NOURISHING TRADITIONAL DIETS
THE KEY TO VIBRANT HEALTH

BY SALLY FALLON MORELL, PRESIDENT
THE WESTON A. PRICE FOUNDATION

POWERPOINT DESIGN BY SANDRINE LOVE
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WHAT IS A HEALTHY DIET?

ATKINS? KETO? CARNIVORE?
VEGETARIAN/VEGAN?
ZONE DIET?
ALL RAW?
MACROBIOTIC?
SOUTH BEACH DIET?
JUICING?
FOOD COMBINING?
BLOOD TYPE DIET?
METABOLIC TYPING?

EVEN LISA IS CONFUSED!
OR IS IT THE
US GOVERNMENT OFFICIAL DIET?

FORMULATED TO PROMOTE THE PRODUCTS OF COMMODITY AGRICULTURE!

CARTOON REPRODUCED COURTESY OF SAGE STOSSEL
USDA and the US Department of Health and Human Services
WESTON A. PRICE 1870 – 1948
LOETSCHEIEN VALLEY, SWITZERLAND
PRIMITIVE SWISS
MODERNIZED SWISS
PRIMITIVE GAELIC PEOPLE
PRIMITIVE ALASKAN PEOPLE
PRIMITIVE ALASKAN PEOPLE

FREE OF TOOTH DECAY AND DEGENERATIVE DISEASE.
MODERNIZED ALASKANS

FIRST GENERATION SUFFERED FROM TOOTH DECAY.
MODERNIZED ALASKANS

SECOND GENERATION HAD MORE NARROW FACES, AND SUFFERED FROM DENTAL CROWDING AND MODERN DISEASES.
Seal Oil: A Major Source of Calories in a Diet Containing 80 Percent Fat.
Salmon Roe

FISH EGGS: A SACRED FOOD FOR ENSURING HEALTHY BABIES.
PRIMITIVE PLAINS INDIANS
PRIMITIVE CANADIAN INDIANS
MODERNIZED CANADIAN INDIANS
BEAUTIFUL FACIAL DEVELOPMENT SHOWS OPTIMAL EXPRESSION OF GENETIC POTENTIAL.
MODERNIZED SEMINOLE INDIANS OF FLORIDA

POOR DIET HAS PREVENTED OPTIMAL EXPRESSION OF THE GENETIC POTENTIAL.
# THE TEETH TELL THE TALE!

<table>
<thead>
<tr>
<th>STRAIGHT TEETH</th>
<th>CROWDED, CROOKED TEETH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PLENTY OF ROOM</strong> in head for pituitary, pineal, hypothalamus, sinus cavities and ear tubes</td>
<td><strong>COMPROMISED SPACE</strong> for master glands in the head; increased susceptibility to sinus and ear infection</td>
</tr>
<tr>
<td><strong>GOOD SKELETAL DEVELOPMENT</strong>, <strong>GOOD MUSCLES</strong></td>
<td><strong>POOR DEVELOPMENT</strong>, <strong>POOR POSTURE</strong>, <strong>EASILY INJURED</strong></td>
</tr>
<tr>
<td><strong>KEEN EYESIGHT AND HEARING</strong></td>
<td><strong>POOR EYESIGHT AND HEARING</strong></td>
</tr>
<tr>
<td><strong>OPTIMAL FUNCTION OF ALL ORGANS</strong></td>
<td><strong>COMPROMISED FUNCTION OF ALL ORGANS</strong></td>
</tr>
<tr>
<td><strong>OPTIMISTIC OUTLOOK</strong>, <strong>LEARNS EASILY</strong></td>
<td><strong>DEPRESSION</strong>, <strong>BEHAVIOR PROBLEMS</strong>, <strong>LEARNING PROBLEMS</strong></td>
</tr>
<tr>
<td><strong>ROUND PELVIC OPENING</strong>, <strong>EASY CHILDBIRTH</strong></td>
<td><strong>OVAl PELVIC OPENING</strong>, <strong>DIFFICULT CHILDBIRTH</strong></td>
</tr>
</tbody>
</table>
SOUTH SEA ISLANDERS
PRIMITIVE SOUTH SEA ISLANDERS

THESE ARE HAPPY TEENAGE BOYS!
PRIMITIVE SOUTH SEA ISLANDERS

THE WOMAN IN THE UPPER PHOTOGRAPH IS 90 YEARS OLD!
TAHITI: SHARK STOMACHS CONTAINING FERMENTING SHARK LIVERS

Photo courtesy Kay Baxter
MODERNIZED SOUTH SEA ISLANDERS

FIRST GENERATION SUFFERED FROM TOOTH DECAY.
MODERNIZED SOUTH SEA ISLANDERS
Second generation had narrowed faces and modern health problems.
HAWAIIAN TB WARD
PRIMITIVE ABORIGINE MEN
PRIMITIVE ABORIGINE WOMEN
ABORIGINAL DECAY
ABORIGINALS NEXT GENERATION
AFRICA: HERDING TRIBES

DIET: MILK, MEAT & BLOOD
A warrior in his prime consumed one gallon or more of milk per day containing three-quarters pound butterfat.
BURNING TO ENCOURAGE GREEN GRASS
AFRICA: HUNTER–GATHERERS

DIET: **ANIMAL AND PLANT FOODS**
Liver was a sacred food, consumed both raw and cooked.
AFRICA: AGRICULTURISTS

DIET: GRAINS, LEGUMES, SQUASH, INSECTS
These cultures suffered from about 6 percent tooth decay.
## COMPARISON OF AFRICAN DIETS

<table>
<thead>
<tr>
<th>HERDERS</th>
<th>HUNTER–GATHERERS</th>
<th>AGRICULTURISTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly Animal Foods</td>
<td>Mixed Plant and Animal Foods</td>
<td>Mostly Plant Foods</td>
</tr>
<tr>
<td>No Tooth Decay</td>
<td>No Tooth Decay</td>
<td>Some Tooth Decay</td>
</tr>
<tr>
<td>Very Tall and Slender</td>
<td>Tall and Muscular</td>
<td>Short and Chubby</td>
</tr>
</tbody>
</table>

**DR. PRICE’S CONCLUSION**

The ideal diet avoids the extremes of too much animal food or too much plant food.
MODERN VERSUS TRADITIONAL
FACIAL STRUCTURE
DENTAL CASTS
OF MODERNIZED AND PRIMITIVE INDIVIDUALS
Generation 1: Allergies, Skin Problem, Adrenal Problems
Generation 2: Chronic disease, kidney, heart, cancer
Generation 3: Changes in behavior; females aggressive, males docile
Generation 4: No more reproduction
TYPICAL DENTAL DEFORMITIES

- Anterior Crossbite
- Posterior Crossbite
- Crowding
- Open Bite
- Protrusion
- Ectopic Eruption
- Complete Class III
- Diastema
- Oral Habits
THE FACIAL BONES
THE SPHENOID AND MAXILLA
PRE WWII AMERICAN

HER DIET INCLUDED

WHOLE RAW JERSEY MILK
BUTTER AND CREAM
SHELLFISH
FISH EGGS
MEAT AND LIVER
BROTH
FRUITS
VEGETABLES
COD LIVER OIL
PRE–WWII AMERICAN

HIS DIET INCLUDED

CULTURED RAW MILK
BUTTER AND CREAM
SHELLFISH
MEAT
ORGAN MEATS
BROTH
SWEET POTATOES
GREENS
CORN BREAD
BILL CODY’S WILD WEST SHOW, 1910
NORMAL FACIAL DEVELOPMENT

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

MOST MODERN CHILDREN HAVE NARROW FACES AND NEED BRACES TO STRAIGHTEN THEIR TEETH
HEALTHY BABIES BORN TO PARENTS FOLLOWING WAPF PRINCIPLES
Individual beauty is a matter of both design of the face and regularity and perfection of the teeth.

Nature always builds harmoniously if conditions are sufficiently favorable, regardless of race, color or location.

WESTON A. PRICE, DDS
WHAT ARE THE UNDERLYING CHARACTERISTICS OF THESE HEALTHY DIETS?

GREAT VARIETY IN TRADITIONAL DIETS

Some had no plant foods
Some had few animal foods
Some had mostly cooked foods
Some had large amounts of raw foods
Some had milk products; some did not
Some had grains; some did not
Some had fruits; some did not

WHAT ARE THE UNDERLYING CHARACTERISTICS OF THESE HEALTHY DIETS?
# FIRST PRINCIPLE

## NO Refined OR DENATURED FOODS

<table>
<thead>
<tr>
<th>Refined and Denatured Food Components 1930s</th>
<th>Refined and Denatured Food Components Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refined Sugar</td>
<td>Refined Sugar</td>
</tr>
<tr>
<td>White Flour</td>
<td>High Fructose Corn Syrup/Agave Syrup</td>
</tr>
<tr>
<td>Vegetable Oils</td>
<td>White Flour</td>
</tr>
<tr>
<td>Canned Foods</td>
<td>Pasteurized Milk</td>
</tr>
<tr>
<td>Condensed Milk</td>
<td>Skim and Low-Fat Milk</td>
</tr>
<tr>
<td></td>
<td>Hydrogenated Fats</td>
</tr>
<tr>
<td></td>
<td>Refined Vegetable Oils</td>
</tr>
<tr>
<td></td>
<td>Isolated Protein Powders</td>
</tr>
<tr>
<td></td>
<td>Additives/Artificial Sweeteners</td>
</tr>
</tbody>
</table>

67
"LIFE IN ITS FULLNESS IS MOTHER NATURE OBEYED."

WESTON A. PRICE, DDS

FACTORY FOODS ARE NOT MOTHER NATURE’S FOODS!
SECOND PRINCIPLE

EVERY DIET CONTAINED ANIMAL PRODUCTS

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>FISH AND SHELLFISH</td>
<td>Including organs, oil, bones and heads. Weston Price found the best bone structure among those eating seafood</td>
</tr>
<tr>
<td>BIRDS</td>
<td>Chicken, ducks, geese, etc., including the organs, fat, skin and bones.</td>
</tr>
<tr>
<td>RED MEAT</td>
<td>Beef, goat, sheep, game, etc., with organ meats and fat preferred.</td>
</tr>
<tr>
<td>MILK AND MILK PRODUCTS</td>
<td>Raw or cultured, not pasteurized</td>
</tr>
<tr>
<td>EGGS</td>
<td>From birds outside in the sunlight</td>
</tr>
<tr>
<td>REPTILES</td>
<td></td>
</tr>
<tr>
<td>INSECTS</td>
<td></td>
</tr>
</tbody>
</table>
ANIMAL FOOD NUTRIENTS

THESE NUTRIENTS ARE FOUND ONLY IN ANIMAL PRODUCTS

- VITAMIN A
- VITAMIN D
- CHOLESTEROL
- VITAMIN B12
- VERY LONG CHAIN, SUPERUNSATURATED FATTY ACIDS AA, EPA AND DHA

THESE NUTRIENTS ARE MORE EASILY ABSORBED FROM ANIMAL PRODUCTS

- CALCIUM
- B6
- MAGNESIUM
- IRON
- ZINC
- COPPER
# VITAMIN B12 DEFICIENCY

<table>
<thead>
<tr>
<th>EARLY SIGNS</th>
<th>PSYCHIATRIC DISORDERS</th>
<th>CHRONIC DISEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>FATIGUE</td>
<td>DEPRESSION</td>
<td>MULTIPLE SCLEROSIS</td>
</tr>
<tr>
<td>TINGLING IN HANDS AND FEET</td>
<td>OBSESSIVE COMPULSION</td>
<td>ANEMIA</td>
</tr>
<tr>
<td>SLEEP DISORDERS</td>
<td>MANIC DEPRESSION</td>
<td>CANCER</td>
</tr>
<tr>
<td>IRRATIONAL ANGER</td>
<td>DEMENTIA ALZHEIMER’S</td>
<td>HEART DISEASE</td>
</tr>
</tbody>
</table>
VITAMIN B12

ONLY IN ANIMAL PRODUCTS: Usable vitamin B12 is found only in animal products. Analogs in soy foods or blue–green algae actually increase body’s need for B12.

ABSORPTION DIFFICULT: Absorbed through a complex process involving an "intrinsic factor," secreted in the stomach.

VEGETARIANS AND THE ELDERLY: Deficiencies are most likely to appear in vegetarians, who do not consume animal products, and in the elderly and those deficient in hydrochloric acid or pancreatic enzymes, who cannot produce or use the intrinsic factor.

PASTEURIZATION: B12 carrier proteins are destroyed by pasteurization.
PRODUCTS THAT COME FROM COWS
EVEN STRICT VEGANS CANNOT ESCAPE DEPENDENCE ON ANIMAL PRODUCTS.
2014 STUDY
CONSEQUENCES
OF VEGETARIAN DIETS

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

WHAT ABOUT CLAIMS OF SUCCESS BY WRITERS PROMOTING VEGETARIANISM?

ORNISH: Forbids vegetable oils, margarine, sugar, alcohol and processed foods with more than 72 g fat.

ESSELTYN: Forbids vegetable oils, refined grains, white flour.

MCDOUGALL: Limits vegetable oils, refined grains, sugar-coated cereals, soft drinks, processed carbs, fruit juice.

BARNARD: Forbids vegetable oils, high-fructose corn syrup, caloric sweeteners, fried starches.

FUHRMAN: No vegetable oils, no sugar, no processed food

• Short term studies; many dropouts
• Vegans much less likely to drink and smoke than meat eaters
THE PURITANICAL DIET

The virtuous, low-fat, low-salt, high-fiber, impossible diet. Approved by dietitians!
ANOTHER FORM OF FOOD PURITANISM
PORNOGRAPHIC FOOD
THIRD PRINCIPLE

NUTRIENT DENSITY

DR. PRICE’S KEY FINDING

PRIMITIVE DIETS CONTAINED 4 TIMES THE CALCIUM AND OTHER MINERALS, AND 10 TIMES THE FAT-SOLUBLE VITAMINS COMPARED TO THE MODERN AMERICAN DIET.
SOURCES OF VITAMINS A AND D

**SEAFOODS**
- Fish eggs
- Fish livers
- Fish liver oil
- Fish heads
- Shellfish
- Oily fish

**SEA MAMMALS**

**LAND ANIMALS**
- Grass-fed!
- Insects
- Butter and cream
- Egg yolks
- Liver, organ meats
- Animal fat
  - Especially mono-gastric animals such as birds, pig, bear, guinea pig

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

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

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

WESTON PRICE, DDS
NUTRITION AND PHYSICAL DEGENERATION
BRICKS AND MORTAR

MORTAR = FAT-SOLUBLE ACTIVATORS A AND D

BRICKS = MINERALS

THE BODY IS LIKE A HOUSE OR TEMPLE, BUILT OF BRICKS AND MORTAR
VITAMIN A MYTH: PLANT FOODS CONTAIN VITAMIN A

TRUTH: THERE IS NO VITAMIN A IN PLANT FOODS
CONVERSION OF BETA-CAROTENE TO VITAMIN A
CONVERSION PROBLEMS

NEEDED TO CONVERT CAROTENE TO VITAMIN A:

Fats in the diet
Thyroid hormones
Enzymes – as yet unknown
Vitamin E

CONVERSION AND STORAGE IS DIFFICULT OR IMPOSSIBLE FOR

BABIES AND CHILDREN
DIABETICS
Individuals with poor thyroid function
Individuals with poor liver function
Individuals with poor intestinal absorption
Individuals with high intake of sodium nitrites and nitrates
Individuals exposed to pesticides and other toxins
Individuals who consume lots of carotene

EVEN UNDER OPTIMAL CONDITIONS, PLANT SOURCES OF CAROTENE CANNOT SUPPLY SUFFICIENT VITAMIN A FOR OPTIMUM HEALTH.
VITAMIN A

NEEDED FOR NUMEROUS PROCESSES IN THE BODY

PROTEIN ASSIMILATION
CALCIUM ASSIMILATION
PROPER GROWTH
PREVENTION OF BIRTH DEFECTS
PROPER FUNCTION OF THE ENDOCRINE SYSTEM
THYROID FUNCTION
IMMUNE SYSTEM FUNCTION
PRODUCTION OF STRESS AND SEX HORMONES
EYES, SKIN, BONES
ENERGY PRODUCTION IN MITOCHONDRIA
ABILITY TO PLAN AND COMPLETE TASKS
VITAMIN A IS NEEDED FOR EACH CONVERSION.
TRANS FATS INHIBIT ENZYMES THAT MAKE THESE CONVERSIONS.

CHOLESTEROL
THE MOTHER OF ALL HORMONES

ACTH

CHOLESTEROL

Pregnenolone → Progesterone

Pregnenolone → Progesterone

DHEA → Androstenedione → Estrogen

Testosterone

Corticosterone
Aldosterone
Corticosterone

11 Deoxycortisol → Cortisol

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

SEX HORMONES

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

STRESS
EXCESS DIETARY PROTEIN
COLD WEATHER
FEVER AND ILLNESS
PHYSICAL EXERTION
EXPOSURE TO TOXINS
DIOXINS DEPLETE vitamin A stores in the liver. Vitamin A protects against dioxins – almost 80 scientific papers on the interaction of dioxins and vitamin A – take your cod liver oil!

FISH EATERS in Japan do not have high levels of dioxin in the blood, meaning that there are protective factors in the diet.

EXPOSURE UNAVOIDABLE: Dioxins have always been in our environment so the body has a system for taking care of them; that system is dependent on vitamin A.
VITAMIN D MYTH

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

TRUTH – The body makes vitamin D out of cholesterol by the action of UV–B sunlight on the skin. However, except in the Tropics, UV–B is available only at mid–day during the summer months.
All healthy primitive groups, including those living in the tropics, had rich dietary sources of vitamin D.

**VITAMIN D FOOD SOURCES**

- Fish liver oils
- Fish eggs
- Shell fish
- Oily fish
- Insects
- Butter
- Egg yolks
- Organ meats
- Fat of birds and pigs
- Blood
ROLES OF VITAMIN D

- Healthy bones
- Proper growth
- Mineral metabolism
- Muscle tone
- Reproduction
- Healthy skin
- Insulin production
- Immune system
- Nervous system
- Cell function
- Feel-good chemicals
- Longevity
TYPICAL AFRICAN FOODS
SOURCES OF FAT-SOLUBLE ACTIVATORS IN THE TRADITIONAL AFRICAN DIET

DRIED INSECTS

DRIED WHOLE FISH
SOURCES OF VITAMINS A AND D IN THE TRADITIONAL AMERICAN DIET

ALSO, LIVER AND OTHER ORGAN MEATS AS IN SAUSAGE, PATE, LIVERWURST, SCRAPPLE, ETC.
**SKINLESS CHICKEN BREASTS?**

<table>
<thead>
<tr>
<th>CHICKEN</th>
<th>VITAMIN A PER 100 GRAMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKINLESS BREAST</td>
<td>21 IU</td>
</tr>
<tr>
<td>BREAST WITH SKIN</td>
<td>83 IU</td>
</tr>
<tr>
<td>SKINLESS DARK MEAT</td>
<td>72 IU</td>
</tr>
<tr>
<td>DARK MEAT WITH SKIN</td>
<td>201 IU</td>
</tr>
<tr>
<td>CHICKEN LIVERS</td>
<td>13,328 IU</td>
</tr>
</tbody>
</table>
AMERICANS COOKED IN LARD!
In 1913, Procter and Gamble, the makers of Crisco, published *The Story of Crisco*, in which they claimed that women who used Crisco rather than lard

- were more modern,
- were more enlightened,
- had cleaner houses,
- had children of better character

The industry has created the impression that it is *vulgar* to eat lard and *sinful* to eat butter.
VITAMIN D IN LARD HELPS THE BODY MAKE NEUROCHEMICALS THAT PROTECT AGAINST DEPRESSION.
PRICE FACTOR OR ACTIVATOR X

**CATALYST:** Discovered by Weston Price, a potent catalyst for vitamin and mineral absorption.

**GROWTH:** Important factor in the growth of children; has potent curative powers.

**SACRED FOODS:** Found in foods considered sacred by primitive populations—liver and other organ meats from grazing cattle; marine oils, fish eggs and shellfish; and butter from cows eating rapidly growing green grass.

**BASIS:** Green growing plants which have an unknown factor that animals transform and store in certain fatty tissues.

**PRIMITIVE DIETS:** All healthy primitive groups had a source of the Price Factor in their diets.
ACTIVATOR X = VITAMIN K$_2$

**ANIMAL FORM:** K$_2$ is the animal form of vitamin K, made from K$_1$, the plant form.

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

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

**HEART DISEASE:** Prevents calcification and inflammation of the arteries.

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

**REPRODUCTION:** Vital for normal reproduction.
THE SYNERGY OF VITAMINS A, D and K₂

VITAMINS A AND D TELL CELLS TO MAKE CERTAIN PROTEINS. VITAMIN K₂ ACTIVATES PROTEINS AFTER SIGNALING BY VITAMINS A AND D.
<table>
<thead>
<tr>
<th>Kidney problems</th>
<th>Frequent urination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone loss</td>
<td>High blood pressure</td>
</tr>
<tr>
<td>Depression</td>
<td>Irritability</td>
</tr>
<tr>
<td>Appetite loss</td>
<td>Muscle weakness</td>
</tr>
<tr>
<td>Constipation</td>
<td>Nausea</td>
</tr>
<tr>
<td>Dehydration</td>
<td>Thirst</td>
</tr>
<tr>
<td>Disorientation</td>
<td>Tinnitus</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
</tr>
</tbody>
</table>
Vitamin K2, supported by vitamins A and D, prevents the growth plates from closing prematurely, including the growth plates in the maxilla.
FOOD SOURCES OF VITAMIN K₂

BEAR FAT

EMU OIL/HIGH VITAMIN BUTTER OIL

GOOSE LIVER/DUCK LIVER

GOOSE FAT/DUCK FAT

AGED CHEESES

EGG YOLK

BUTTER, LARD

CHICKEN LIVER

FATTY MEATS
PERUVIAN GIRL WITH DRIED FISH EGGS
"FOR HEALTHY BABIES"

ACTIVATOR X
VITAMIN A
VITAMIN D
ZINC
IODINE
SPECIAL FATTY ACIDS

ALL ESSENTIAL TO
HEALTHY REPRODUCTION.
HIGH–VITAMIN COD LIVER OIL AND HIGH–VITAMIN BUTTER OIL

Dr. Weston Price found that

HIGH–VITAMIN COD LIVER OIL
(source of vitamins A and D)
given with

HIGH–VITAMIN BUTTER OIL
(source of vitamin K₂)

was a very powerful combination for mineral absorption. He used this combination to treat tooth decay, bone and growth problems, arthritis and many other disease conditions.

IF BUTTER OIL IS NOT AVAILABLE, INCLUDE OTHER SOURCES OF VITAMIN K₂ IN THE DIET WHEN TAKING COD LIVER OIL.
## HOW MUCH COD LIVER OIL?

<table>
<thead>
<tr>
<th></th>
<th>VITAMIN A</th>
<th>VITAMIN D</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MAINTENANCE DOSE</strong></td>
<td>10,000 IU*</td>
<td>1,000 IU</td>
</tr>
<tr>
<td><strong>PREGNANCY AND LACTATION</strong></td>
<td>20,000 IU</td>
<td>2,000 IU</td>
</tr>
<tr>
<td><strong>ILLNESS OR RECOVERY FROM SURGERY</strong></td>
<td>UP TO 90,000 IU FOR SHORT PERIOD</td>
<td>9,000 IU</td>
</tr>
<tr>
<td><strong>BABIES AND CHILDREN</strong></td>
<td>5,000 IU</td>
<td>500 IU</td>
</tr>
</tbody>
</table>

* From 1 teaspoon high-vitamin cod liver oil, **now available as a fermented cod liver oil**, or 2 teaspoons regular cod liver oil. Use only WAPF-recommended brands.
TAKING COD LIVER OIL

MIX WITH WATER, FRESH JUICE OR CREAM: Much easier than taking CLO on a spoon! Give to babies with syringe or eye dropper.

BOOKS ON INFANT FEEDING: Before 1950, recommended 2 teaspoons cod liver oil for babies 3 months and older.

SYNERGY: Cod liver oil works synergistically with saturated fat. The best combination is cod liver oil in a diet containing butter from grass-fed cows.

HIGH-VITAMIN BUTTER OIL or EMU OIL: Recommended in addition to CLO for pregnant or nursing women and those with health problems.
Taking Cod Liver Oil
It’s all about balance!

COD LIVER OIL
- Vitamins A & D
- Highly Unsaturated
- EPA & DHA

POULTRY and ANIMAL FATS
- Vitamin K2
- Saturated Fats
- Arachidonic Acid

Take cod liver oil in the context of a diet that includes butter, animal fats, egg yolks and organ meats.
"Your baby... give him the help he needs to build a well-shaped head ... a straight, strong back... sound, even teeth... Daily use is important!"
He used to get honor grades at school …

Now his school grades are barely passing …

He tires too easily to enjoy strenuous outdoor play … In short, he’s not his "old" self and you are worried. This change in your little boy is no fault of his. His growing young body is crying aloud for essentials in which his diet is deficient — vitamins that are necessary for correct development and mental alertness. You can help him get some of these essentials easily and surely with the aid of Scott’s Emulsion of Cod Liver Oil.

This famous product, for sixty years, has supplied children with the purest Norwegian cod liver oil. They need this oil for its wealth of Vitamins A and D … the former for correct growth and resistance to common childhood diseases, the latter for the development of strong bones and teeth.
1938

NURSERY SCHOOL AT U.S. MARYSVILLE CAMP FOR DUST BOWL REFUGEES IN CALIFORNIA
KEY NUTRIENTS FOR BRAIN DEVELOPMENT

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

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

**VITAMIN K2:** Butter, egg yolks and organ meats from grass-fed animals

**CHOLINE:** Liver, egg yolks

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

**AA:** Butter, animal fats, organ meats

**ZINC:** Red meat, shell fish

**CHOLESTEROL:** Seafood; dairy foods, eggs and meat fats
## LIVER: NO FOOD HIGHER IN NUTRIENTS

<table>
<thead>
<tr>
<th>Per 100 G</th>
<th>Apple</th>
<th>Carrots</th>
<th>Red Meat</th>
<th>Liver</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phosphorus</strong></td>
<td>6 MG</td>
<td>31 MG</td>
<td>140 MG</td>
<td>476 MG</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>.1 MG</td>
<td>.6 MG</td>
<td>3.3 MG</td>
<td>8.8 MG</td>
</tr>
<tr>
<td><strong>Zinc</strong></td>
<td>.05 MG</td>
<td>.3 MG</td>
<td>4.4 MG</td>
<td>4.0 MG</td>
</tr>
<tr>
<td><strong>Copper</strong></td>
<td>.04 MG</td>
<td>.08 MG</td>
<td>.2 MG</td>
<td>12 MG</td>
</tr>
<tr>
<td><strong>Vitamin B2</strong></td>
<td>.02 MG</td>
<td>.05 MG</td>
<td>.2 MG</td>
<td>4.2 MG</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>0</td>
<td>0</td>
<td>40 IU</td>
<td>53,400 IU</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>7 MG</td>
<td>6 MG</td>
<td>0</td>
<td>27 MG</td>
</tr>
<tr>
<td><strong>Vitamin B6</strong></td>
<td>.03 MG</td>
<td>.1 MG</td>
<td>.07 MG</td>
<td>.73 MG</td>
</tr>
<tr>
<td><strong>Vitamin B12</strong></td>
<td>0</td>
<td>0</td>
<td>1.84 MG</td>
<td>111.3 MG</td>
</tr>
</tbody>
</table>

EAT LIVER FRIED OR GRILLED WITH BACON, IN SAUSAGE, PATE AND LIVERWURST.
World of Women

Liver Should Be Served At Least Once A Week

By ARDEN H. DUANE (For ANP)

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

Liver is used not only in the treatment of anaemia but in its prevention as well... which means no less, that it is important in the diet of the healthy, too. Liver is especially rich in iron (pig’s liver yields more iron per serving than any other food we eat), copper and vitamins A B and C. The adolescent girl is advised to eat plenty of liver which helps in the development of bones and teeth.

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

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

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

Cook liver, onion and pepper together until they are minced very fine. Add milk and egg crumbs and seasonings. Mix well. Shape into leaf, place in baking pan and bake in moderate oven until tender and well browned. Serve with garnish of parsley or a mixture of baked beans.

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

One of the Most Valuable Foods

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

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

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

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

Baked Tomatoes: Stuffed with liver, baked liver with stuffings, liver cakes, liver sauté, liver and many more... all on the Liver Leaflet that you may have at once if you will just send a loose three cent stamp along with your request to Arden H. Duane, Associated Negro Press, 5007 South Parkway, Chicago, Ill.
CALCIUM

**PRIMITIVE DIETS:** AT LEAST 1,500 MG PER DAY

**US GOV’T RECOMMENDATION:** 800–1,200 MG PER DAY

<table>
<thead>
<tr>
<th>AMOUNT</th>
<th>1,500 MG CALCIUM IS IN:</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>CUPS OF WHOLE MILK</td>
<td>805</td>
</tr>
<tr>
<td>7–8</td>
<td>OUNCES OF CHEESE</td>
<td>900</td>
</tr>
<tr>
<td>40</td>
<td>CARROTS</td>
<td>1,680</td>
</tr>
<tr>
<td>5</td>
<td>CUPS OF VANILLA ICE CREAM</td>
<td>2,300</td>
</tr>
<tr>
<td>32</td>
<td>CHOCOLATE CUPCAKES</td>
<td>4,117</td>
</tr>
<tr>
<td>4.5</td>
<td>CUPS OF ALMONDS</td>
<td>4,077</td>
</tr>
<tr>
<td>78</td>
<td>SLICES OF WHOLE WHEAT BREAD</td>
<td>4,305</td>
</tr>
</tbody>
</table>
FOURTH PRINCIPLE

ALL CULTURES COOKED SOME OR MOST OF THEIR FOOD… BUT THEY ALWAYS ATE SOME OF THEIR ANIMAL FOODS RAW
EXAMPLES OF RAW ANIMAL FOODS

- RAW MILK, BUTTER AND CREAM
- RAW CHEESE
- RAW AND MARINATED FISH
- RAW SHELLFISH (such as OYSTERS, ETC.)
- TRADITIONAL ETHNIC RAW MEAT DISHES
  (such as STEAK TARTARE, CARPACCIO, KIBBEH, ETC.)
VITAMIN B6 DEFICIENCY LINKED TO

- DIABETES
- HEART DISEASE
- NERVOUS DISORDERS
- CANCER
- KIDNEY FAILURE
- ASTHMA
- PMS
- MORNING SICKNESS
- TOXEMIA OF PREGNANCY
- ALCOHOLISM
- SICKLE CELL ANEMIA
- CARPAL TUNNEL SYNDROME
RAW CHEESE FROM PASTURED ANIMALS
A COMPLETE FOOD!
EXCELLENT SOURCE OF $K_2$. 
FIFTH PRINCIPLE
HIGH LEVELS OF ENZYMES
AND BENEFICIAL BACTERIA
When the diet contains food enzymes, the body is spared from making some digestive enzymes and therefore has more energy.

Food enzymes are destroyed at 118° F wet heat, 150° F dry heat.
EXAMPLES OF ENZYME–RICH FOODS

RAW DAIRY PRODUCTS
RAW MEAT AND FISH
RAW HONEY
TROPICAL FRUITS
COLD PRESSED OILS (EXTRA VIRGIN OLIVE OIL)
WINE AND UNPASTEURIZED BEER
LACTO–FERMENTED

VEGETABLES such as SAUERKRAUT, PICKLES
MEATS such as SALAMI
DAIRY PRODUCTS such as YOGURT, KEFIR
FRUITS such as CHUTNEY, Asian plum sauce
FISH such as GRAVLAX
BEVERAGES such as KOMBUCHA
BENEFICIAL BACTERIA

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

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

SIX POUNDS OF HEALTHY BACTERIA IN OUR DIGESTIVE TRACT:

- Digest our food
- Assist in assimilation
- Create nutrients
- Protect us against toxins
- Help us feel good

WITHOUT GOOD BACTERIA, WE ARE DEAD!
LACTO-FERMENTED CONDIMENTS
PROVIDE ENZYMES AND GOOD BACTERIA

SAUERKRAUT, CORTIDO (SPICY SOUTH AMERICAN SAUERKRAUT),
PICKLED RELISH, PICKLED BEETS, PEACH CHUTNEY, APPLE BUTTER
COMMERCIALY AVAILABLE

LACTO-FERMENTED BEVERAGES

KOMBUCHA

KVASS

SOUR GRAIN DRINK
FERMENTED BEVERAGES IN AFRICA

Made from maize, sorghum, bananas, etc.
Rich sources of enzymes, protective bacteria, vitamin K, B vitamins.
**SIXTH PRINCIPLE**

**SEEDS, GRAINS, LEGUMES AND NUTS ARE SOAKED, SPROUTED, FERMENTED OR NATURALLY LEAVENED**

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

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deactivates enzyme inhibitors</td>
<td>Block digestion</td>
</tr>
<tr>
<td>Neutralizes phytic acid</td>
<td>Blocks mineral absorption</td>
</tr>
<tr>
<td>Neutralizes tannins and lectins</td>
<td>Irritants</td>
</tr>
<tr>
<td>Pre-digests complex starches &amp; sugars</td>
<td>Hard to digest</td>
</tr>
<tr>
<td>Begins breakdown of gluten</td>
<td>Hard to digest; can be toxic</td>
</tr>
<tr>
<td>Begins breakdown of cellulose</td>
<td>Impossible to digest</td>
</tr>
</tbody>
</table>
HERBIVORE STOMACHS
HUMAN STOMACHS
PROPER PREPARATION OF SEED FOODS

IMITATES NATURAL FACTORS THAT NEUTRALIZE THE SEED’S "PRESERVATIVES" AND ALLOW IT TO SPROUT:

MOISTURE
WARMTH
SLIGHT ACIDITY
TIME
PROBLEMS WITH SOY FOODS

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

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

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

LECTINS: Irritating to the gastrointestinal tract.

OXALATES: High levels can cause kidney stones.

MANGANESE: High levels can cause brain damage in infants.
### TRADITIONAL VERSUS MODERN SOY FOODS

<table>
<thead>
<tr>
<th>Traditionally Prepared</th>
<th>Industrially Prepared</th>
</tr>
</thead>
<tbody>
<tr>
<td>MISO</td>
<td>BAC O BITS</td>
</tr>
<tr>
<td>SOY SAUCE</td>
<td>HAMBURGERS</td>
</tr>
<tr>
<td>TEMPEH</td>
<td>HAMBURGER HELPER</td>
</tr>
<tr>
<td>NATTO</td>
<td>BREAD</td>
</tr>
<tr>
<td>TOFU</td>
<td>ISOFLAVONE SUPPLEMENTS</td>
</tr>
<tr>
<td>SOYMILK</td>
<td>TOFU IN CHEESECAKE, DIPS, ETC.</td>
</tr>
<tr>
<td>CONSUMED IN SMALL AMOUNTS</td>
<td>&quot;HEALTH&quot; BARS – ZONE, BALANCE, ATKINS</td>
</tr>
</tbody>
</table>
SOY MEAT PRODUCTS: IMITATION FOODS
SOY MILK AND COWS MILK
SOLD SIDE BY SIDE
SOY AND DAIRY PRODUCTS
SOLD SIDE BY SIDE
SOY FOODS IN ASIAN DIETS

JAPAN: Average soy consumption is about 30 g per day (2 tablespoons). 65% of calories in the Japanese diet come from fish.

CHINA: Average soy consumption is about 10 g per day (2 teaspoons). 65% of calories in the Chinese diet come from pork (meat and fat).
Reproductive problems, infertility, thyroid disease and liver disease due to dietary intake of isoflavones have been observed for several species of animals\(^1\) including:

- PIGS
- MICE
- RATS
- CHEETAH
- SHEEP
- STURGEON
- QUAIL
- MARMOSET MONKEYS

\(^1\) [http://www.westonaprice.org/soy-alert/soy-isoflavones-panacea-or-poison](http://www.westonaprice.org/soy-alert/soy-isoflavones-panacea-or-poison)
SOY MILK OR REAL MILK?

SYNTHETIC VITAMIN D, EMULSIFIERS, REFINED SWEETENERS

PHYTOESTROGENS IN SOY MILK: 45 MG PER CUP – A TOXIC DOSE!
TWICE DAILY AVERAGE OF JAPANESE

OTHER ANTI–NUTRIENTS IN SOY MILK: PHYTIC ACID AND ENZYME INHIBITORS
SOY-BASED INFANT FORMULA

A RECIPE FOR DISASTER

BABY RECEIVES DAILY DOSE OF ESTROGENS ten times greater, as a function of body weight, than the level found in Asian diets.

PLUS ANTI-NUTRIENTS and high levels of manganese, aluminum and fluoride.
RESOURCES

▪ THE WHOLE SOY STORY BY KAAYLA DANIEL, PHD, CCN

▪ SOY ALERT! SECTION OF WESTONAPRICE.ORG

▪ SOY ALERT! FLYER FROM THE WESTON A. PRICE FOUNDATION
SEVENTH PRINCIPLE

TOTAL FAT CONTENT OF TRADITIONAL DIETS VARIES FROM 30% TO 80% OF CALORIES, BUT ONLY ABOUT 4% OF CALORIES COME FROM POLYUNSATURATED FATTY ACIDS.
LONGER-CHAIN FATTY ACIDS

PALMITIC 16:0

STEARIC 18:0

OLEIC 18:1 n-9

LINOLEIC 18:2 n-6

LINOLENIC 18:3 n-3

ARACHIDONIC 20:4 n-6
18-CARBON FATTY ACIDS

- Saturated Stearic
- Mono-Unsaturated Oleic
- Poly-Unsaturated Linoleic (Essential Fatty Acid)
- Poly-Unsaturated Linolenic (Essential Fatty Acid)
FREE RADICALS IN PROCESSED POLYUNSATURATED OILS

LINOLEIC

LINOLENIC
ARteries: The Good and the Pathological

Good Artery – Smooth, Elastic and Pink

Saturated and Mono-unsaturated fats do not react or harm arteries.

Damaged Arteries – Crustcy and Yellowish

Damage caused by free radicals from rancid, processed vegetable oils!
SHORTER-CHAIN FATTY ACIDS

BUTYRIC 4:0

\[
\text{H-O-C-C-C-C-C-H}
\]

CAPPROIC 6:0

\[
\text{H-O-C-C-C-C-C-C-H}
\]

CAPRYLIC 8:0

\[
\text{H-O-C-C-C-C-C-C-C-C-H}
\]

CAPRIC 10:0

\[
\text{H-O-C-C-C-C-C-C-C-C-C-C-H}
\]

LAURIC 12:0

\[
\text{H-O-C-C-C-C-C-C-C-C-C-C-C-C-H}
\]

MYRISTIC 14:0

\[
\text{H-O-C-C-C-C-C-C-C-C-C-C-C-C-C-C-C-C-C-C-C-C-C-C-H}
\]
TRIGLYCERIDE
WHO’S AFRAID OF SATURATED FAT?

CLOGS ARTERIES!
CAUSES CANCER!
INFLAMMATION!
CAUSES MS!

MAKES YOU FAT!
BAD FOR THE LIVER!
HEART ATTACK!
DIABETES!

DON’T WORRY, LISA.
NONE OF THIS IS TRUE!
THE MANY ROLES OF SATURATED FAT

CELL MEMBRANES – Should be 50% saturated fatty acids.
BONES – Saturated fats help the body put calcium in the bones.
HEART DISEASE – Lower Lp(a), a marker for heart disease.
HEART FUNCTION – Saturated fats are preferred food for the heart.
LIVER – Saturated fats protect the liver from alcohol and other poisons.
LUNGS – Can't function without saturated fats.
KIDNEYS – Can't function without saturated fats.
IMMUNE SYSTEM – Enhanced by saturated fats.
ESSENTIAL FATTY ACIDS – Work together with saturated fats.
DETOXIFICATION – Supports body's detox mechanisms

For references, see The Skinny on Fats at westonaprice.org
THE MANY ROLES OF SHORT- AND MEDIUM-CHAIN FATTY ACIDS

METABOLISM – Raise body temperature and give quick energy
WEIGHT LOSS – Never stored as fat; used for energy
IMMUNE SYSTEM – Stimulate the immune system
INTERCELLULAR COMMUNICATION – Help prevent cancer
ANTIMICROBIAL – Kill pathogens including candida in the gut
RECENT STUDIES ON FATS

LOW−FAT DIET = FATTER CHILDREN: Swedish study; Children on lowfat diets were fatter, consumed more sugar and had higher insulin resistance. www.ub.gu.se/sok/dissdatabas/detaljvy.xml?id=6979.

LOW−FAT MILK = FATTER CHILDREN: Children drinking reduced−fat milk had greater weight gain. Arch Dis Child, 2013;98:335–34


FLAVORED MILK FOR SCHOOL LUNCHES
Based on spray dried skim milk
Contain more sugar than sodas
Contain MSG, which contributes to weight gain
Most of the fatty acids in the cell membrane need to be straight saturated fatty acids, so they pack together "like logs" and give stability to the membrane.

Small numbers of polyunsaturated fatty acids (always bent) are located close to the transport proteins to make transport channels through the lipid membranes.
OPEN YOUR EYES TO
SATURATED FAT
OPEN YOUR EYES TO
SATURATED
FAT

WORLD HEART FEDERATION
badfats.eu
FATTY ACID COMPOSITION

PLAQUE, SERUM, AND ADIPOSE TISSUE

1965 STUDY ON FATS

PATIENTS WHO HAD ALREADY HAD A HEART ATTACK WERE DIVIDED INTO 3 GROUPS:

POLYUNSATURATED CORN OIL
MONOUNSATURATED OLIVE OIL
SATURATED ANIMAL FATS

1. Corn Oil Group had 30 percent lower cholesterol but only 52 percent alive after 2 years
2. Olive Oil Group had 57 percent alive after 2 years
3. Animal Fat Group had 75 percent alive after 2 years

Source: British Medical Journal 1965 1:1531–33
SATURATED FAT AND HEART DISEASE

LOWER RATES OF HEART DISEASE ARE ASSOCIATED WITH HIGHER LEVELS OF SATURATED FAT IN THE DIET.
FATTY ACID PROFILE OF HIGH-OLEIC OILS

OLIVE OIL
PEANUT OIL
SESAME OIL
SUNFLOWER OIL (HIGH-OLEIC)

OMEGA 3
OMEGA 6
MONO-UNSATURATED
SATURATED
FATTY ACID PROFILE OF COMMON ANIMAL FATS

[Simplified graph showing the fatty acid profile for different animal fats: Butter, Lard, Tallow. The graph uses color coding to represent different fatty acids - Short Chain Fatty Acids, Saturated, Oleic, Omega 6, Omega 3.]
FATTY ACID PROFILE OF TROPICAL OILS
ESSENTIAL FATTY ACID CONTENT OF PRIMITIVE AND MODERN DIETS

PRIMITIVE DIET
4 percent of calories as polyunsaturated essential fatty acids

MODERN DIET
20 percent of calories as polyunsaturated essential fatty acids
FATTY ACID PROFILES OF POLYUNSATURATED OILS (PUFA)
MODERN EDIBLE OIL

PROBLEMS ASSOCIATED WITH CONSUMPTION OF POLYUNSATURATED OILS

INCREASED CANCER
INCREASED HEART DISEASE
INCREASED WRINKLES AND PREMATURE AGING
IMMUNE SYSTEM DYSFUNCTION
DISRUPTION OF PROSTAGLANDIN PRODUCTION
DEPRESSED LEARNING ABILITY
LIVER DAMAGE
CEROID STORAGE DISEASE
DAMAGE TO REPRODUCTIVE ORGANS AND THE LUNGS
DIGESTIVE DISORDERS DUE TO POLYMERIZATION
INCREASED LEVELS OF URIC ACID
IMPAIRED GROWTH
LOWERED CHOLESTEROL

Source: Pinckney, *The Cholesterol Controversy*
**NATURAL SOURCES OF ESSENTIAL FATTY ACIDS**

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>LEGUMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTS</td>
<td>FISH</td>
</tr>
<tr>
<td>ANIMAL FATS</td>
<td>EGGS</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>FRUITS</td>
</tr>
</tbody>
</table>

Polyunsaturated fatty acids are protected from damage when they are in whole foods.
EIGHTH PRINCIPLE

NEARLY EQUAL AMOUNTS OF OMEGA–6 AND OMEGA–3 FATTY ACIDS
ESSENTIAL FATTY ACIDS IN PRIMITIVE AND MODERN DIETS
FREE-RANGE* VS. BATTERY (CONFINEMENT) EGGS

* Greek chickens on fish-based feed

Source: Simopolis and Salem, *AJCN*
## Fatty Acids in Grass-Fed and Grain-Fed Beef

<table>
<thead>
<tr>
<th>Nutrients/100 g</th>
<th>Grass-Fed</th>
<th>Grain-Fed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>68</td>
<td>64</td>
</tr>
<tr>
<td>Total Fat</td>
<td>13</td>
<td>17</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>Omega-6 Fatty Acids</td>
<td>.36</td>
<td>.56</td>
</tr>
<tr>
<td>Omega-3 Fatty Acids</td>
<td>.12</td>
<td>.09</td>
</tr>
<tr>
<td>Omega-3/Omega-6</td>
<td>1 to 3</td>
<td>1 to 6</td>
</tr>
</tbody>
</table>

Source: University of Nebraska (Lincoln) Institute of Agricultural and Natural Resources
WHY GRASS-FED IS BEST

TO GET THE BENEFITS OF GRASS FEEDING, YOU MUST EAT THE FAT!

- MORE FAT-SOLUBLE VITAMINS: A, D₃, E, K₂ – in the fat
- MORE CLA: Anti-cancer/weight loss compound – in the fat
- MORE MINERALS: Mostly in the fat

"And I will send grass in thy fields for thy cattle, that thou mayest eat and be satisfied." DEUT. 11:15
NINTH PRINCIPLE

ALL DIETS CONTAINED SOME SALT

SEA SALT
SALT FLATS AND MINED SALT
ASHES OF MARSH GRASSES
MEAT AND MILK PRODUCTS
BLOOD AND URINE

More salt needed with cooked foods
SALT IS NEEDED FOR

PROTEIN DIGESTION
CARBOHYDRATE DIGESTION
DEVELOPMENT OF BRAIN
ADRENAL FUNCTION
HORMONE PRODUCTION
CELLULAR METABOLISM
TRADITIONAL SALT PRODUCTION

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

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

SALT SHOULD BE GRAY, BEIGE OR PINK, INDICATING THE PRESENCE OF MINERALS.
HOW MUCH SALT?

Adult requirement:
  at least 1 ½ teaspoons salt per day.

Current Consumption:
  about 1 ½ teaspoons per day

US government recommendation:
  only 3/4 teaspoon salt per day.

Salt consumption in 1900:
  about 3 teaspoons per day.
TENTH PRINCIPLE

ALL TRADITIONAL CULTURES MADE USE OF BONES, USUALLY AS BONE BROTH

1. Supplies minerals in a form easy to assimilate.
2. Supplies nutrients that help build healthy collagen and cartilage.
3. Supplies amino acids that help the body detoxify.
4. Supplies gelatin to help digestion.
5. Heals the digestive tract.
6. Regulates dopamine for mental/emotional health

(www.westonaprice.org/mentalemotional-health/meat-organs-bones-and-skin)
RAW FOODS are HYDROPHILIC – they attract liquids, including digestive juices

COOKED FOODS are HYDROPHOBIC – they repel liquids, including digestive juices

GELATIN is HYDROPHILIC – it attracts liquids, including digestive juices

Gelatin–rich broth added to a meal containing cooked foods promotes full digestion and complete assimilation.
GELATIN IS USEFUL IN THE TREATMENT OF

MALNUTRITION
DYSENTERY
INFECTIOUS DISEASES
POOR DIGESTION/ASSIMILATION
IRRITATION OF DIGESTIVE TRACT
CROHN'S DISEASE
COLITIS
ULCERS

TUBERCULOSIS
DIABETES
MUSCULAR DYSTROPHY
FATIGUE
JAUNDICE
ALLERGIES
INFANT FEEDING
THE SOLUTION TO FATIGUE: EASY DIGESTION

▪ RAW DAIRY, NOT PASTEURIZED
▪ PROPER PREPARATION OF GRAINS
▪ LACTO–FERMENTED FOODS, RICH IN ENZYMES AND BENEFICIAL BACTERIA
▪ GELATIN–RICH BONE BROTHS

LESS ENERGY REQUIRED FOR DIGESTION = MORE ENERGY FOR YOU!
ELEVENTH PRINCIPLE

TRADITIONAL CULTURES MADE PROVISIONS FOR FUTURE GENERATIONS

• Special foods for parents-to-be, pregnant women, nursing women and growing children;

• Spacing of children;

• Principles of proper diet taught to the young.
THIS WOMAN FROM FIJI HAS WALKED MANY MILES TO OBTAIN A SPECIAL FOOD FOR THE BABY GROWING IN HER WOMB.
IMPORTANT SACRED FOODS
for Pre-Conception & Pregnancy

Butter from pastured cows
Raw milk from pastured animals
Lard from free-roaming pigs
Raw milk and cheese
Eggs, especially yolks
Cod liver oil
Liver and other organ meats
Oily fish and shellfish
Fish eggs
Bone broths
The Weston A. Price Foundation®
for Wise Traditions in Food, Farming and the Healing Arts

QUARTERLY MAGAZINE
INFORMATIONAL BROCHURES
YEARLY SHOPPING GUIDE
ANNUAL CONFERENCE
LOCAL CHAPTERS
12 SPOONS RESTAURANT RATING
About the Weston A. Price Foundation

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

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

WISE TRADITIONS 2017
18th Annual Conference of The Weston A. Price Foundation
November 10-11, Minneapolis, Minnesota
ORDER CONFERENCE RECORDINGS

FEATURES

Opportunity to Support a Study on Raw Milk Cheese
Does raw cheese help prevent osteoporosis? Here’s an opportunity to find out. READ MORE

Why Did God Create Cancer?
Dr. Todd Korn reveals cancer as a self-protective mechanism

Support for Pediatric Cancer
Kim Schulte provides detailed instructions for restoring your child to health

GcMAF and Raw Milk
Lee Emerson explains how the cancer paradigm is changing

NEW SERVICE FOR WAPF MEMBERS
Consultation with Pete Kennedy on policy and legal matters including disputes with government regulators, food freedom legislation and issues regarding raw milk, cottage foods and onfarm meat and poultry processing. Contact Pete at pete@realmilk.com.
YE boldlyshopping guide

Now available as an iPhone app!
The Weston A. Price Foundation®

for Wise Traditions in Food, Farming and the Healing Arts

TAKE THE 50% Pledge!

Spend at least 50% of your food dollars on direct purchases from local farmers and artisans; with the remainder of your food dollars, you can celebrate how small the world has become!
COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS

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

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

The go-to podcast for good health
A Production of the Weston A. Price Foundation

The Wise Traditions podcast covers topics like:
- nourishing fats
- healthy pregnancy
- dental health
- dangers of GMOs
- gut health
- nutrient-dense food
- sustainable farming
- traditional diets

Find it wherever you get your podcasts
and at westonaprice.org

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Nutrition and Physical Degeneration

Weston A. Price, DDS

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

Dr. Joseph Mercola

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

PUBLISHED BY
PRICE-POTTEGNER NUTRITION FOUNDATION

THE PRICE–POTTEGNER NUTRITION FOUNDATION
PPNF.ORG
(619) 462–7600
<table>
<thead>
<tr>
<th>Traditional Diets</th>
<th>Modern Diets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foods from fertile soil</td>
<td>Foods from depleted soil</td>
</tr>
<tr>
<td>Organ meats preferred over muscle meats</td>
<td>Muscle meats, few organs</td>
</tr>
<tr>
<td>Animal fats</td>
<td>Vegetable oils</td>
</tr>
<tr>
<td>Animals on pasture</td>
<td>Animals in confinement</td>
</tr>
<tr>
<td>Dairy products raw and/or fermented</td>
<td>Dairy products pasteurized</td>
</tr>
<tr>
<td>Grains and legumes soaked/fermented</td>
<td>Grains refined, extruded</td>
</tr>
<tr>
<td>Bone broths</td>
<td>MSG, artificial flavorings</td>
</tr>
<tr>
<td>Unrefined sweeteners (honey, maple syrup)</td>
<td>Refined sweeteners</td>
</tr>
<tr>
<td>Lacto-fermented vegetables</td>
<td>Canned vegetables</td>
</tr>
<tr>
<td>Lacto-fermented beverages</td>
<td>Modern soft drinks</td>
</tr>
<tr>
<td>Unrefined salt</td>
<td>Refined salt</td>
</tr>
<tr>
<td>Natural vitamins in foods</td>
<td>Synthetic vitamins added</td>
</tr>
<tr>
<td>Traditional cooking</td>
<td>Microwave, irradiation</td>
</tr>
<tr>
<td>Traditional seeds/open pollination</td>
<td>Hybrid seeds, GMO seeds</td>
</tr>
</tbody>
</table>
Meat!
Sauces and Gravy!
Bacon!
Eggs!
Seafood!
Fats—Butter, Butter, Butter!
Salt!
Grains!
Milk and Cheese! Cream!
Pickles!
Vegetables!
Soups!
Sweets!
Healthy Soft Drinks!

No deprivation on the Wise Traditions diet!
Powerpoint Presentation
With notes is posted at

NourishingTraditions.com/resources