

NOURISHING TRADITIONAL DIETS

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 pastured-fed cows;
- The dangers of modern soy foods and soy infant formula;
- The conspiracy to promote vegetable oils and hydrogenated fats;
- Foods that help babies grow up smart and strong;
- Old-fashioned foods that give limitless energy and vibrant health; and,
- The unfortunate consequences of modern farming methods.