has been a frequent presenter at Wise Traditions conferences with topics including polycystic ovary syndrome and senior malnutrition. She is the author of several articles for the journal *Wise Traditions* including "The Scarlet Nutrient: The Unfair Stigmatization of Vitamin A during Pregnancy." She embraces a common-sense approach to food and nutrition and is not afraid to question the dietary dogma that unfortunately all too often governs her profession. Finally, she is the author of the book, *The Collagen Diet*, where she weaves the traditional wisdom of nose-to-tail eating into the scientific basis of consuming collagen protein.

Stephanie Seneff, PhD

Friday 9:00–12:15, Starlight I

Glyphosate: The Rattlesnake in the Corn Fields

Glyphosate is the active ingredient in the pervasive herbicide Roundup. Although it kills all plants except those that have been engineered to resist it, it is considered to be practically nontoxic to humans. By contrast, Dr. Seneff's extensive research leads her to conclude that it is the most dangerous chemical in our environment today. Its toxicity has eluded scientific proof for many decades because it is a slow kill, such that it becomes difficult to connect the dots between exposure and disease states. Seneff will provide strong evidence from the research literature that glyphosate is insidiously, cumulatively toxic through a unique

Continued on next page

SPEAKERS

Continued from previous page

mechanism involving substitution by mistake for the coding amino acid glycine during protein synthesis. This has widespread consequences and, in particular, can easily explain the correlations we are seeing between glyphosate usage on core crops and the rise in a long list of debilitating autoimmune, metabolic, neurological and oncological diseases. In addition to explaining the amazing chemistry behind glyphosate's path to destruction, she will also provide advice on how to protect yourself from glyphosate exposure and how to detox it.

Dr. Stephanie Seneff is a senior research scientist at MIT's Computer Science and Artificial Intelligence Laboratory in Cambridge, Massachusetts. She has a BS degree from MIT in biology and MS, EE and PhD degrees from MIT in electrical engineering and computer science. She has published two hundred peer-reviewed papers in scientific journals and conference proceedings. Her recent interests have focused on the role of toxic chemicals and micronutrient deficiencies in health and disease, with a special emphasis on the pervasive herbicide Roundup and the mineral sulfur. She has authored over thirty peer-reviewed journal papers over the past few years on these topics, and has delivered numerous slide presentations around the world.

Jeffrey Smith — Friday 7:30-9:30 PM, Starlight II

Secret Ingredients Movie

While the debate rages on about GMOs and pesticides, this powerful film by Amy Hart and Jeffrey Smith, shares remarkable stories of people who regain their health after discovering the secret ingredients in their food and making a bold commitment to avoid them. The secret ingredients in our food may be a leading driver of our obesity, infertility, cancer, digestive problems, autism, brain fog, skin conditions, gluten sensitivity, allergies, fatigue, anxiety and many other conditions. Meet more than a dozen people who have turned around serious health conditions after adopting a diet that avoids genetically modified organisms (GMOs) and food sprayed with toxic herbicides like Roundup. Learn from leading physicians who say that these improvements are not coincidences. They see illness and recovery like this daily in their practice. Learn for scientists who explain why. Trailer: secretingredientsmovie.com/

Jeffrey Smith is the leading consumer advocate promoting healthier non-GMO choices, Jeffrey Smith was named the 2017 "Person of the Year" by *Masters of Health* Magazine. For more than two decades, his research has exposed how biotech companies mislead policy makers and the public, and put the health of society and environment at risk. Mr. Smith's feature-length award-winning documentary *Genetic Roulette—The Gamble of Our Lives* links genetically engineered food to toxic and allergic reactions, infertility, digestive disorders and other numerous problems. He and Amy Hart released *Secret Ingredients* in 2018. Mr. Smith's books, *Seeds of Deception*—the world's bestseller on GMOs—and *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*, demonstrate that the safety assessments by the FDA and regulators worldwide are based on outdated science and false assumptions, and tell why genetically engineered foods must become our top food safety priority. Mr. Smith has lectured in forty-five countries, counseled leaders from every continent, appears regularly on influential radio and television programs and has been quoted by thousands of news outlets. He is the founding executive director of The Institute for Responsible Technology (IRT), a leading source of GMO health risk information for consumers, policy makers and healthcare professionals. IRT's educational programs are driving the tipping point of consumer rejection against GMOs, which is already starting to push genetically engineered ingredients out of the market in the U.S.

Joseph Tarantolo, MD — Saturday 4:00-5:15, Sunset

Not by Bread Alone Doth Man Live, Even if it's Sourdough: A Critique of Antidepressants and the Medical Model in Psychiatry

Dr. Tarantolo will explore the pharmaceutical industry's strangulation of psychiatry and the medicalization of life's normal struggles. What is an "expert"? Can we trust clinical literature? So you want to go into psychotherapy. Will it break your heart?

Dr. Joseph Tarantolo, MD, an existential psychiatrist, has been in private practice on Capitol Hill in Washington, DC, for forty years. He does intensive psychotherapy and has helped many patients come off of psychotropic drugs. He consulted and makes an appearance in the movie *Thank You for Your Service*, a film about the moral injury of battle-scarred soldiers. He published: *Primum Nocere (First to Harm)…Why Psychiatrists Promote Dangerous, Harmful and Ineffectual Necroleptic Drugs*.

SPEAKERS

Jerry Tennant, MD — Sunday 9:00-3:45, Starlight II

Healing is Voltage, Parts I, II, III

Every organ in the body has its own battery pack to provide the -25 millivolts cells need to function and the -50 millivolts to make new cells when the old ones wear out or get damaged. Chronic disease only occurs when you lose the ability to make new cells that work. Our muscles are rechargeable batteries stacked one on top of each other in a specific order to form a battery pack. A stack of muscle batteries is what has been called an acupuncture meridian. Thus, chronic disease occurs when one or more of your battery packs won't hold a charge. That leads us to the question, "Why won't it hold a charge?" There are five reasons we have identified as to why a battery pack won't hold a charge: not enough thyroid hormone, scars, dental infections, emotions and toxins. When the body has the voltage and the nutrients to make new cells, the body remembers how to heal itself. We will discuss each of these.

Two associates who are experts in emotional release and toxins will assist in talks. Dr. Amy Marshall will assist Dr. Tennant in the second lecture on Tennant Scalar Emotional Tuning and Dr. Chase Faldmo will assist in the third lecture on cancelling toxins with scalar energy.

Jerry Tennant, MD, MD(H), PScD, was trained as an ophthalmologist/ophthalmic plastic surgeon. While doing research for the LASIK procedure, he inhaled viruses and developed encephalitis. He spent seven years in bed, sleeping about sixteen hours a day. When medicine could not help him, he began to look for additional answers, only to realize that everything in the universe is first based in physics, not chemistry. He began to unravel the role of voltage in health and disease and over the past twenty years has developed a system that defines the battery packs, wiring system and electronic subsystems that make every cell in the body function. Every cell in the body is designed to run at -25 millivolts but requires -50 millivolts to make new cells when the old ones wear out or become injured. Chronic disease only occurs when you lose the ability to make new cells that work, and thus all chronic disease is characterized by lacking adequate voltage in that organ's battery packs (acupuncture meridians). Dr. Tennant is believed by many to be the leading expert on the role of voltage in health and disease and will teach how to measure it and correct it so the body can repair itself.

Carrie Vitt — Friday 7:30-9:30 PM, Moonlight

Bloggers Panel: Making Wise Traditions Work for Your Family

A Weston Price diet is what our families need to thrive. It can prevent and often eliminate health issues of the mind and body. It tastes the BEST and well-nourished kids are easier to raise! But our kids don't always understand this, so we real food bloggers want to share tips we've learned raising our own families. We'll answer your questions on how to help get your loved ones on board so they'll appreciate these nourishing foods. Join Carrie Vitt from DeliciouslyOrganic.net, Mandy Blume, author of *Real Food Recovery,* and Kelly Moeggenborg from KellytheKitchenKop.com, as we help you get your family on track.

Carrie Vitt is a nutritional therapy practitioner at Biodynamic Wellness and treating especially those struggling with thyroid disease and other autoimmune issues. Carrie personally struggled with health issues for years, but after turning to an unprocessed grain-free diet, a variety of detox therapies and addressing the root cause of heavy metal toxicity, she helped herself and her family overcome several problems: Hashimoto's disease, severe asthma, eczema, IBS and migraines. Carrie is the author of the successful health and cooking blog, DeliciouslyOrganic.net, and the two cookbooks, *Deliciously Organic* and *The Grain-Free Family Table*.

SPEAKERS

Timothy Weeks, DC — Friday 3:45-5:00, Sunset

Whole Body Health Tests: Simple Tests to Determine Your Current Level of Health and Strategies for Resetting It

Many people spend thousands of dollars trying to name their dysfunction or disease. Often, this name does little in helping you know the most basic questions - WHAT'S WRONG and HOW DO YOU FIX IT? Dr. Timothy Weeks uses and teaches simple tests to determine overall health and functionality of the various systems of the body. By listening to the subtle language of the body and doing the tests he will teach, you can empower yourself and supercharge your healing. Systems he teaches tests for: cellular function and nutritional reserves; digestive function; endocrine function—adrenal, thyroid, hormone levels; oxygen function and aerobic fitness; and food allergies and sensitivities.

Dr. Timothy Weeks has run his practice, Whole Body Health, in Medina, Ohio, since 2004. He holds a B.S. in human biology and a doctorate in chiropractic from Logan University. He is board-certified and licensed in the state of Ohio. Dr. Tim is a sixth-generation physician and his family has been practicing medicine since before the Civil War. From this extensive family tradition, he has learned many time-tested health techniques to healing. He has also received thousands of hours of training in applied kinesiology and nutrition. He prides himself in working with difficult cases and finding solutions in multi-disciplinary actions and has given over four hundred thousand treatments in his career. In 2018 his book *Whole Body Health* was published and he has since traveled the world extensively speaking, holding retreats and consulting.

Louisa Williams, MS, DC, ND — Sunday 9:00-10:15, Starlight I

The New Homeopathic Sensation Method

At the turn of this century a group of doctors in India developed a new homeopathic constitutional system they termed the "Sensation Method." This new revolutionary technique in homeopathic case-taking is so effective that it has been called "The greatest thing since Hahnemann!" During her talk Dr. Williams will explain the difference between acute and constitutional homeopathy, and why the new Sensation Method—that is geared toward revealing the unconscious mind's negatively-oriented patterning—has been so successful. Wise Tradition participants should come away with a clearer understanding of how a carefully-chosen plant, animal or mineral homeopathic remedy is most accurately chosen, and why it is so essential in healing our often difficult-to-cure chronic symptoms.

Louisa Williams, MS, DC, ND, practices naturopathic medicine in Austin, Texas, and is the author of the book *Radical Medicine*. The word radical means "going to the root or origin, and pertaining to that which is fundamental and thorough." Dr. Williams practices according to this "radical medicine" philosophy by addressing such core issues as heavy metal and petrochemical detoxification (mercury amalgam fillings, toxic cosmetics, etc.); clearing dental, tonsil, sinus and other focal infections; treating scar interference fields; identifying significant malocclusions ("bad bites"); and uncovering major hidden food sensitivities. With Dr. Dietrich Klinghardt, Dr. Williams co-developed Neural Kinesiology (now ART), and has originated her current energetic testing method, Matrix Reflex Testing. MRT measures the most highly sensitive indicator of function (or dysfunction) in the body—the state of the fascial-matrix connective tissue. It is an easy-to-learn and a very accurate energetic testing method for attaining more specific diagnoses and more effective treatments. She is currently launching her new herbal company, Radical Botanicals: Sprouted, Fermented and Detoxified Phytoembryotherapy, which are both gentle and potent remedies, and exceptionally bioavailable in the body.

Please share photos and updates on social media using the hashtags:

#wisetraditions2019 #wisetraditions #wapf #realfood #ancestralwisdom

SPEAKERS

Lindsea Willon, MS, NTP — Sunday 1:30-2:45, Moonlight

Sports Nutrition: How to Optimize Performance at Any Level

Whether you are a seasoned competitor, a weekend warrior, a casual gym-goer or a practitioner working with athletes, there is something for you in this sports nutrition seminar. Nutritionist and exercise physiologist, Lindsea Willon, will first detail the different fuel systems used during various activities and the nutrients required to maximize their output. Then she will discuss how to support the modern athlete holistically using traditional foods and nutritional therapy to reduce injury and optimize performance. You will walk away from this seminar with simple and effective strategies to up your game, no matter what level of field you play on.

Lindsea Willon was influenced by the work of Dr. Weston A. Price from a young age and experienced the benefits of a nourishing, traditional diet first hand. The gap between conventional teaching and traditional wisdom sparked her curiosity and led her to pursue a degree in nutritional sciences from the University of California, Berkeley. She then earned her certification as a nutritional therapy practitioner and began work on her master's degree in kinesiology. While at California State University Northridge, Lindsea led biochemical research on the effects of diet and exercise on inflammation and insulin resistance and completed her program with a focus on exercise physiology. After finishing graduate school, she began her own practice and has since joined the experienced team at Biodynamic Wellness in Salano Beach, California.

Will Winter, DVM — Monday 7:00 AM–6:00 PM, Meet in hotel lobby

13th Annual GUIDED FARM VISIT

Why a guided farm visit?

When evaluating a farm, it is important to know what to look for, what to ask and what really matters. This professionally guided farm visit enables informed eaters and food activists to learn these things. Farmers and ranchers accompany us as well! We all enjoy the opportunity to have rich connections as well as the chance to learn from and appreciate more the successful farmers and others who devote their lives to producing nutrient-dense food.

With our professional guide, Will Winter, we will travel by bus north of Allen, Texas to visit the following farms and have lunch:

Prairie Farmstead – 4617 Farmington Rd, Sherman, TX 75092
100% grass-fed, grass-finished beef cattle and pastured eggs
Prairie Farmstead is owned by a young family producing chicken eggs and 100% grass-fed, grass-finished cattle on chemical-free pasture. Their chickens are fed certified non-GMO feed and their beef herd never receive any hormones or unnecessary medications.

N&P Farm and Dairy – 713 CR 610, Farmersville, Texas 75442 collincountyguide.com/NandPFarmandDairyLLC.html
Cow and goat dairy
N&P is a ten-acre, micro dairy with three milk cows and thirty milk goats. Licensed by the state of Texas to sell Grade A raw milk. They make yogurts, buttermilk, kefir and many other products.

Lunch by: Patina Green Home and Market, McKinney, Texas; (972) 548-9141, PatinaGreenHomeAndMarket.com

Cartermere Farms – 3436 County Road 134, Celina, Texas 75009 Cartermerefarms.com
Eggs, chicken, lamb and vegetables
Cartermere is a family-owned and operated farm sitting on 300 acres of land anchored by a 38-acre lake. They grow a wide variety of vegetables as well as harvest native fruits and nuts which grow on the property. They produce pastured poultry and fresh eggs year-round and grass-fed lamb seasonally.

Dessert by: Bon Appetit Y'all, Old Quail Run Farm (903) 820-1260, oldquailrunfarm.com

Continued on next page

SPEAKERS

Continued from previous page

Will Winter, DVM, is a livestock nutritionist and holistic herd health consultant. He is the inspector for the American Grassfed Association, and consults for Grassfarmer Supply out of Becker, Minneapolis. He sponsors pastured pork production, as well as invasive weed eradication utilizing hair sheep and meat goats. He operates The Uptown Locavore, a private buying club for raw dairy and local sustainable food in Minneapolis. He is also a writer for several eco-agriculture magazines and websites such as AcresUSA and Stockman Grassfarmer Magazine. Find him at (612) 756-1232, willwinter.com, practicallivestocksolutions.com, grassfarmersupply.com or willwinterdvm@gmail.com.

Nasha Winters, ND, FABNO, LAc, Dipl.OM — Friday 7:30-9:30 PM, Starlight I

Ask the Practitioner Panel

We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Sunday 11:00-12:15, Starlight I

Healing with Hunger: Practical Application of Intermittent Fasting

A discussion on when and how to incorporate the ancient healing power of fasting in modern times to increase longevity and treat and prevent chronic illness.

Dr. Nasha Winters is a sought-after luminary and a global healthcare authority in integrative cancer research and consults with physicians around the world. She bridges ancient therapies with advances in modern medicine. Winters consults with prestigious cancer centers in the U.S. on projects such as developing the clinical protocol for the current FDA-approved clinical trial using intravenous application of Viscum Album Extract (mistletoe) to treat advanced cancer, hyperthermia, cannabis, ketogenic diet, IV Vitamin C and more. She has taught hundreds of professionals the clinical use of mistletoe and has created educational programs for both healthcare institutions and the public on incorporating vetted integrative therapies in cancer care. Dr. Nasha is co-author of the bestselling book *The Metabolic Approach to Cancer* which has received many accolades. She is also completing a book on therapeutic diets for cancer with her co-author Jess Higgins Kelley, MNT and is a contributor to a book on mistletoe highlighting clinical applications around the world. In addition to her publications, Dr. Nasha is an engaging speaker bringing passion, heart and soul to her audience. She has a variety of interviews and podcasts available on her website, drnasha.com.

A personal journey with cancer, overseeing the care of tens of thousands of patients worldwide, training practitioners in her methodology, speaking at medical conferences globally and sharing her wisdom and wit with dozens of podcasters underscores her passion and purpose to be a beacon of hope. Dr. Nasha is on a mission to educate and empower the nearly fifty percent of the population expected to have cancer in their lifetime. Prevention is the only cure.

AUTHOR BOOK SIGNINGS

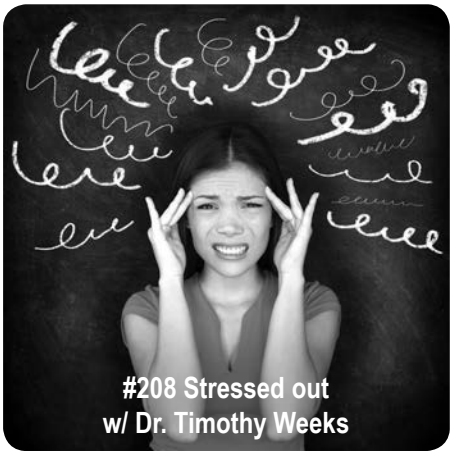
Speaker	Time	Booth
Monica Corrado, MA, CNC, CGP	Friday 5:30–6:00	at her table
Tom Cowan, MD	Saturday 5:30–6:00	Chelsea Green Table
Nasha Winters ND, FABNO, LAc, Dipl.OM	Sunday 1:00–1:30	Chelsea Green Table

THE WISE TRADITIONS PODCAST

a **fantastic** resource!

Listen.Learn.Share.

The podcast is an extension of WAPF's mission to educate. It's chock-full of great info, much like our journal, but in audio format. The guests are experts, health professionals, authors, farmers, and just plain regular people who have stories of transformation thanks to food, farming and the healing arts. All guests are WAPF-approved and are part of an ancestral health movement that we have been leading for 20 years and counting.



Don't listen to the podcast yet? Start. You don't need a smart phone to do so. Each episode can be found on our website's podcast page and on the Wise Traditions YouTube channel. And don't keep this good stuff to yourself! Send your friends links to episodes that address their health concerns!

2.5 million downloads and counting....

Hilda Labrada Gore is the producer and host of WAPF's Wise Traditions podcast and a DC co-chapter leader. An enthusiastic communicator, Hilda is passionate about wellness on every level, which is why she is known as Holistic Hilda. Most recently, she has traveled to Australia following in the footsteps of Dr. Price, seeking to connect with indigenous people and remind everyone about the importance of following traditional wisdom for good health. You can find her on Instagram @holistichilda. Hilda has boundless energy thanks to her morning sun ritual and, of course, liverwurst.

*Hilda regrets not being able to attend this year's conference!

CHILDREN'S PROGRAM

The Wise Traditions Conference is pleased to provide a children's program for this year's conference. The program costs $225 and goes from Friday to Sunday. It includes Friday lunch, Friday dinner, Saturday lunch and Sunday brunch. PLEASE NOTE: THIS DOES NOT INCLUDE THE SATURDAY NIGHT BANQUET. The fee for the program without meals is $150. All children 3-12 who are potty trained are welcome to participate in the Wise Traditions 2017 Children's Program. Children who are too young for the children's program or are older and do not want to participate in the Children's Program are welcome at the conference. Since we are recording all sessions, we ask that children who are disrupting the recordings for the adult to take the child out of the session room until the child is quiet again.

Friday, November 15

Make conference name tags, tote bags, and art project
Lesson: Movement with guest Esther Gokhale of Art of Moving Well
Lesson: Health Benefits of Kombucha with guest Kimberly Lanski of Buddha's Brew

AM snack – nut butter on apples
PM snack – kombucha

Friday Evening – Movie Night – *Those registered for meals, will enjoy the buffet dinner with the registered conference attendees. We will be serving popcorn cooked in coconut oil with butter and sea salt as a snack during the movie.

Saturday, November 16

Make labels for the fermented vegetable jars children will take home.
Lesson: Benefits of Bone Stock with guest Elaine Boland from Fields of Athenry Farm
Lesson: Living Organisms in the Soil with guest Judy Mudrak

AM snack – bone stock and ghee
PM snack – fermented vegetables

Saturday Evening – Dance and Party – *The Saturday banquet meal is not included in this program.

Sunday, November 17

Lesson: Pasture Fed is Best with guest Sally Fallon Morell
Lesson: How to make Fermented Veggies with Maureen Diaz

AM snack – meat bars
PM snack – cheese, cheese and did we say cheese?

All children in attendance will participate by assisting with snack preparation. Program content and snack/meals are subject to change without prior notification.

	Friday	Saturday	Sunday
Morning Closed for lunch	8:00–12:15	8:00–12:30	8:00–12:10
Afternoon Closed for dinner	1:15–6:00 pm	1:30–4:45 pm	1:00–4:00 pm
Evening	7:00–9:00 pm	6:15–9:00 pm	

PLEASE NOTE THE CLOSURES FOR LUNCH AND DINNER DAILY. You MUST pick up your child during those hours! For those who purchased this program with meals, your child will accompany you to dine with the other conference attendees. PLEASE KEEP IN MIND THAT THIS DOES NOT INCLUDE THE SATURDAY EVENING BANQUET.

FRIDAY, NOVEMBER 15

7:00 am–6:30 pm **Conference Registration** – (The Corral)

7:15–8:45 am **Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast** – Menu page 37 (Terrell IV)

	Moonlight	Starlight I	Starlight II	Sunset
9:00 AM	9:00–10:15 **F** **The Vaccinated Versus Unvaccinated Children and the Risk of Chronic Diseases** Natalie Campbell, MS. PT, NTP	9:00–12:15 **S** **Artificial [Estrogen] Intelligence** Anthony Jay, PhD LIVE FEED	9:00–12:15 **S** **The GAPS Diet, Stage by Stage** Becky Plotner, NP	9:00–1:30 **Chapter Leader Meeting and Lunch**
10:00 AM				
11:00 AM	11–12:15 **B** **DIY Curry Sauces, Spice Blends and Toothpowder** Sandeep Agarwal			
12:00 Noon	2:15–1:30 **Lunch** Menu page 35 (Terrell IV) 12:15–1:45 **Visit Exhibitors** (The Corral and The Porch, Terrell Hall I & II)			
1:00 PM				
2:00 PM	1:45–3:00 **B** **Broths and Stocks: Timeless Remedies for Vibrant Health** Monica Corrado, MA, CNC, CGP	1:45–3:00 **S** **Vaccine Studies (Part 1)** Neil Z. Miller LIVE FEED	1:45–3:00 **G** **Surviving the 5G Never Encountered by Our Ancestors** Elizabeth Plourde, PhD, CLS, NCMP	1:45–3:00 **F** **On Holistic Dentistry** Griffin Cole, DDS, NMD
3:00 PM	3:00–3:45 **Visit Exhibitors** (The Corral and The Porch, Terrell Hall I & II)			
4:00 PM	3:45–5:00 **B** **Culturing Dairy for Everyone (even the Lactose-intolerant)** Monica Corrado, MA, CNC, CGP	3:45–5:00 **S** **Vaccine Studies (Part 2)** Neil Z. Miller LIVE FEED	3:45–5:00 **G** **Studies on Kamut** Bob Quinn	3:45–5:00 **F** **Whole Body Health Tests: Simple Tests to Determine Your Current Level of Health and Strategies for Resetting It** Timothy Weeks, DC
5:00 PM				
6:00 PM	6:00–7:30 **Buffet Dinner** Menu page 35 (Terrell IV)			
7:00 PM	7:30–9:30 **G** **Humanity & Ruminants: Past, Present and Future** Peter Ballerstedt, PhD	7:30–9:30 LIVE FEED **Ask the Practitioners** Tom Cowan, MD; Nasha Winters, ND, FABNO, LAc, Dipl.OM; Anthony Jay, PhD; Pam Schoenfeld, RD; Ben Edwards, MD; Becky Plotner, ND with moderator Sally Fallon Morell, MA	7:30–9:30 **Film: "The Secret Ingredients" (Free to the public)** Followed by Q&A with Jeffrey Smith	7:30–9:30 **Bloggers Panel: Making Wise Traditions Work for Your Family** Kelly Moeggenborg, Mandy Blume & Carrie Vitt
8:00 PM				
9:00 PM				
10:00 PM	**Gathering in Pool and/or Bar Area:** Come mix and mingle after the Friday night sessions.			

Legend: **B**=Basic; **G**=General; **F**=Focused; **S**=Seminar; **SP**=Sponsor Presentation

SATURDAY, NOVEMBER 16

7:00 am–6:00 pm Conference Registration – (The Corral)
7:15–8:45 am Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast – Menu page 37 (Terrell IV)

	Moonlight	Starlight I	Starlight II	Sunset
6:30 AM				6:30–7:30 **Movement Session** Esther Gokhale
7:00 AM	7:30–8:15 SP **It's Time to Re-Think Your Water** Tom DiGiuseppe, PhD			
8:00 AM				
9:00 AM	9:00–10:15 G **Forage Agriculture IS Sustainable Agriculture** Peter Ballerstedt, PhD	9:00–10:15 S **Glyphosate: The Rattlesnake in the Corn Fields (Part 1)** Stephanie Seneff, PhD LIVE FEED	9:00–10:15 B **Nourishing Traditional Diets (Part 1)** Sally Fallon Morell, MA	9:00–10:15 F **Straight Shooting Stem Cells** Anthony Jay, PhD
10:00 AM	10:15–11:00 **Visit Exhibitors** (The Corral and The Porch, Terrell Hall I & II)			
11:00 AM	11:00–12:15 G **The Gokhale Method: How Would Weston A. Price Have Approached Back Pain?** Esther Gokhale	11:00–12:15 S **Glyphosate: The Rattlesnake in the Corn Fields (Part 2)** Stephanie Seneff, PhD LIVE FEED	11:00–12:15 B **Nourishing Traditional Diets (Part 2)** Sally Fallon Morell, MA	11:00–12:15 F **Dangers of Cannabis** Karen Randall, FAAEM
12:00 Noon	12:15–1:30 **Lunch** Menu page 36 (Terrell IV) 12:15–1:45 **Visit Exhibitors** (The Corral and The Porch, Terrell Hall I & II)			
1:00 PM				
2:00 PM	1:45–3:00 G **Ancestral Skin Care** Andrew Gardner	1:45–3:00 S **Cancer and the New Biology of Water (Part 1)** Tom Cowan, MD LIVE FEED	1:45–3:00 B **Nourishing Traditional Diets (Part 3)** Sally Fallon Morell, MA	1:45–3:00 F **Vitamin A-mazing** Pam Schoenfeld, RD
3:00 PM	3:00–4:00 **Visit Exhibitors** (The Corral and The Porch, Terrell Hall I & II)			
4:00 PM	4:00–5:15 G **Learn to Play the Organs: Liver, Brains and Tongue** Janine Farzin	4:00–5:15 S **Cancer and the New Biology of Water (Part 2)** Tom Cowan, MD LIVE FEED	4:00–5:15 B **Nourishing Traditional Diets (Part 4)** Sally Fallon Morell, MA	4:00–5:15 F **Not By Bread Alone Doth Man Live, Even if It's Sourdough: A Critique of Antidepressants and the Medical Model in Psychiatry** Joseph Tarantolo, MD
5:00 PM	5:15–6:00 **Visit Exhibitors** (The Corral and The Porch, Terrell Hall I & II)			
6:00 PM				
7:00 PM	6:30–9:30 **AWARDS BANQUET WITH KEYNOTE** **Banquet Keynote: Dietary Sense and Nonsense in the War on Saturated Fat and Cholesterol** David Diamond, PhD Menu page 36 (Starlight Ballroom) LIVE FEED			
8:00 PM				
9:00 PM				

Legend: **B**=Basic; **G**=General; **F**=Focused; **S**=Seminar; **SP**=Sponsor Presentation

SUNDAY, NOVEMBER 17

7:30 am–2:00 pm Conference Registration – (The Corral)
7:15–8:45 am Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast – Menu page 37 (Terrell IV)

	Moonlight	Starlight I	Starlight II	Sunset
6:30 AM				6:30–7:30 **Movement Session** Esther Gokhale
7:00 AM	7:30–8:15 SP **Vitamin K2 MK-4 (Activator X)** Will Schlinsog, DC			
8:00 AM				
9:00 AM	9:00–10:15 B **Reading Labels** Sally Fallon Morell, MA	9:00–10:15 F **Toxic Iron and the Master Antioxidant** Ben Edwards, MD LIVE FEED	9:00–10:15 G **The New Homeopathic Sensation Method** Louisa Williams, MS, DC, ND	9:00–10:15 S **Healing is Voltage (Part 1)** Jerry Tennant, MD
10:00 AM	10:15–11:00 **Visit Exhibitors** (The Corral and The Porch, Terrell Hall I & II)			
11:00 AM	11:00–12:15 B **The Art, Science and Story of Fermentation** Leslie Bobb, MPH, CIHC and Lyndsay Gutierrez, MPH, CIHC	11:00–12:15 F **Healing Leaky Gut** Kiran Krishner LIVE FEED	11:00–12:15 **Healing With Hunger: Practical Applications of Intermittent Fasting** G Nasha Winters, ND, FABNO, LAc, Dipl.OM	11:00–12:15 S **Healing is Voltage (Part 2)** Jerry Tennant, MD
12:00 Noon	12:15–1:15 **Lunch** Menu page 37 (Terrell IV) 12:15–1:30 **Visit Exhibitors** (The Corral and The Porch, Terrell Hall I & II)			
1:00 PM		1:30–2:45 B **Sports Nutrition: How to Optimize Performance at Any Level** Lindsea Willon, MS, NPT LIVE FEED	1:30–2:45 **Demonization and Deception in Targeting Cholesterol as a Cause of Cardiovascular Disease** F David Diamond, PhD	1:30–2:45 S **Healing is Voltage (Part 3)** Jerry Tennant, MD
2:00 PM				
3:00 PM	2:55–3:45 **CLOSING CEREMONY: The Powerful Simplicity of Recovering with Real Food** LIVE FEED Sally Fallon Morell, MA and Mandy Blume (Starlight I)			

S = **Seminar** = Two sessions or more
B = **Basic** = Especially recommended for beginners
G = **General** = Broader coverage of a topic
F = **Focused** = In-depth coverage of a topic
SP = **Sponsor Presentation** = Exhibitor talk

RECORDINGS/PHOTO CONTEST

Wish others could hear these talks?

Bring the conference into your home.

Purchase conference recordings during the conference for **25% off**. Purchase single talks or the entire set. MP3, CD or DVD. Visit the Fleetwood Recording booth or go to: **www.fleetwoodonsite.com/wise/2019/stream**

20TH WISE TRADITIONS CONFERENCE

ANCESTRAL WISDOM MEETS MODERN SCIENCE

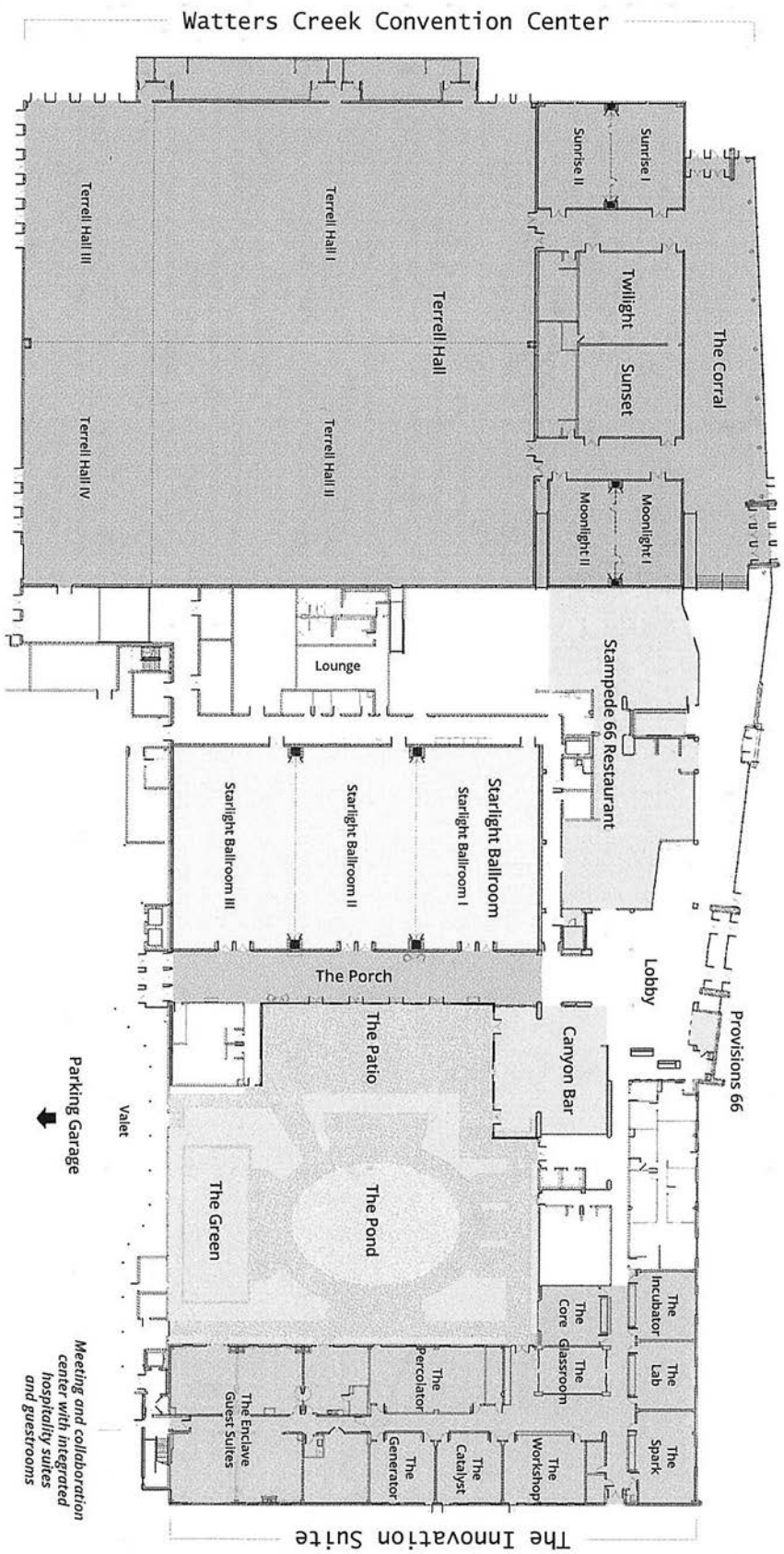
NOVEMBER 15-17, 2019 • ALLEN, TEXAS

PHOTO CONTEST

1. Please take high quality, candid photos during the conference. We'd love you to capture folks being nourished in every way ... by the company, the presentations, and the meals!
2. Email large photos of your very best, in terms of content, lighting and compsition, to socialmedia@westonaprice.org.
3. Everyone whose photos we use on social media during the conference will be entered into a drawing. 4 people whose names are randomly picked will have the option of receiving 2 years of membership to the Weston A. Price Foundation or 40 bucks!

Thank you for your participation!

HOTEL MAP


Watters Creek Convention Center
Terrell Hall III
Terrell Hall I
Terrell Hall
Terrell Hall IV
Terrell Hall II
Sunrise II
Sunrise I
Twilight
Sunset
The Corral
Moonlight II
Moonlight I
Lounge
Stampede 66 Restaurant
Starlight Ballroom III
Starlight Ballroom II
Starlight Ballroom I
Starlight Ballroom
The Porch
Lobby
Provisions 66
The Patio
Canyon Bar
Parking Garage
Valet
The Green
The Pond
The Incubator
The Core
The Glassroom
The Lab
The Percolator
The Spark
The Enclave Guest Suites
The Generator
The Catalyst
The Workshop
Meeting and collaboration center with integrated hospitality suites and guestrooms
The Innovation Suite

CONTINUING EDUCATION CREDITS

$65 fee for Nurses and Acupuncturists
Nurses and acupuncturists must sign in at the CEU table daily to receive credit. Nurses attend certain lectures*, and submit an evaluation. Acupuncturists must submit an evaluation and attendance record.

Approving Organizations

- **Nursing:** Total possible for 3 days: 16.25 hours (Friday 7 hours; Saturday 5; Sunday 4.25). We are approved by the Maryland Nurses Association to award contact hours for nurses. The Maryland Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC), all states accept this. Please note only certain lectures are approved for credit* (see below) Each day has a different number of credits possible: Friday 7, Saturday 5 and Sunday 4.25, for a total possible of 16.25 hours).
- **Acupuncture:** Total possible for 3 days: 16.75 hours (not accepted by California and Florida). Approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM): Possible number of points is 16.75 PDA for full conference. Maximum each day: Friday = 7 PDAs, Saturday = 5.5, Sunday = 4.25 (PDA points are accepted by all states except **California and Florida**.)

FEES

The fees for CEUs is $25 per day or $65 for all three days. In an the registration price but charge only those receiving credit. effort to keep our registration fees low, we do not build this fee into

CERTIFICATION OF ATTENDANCE ($5 fee)

For RDs, some NDs and some nutritionists, a Certificate of Attendance will suffice to give you 5 credit hours each day. You do not have to sign in or submit an evaluation. You simply receive the certificate which you submit to your board or school.

- **RDs** only need to get the $5 Certificate of Attendance. According to the Commission on Dietetic Registration, CDR Credentialed Practitioners may receive up to 15 cpeus for attending our conference (5 more for Monday). You will not need to sign in each day but will have to obtain and retain in your files a certificate of attendance. You will need to keep track and submit talks attended and of the appropriate Learning Need Codes. If you are in Florida, Illinois, Pennsylvania or Texas you should check with your board to see if they will accept this.
- **Nutritionists:** Check with your professional board to see if they will accept this.
- **Other Professions:** You can get a Certificate of Attendance and see if your board will accept it.

*OPTIONS FOR NURSES

Friday, November 15 (Total 7 hours)

9:00–12:15	Becky Plotner: Gut and Psychology Syndrome
9:00–12:15	Anthony Jay, PhD: Artifical (Estrogen) Intelligence
1:45–5:00	Neil Miller, Vaccine Studies
3:45–5:00	Timothy Weeks, Whole Body Health Tests
7:30–9:30	Ask the Practitioner Panel

Saturday, November 16 (Total 5 hours)

9:00–5:00	Nourishing Traditional Diets Sally Fallon Morell, MA: Traditional Diets
9:00–12:15	Stephanie Seneff, Glyphosate: The Rattlesnake in the Corn Fields
9:00–10:15	Anthony Jay, PhD, Straight Shooting Stem Cells
1:45–5:15	Tom Cowan, MD, Cancer and the New Biology of Water
1:45–3:00	Pam Schoenfeld, RD, Vitamin A-mazing!
4:00–5:15	Joseph Tarantolo, Antidepressant

Sunday, November 17 (Total 4.25 hours)

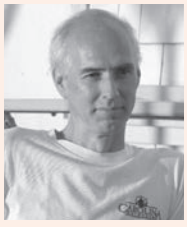
9:00–12:15	Jerry Tennant, MD, Treating Pain
9:00–10:15	Ben Edwards, PhD, Toxic Iron and the Master Antioxidant
11:00–12:15	Nasha Winter, Healing with Hunger, Intermittent Fasting
	Kiran Krishner, Healing Leaking Gut
1:30–2:45	Lindsea Willon, Sports Nutrition: How to Optimize Performance
	David Diamond, Cholesterol and Cardiovascular Disease
2:55–3:45	Mandy Blume, The Powerful Simplicity of Recovering with Real Food

Please visit the CEU table or contact Kathy Kramer of the Weston A. Price Foundation, at info@westonaprice.org if you have further questions.

MEET THE WAPF STAFF

Kathy Kramer, Executive Director

Kathy grew up in Maryland, one of ten in a close-knit family. After earning a BA in literature, she trained and worked as a Montessori elementary teacher for several years until her own health problems sparked an interest in health and nutrition which gradually drew her into working in that field. She studied nutrition at American Health Sciences University (now defunct) to be a licensed nutritionist. For several years, she offered nutritional consultations and talks to people of all ages. Her interests and employment came together in 2003 when she called Sally Fallon Morell to ask about a job with the Foundation. Helping ship materials part-time eventually led to full-time work doing an array of tasks as executive director. She is married, lives in Maryland and loves hiking and Nationals baseball. For sixteen years, she has felt honored to be part of the Foundation's hard-working staff and involved in its important mission.



Tim Boyd, Education Services

Tim Boyd was born and raised in Ohio, graduated from Case Western Reserve University with a degree in computer engineering, and worked in the defense industry in Northern Virginia for over twenty years. During that time, a slight case of arthritis led him to discover that nutrition makes a difference, and then nutrition became a serious hobby. After a fun time in the electronics field, he decided he wanted to do something more important. He is now enjoying his dream job working for the Weston A. Price Foundation doing book and video reviews, managing website content, doing shipping, answering a variety of questions, and even handling facility maintenance.

Agnes C. Bunagan, Membership Coordinator

Agnes is a teacher by training but has spent more years working in development and customer relations than in the classroom. Her preference for controlled chaos and a relaxed environment explain the discrepancy. She is currently training to become a teacher for the blind and visually impaired. Agnes first started working at the Weston A. Price Foundation as part-time summer staff after finishing a graduate program in 2010. It was a part-time gig that turned into a full-time commitment after she resigned from teaching. She moved to Naples, Florida, in 2013 for another job but got lured back to the D.C. area and back to WAPF in 2017. Her first assigned task at WAPF was quite an eye-opener. She read and summarized letters from inmates who wrote to the Foundation about their health issues over the soy laden diet in prisons. (The Foundation had been involved in a lawsuit put forth by inmates against the Illinois Department of Corrections over their soy laden diet since 2009.) Agnes grew up eating mostly real, unadulterated foods but beyond her mother's perennial warning that junk food was bad, she didn't know much about the diet-health connection. Sally Fallon and her landmark book *Nourishing Traditions* and the WAPF have since schooled her on this matter, and in fact, she wrote her graduate research paper on the diet-cognition link for young children. She's very grateful to do her bit to help advance the important work that Sally has started.

MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Pure Indian Foods** and **Mt. Capa's** ghee, **Miller's Biodiversity Farm** grass-fed butter, **Miller's Organic Farm** cheese, **Sunny Crest Pastures** eggs, **Willow Run Farm** eggs, bacon, cream cheese, **Great Lakes** gelatin, **Really Raw Honey** and **Gardens of Grace** almonds, dates, walnuts and pecans.

FRIDAY LUNCH BUFFET

Holy Cow Farm Beef Stew

Roasted Garlic Mashed Potatoes with Ghee

Salad of Mixed Greens with Glorified Caesar Salad Dressing

Sprouted Cornbread with Butter

Apple Kraut

Apple Crisp with Whipped Cream

Buddha's Brew Kombucha

FRIDAY DINNER BUFFET

White Oak Farm Brined, Herb-Roasted Chicken

Brown Rice Pilaf

Sautéed Green Beans with **Willow Run Farm** Bacon

Dilly Kraut

Vanilla Cream Cheese Mousse

Buddha's Brew Kombucha

Countless hours go into preparing the menu, obtaining and preparing the food and working with the hotel chefs and staff so that our meals are a beautiful reflection of our dietary principles and a memorable part of the conference.

Besides the hotel chefs and staff, we wish to thank Paul Frank for his work in obtaining the food and Maureen Diaz as the chef consultant who plays an important role in planning and executing the menu. Their hard work brings us meals that are a highlight of the conference. *Bon Appétit!*

MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Pure Indian Foods** and **Mt. Capa's** ghee, **Miller's Biodiversity Farm** grass-fed butter, **Miller's Organic Farm** cheese, **Sunny Crest Pastures** eggs, **Willow Run Farm** eggs, bacon, cream cheese, **Great Lakes** gelatin, **Really Raw Honey** and **Gardens of Grace** almonds, dates, walnuts and pecans.

SATURDAY LUNCH BUFFET

White Oak Farm Chicken and Vegetable Soup

Carrot Salad

Assorted Cheeses

Fields of Athenry Mélange of Sausages with Peppers, Onions and Mushrooms

Bread with Butter and Ghee

Conference Cheesecake with **Willow Run Foods** Cream Cheese and

Gardens of Grace Dates and Almonds

Buddha's Brew Kombucha

SATURDAY DINNER BANQUET

De-constructed French Onion Soup

Salad of Mixed Greens with Pecans, Blue Cheese and Champagne Vinaigrette

Fields of Athenry Beef Short Ribs

Purée of Roasted Root Vegetables

Sourdough Brioche with Butter and Ghee

Dried Fruit Compote with Whipped Cream

Fermented Radish

Buddha's Brew Kombucha

MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Pure Indian Foods** and **Mt. Capa's** ghee, **Miller's Biodiversity Farm** grass-fed butter, **Miller's Organic Farm** cheese, **Sunny Crest Pastures** eggs, **Willow Run Farm** eggs, bacon, cream cheese, **Great Lakes** gelatin, **Really Raw Honey** and **Gardens of Grace** almonds, dates, walnuts and pecans.

SUNDAY BRUNCH BUFFET

Fields of Athenry Ham

Vegetable and Cheese Frittata

GF **Willow Run Farm** Maple Pecan French Toast Casserole

Sweet Potato Hash

Assorted Cheeses

White Oak Farm and **Fields of Athenry** Chicken Liver Paté

Cultural Revivalists Cranberry Apple Chutney

Buddha's Brew Kombucha

FARM-TO-CONSUMER LEGAL DEFENSE FUND FundRAISER BREAKFASTS

Join the Farm-to-Consumer Legal Defense Fund (FTCLDF) for a nutrient-dense breakfast each morning. Farmers, artisans, and FTCLDF friends have provided generous donations and discounts so that you will have a hot buffet breakfast of wise traditions foods.

- **To Your Health Sprouted Flour Company** Organic Sprouted and Soaked Oatmeal
- Oatmeal Fixin's: **Really Raw** Honey, **Willow Run Farm** Organic Maple Syrup, **Miller's Biodiversity Farm** Grass-fed Butter, **Baja Gold** Sea Salt
- **Willow Run Farm** Soy-Free Hormone-Free Pastured Hard-Boiled Eggs
- **Fields of Athenry** and **White Oak Pastures** Pastured Breakfast Sausages (chicken or pork depending on the day)
- **Pleasant Pastures** Organic Whole Yogurt

Friday–Sunday | November 15–17 from 7:15–8:45 a.m.
$17 for each single breakfast ticket or $45 for breakfast all three mornings
BUY TICKETS AT CONFERENCE REGISTRATION!

FOOD DONORS

BEEF – GRASS-FED BONES

Fields of Athenry Farm
Middleburg, VA
(703) 300-5765
fieldsofathenryfarm.com
Beef Marrow Bones
Beef Soup Bones

BEEF – GELATIN

Great Lakes Gelatin
Great Lake, IL
(847) 223-8141
greatlakesgelatin.com
Unflavored Beef Gelatin

BEEF – GRASS-FED

Fields of Athenry Farm
Middleburg, VA
(703) 300-5765
fieldsofathenryfarm.com
Pastured Short Ribs

Holy Cow Farm
Lubbock, TX
(806) 777-1302
holycowbeef.com
Pastured Beef Stew

BEVERAGE

Buddha's Brew Kombucha
Austin, TX
(512) 736-4815
buddhasbrew.com
Kombucha

DAIRY – BUTTER

Miller's Biodiversity Farm
Quarryville, PA
(717) 786-7895
Cultured Grass-fed Butter

DAIRY – CHEESE

Miller's Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Assorted Raw Cheese

Willow Run Foods
Gordonville, PA
(717) 768-0101
sunnycrestpastures.com
Cream Cheese
Sharp Cheese

DAIRY – GHEE

Mt. Capra
Chehalis, WA
(877) 682-2772
mtcapra.com
Grass-fed Goat Milk Ghee

Pure Indian Foods
Princeton Junction, NJ
(877) 588-4433
pureindianfoods.com
Organic, Grass-fed Cultured Ghee
Organic, Grass-fed Cultured Spiced Ghee

DAIRY – YOGURT

Pleasant Pastures
Honey Brook, PA
(717) 768-3437
Yogurt

EGGS – PASTURED

Sunny Crest Pastures
Ronks, PA
(717) 556-0285
Eggs from Soy-free, Pastured, Organically-fed Hens

Willow Run Foods
Gordonville, PA
(717) 768-0101
sunnycrestpastures.com
Eggs from Soy-free, Pastured, Organically-fed Hens

FATS & OILS

Authentic Super Foods, LLC
Falls Church, VA
(571) 722-6725
authenticsuperfoods.com
Olive Oil

FERMENTS

Maureen Diaz
Assorted Raw Ferments

FRUIT & VEGETABLES GRAINS, SEEDS, NUTS & BEANS

Dr. Cowan's Garden
San Francisco, CA
(510) 516-0238
drcowansgarden.com
Assorted Vegetable Powders

Gardens of Grace
Dousman, WI
(262) 443-7522
josheweasgarden.com
Organic Pitted Dates
Organic Soaked/Sprouted Dried Almonds
Organic Soaked/Sprouted Dried Cashews
Organic Soaked/Sprouted Dried Walnuts

To Your Health Sprouted Flour Company
Fitzpatrick, AL
(334) 584-7875
healthyflour.com
Assortment of Organic Sprouted Flours
Organic Sprouted Rolled Oats

PORK

Fields of Athenry Farm
Middleburg, VA 20118
(703) 300-5765
fieldsofathenryfarm.com
Pastured Breakfast Sausage
Pastured Ham
Pastured Sausage Medley

Willow Run Foods
Gordonville, PA
(717) 768-0101
Assorted Pastured Bacon
Pastured Ham

POULTRY – PASTURED

White Oak Pastures
Bluffton, GA
(229) 641-2081
whiteoakpastures.com
Pastured Whole Chickens
Pastured Chicken Breasts
Pastured Feet, Necks and Heads
Pastured Chicken Livers
Pastured Duck
Pastured Breakfast Sausage

SALT & SPICES

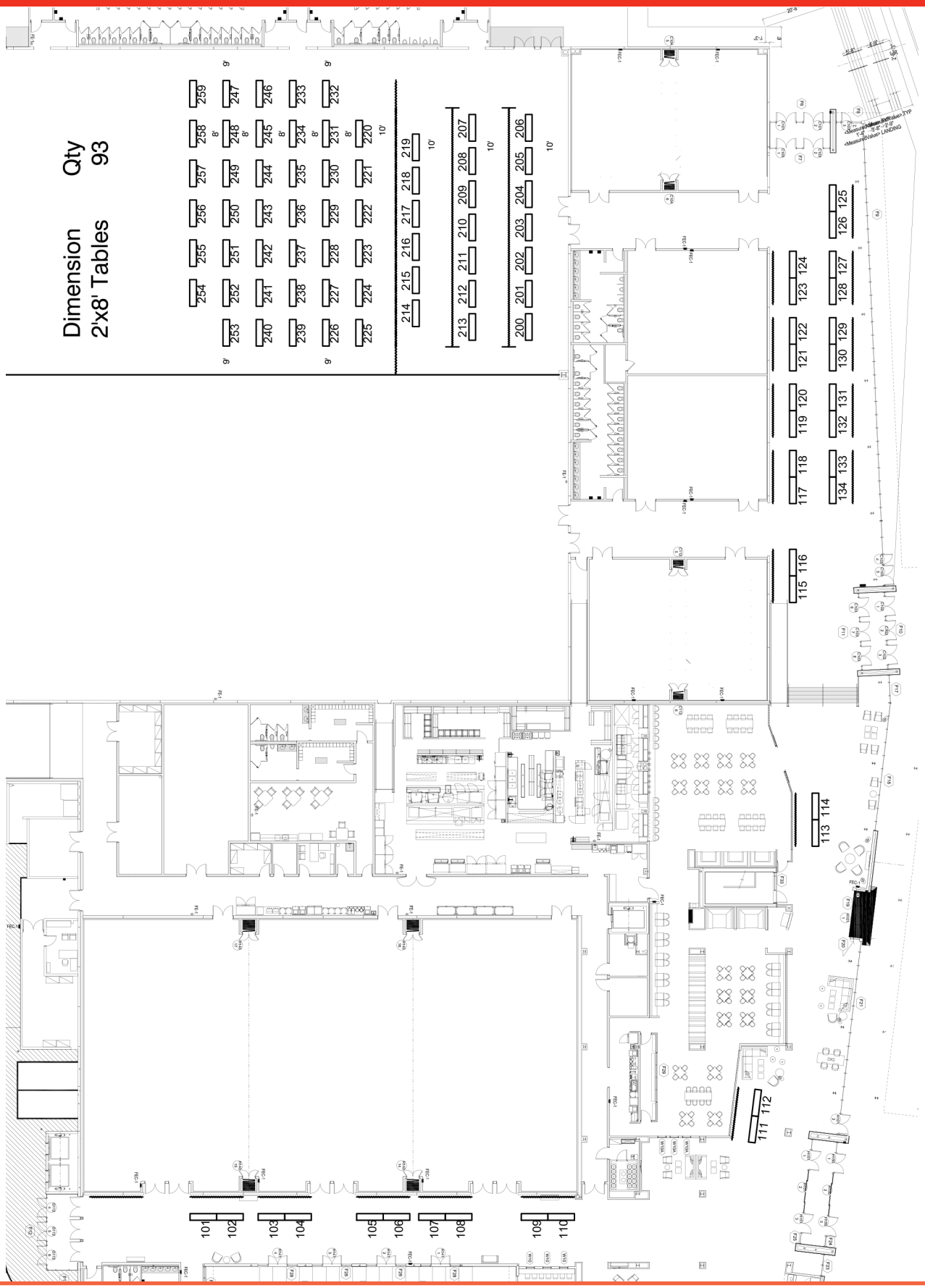
Selina Naturally
Arden, NC
(800) 867-7258
celticseasalt.com
Celtic Sea Salt
Salt Shakers

SWEETENERS

Really Raw Honey
Baltimore, MD 21224
(800) 732-5729
reallyrawhoney.com
Really Raw Honey

Willow Run Foods
Gordonville, PA
(717) 768-0101
Pure Maple Syrup

EXHIBITOR LAYOUT



EXHIBITORS – ALPHABETICAL

AccuHammer
Annandale, VA
tracytaoyu@gmail.com
Table 236

Ancestral Supplements
Spring, TX
(713) 829-7200
ancestralsupplements.com
GOLD SPONSOR
Table 121-122

AJ Consulting Company
Rochester, MN
(239) 287-5431
ajconsultingcompany.com
Table 231

Authentic Super Foods
Falls Church, VA
(571) 722-6725
authenticsuperfoods.com
BRONZE SPONSOR
Table 215

Baja Gold Sea Salt
Dunwood, GA
(678) 232-9064
seaagri.com
BRONZE SPONSOR
Table 211

Bio-Kult (Protexin)
Miami, FL
(786) 310-7294
protexin.com
BRONZE SPONSOR
Table 209

Bob Quinn Organic Farmer
Big Sandy, MT
(406) 868-5603
bobquinnorganicfarmer.com
Table 238

Biodynamic Wellness
Los Angeles, CA
(760) 473-2075
biodynamicwellness.com
Table 230

Buddha's Brew Kombucha
Austin, TX
(512) 736-4815
buddhasbrew.com
GOLD SPONSOR
Table 129-130

Chelsea Green Publishing
White River Jct., VT
(360) 840-8262
chelseagreen.com
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Citadels
Austin, TX
(512) 497-2480
citadels.info
Table 223

Cultural Revivalists
Sandston, VA
(804) 814-8336
culturalrevivalists.com
Table 239

DMS Natural Health/Just Thrive
Park Ridge, IL
(800) 455-8939
thriveprobiotic.com
GOLD SPONSOR
Table 123-124

Dr. Cowan's Garden
San Francisco, CA
(603) 630-3585
drcowansgarden.com
Table 245

Dr. Linda's
St. Augustine, FL
(904) 217-3774
drlindas.com
GOLD SPONSOR
Table 109-110

Farm Match
Viroqua, WI
(608) 807-5520
farmmatch.com
BRONZE SPONSOR
Table 212

Farm-to-Consumer Legal Defense Fund
Falls Church, VA
(703) 208-3276
farmtoconsumer.org
BRONZE SPONSOR
Table 201

Fleetwood On-Site Conference Recordings
Lynn, MA
(781) 599-2400
fleetwoodonsite.com
Table 115-116

Force of Nature
Austin, TX
(318) 272-6514
forceofnaturemeats.com
BRONZE SPONSOR
Table 210

GAPS Protocol Help
Rossville, GA
(423) 414-5425
nourishingplot.com
Table 244

Gardens of Grace
Dousman, WI
(262) 443-7522
josheweasgarden.com
BRONZE SPONSOR
Table 216

Gokhale Method
Stanford, CA
(650) 324-3244
gokhalemethod.com
Table 250

Green Pasture Products
O'Neil, NE
(402) 858-4818
greenpasture.org
PLATINUM SPONSOR
Table 103-104

Health Happy Planet
Three Lakes, WI
(512) 387-4447
healthhappyplanet.com
Table 222

Holy Cow Beef
Lubbock, TX
(806) 777-1302
holycowbeef.com
BRONZE SPONSOR
Table 205-206

Kelly the Kitchenkop
Rockford, MI
(616) 334-8934
kellythekitchenkop.com
Table 251

Koren Publications/ Koren Wellness
Saint Augustine, FL
(800) 537-3001
korenwellness.com
Table 243

EXHIBITORS – ALPHABETICAL

Lovestock Dermacare
South Lake Tahoe, CA
(530) 307-0852
lovestockdermacare.com
Table 240

Nevada Natural Living
Las Vegas, NV
(908) 256-9345
belly-fat-burner.com
Table 252

New Trends Publishing
Brandywine, MD
(877) 707-1776
newtrendspublishing.com
BRONZE SPONSOR
Table 107-108

New Voice for Health
Irvine, CA
(949) 551-3397
smartDOTs.us
SILVER SPONSOR
Table 203

Nutrition Therapy Institute
Denver, CO
(303) 431-1380
ntischool.com
SILVER SPONSOR
Table 202

Pure Indian Foods
Princeton Junction, NJ
(609) 785-9100
pureindianfoods.com
BRONZE SPONSOR
Table 207-208

Radiant Life
Sata Rosa, CA
(888) 593-9595
radiantlife.com
BRONZE SPONSOR
Table 219

Radical Botanicals-Plant Stem Cell Therapy
Austin, TX
(512) 600-6983
louisawilliamsnd.com
Table 220

Real Food Recovery
St. Petersburg, FL
(727) 401-4070
realfoodrecovery.org
Table 242

Relax Saunas of Momentum
Columbus, OH
(626) 200-8454
momentum98.com
Table 249-248

reVessel
San Marcos, CA
(408) 781-4512
revessel.com
Table 241

Rich Nuts
Los Angeles, CA
(310) 9795-7450
richnuts.com
BRONZE SPONSOR
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School of Permaculture
Irving, TX
(214) 856-8477
schoolofpermaculture.com
Table 221

Secret Ingredients
Fairfield, IA
(561) 951-7877
seedsofdeception.com
Table 228

Senergy Medical Group-Tennant Institute
Irving, TX
(214) 718-7345
tennantinstitute.com
Table 225-224

SHAPE ReClaimed
Chesterfield, MO
(636) 399-4242
drtoddfrisch.com
Table 235

Simply Being Well
Loveland, CO
(970) 685-7797
simplybeingwell.com
Table 226

Texans for Vaccine Choice
Keller, TX
(214) 229-3780
texansforvaaccinechoice.com
Table 229

Texas Tallow
Ovalo, TX
(325) 669-6367
texastallow.com
Table 227

Think Twice
Santa Fe, NM
(505) 660-2287
thinktwice.com
Table 234

Veritas Market
Lubbock, TX
(806) 392-1065
veritasmedical.com
Table 237

Vintage Tradition
Colorado Springs, CO
(719) 209-8790
vintagetradition.com
SILVER SPONSOR
Table 204

Vital Proteins
Chicago, IL
(224) 554-9110
vitalproteins.com
GOLD SPONSOR
Table 119-120

Walkabout Health Products
Marshfield, WI
(715) 305-2526
walkabout.com
BRONZE SPONSOR
Table 217

Weston A. Price Foundation
Washington, DC
(703) 820-3333
westonaprice.org
Table 105-106

White Oak Pastures
Bluffton, GA
(229) 641-2041
whiteoakpastures.com
BRONZE SPONSOR
Table 126

Whole Body Health
Medina, OH
(330) 764-3434
wholebodyhealth.org
Table 231 Table 242

Will Winter, DVM
Minnesota, MN
(612) 756-1232
willwinter.com
Table 228

HELP SMALL FARMS

"A country's ability to feed itself is its first line of national defense. The key to being self-sufficient in high-quality food is prosperous small farms. A gateway to small farm prosperity is raw milk. Follow these great patriots in supporting raw milk and family farms."

realmilk.com

HELP SMALL FARMS

Will you take the Pledge?

Let's help small farmers and local artisans.
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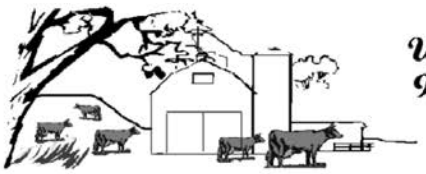
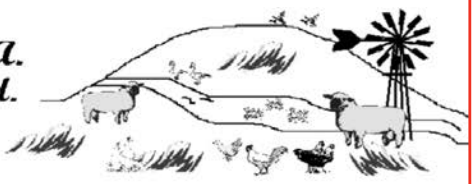


Willow Run Foods P.M.A.
995-B Musser School Rd.
Gordonville, PA 17529
Phone: (717) 556-0285, ext. 1



History

Started in 2005 by Eli and Sylvia King, Willow Run Foods (a private membership association) is owned by siblings ~ David, Michael and Betty Lantz ~ since 2017 when the Kings moved to New York. At first the Kings focused on custom cheese and ice cream. Then, in 2010, they started shipping direct to consumers. This was the beginning of where we are today ~ shipping weekly to members and making custom ice cream. In addition to products produced in house, we partner with other local organic farms to provide a wide variety of wholesome food. Give us a call to request a membership form, our free monthly newsletter or to discuss shipping options.

Core Values

We strive to keep our products free from chemicals such as herbicides, insecticides, fungicides, antibiotics, vaccines, etc. We also encourage fairness to our customers, employees, suppliers, etc. We promote good animal and soil husbandry. Above all, we believe that all should be to the glory of God.

Mission Statement and Vision

Mission

We strive to provide nutritious, delicious food that promotes vibrant health and healing while supporting sustainable small scale, family farms who care for the tiny organisms in the soil which we believe is the beginning of life on this earth.

Vision

We envision providing high quality food at an affordable price while also enabling more small farms to not only survive but to thrive.

The Fields of Athenry

Farm Shop and Side Saddle Cafe

Fields of Athenry (FoA), our family owned & operated farm business located in Middleburg, VA.

We believe healthy eating as the first and foremost preventative to many illnesses that are a result from a reliance on convenience and processed foods.

Elaine Boland
FoA Owner

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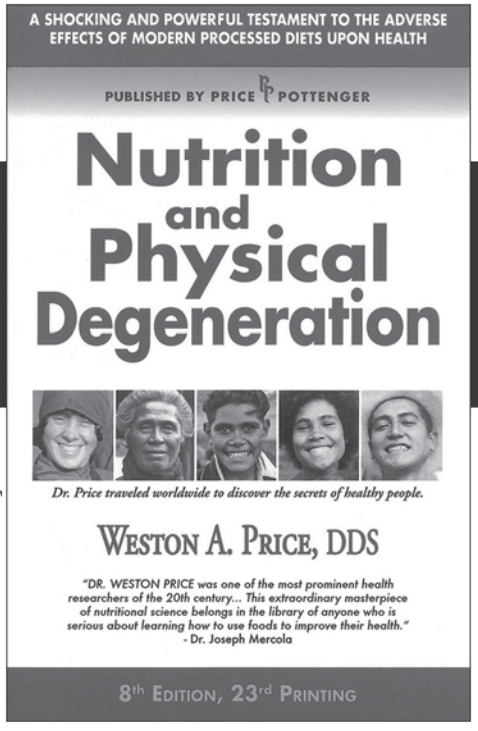

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Dr Don Joergens

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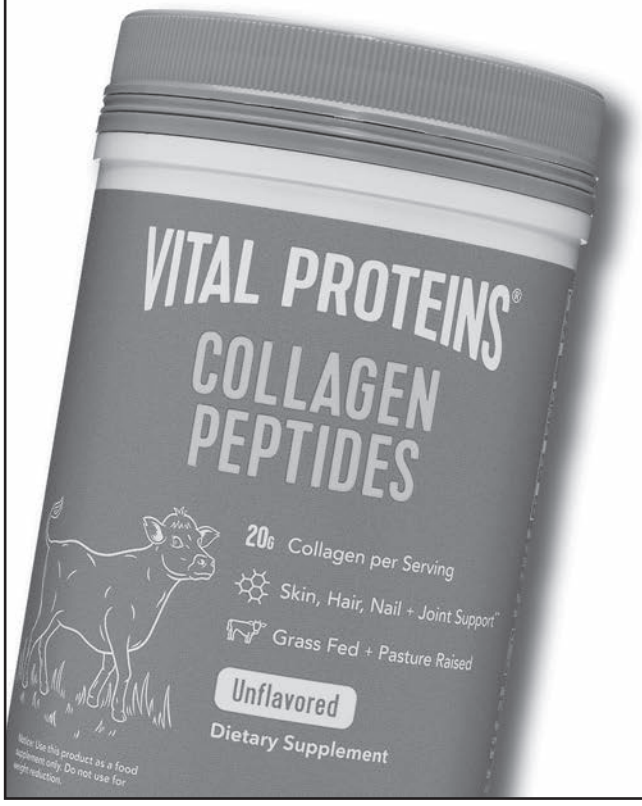

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Why suggest membership to others?

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- 450 local chapters to help you find nutrient-dense local food;
- Huge website with a weekly podcast;
- Soy Alert! and legal efforts to eliminate this toxic food from our diet;
- Laboratory research on the fat-soluble vitamins and other nutrition topics;
- A Campaign for Real Milk and realmilk.com;
- Hosting a major conference, local seminars and dozens of exhibits each year;
- Publication of educational brochures, flyers and booklets;
- Thoroughly researched yearly Shopping Guide;
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NOTES

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