

# NOURISHING TRADITIONAL DIETS THE KEY TO VIBRANT HEALTH



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THE WESTON A. PRICE FOUNDATION**

POWERPOINT DESIGN BY SANDRINE LOVE  
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# WHAT IS A HEALTHY DIET?



**EVEN LISA IS CONFUSED!**

ATKINS? KETO? CARNIVORE?

VEGETARIAN/VEGAN?

ZONE DIET?

ALL RAW?

MACROBIOTIC?

SOUTH BEACH DIET?

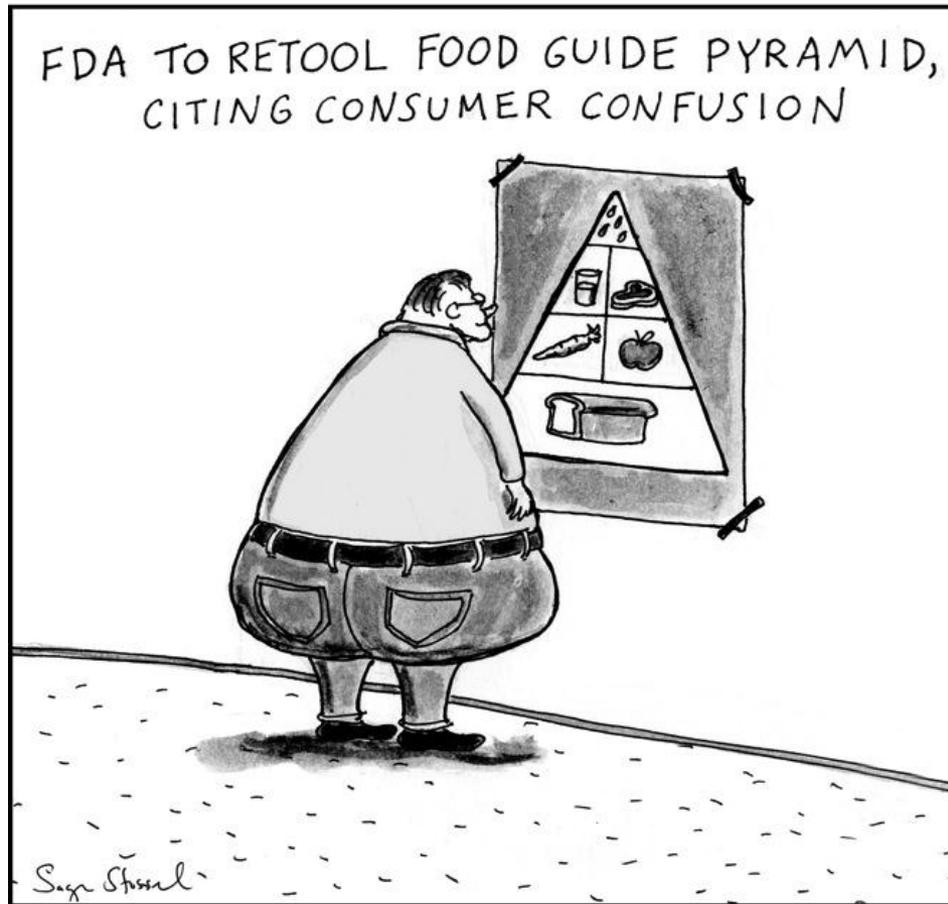
JUICING?

FOOD COMBINING?

BLOOD TYPE DIET?

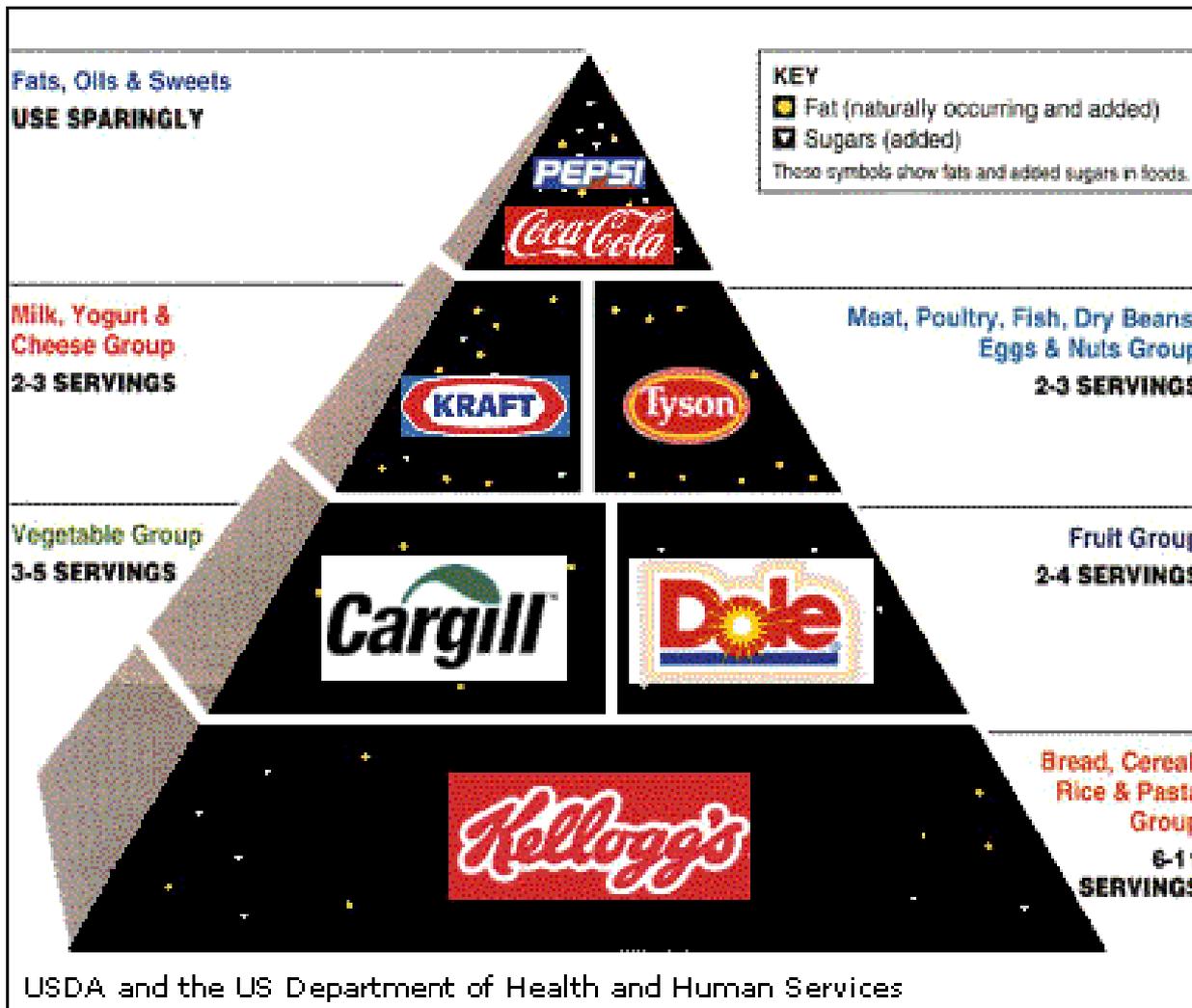
METABOLIC TYPING?

# OR IS IT THE US GOVERNMENT OFFICIAL DIET?

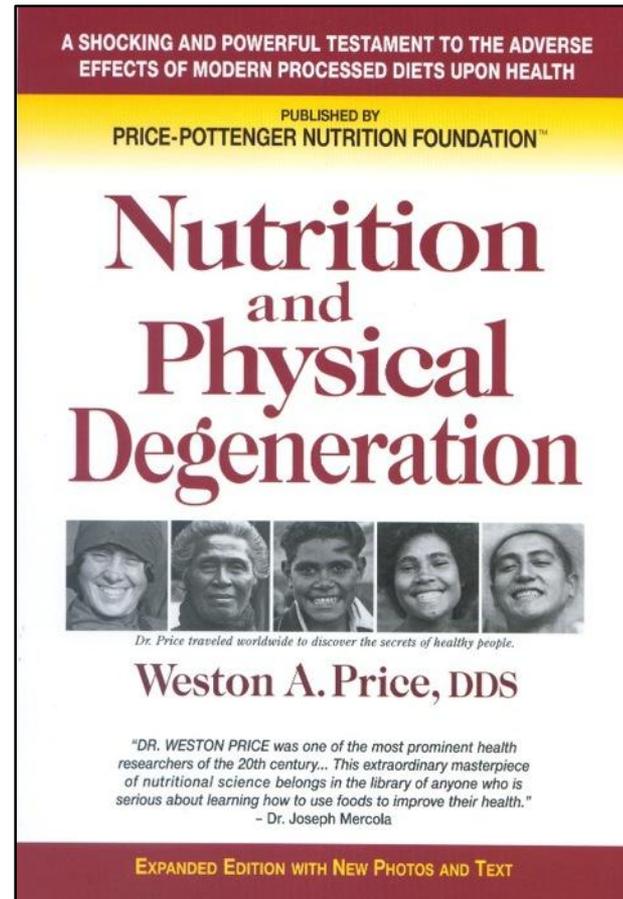


**FORMULATED TO PROMOTE THE PRODUCTS OF COMMODITY AGRICULTURE!**

CARTOON REPRODUCED COURTESY OF SAGE STOSSEL



# WESTON A. PRICE 1870 – 1948

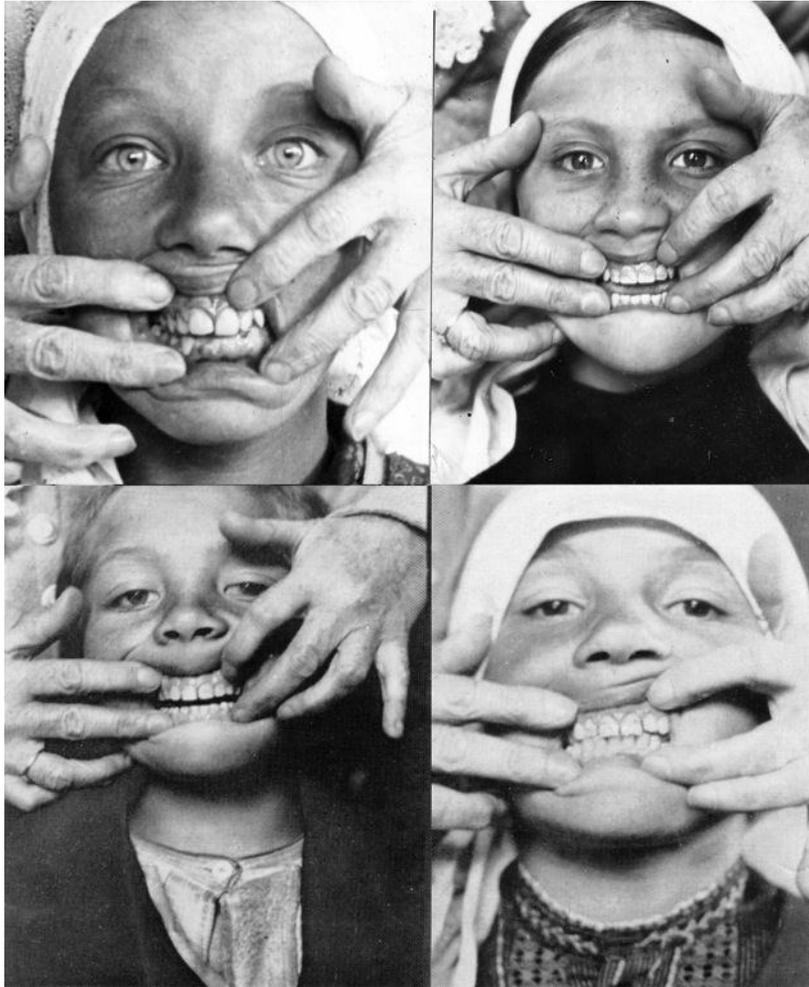


# LOETSCHEN VALLEY, SWITZERLAND





# PRIMITIVE SWISS





# MODERNIZED SWISS



# PRIMITIVE GAELIC PEOPLE

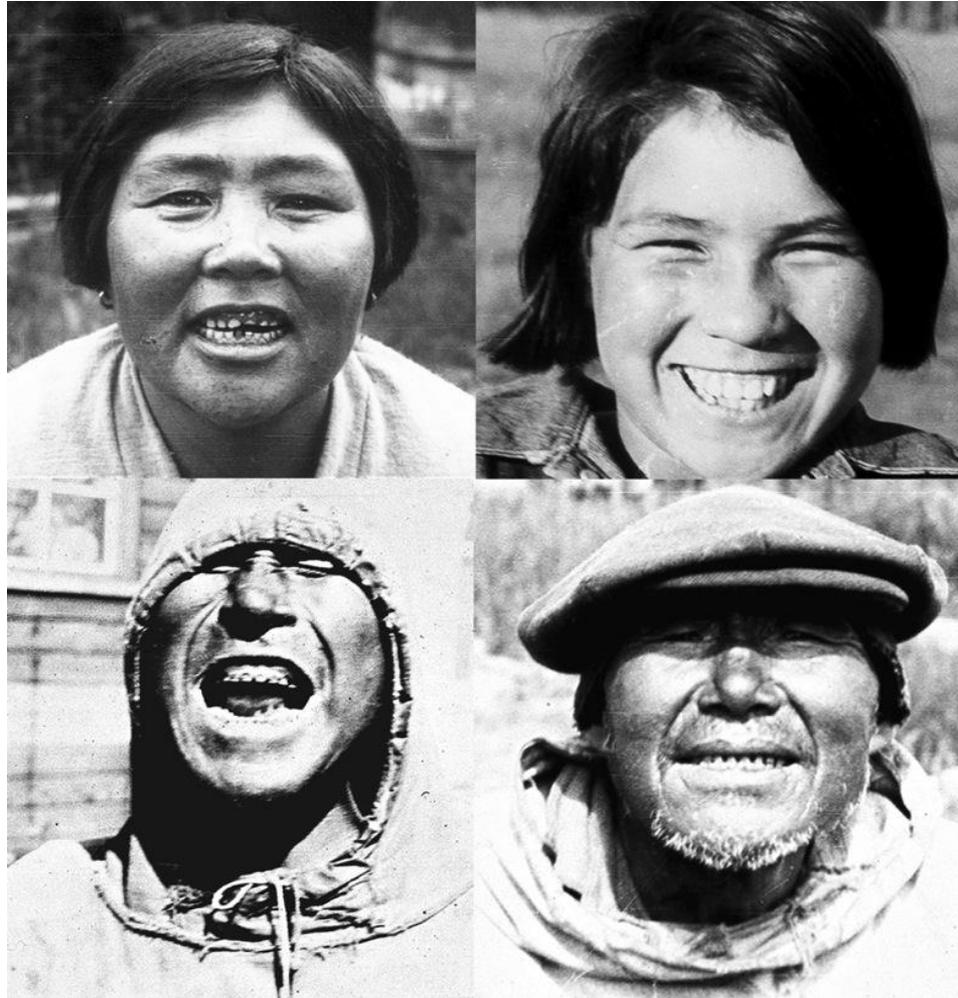




# PRIMITIVE ALASKAN PEOPLE



# PRIMITIVE ALASKAN PEOPLE



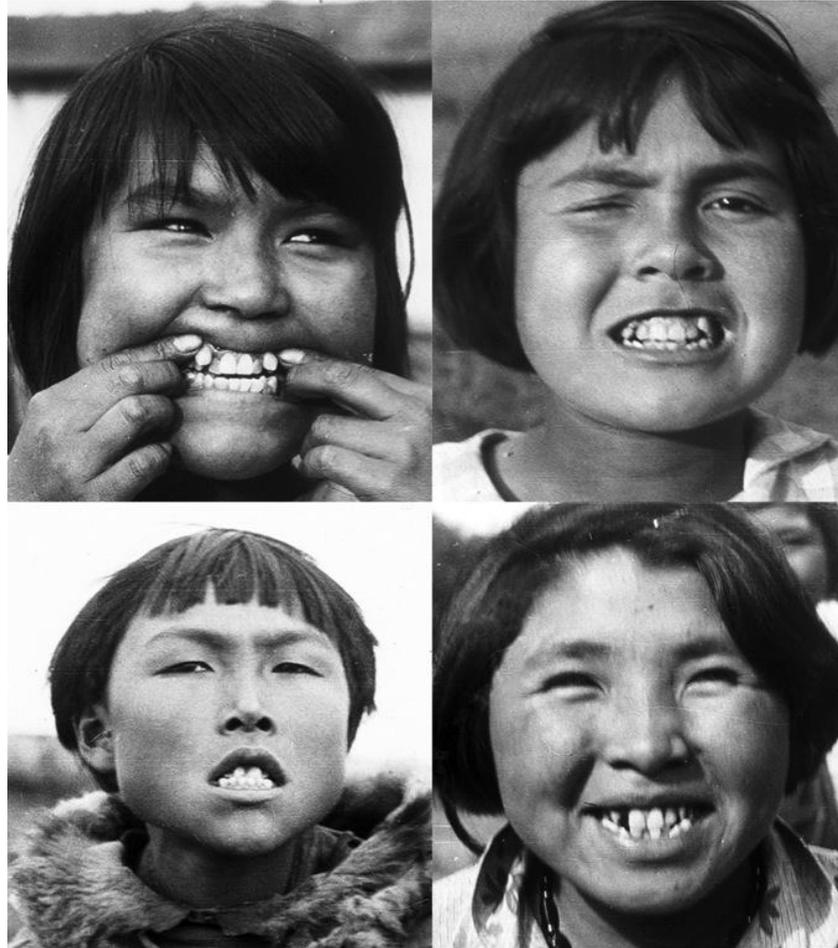
**FREE OF TOOTH DECAY AND DEGENERATIVE DISEASE.**

# MODERNIZED ALASKANS



**FIRST GENERATION SUFFERED FROM TOOTH DECAY.**

# MODERNIZED ALASKANS



**SECOND GENERATION HAD MORE NARROW FACES,  
AND SUFFERED FROM DENTAL CROWDING AND MODERN DISEASES.**

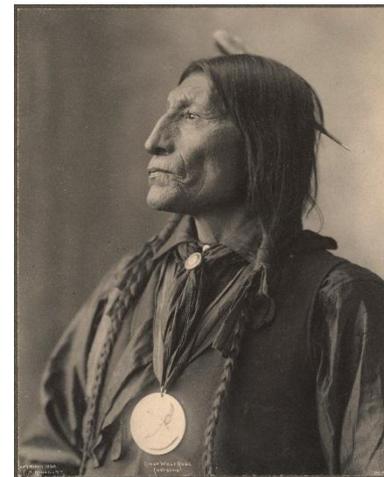
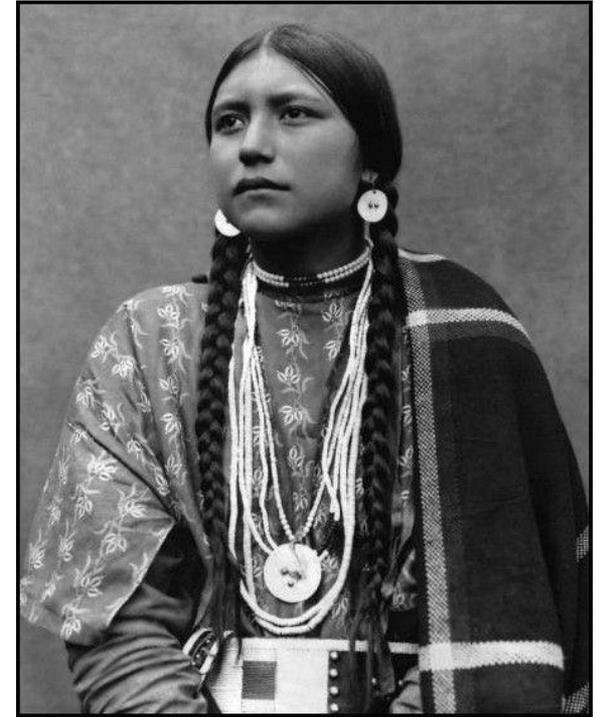
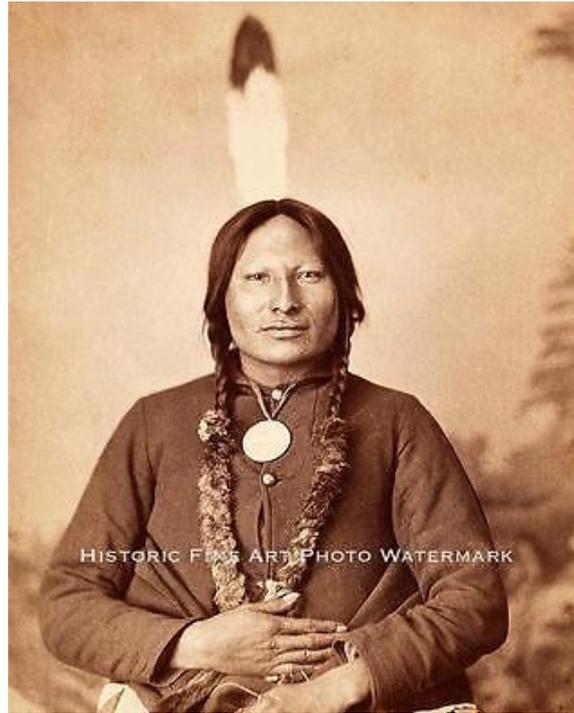


**SEAL OIL: A MAJOR SOURCE OF CALORIES  
IN A DIET CONTAINING 80 PERCENT FAT.**

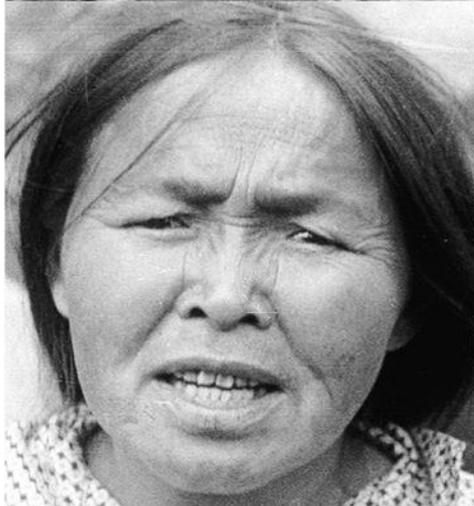
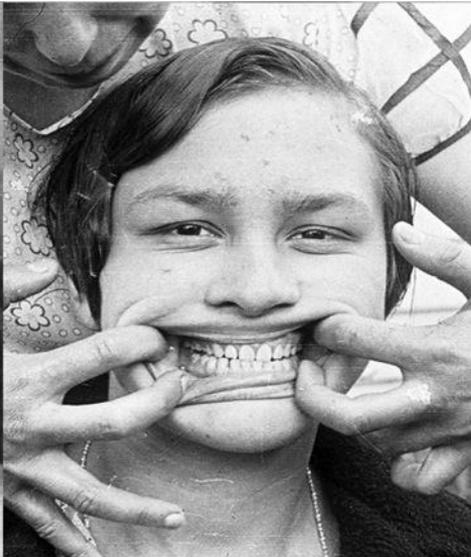
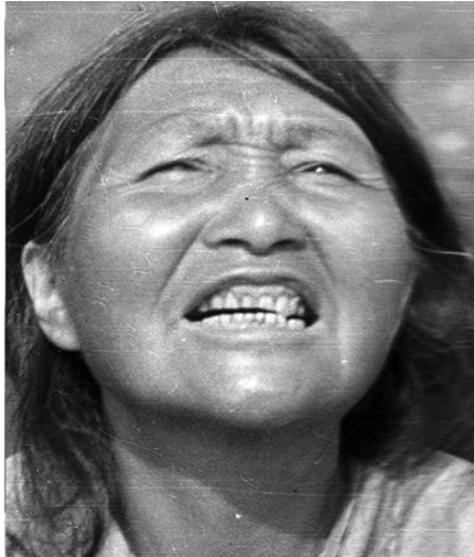


**FISH EGGS: A SACRED FOOD  
FOR ENSURING HEALTHY BABIES.**

# PRIMITIVE PLAINS INDIANS



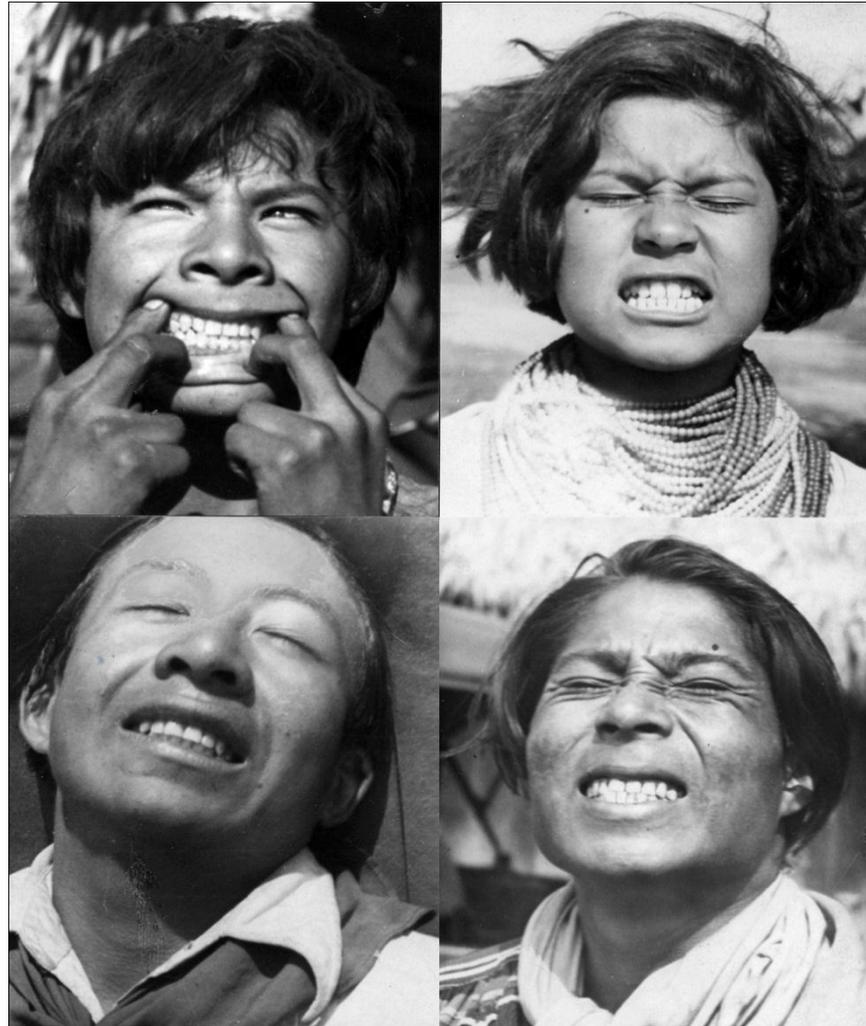
# PRIMITIVE CANADIAN INDIANS



# MODERNIZED CANADIAN INDIANS



# PRIMITIVE SEMINOLE INDIANS OF FLORIDA



**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!

## STRAIGHT TEETH

## CROWDED, CROOKED TEETH

**PLENTY OF ROOM** IN HEAD FOR  
PITUITARY, PINEAL, HYPOTHALAMUS,  
SINUS CAVITIES AND EAR TUBES

**COMPROMISED SPACE** FOR MASTER  
GLANDS IN THE HEAD; INCREASED  
SUSCEPTIBILITY TO SINUS AND EAR  
INFECTION

**GOOD** SKELETAL DEVELOPMENT, GOOD  
MUSCLES

**POOR** DEVELOPMENT, POOR  
POSTURE, EASILY INJURED

**KEEN** EYESIGHT AND HEARING

**POOR** EYESIGHT AND HEARING

**OPTIMAL** FUNCTION OF ALL ORGANS

**COMPROMISED** FUNCTION OF ALL  
ORGANS

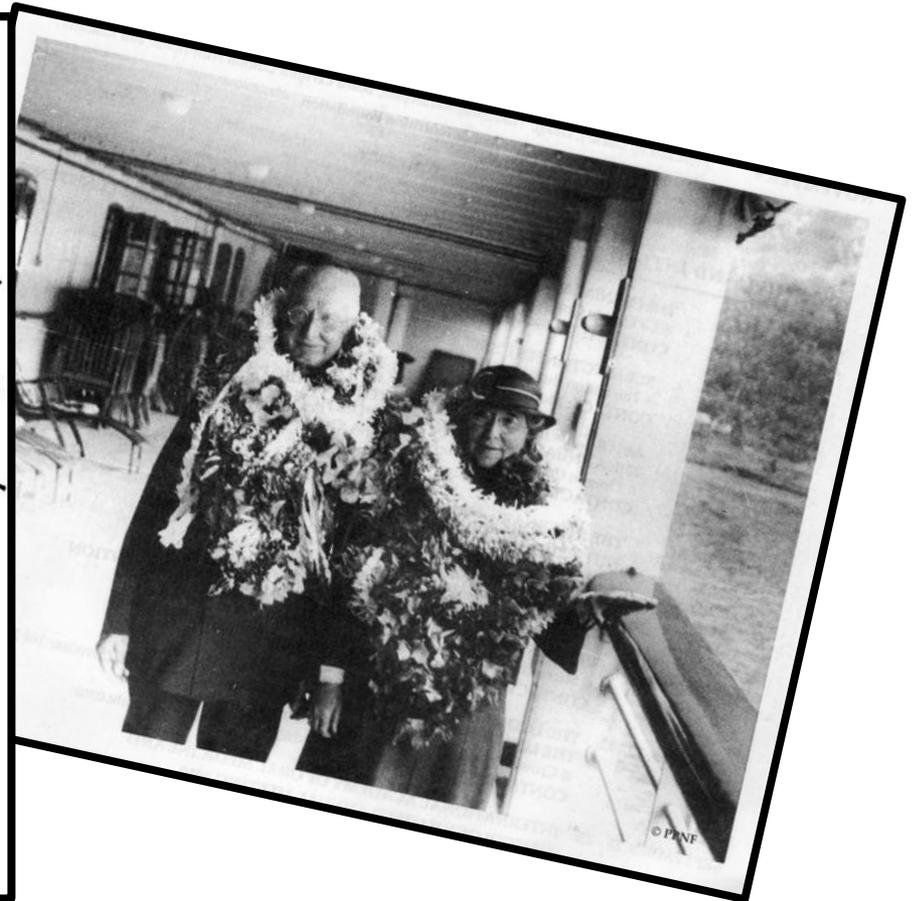
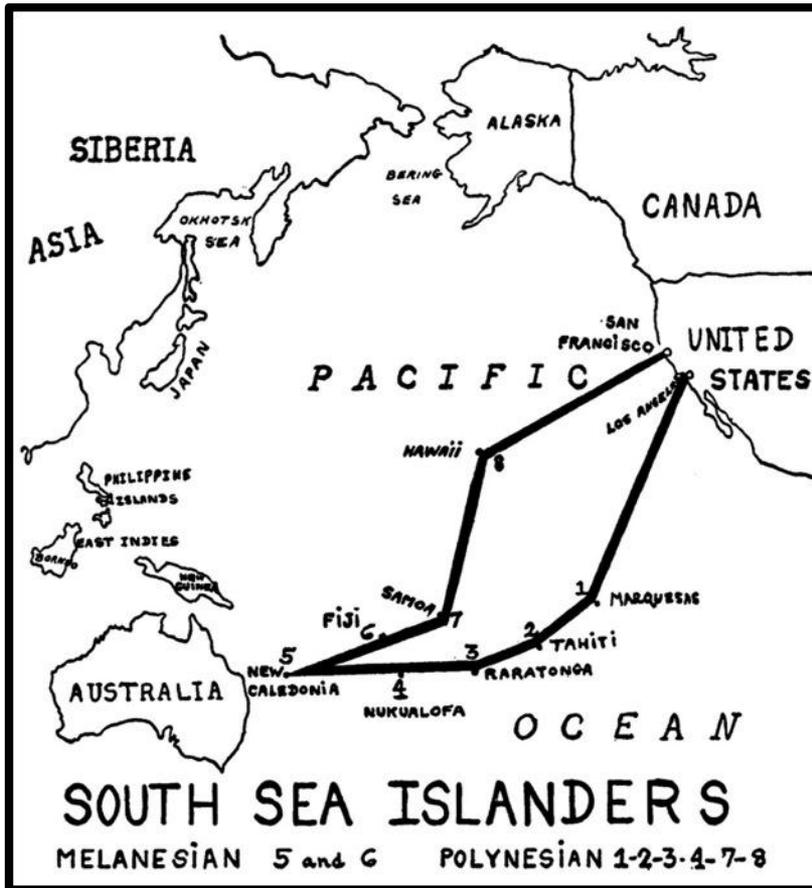
**OPTIMISTIC** OUTLOOK, LEARNS EASILY

DEPRESSION, BEHAVIOR **PROBLEMS**,  
LEARNING PROBLEMS

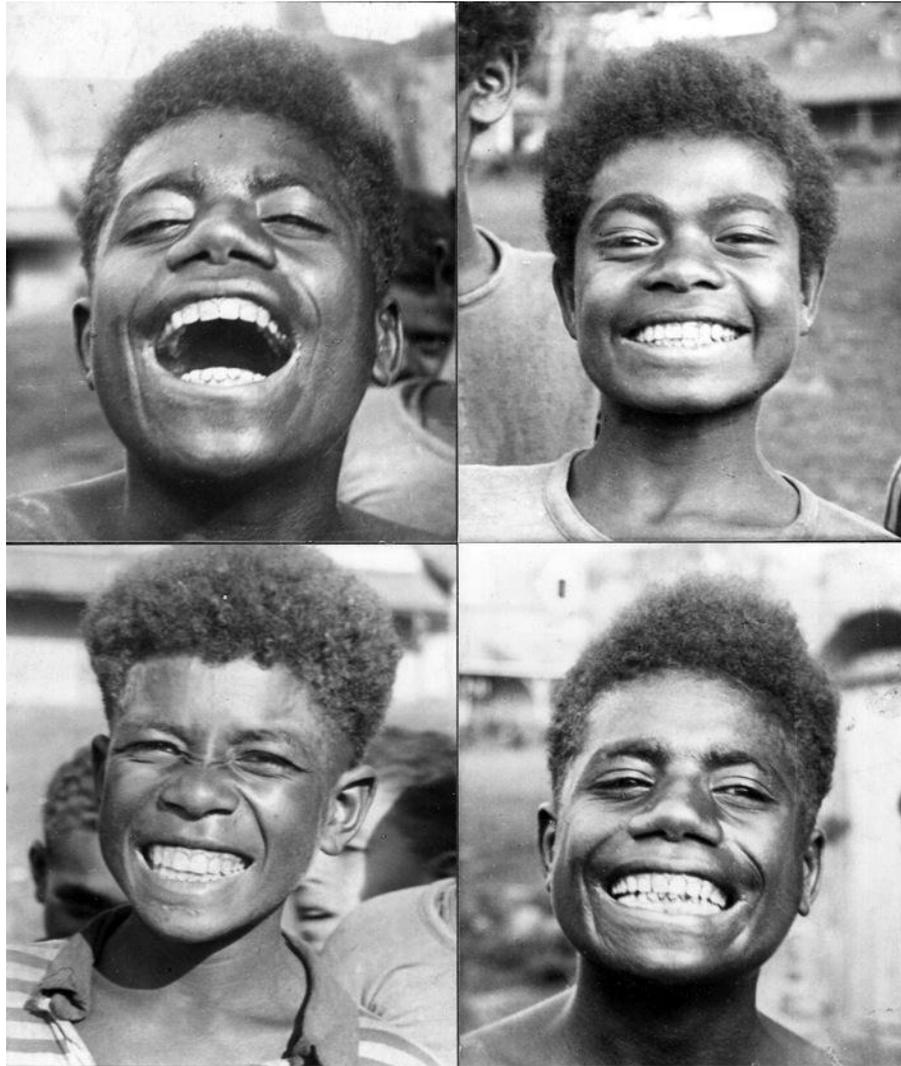
ROUND PELVIC OPENING,  
**EASY** CHILDBIRTH

OVAL PELVIC OPENING,  
**DIFFICULT** CHILDBIRTH

# SOUTH SEA ISLANDERS

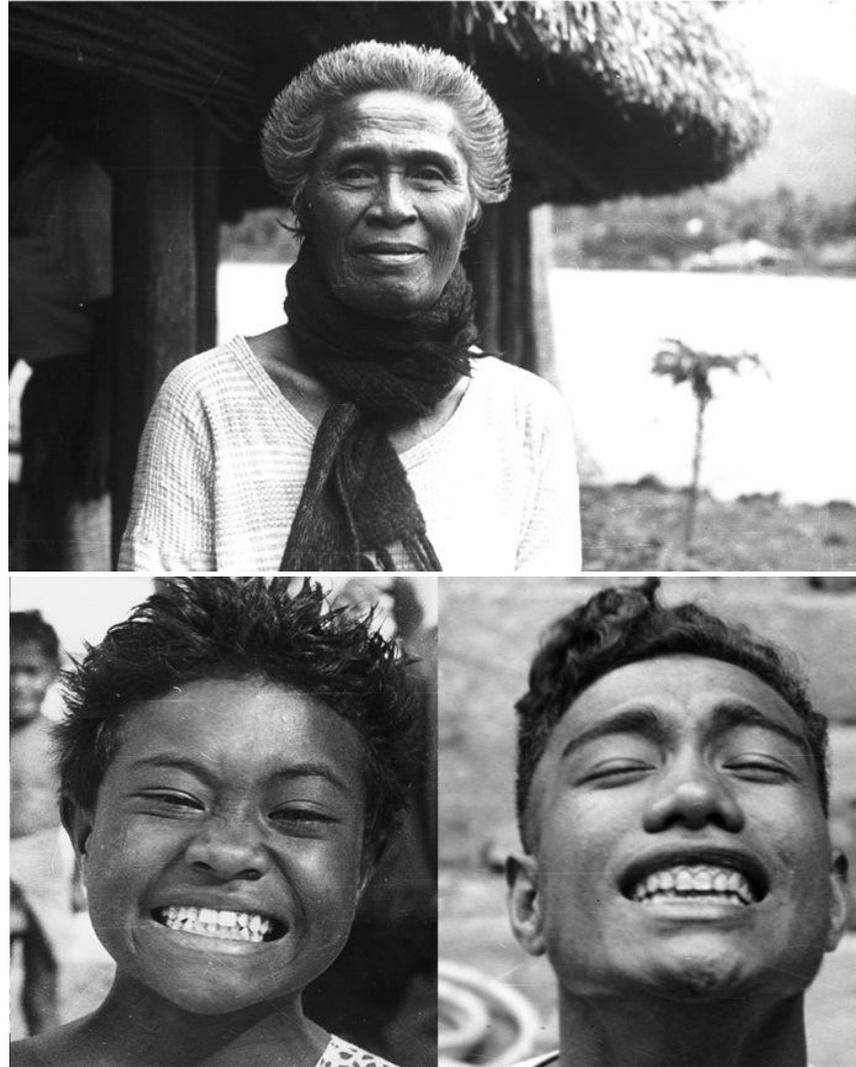


# PRIMITIVE SOUTH SEA ISLANDERS



**THESE ARE HAPPY TEENAGE BOYS!**

# PRIMITIVE SOUTH SEA ISLANDERS



**THE WOMAN IN THE UPPER PHOTOGRAPH IS 90 YEARS OLD!**

# FOODS OF THE SOUTH SEA ISLANDERS

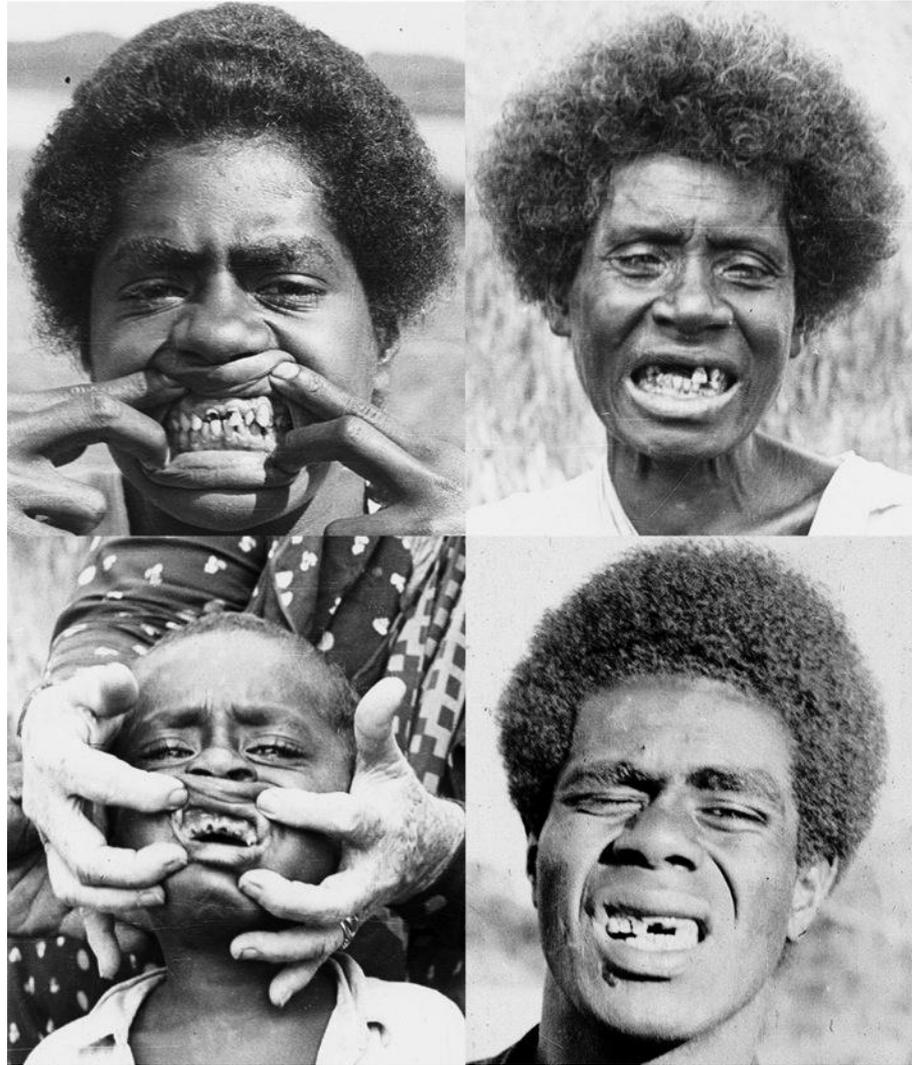




**TAHITI: SHARK STOMACHS  
CONTAINING FERMENTING SHARK LIVERS**

Photo courtesy Kay Baxter

# MODERNIZED SOUTH SEA ISLANDERS



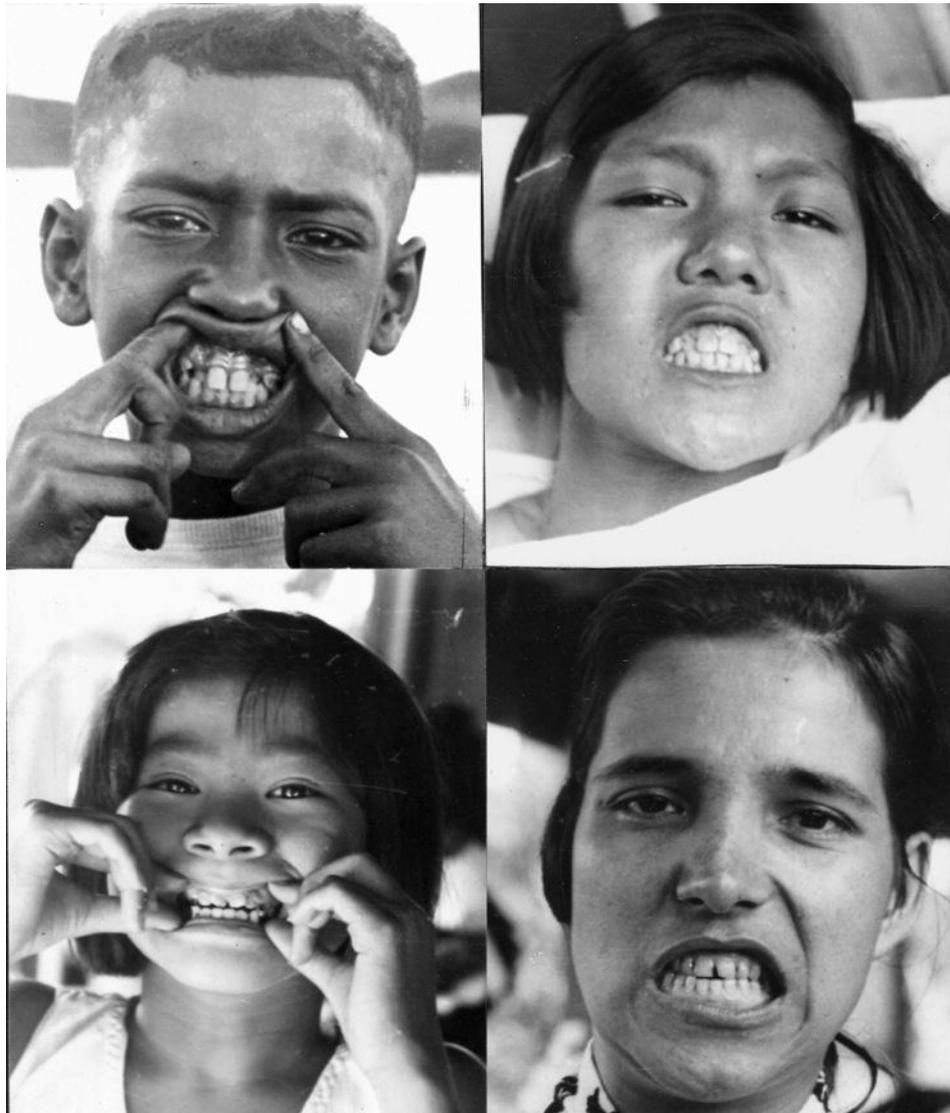
**FIRST GENERATION SUFFERED FROM TOOTH DECAY.**

S



**MODERNIZED SOUTH SEA ISLANDERS**  
Second generation had narrowed faces  
and modern health problems.

# HAWAIIAN TB WARD



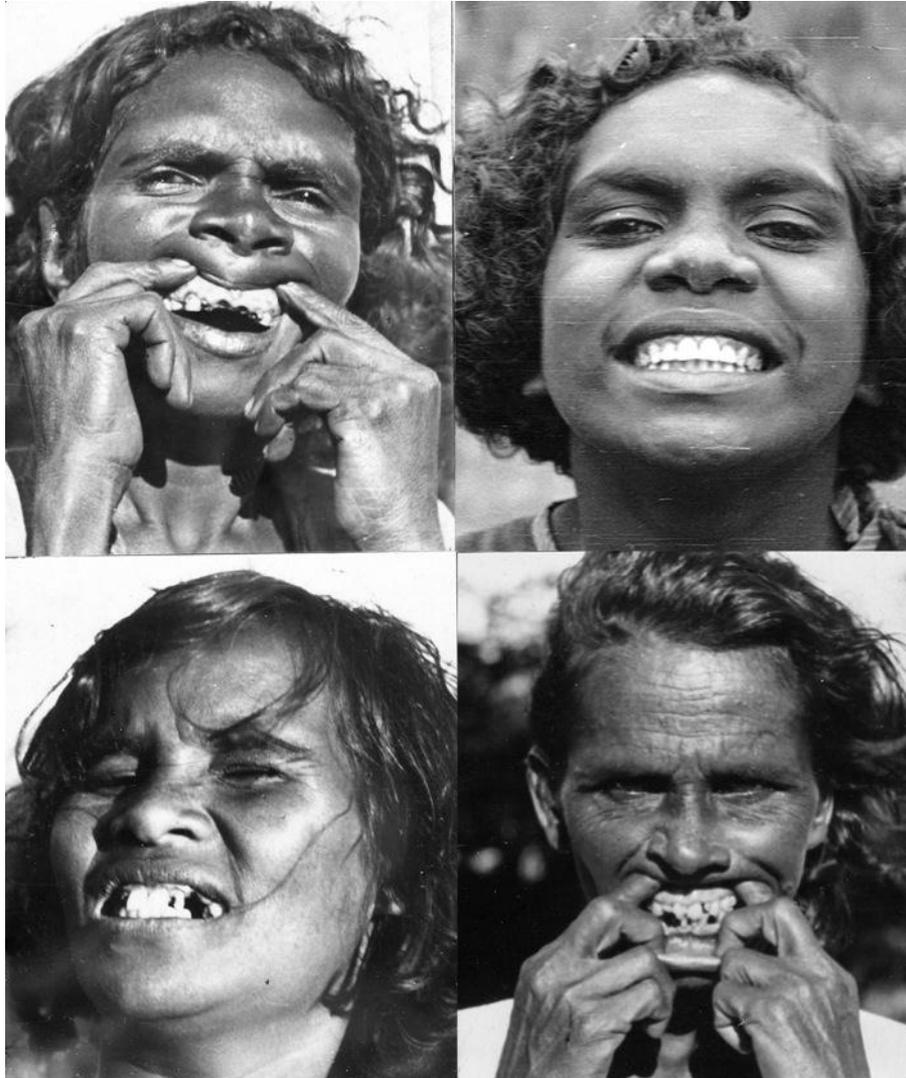
# PRIMITIVE ABORIGINE MEN



# PRIMITIVE ABORIGINE WOMEN



# ABORIGINAL DECAY

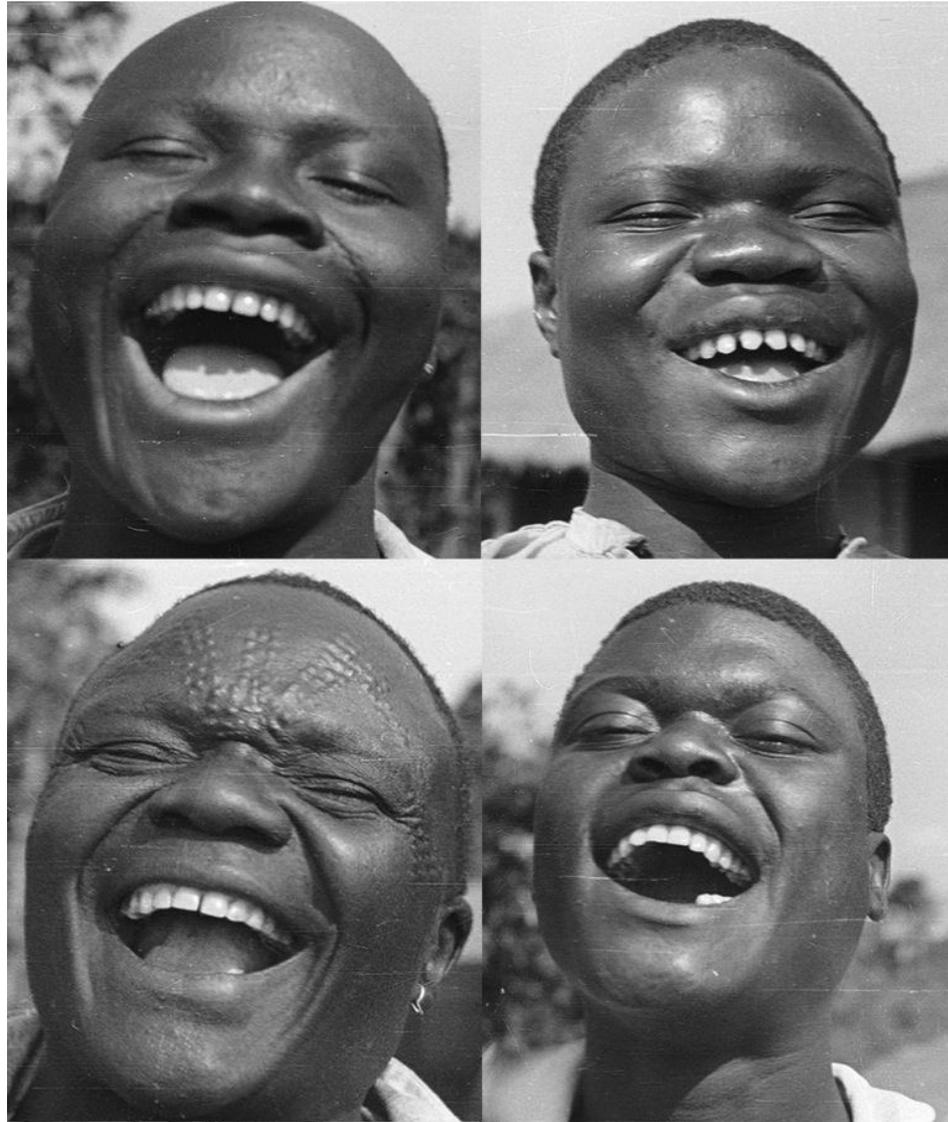


# ABORIGINALS NEXT GENERATION





# PRIMITIVE AFRICANS



# 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

## HERDERS

## HUNTER-GATHERERS

## AGRICULTURISTS

Mostly Animal  
Foods

Mixed Plant and  
Animal Foods

Mostly Plant  
Foods

No Tooth Decay

No Tooth Decay

Some Tooth  
Decay

Very Tall and  
Slender

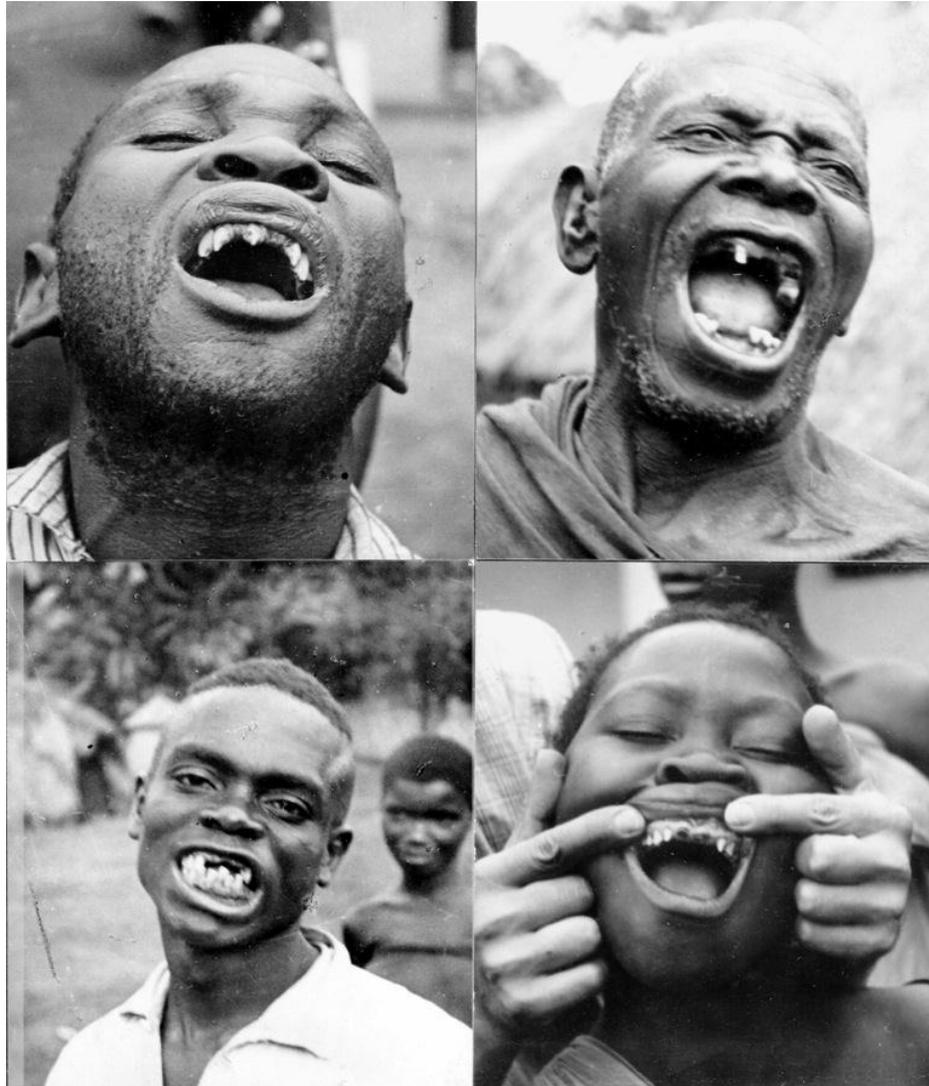
Tall and Muscular

Short and Chubby

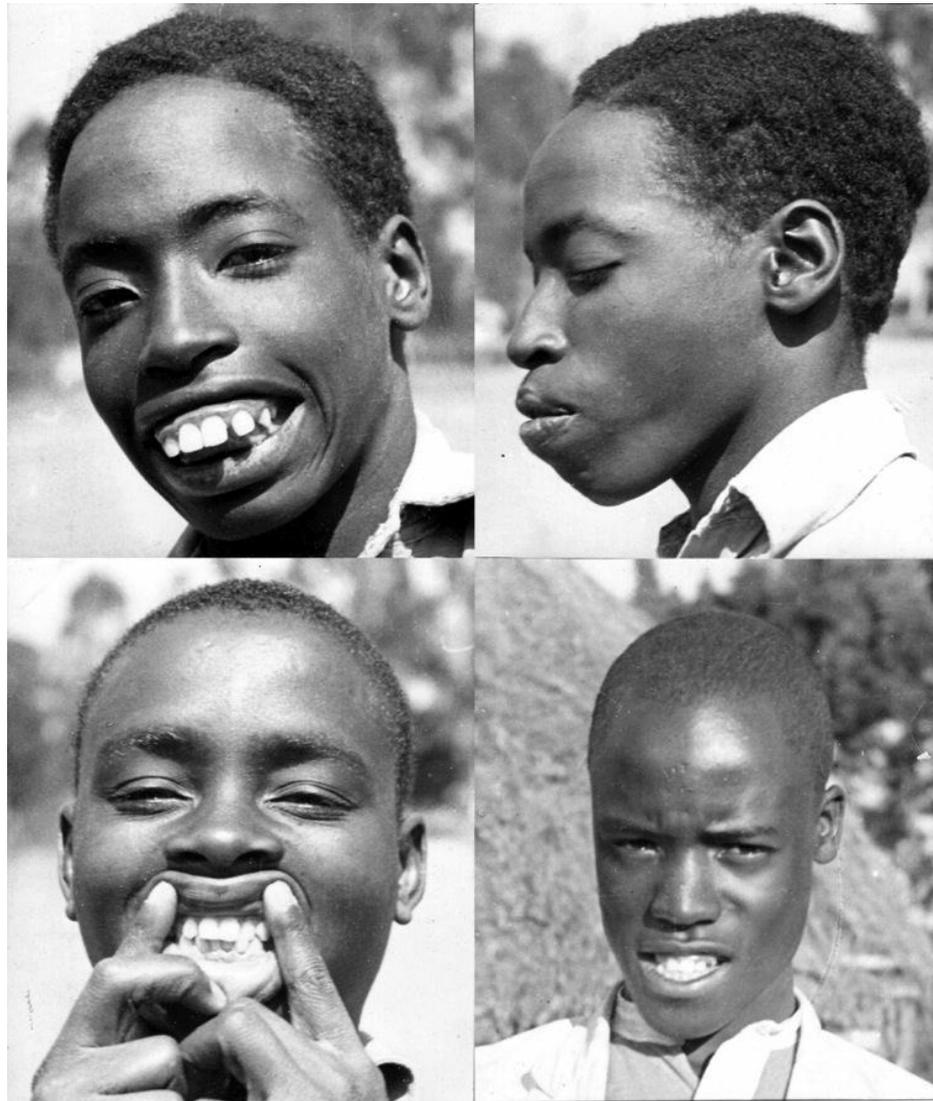
## DR. PRICE'S CONCLUSION

The ideal diet avoids the extremes of too much animal food or too much plant food.

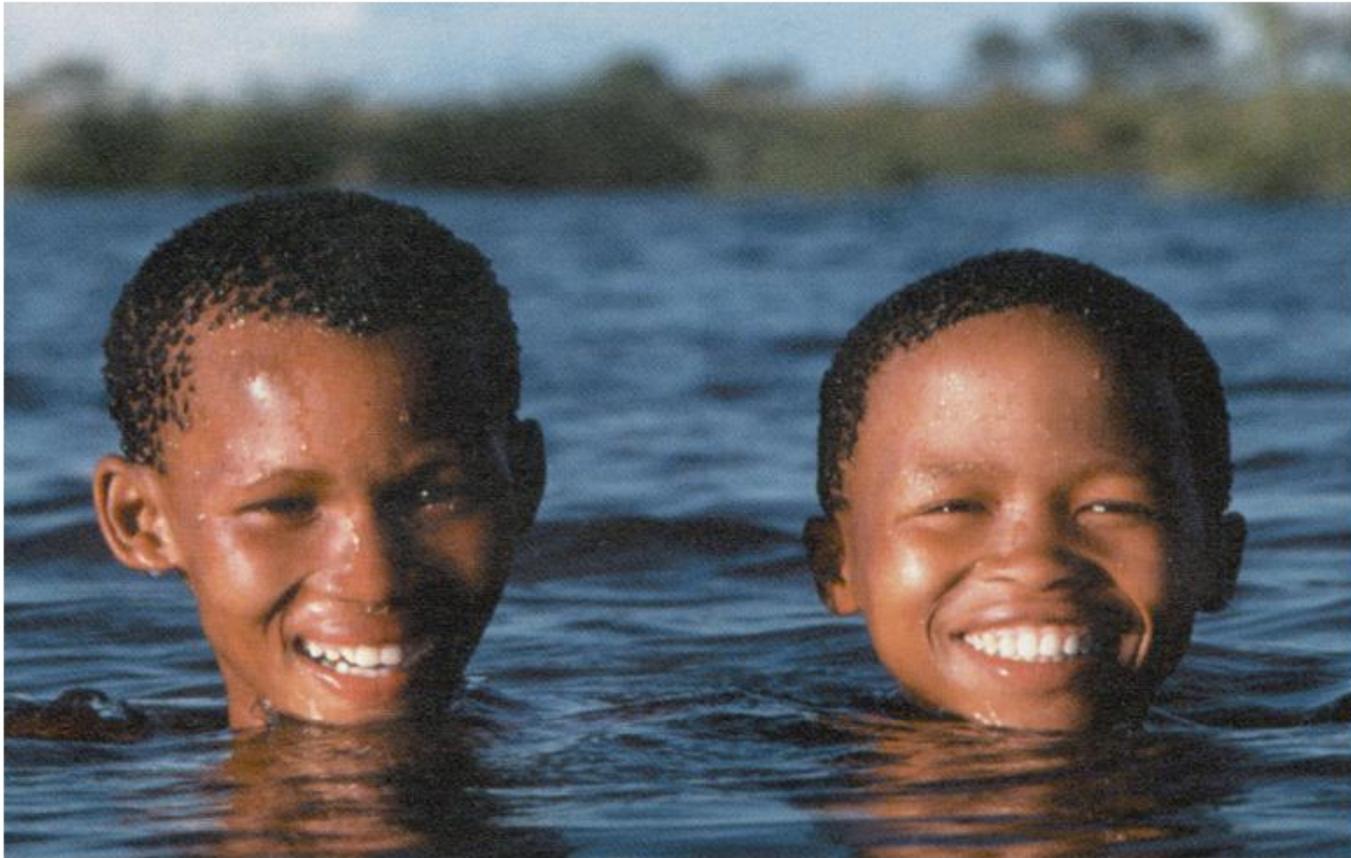
# AFRICAN DECAY



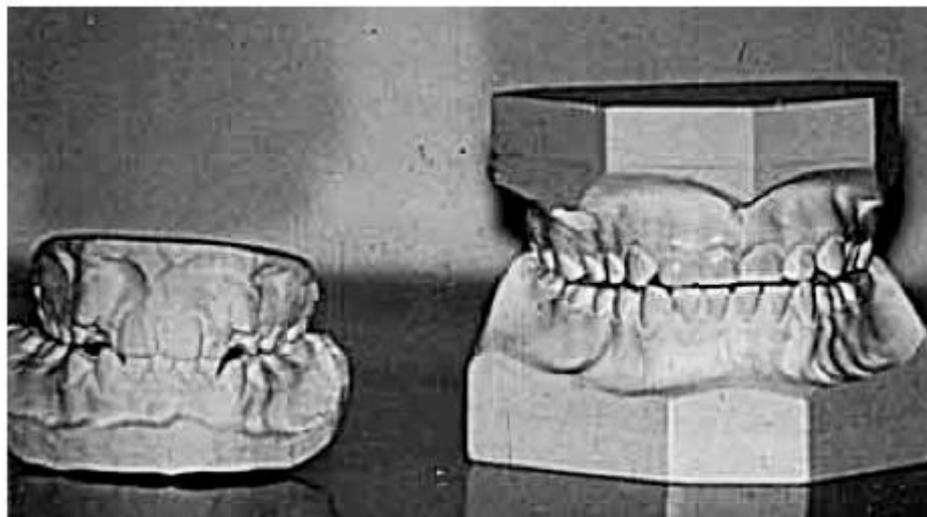
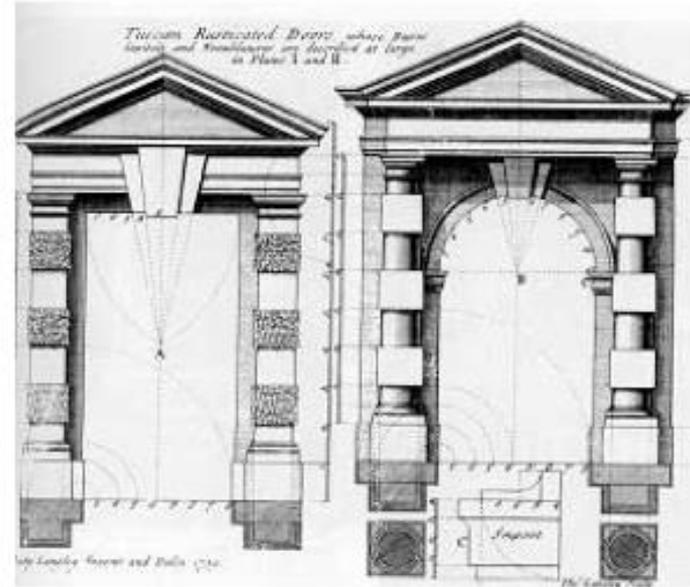
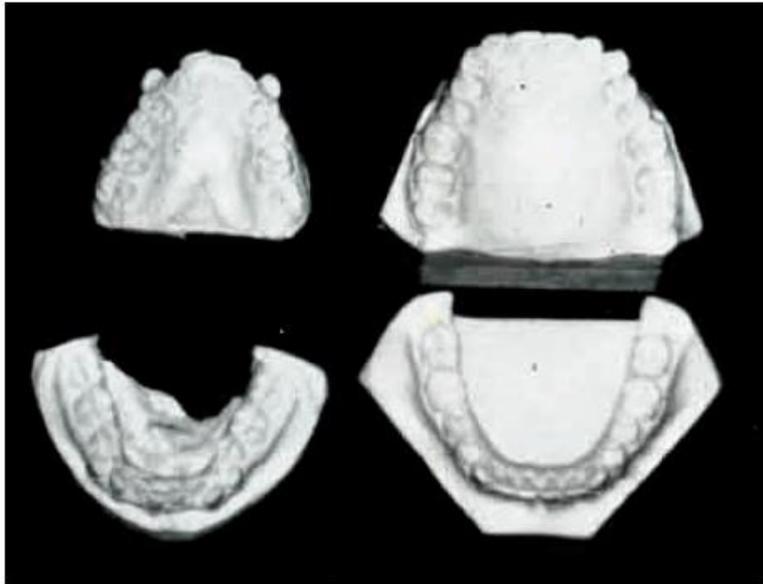
# AFRICANS NEXT GENERATION



# MODERN VERSUS TRADITIONAL FACIAL STRUCTURE



# DENTAL CASTS OF MODERNIZED AND PRIMITIVE INDIVIDUALS



# POTTENGER'S CATS



**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

*An open bite is usually due to an oral habit.*



PROTRUSION



ECTOPIC ERUPTION

*Ectopically erupting maxillary incisors.*



COMPLETE CLASS III

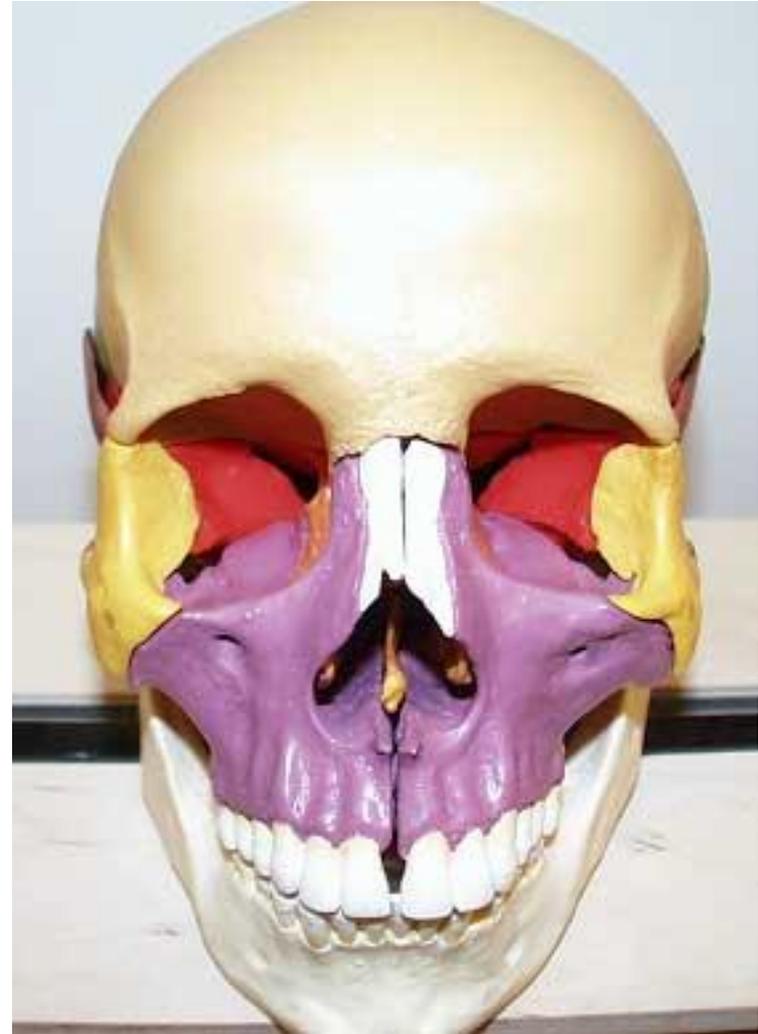
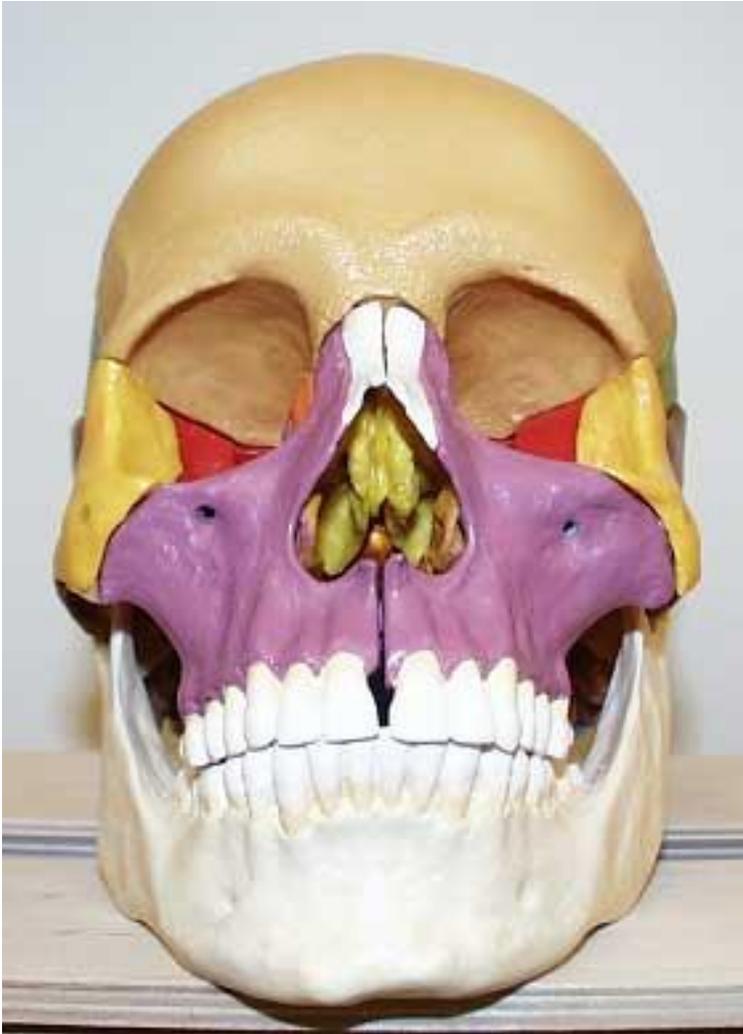


DIASTEMA

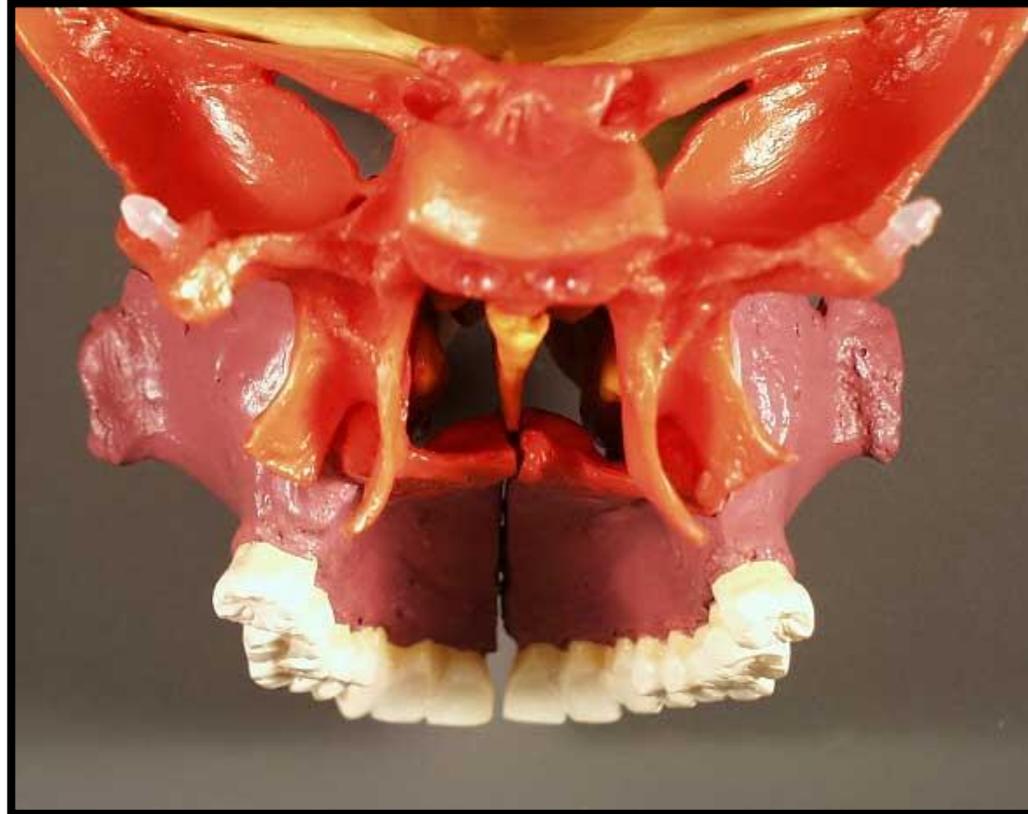


ORAL HABITS

# THE FACIAL BONES



# 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

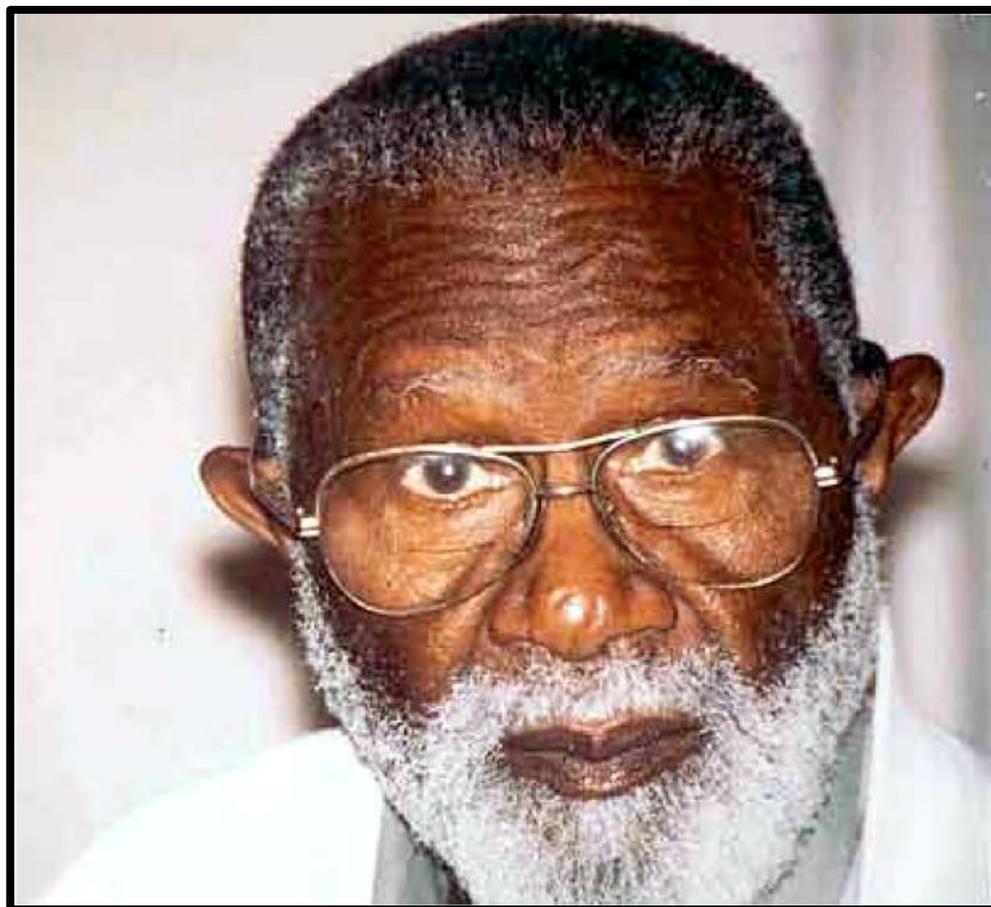
ORGAN MEATS

BROTH

SWEET POTATOES

GREENS

CORN BREAD



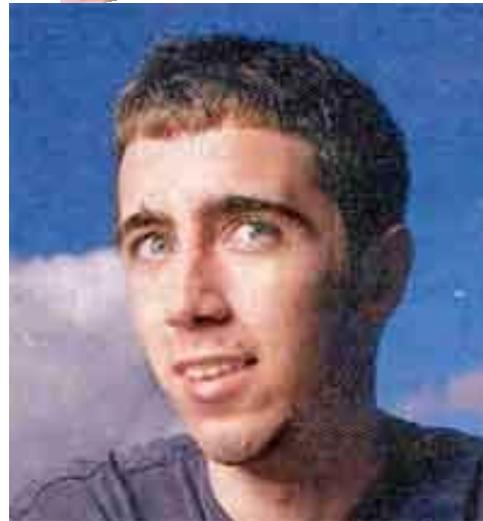


**BILL CODY'S WILD WEST SHOW, 1910**

# 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**

# NATURAL BEAUTY

♥♥ 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

# 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

### REFINED AND DENATURED FOOD COMPONENTS 1930s

Refined Sugar  
White Flour  
Vegetable Oils  
Canned Foods  
Condensed Milk

### REFINED AND DENATURED FOOD COMPONENTS TODAY

Refined Sugar  
High Fructose Corn Syrup/Agave Syrup  
White Flour  
Pasteurized Milk  
Skim and Low-Fat Milk  
Hydrogenated Fats  
Refined Vegetable Oils  
Isolated Protein Powders  
Additives/Artificial Sweeteners

"LIFE IN ITS FULLNESS IS MOTHER NATURE OBEYED."

WESTON A. PRICE, DDS



FACTORY FOODS ARE NOT MOTHER NATURE'S FOODS!

# SECOND PRINCIPLE

## EVERY DIET CONTAINED ANIMAL PRODUCTS

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

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

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

**MILK AND MILK PRODUCTS** Raw or cultured, not pasteurized

**EGGS** From birds outside in the sunlight

**REPTILES**

**INSECTS**

# ANIMAL FOOD NUTRIENTS

**THESE NUTRIENTS ARE FOUND  
ONLY IN ANIMAL PRODUCTS**

**VITAMIN A**

**VITAMIN D**

**CHOLESTEROL**

**VITAMIN B12**

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

**THESE NUTRIENTS ARE MORE  
EASILY ABSORBED FROM  
ANIMAL PRODUCTS**

**CALCIUM**

**B6**

**MAGNESIUM**

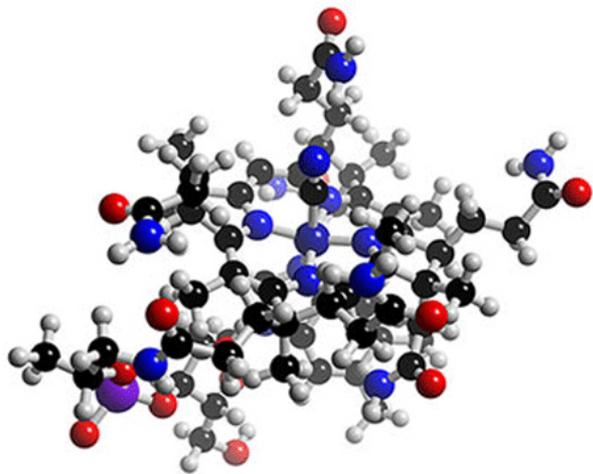
**IRON**

**ZINC**

**COPPER**

# VITAMIN B12 DEFICIENCY

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



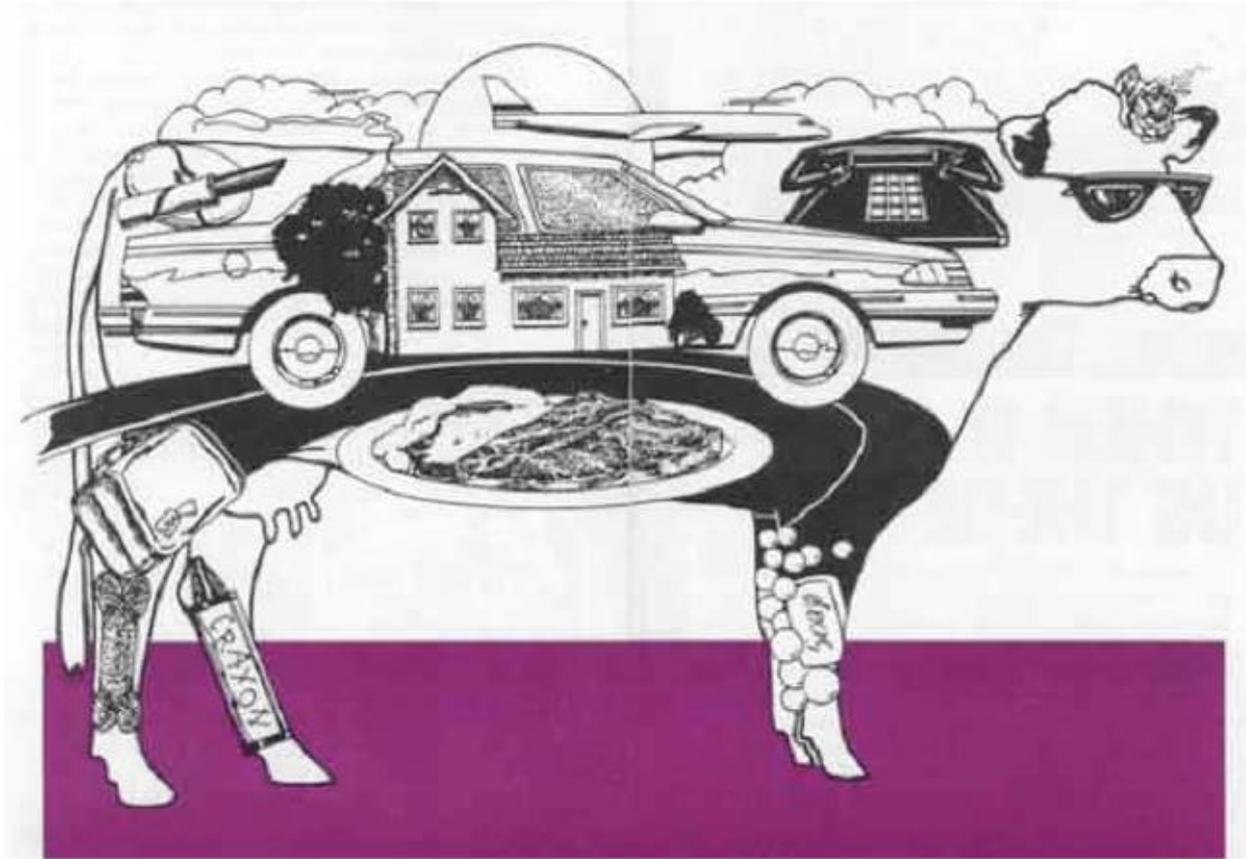
# VITAMIN B12

**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.

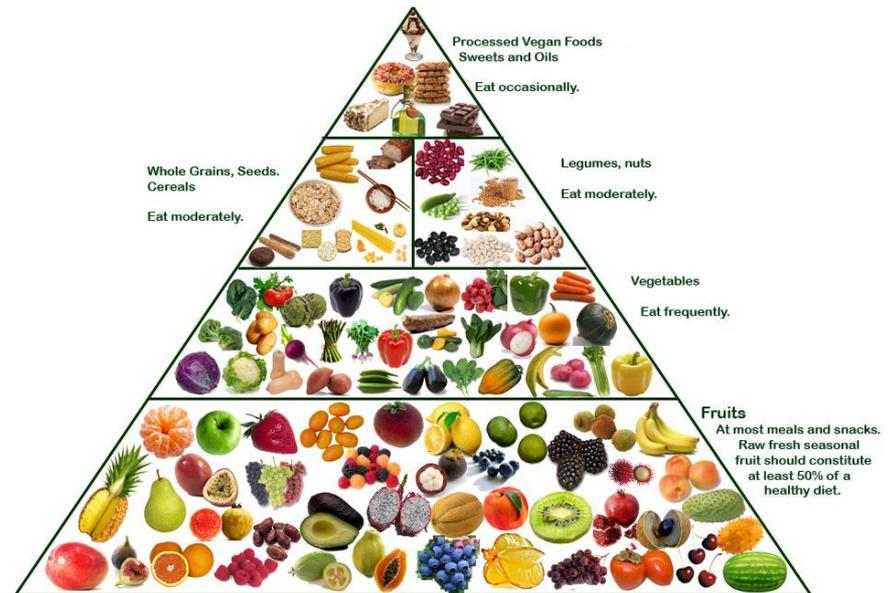


# PRODUCTS THAT COME FROM COWS

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!!**



Nutrition and Health – The Association between Eating Behavior and Various Health Parameters: A Matched Sample Study, Nathalie T. Burkert, Johanna Muckenhuber, Franziska Großschädl, Éva Rásky, Wolfgang Freidl Published: February 7, 2014 DOI: 10.1371/journal.pone.0088278; AMCN 27 Dec 2011, 712–738.

# 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.

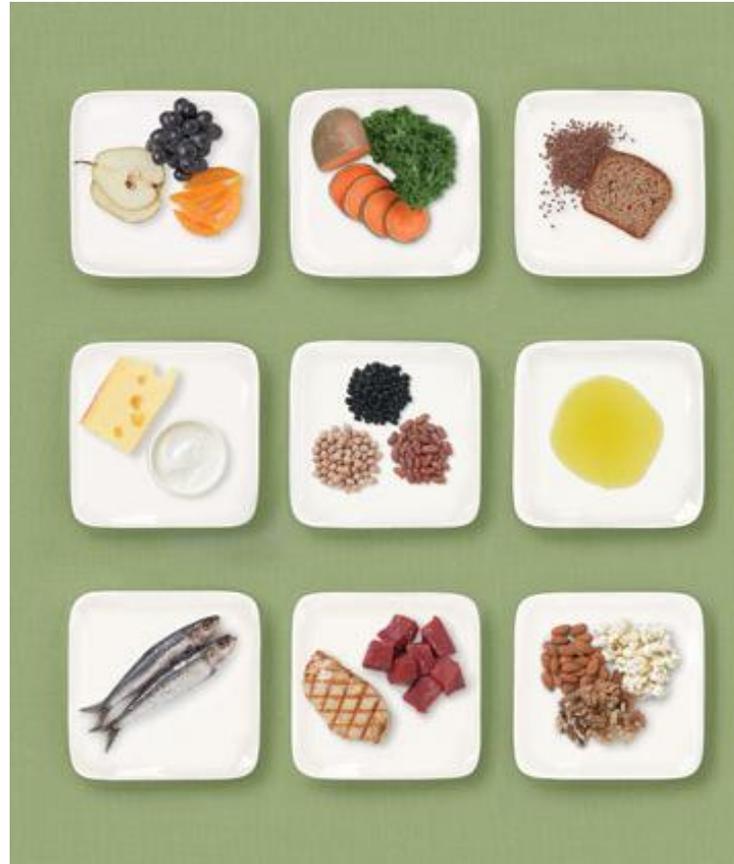
**MCDOUGALL:** Limits vegetable oils, refined grains, sugar-coated cereals, soft drinks, processed carbs, fruit juice.

**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!

# PALEO DIET



**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  
SHELL FISH  
OILY FISH



## LAND ANIMALS GRASS-FED!

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

## SEA MAMMALS

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



# THE FAT-SOLUBLE ACTIVATORS A AND D

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

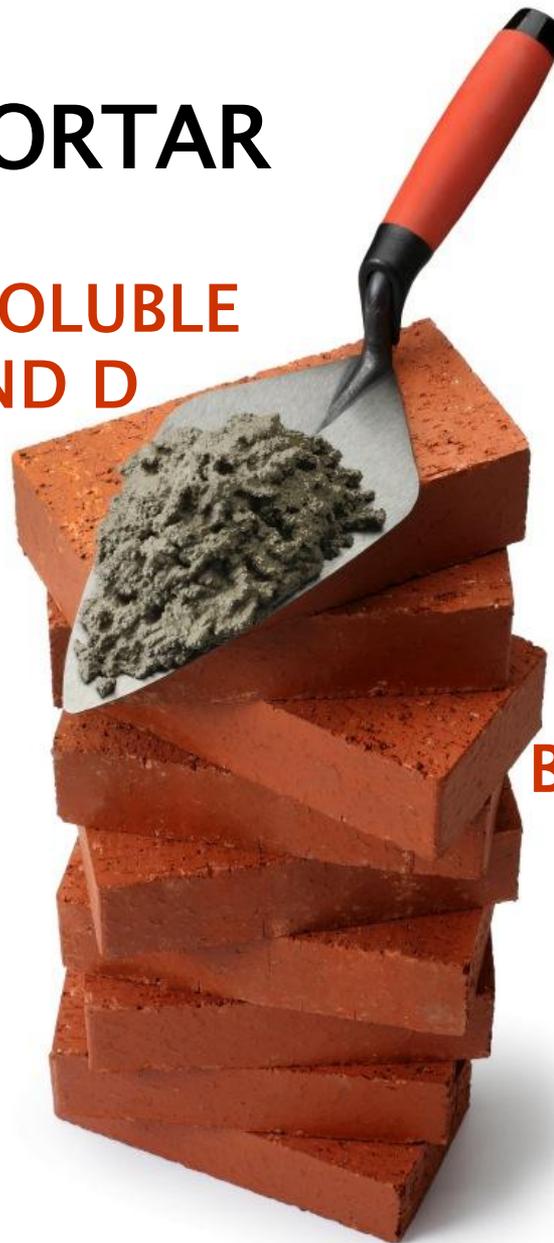
It is at this point probably that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amounts of the special activating substances, including the vitamins [A and D] **needed for rendering the minerals in the food available to the human system.**

**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

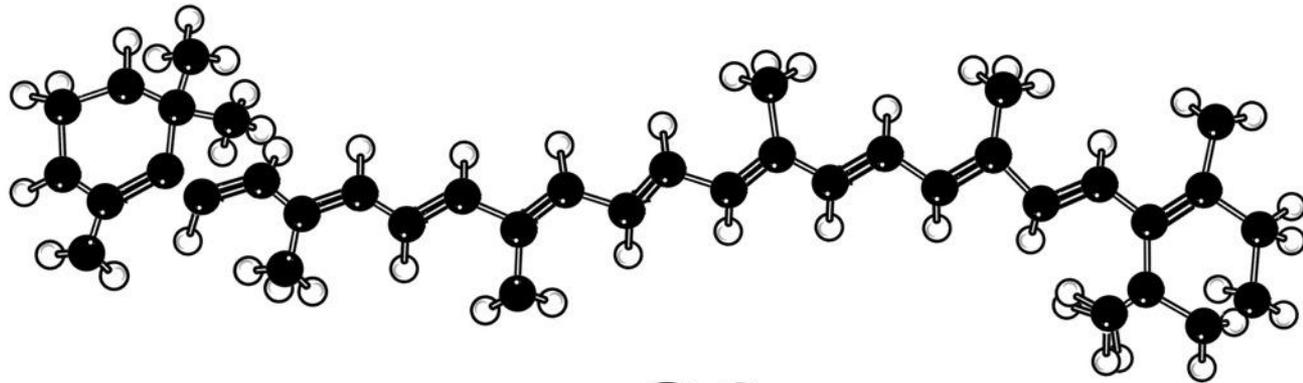
THE BODY IS LIKE A HOUSE OR TEMPLE, BUILT OF BRICKS AND MORTAR

# VITAMIN A MYTH: PLANT FOODS CONTAIN VITAMIN A

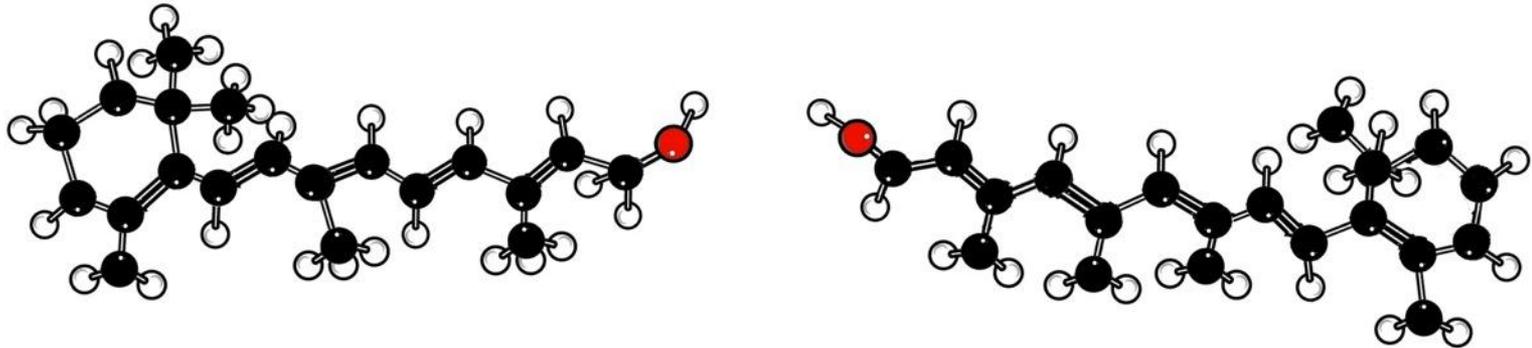


TRUTH: THERE IS **NO** VITAMIN A IN PLANT FOODS

# CONVERSION OF BETA-CAROTENE TO VITAMIN A



+O<sub>2</sub>



# 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

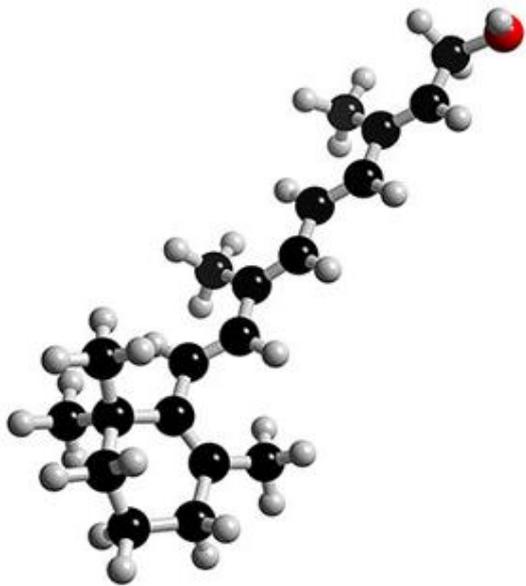
Individuals exposed to pesticides and other toxins

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

# CHOLESTEROL THE MOTHER OF ALL HORMONES

ACTH

↓  
→ **CHOLESTEROL**

Pregnenolone → Progesterone

Pregnenolone → Progesterone

DHEA → Androstenedione → Estrogen

↓  
Testosterone

**SEX HORMONES**

Corticosterone

Aldosterone

Corticosterone

11 Deoxycortisol → Cortisol

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

VITAMIN A IS NEEDED FOR EACH CONVERSION.

TRANS FATS INHIBIT ENZYMES THAT MAKE THESE CONVERSIONS.



# VITAMIN A IS DEPLETED BY

STRESS

EXCESS DIETARY PROTEIN

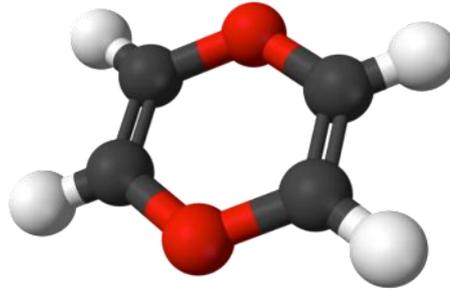
COLD WEATHER

FEVER AND ILLNESS

PHYSICAL EXERTION

EXPOSURE TO TOXINS

# DIOXINS AND VITAMIN A



**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.

# VITAMIN D FOOD SOURCES

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



**FISH LIVER OILS**

**FISH EGGS**

**SHELL FISH**

**OILY FISH**

**INSECTS**

**BUTTER**

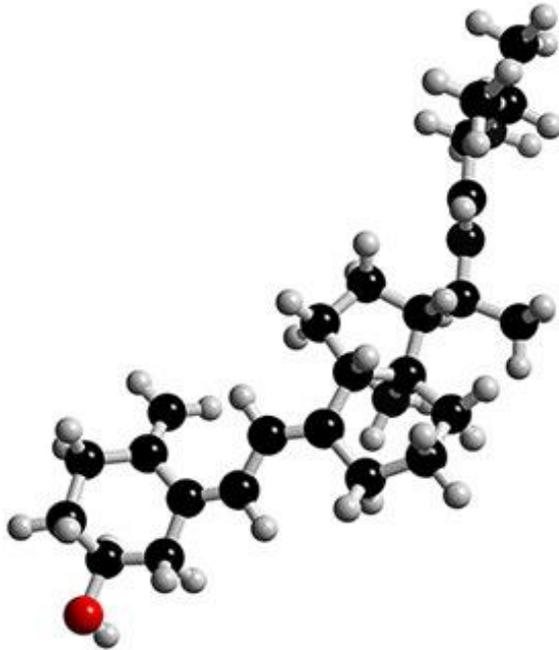
**EGG YOLKS**

**ORGAN MEATS**

**FAT OF BIRDS AND PIGS**

**BLOOD**

# ROLES OF VITAMIN D



HEALTHY BONES

PROPER GROWTH

MINERAL METABOLISM

MUSCLE TONE

REPRODUCTION

HEALTHY SKIN

INSULIN PRODUCTION

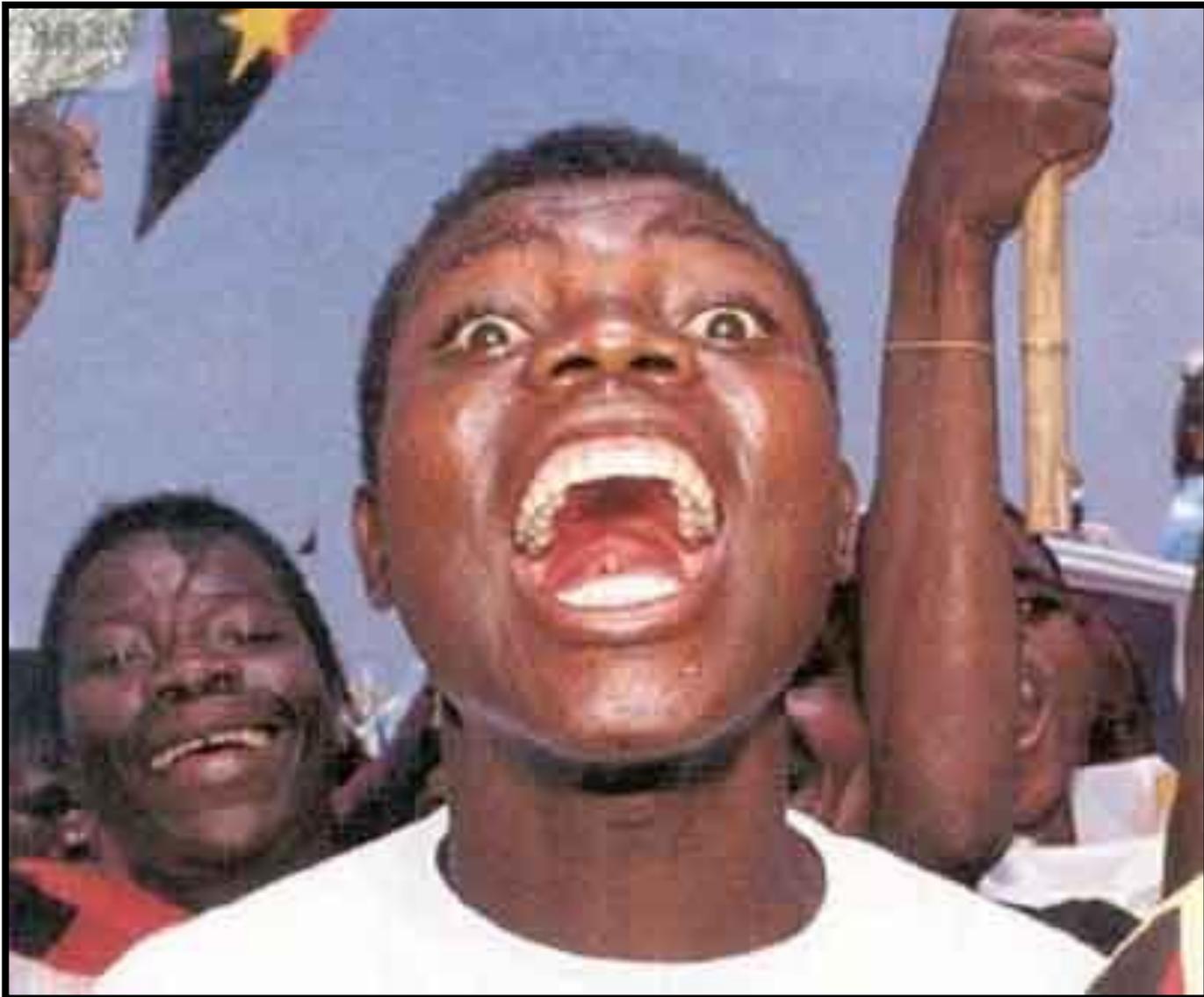
IMMUNE SYSTEM

NERVOUS SYSTEM

CELL FUNCTION

FEEL-GOOD CHEMICALS

LONGEVITY



# TYPICAL AFRICAN FOODS



# SOURCES OF FAT-SOLUBLE ACTIVATORS IN THE TRADITIONAL AFRICAN DIET

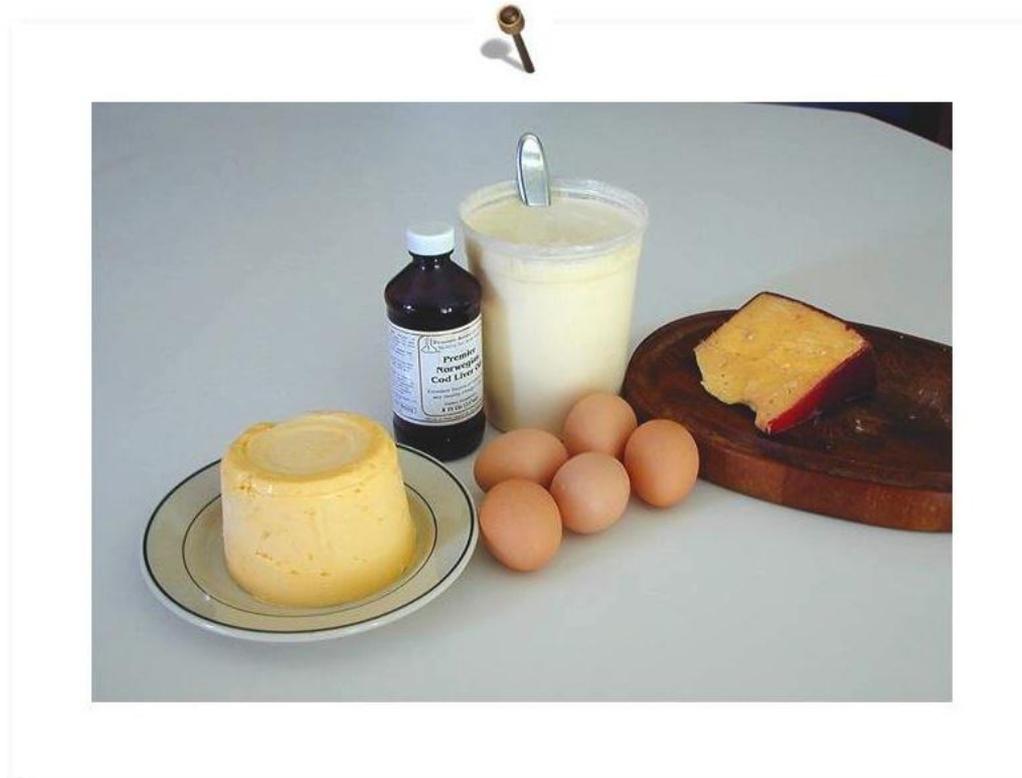


**DRIED INSECTS**



**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?



CHICKEN	VITAMIN A PER 100 GRAMS
SKINLESS BREAST	21 IU
BREAST WITH SKIN	83 IU
SKINLESS DARK MEAT	72 IU
DARK MEAT WITH SKIN	201 IU
CHICKEN LIVERS	13,328 IU



**AMERICANS COOKED IN LARD!**

# THE STORY OF CRISCO

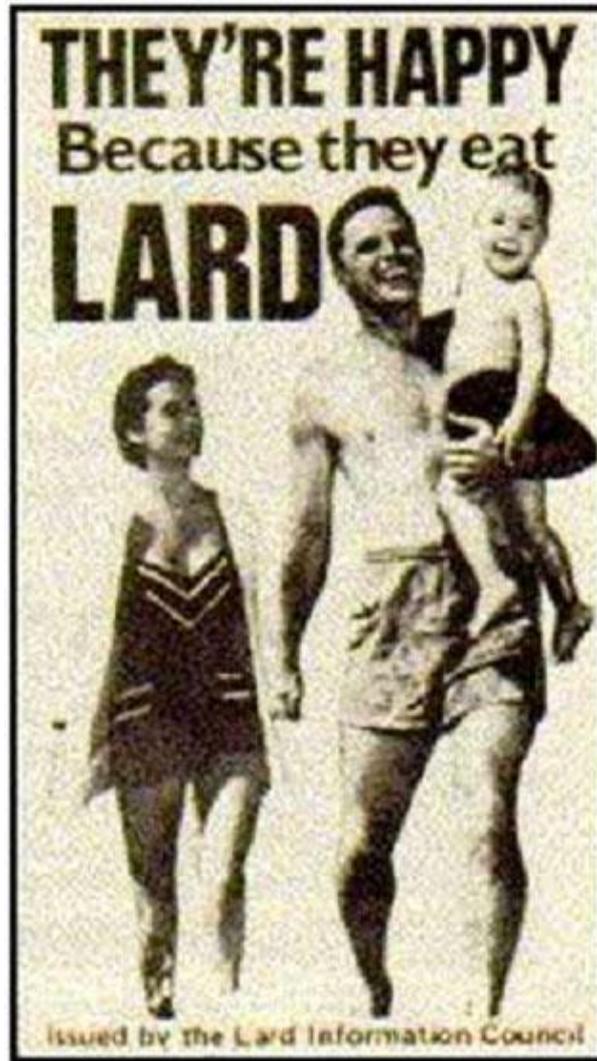


In 1913, Procter and Gamble, the makers of Crisco, published *The Story of Crisco*, in which they claimed that women who used Crisco rather than lard

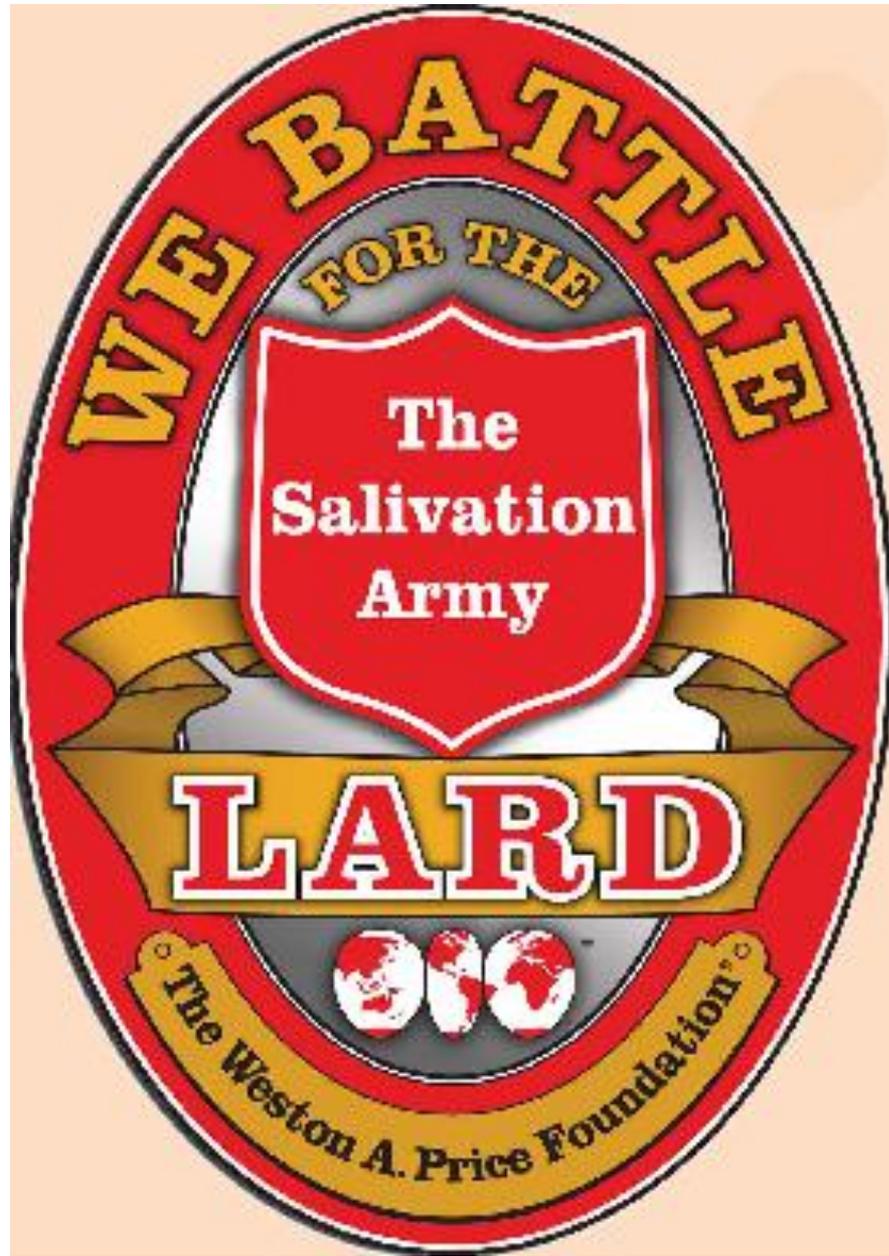
- were more modern,
- were more enlightened,
- had cleaner houses,
- had children of better character

The industry has created the impression that it is **vulgar** to eat lard and **sinful** to eat butter

AN ILLUSTRATION FROM *THE STORY OF CRISCO*: THE YOUNG TEACH THE OLD ABOUT A MODERN IMITATION FOOD.



**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<sub>2</sub>

**ANIMAL FORM:** K<sub>2</sub> is the animal form of vitamin K, made from K<sub>1</sub>, the plant form.

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

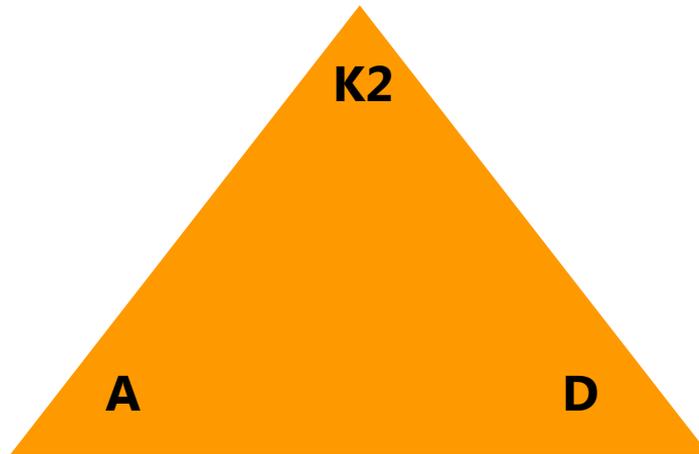
**BONES AND TEETH:** Needed for deposition of phosphorus and calcium in bones and teeth

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

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

**REPRODUCTION:** Vital for normal reproduction.

# THE SYNERGY OF VITAMINS A, D and K<sub>2</sub>

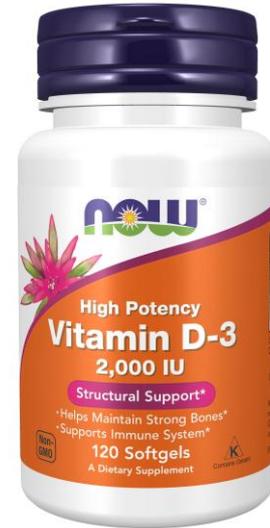


VITAMINS A AND D TELL CELLS TO MAKE CERTAIN PROTEINS.  
**VITAMIN K<sub>2</sub>** ACTIVATES PROTEINS AFTER  
SIGNALING BY VITAMINS A AND D.

# SYMPTOMS OF VITAMIN D OVERLOAD

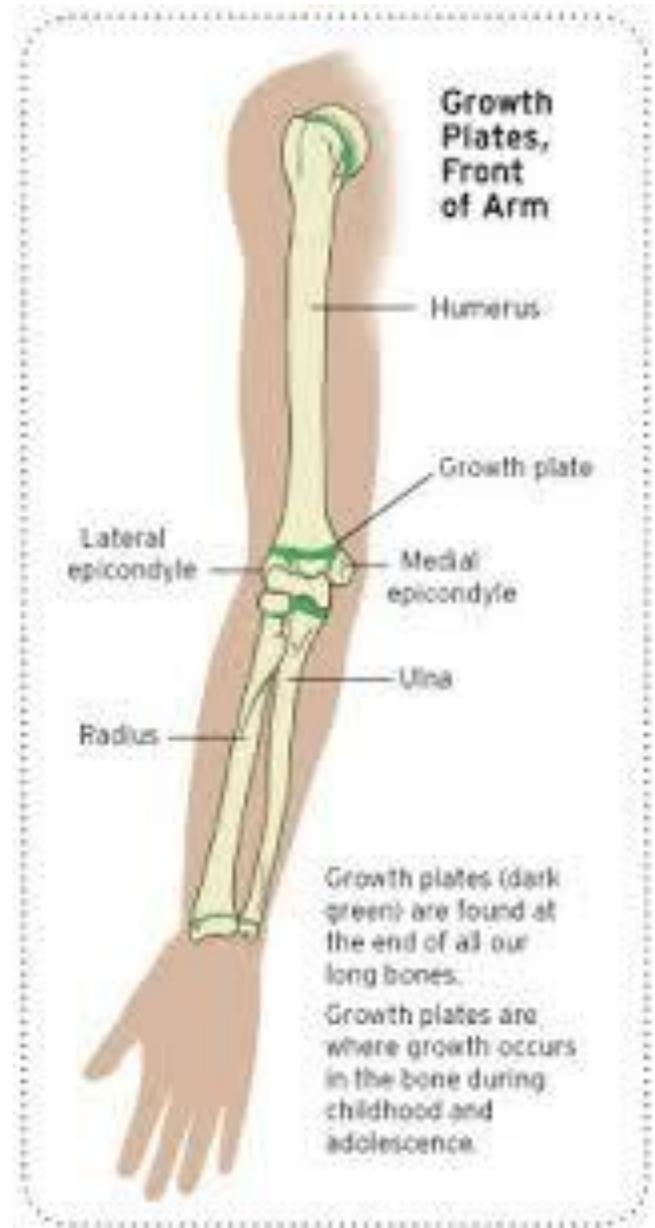
Kidney problems  
Bone loss  
Depression  
Appetite loss  
Constipation  
Dehydration  
Disorientation  
Dizziness  
Fatigue

Frequent urination  
High blood pressure  
Irritability  
Muscle weakness  
Nausea  
Thirst  
Tinnitus  
Vomiting





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 K<sub>2</sub>



BEAR FAT

EMU OIL/HIGH VITAMIN BUTTER OIL

GOOSE LIVER/DUCK LIVER

GOOSE FAT/DUCK FAT

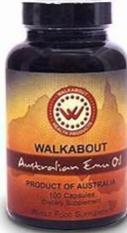
AGED CHEESES

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**

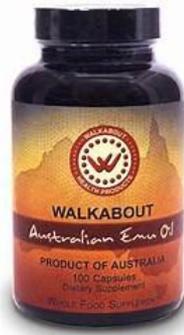
(source of vitamins A and D)

given with

**HIGH-VITAMIN BUTTER OIL**

(source of vitamin K<sub>2</sub>)

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 K<sub>2</sub>  
IN THE DIET WHEN TAKING COD LIVER OIL.**

# HOW MUCH COD LIVER OIL?

VITAMIN A    VITAMIN D

<b>MAINTENANCE DOSE</b>	<b>10,000 IU*</b>	<b>1,000 IU</b>
<b>PREGNANCY AND LACTATION</b>	<b>20,000 IU</b>	<b>2,000 IU</b>
<b>ILLNESS OR RECOVERY FROM SURGERY</b>	<b>UP TO 90,000 IU FOR SHORT PERIOD</b>	<b>9,000 IU</b>
<b>BABIES AND CHILDREN</b>	<b>5,000 IU</b>	<b>500 IU</b>

\* 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.**







The boy who  
cannot keep up—

## IS HE YOURS?

He used to get honor grades at school. . . . He used to be a leader out-of-doors with his "gang." . . . At home he was always happy, sunny, active. But—something has happened to him . . . something that you could have prevented *and that you should correct immediately.*

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

child-diseases, the latter for the development of strong bones and teeth. Scott's cod liver oil is of guaranteed vitamin strength. Scott's Emulsion is a mother's most useful, practical means of giving cod liver oil to her children. The pleasant flavor of the emulsion makes it *easy for youngsters to take.*

Start now fortifying your children with Scott's Emulsion. Sold by all druggists—large size \$1.20—smaller convenient size 60 cents. Made by Scott & Bowne, Bloomfield, N. J. Sales Representatives, Harold F. Ritchie & Co., Inc., 40 East 34th Street, New York City.

### SCOTT'S EMULSION

Only Norwegian cod liver oil from first-run, fresh-caught codfish is used in Scott's Emulsion. It is produced in our own laboratories at Balsted, on the Lofoten Islands, Norway. This oil has a guaranteed vitamin potency:

1000 (U.S.P.) units per gram Vitamin A

250 Vitamin D units per gram

*Emulsified* to break up fat globules so that many find them more readily digestible.

*Pleasantly flavored*—it's easy for children to take.



Listen to the Scott's Emulsion "Romances of the Sea" every Sunday and Tuesday at 9:30 P. M. (E. S. T.) over the *Columbia* Basic Network and Stations KBYL, Salt Lake City; KJLZ, Denver; KAGY, Los Angeles; KOIN, Portland; KJRC, San Francisco; KOL, Seattle; KVI, Tacoma; and KXPP, Spokane.



**Scott's Emulsion**  
OF NORWEGIAN COD LIVER OIL

“ 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.

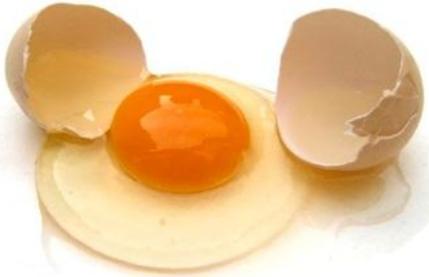
This famous product, for sixty years, has supplied children with the purest Norwegian cod liver oil. **They need this for its wealth of Vitamins A and D ...** the former for correct growth and resistance to common childhood diseases, the latter for the development of strong bones and teeth. ”



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

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

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

# 1940s NEWSPAPER ARTICLE

## World of Women

### *Liver Should Be Served At Least Once A Week*

By ARDEN H. DUANE (For ANP)

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

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

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

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

#### **PORK LIVER 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.

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

#### **BAKED BEEF LIVER**

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

#### **One of The Most Valuable Of Foods**

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

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

#### **LAMB LIVER EN CASSEROLE**

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

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

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





# CALCIUM

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

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

AMOUNT	1,500 MG CALCIUM IS IN:	CALORIES
5	CUPS OF WHOLE MILK	805
7–8	OUNCES OF CHEESE	900
40	CARROTS	1,680
5	CUPS OF VANILLA ICE CREAM	2,300
32	CHOCOLATE CUPCAKES	4,117
4.5	CUPS OF ALMONDS	4,077
78	SLICES OF WHOLE WHEAT BREAD	4,305

# 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**

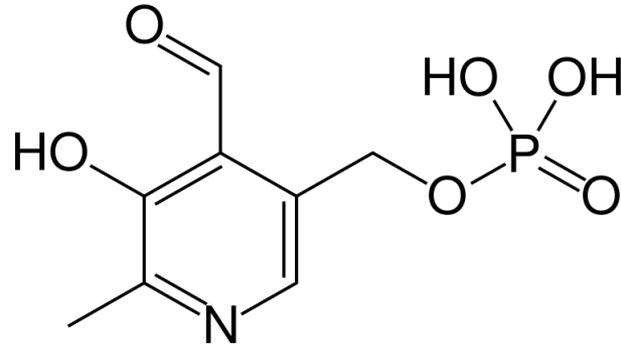
**RAW SHELLFISH** (such as OYSTERS, ETC.)

**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



# TYPES OF ENZYMES

METABOLIC

DIGESTIVE

FOOD

**1,000s DISCOVERED**

**ABOUT 22**

**3 TYPES**

DELTA DESATURASE

PANCREATIN

AMYLASES

SUPEROXIDE DISMUTASE

PEPSIN

LIPASES

GLUTATHIONE PEROXIDASE

TRYPSIN

PROTEASES

CATALASE

LACTASE

LYSYL OXIDASE

GALACTASE

PHOSPHATASE

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

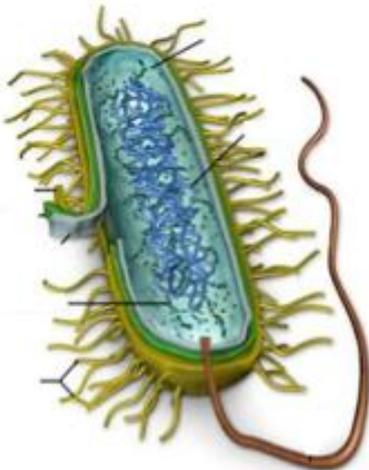


# BENEFICIAL BACTERIA

**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

COMMERCIALLY AVAILABLE

# LACTO-FERMENTED BEVERAGES



KOMBUCHA

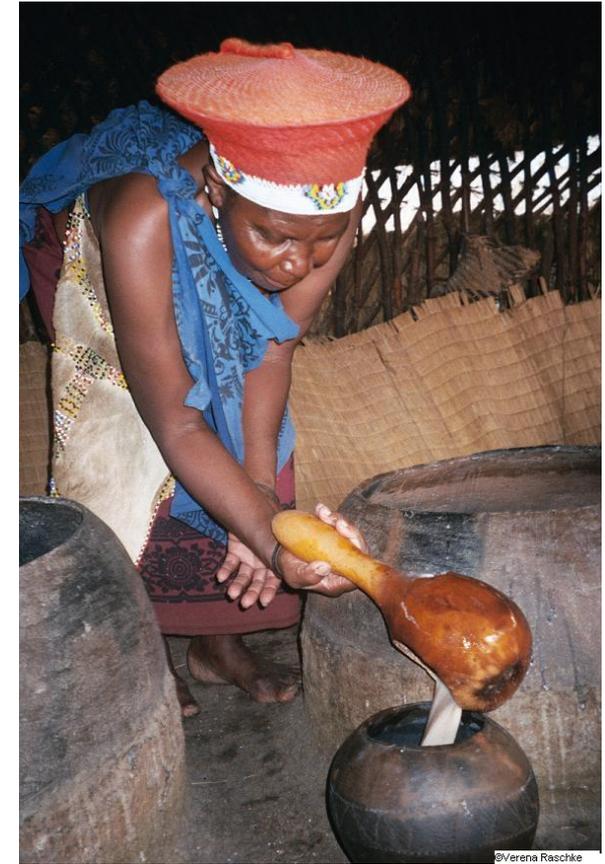
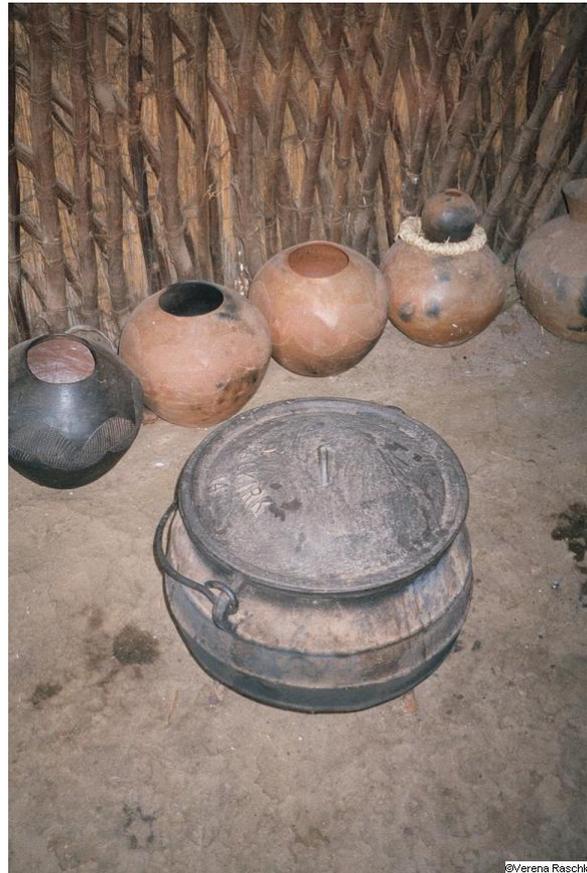


KVAAS



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**

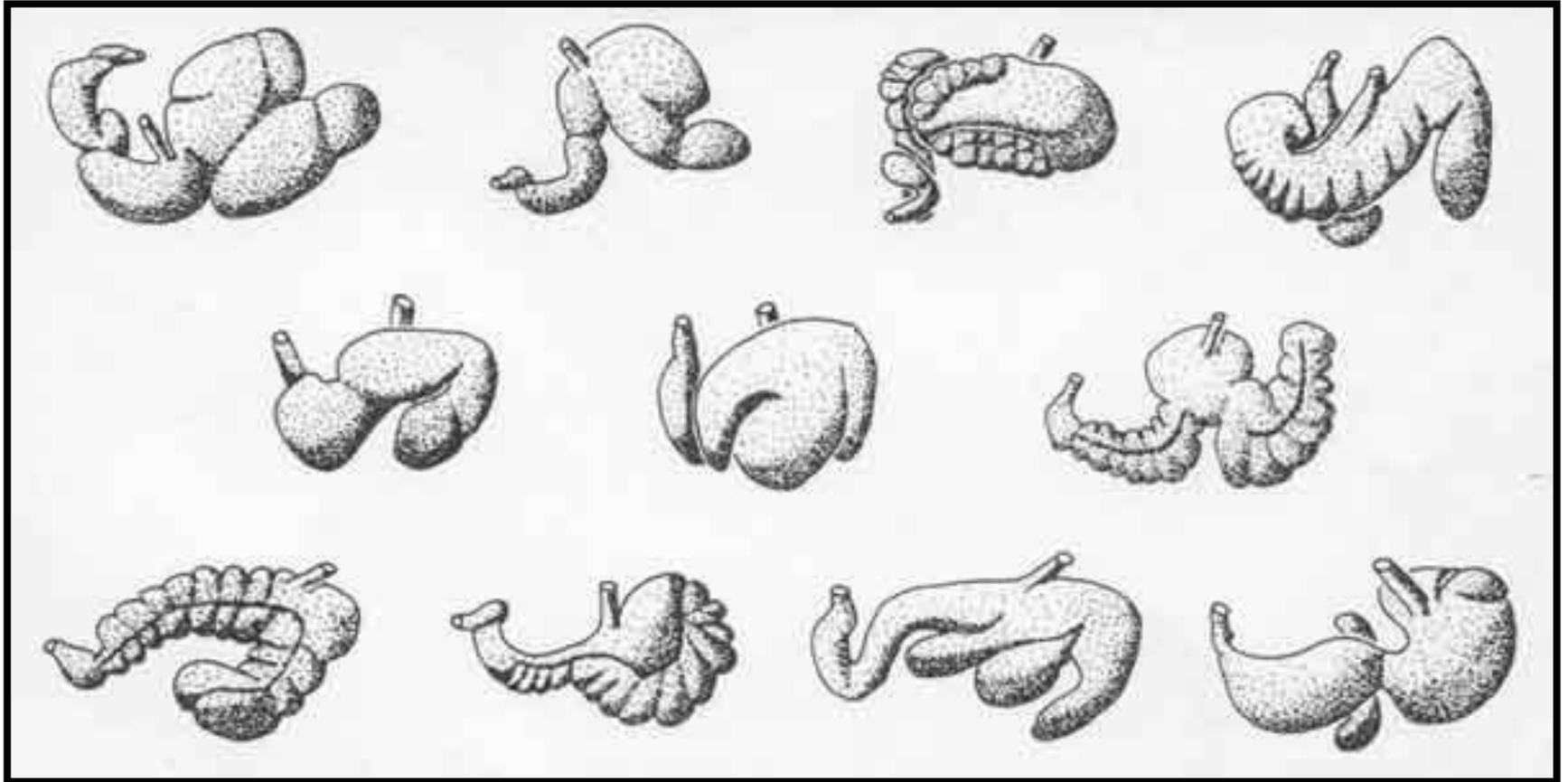
**PROPER PREPARATION MAKES SEED FOODS MORE DIGESTIBLE  
AND THEIR NUTRIENTS MORE AVAILABLE.**

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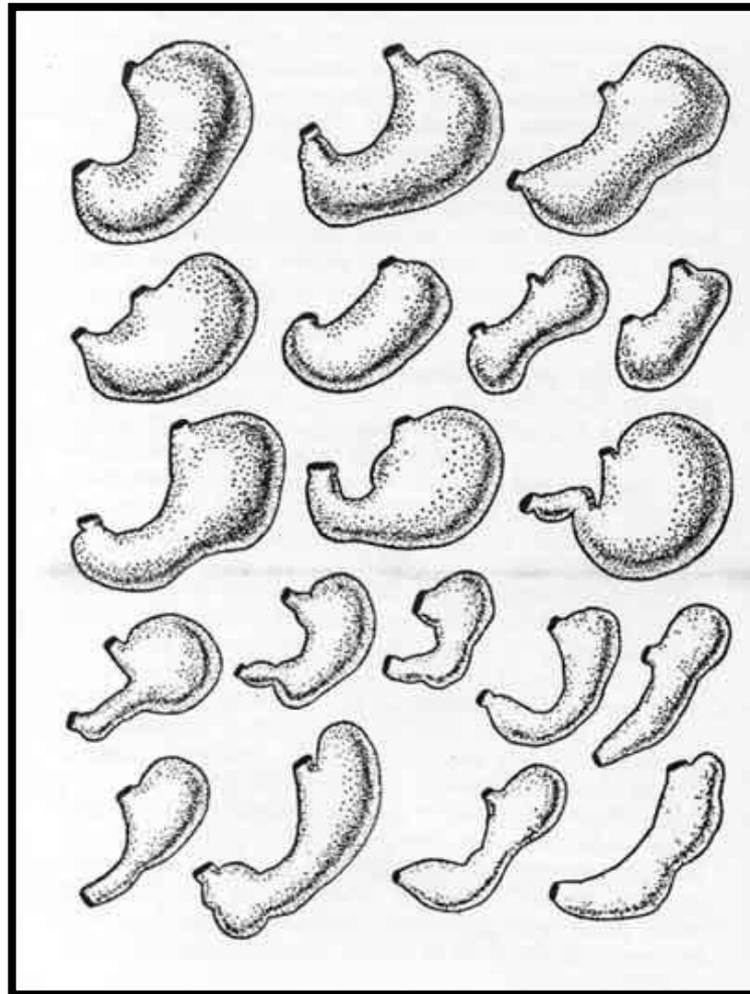
<b>BENEFITS</b>	<b>REASON</b>
<b>DEACTIVATES ENZYME INHIBITORS</b>	<b>BLOCK DIGESTION</b>
<b>NEUTRALIZES PHYTIC ACID</b>	<b>BLOCKS MINERAL ABSORPTION</b>
<b>NEUTRALIZES TANNINS AND LECTINS</b>	<b>IRRITANTS</b>
<b>PRE-DIGESTS COMPLEX STARCHES &amp; SUGARS</b>	<b>HARD TO DIGEST</b>
<b>BEGINS BREAKDOWN OF GLUTEN</b>	<b>HARD TO DIGEST; CAN BE TOXIC</b>
<b>BEGINS BREAKDOWN OF CELLULOSE</b>	<b>IMPOSSIBLE TO DIGEST</b>

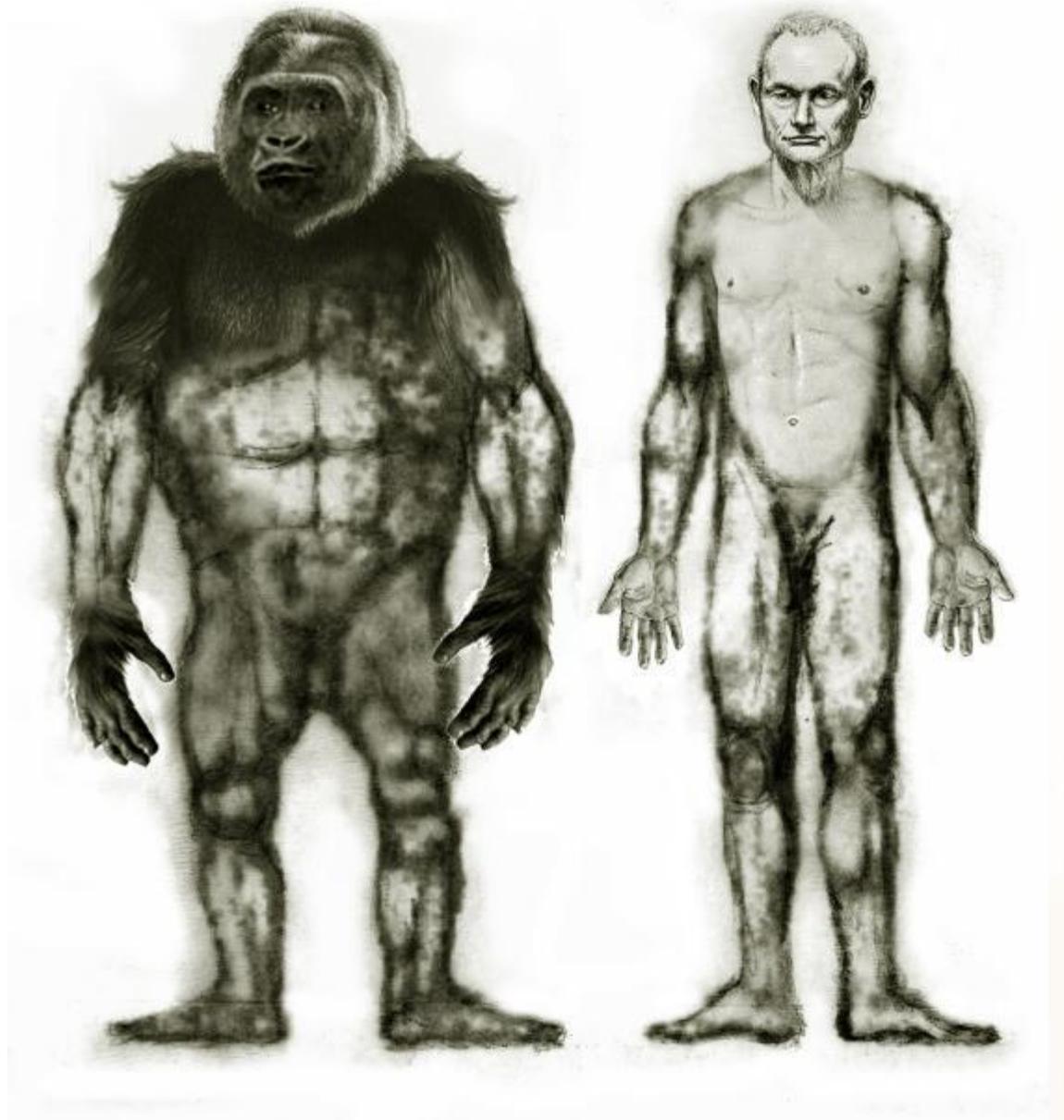
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# HERBIVORE STOMACHS



# 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

## TRADITIONALLY PREPARED



MISO

SOY SAUCE

TEMPEH

NATTO

TOFU

SOYMILK

CONSUMED IN SMALL AMOUNTS

## INDUSTRIALLY PREPARED



SOYMILK

SOY YOGURT

SOY BURGERS

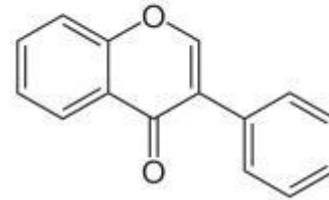
SOY HOT DOGS

SOY CHEESE

SOY ICE CREAM

PROTEIN DRINKS

DIET DRINKS



BAC O BITS

HAMBURGERS

HAMBURGER HELPER

BREAD

ISOFLAVONE SUPPLEMENTS

TOFU IN CHEESECAKE, DIPS, ETC.

"HEALTH" BARS -

ZONE, BALANCE, ATKINS <sup>150</sup>

# SOY MEAT PRODUCTS: IMITATION FOODS



# SOY MILK AND COWS MILK SOLD SIDE BY SIDE



# SOY AND DAIRY PRODUCTS

## SOLD SIDE BY SIDE



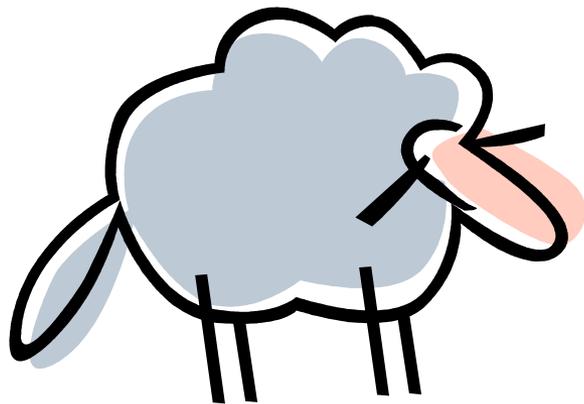
# SOY FOODS IN ASIAN DIETS

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

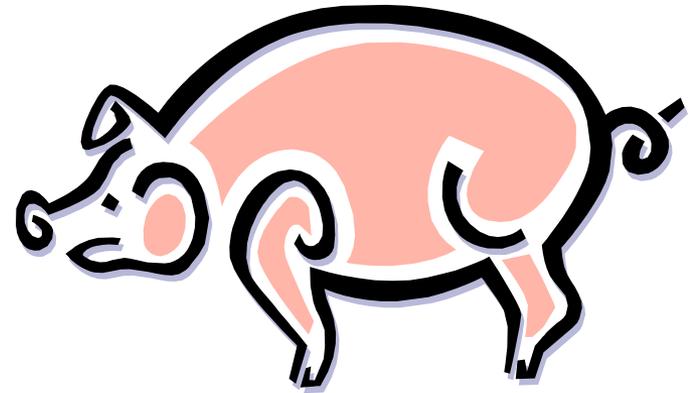
**CHINA:** Average soy consumption is about 10 g per day (2 teaspoons). 65% of calories in the Chinese diet come from pork (meat and fat).

# SOY PROBLEMS **IN ANIMALS**

Reproductive problems, infertility, thyroid disease and liver disease due to dietary intake of isoflavones have been observed for several species of animals<sup>1</sup> including:



PIGS  
MICE  
RATS  
CHEETAH  
SHEEP  
STURGEON  
QUAIL  
MARMOSSET MONKEYS



<sup>1</sup> <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**

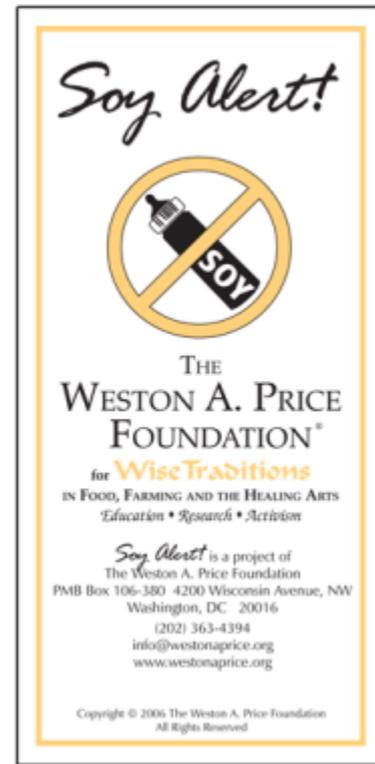
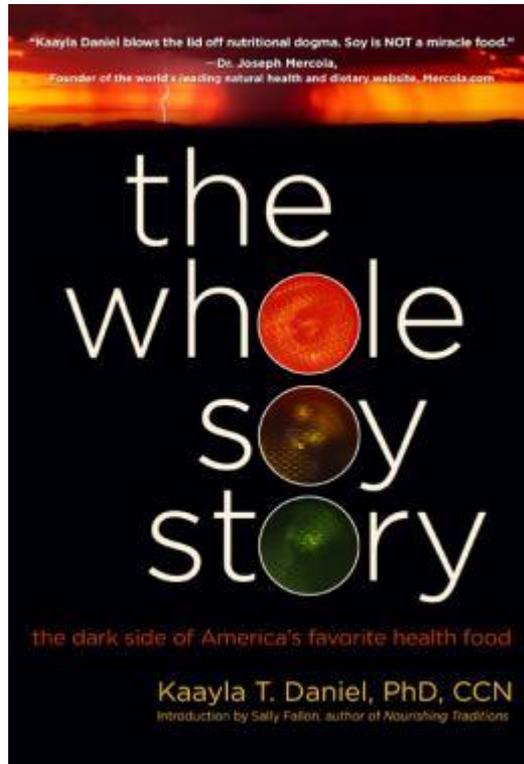
# SOY-BASED INFANT FORMULA



## 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

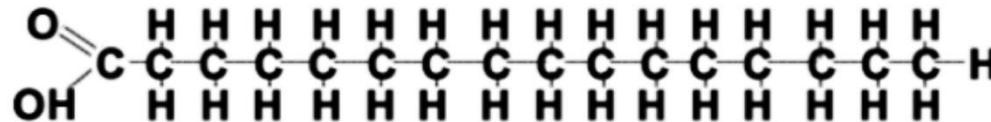
- **THE WHOLE SOY STORY** BY KAAYLA DANIEL, PHD, CCN
- **SOY ALERT! SECTION** OF WESTONAPRICE.ORG
- **SOY ALERT! FLYER** FROM THE WESTON A. PRICE FOUNDATION

# SEVENTH PRINCIPLE

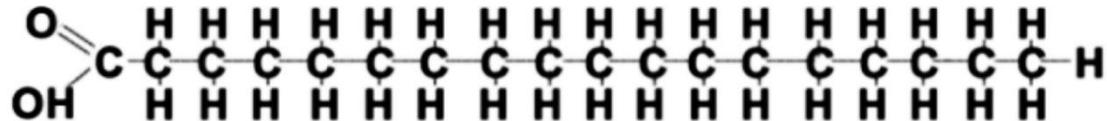
**TOTAL FAT CONTENT OF  
TRADITIONAL DIETS VARIES FROM 30%  
TO 80% OF CALORIES,  
BUT ONLY ABOUT 4% OF CALORIES  
COME FROM POLYUNSATURATED  
FATTY ACIDS.**

# LONGER-CHAIN FATTY ACIDS

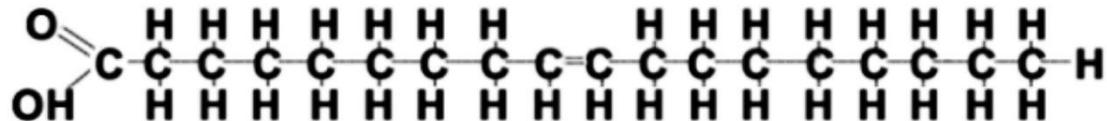
PALMITIC 16:0



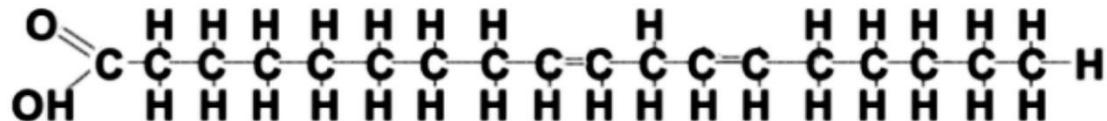
STEARIC 18:0



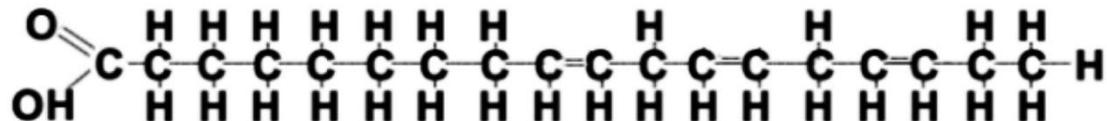
OLEIC 18:1 n-9



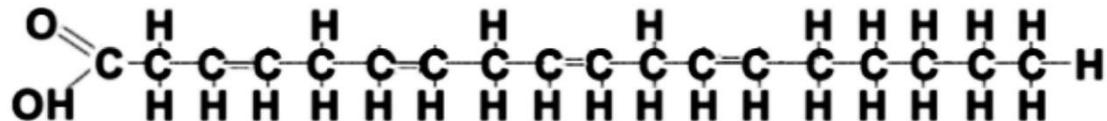
LINOLEIC 18:2 n-6



LINOLENIC 18:3 n-3



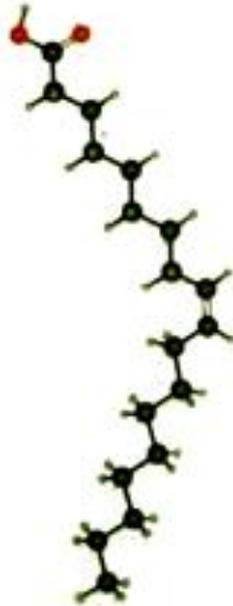
ARACHIDONIC 20:4 n-6



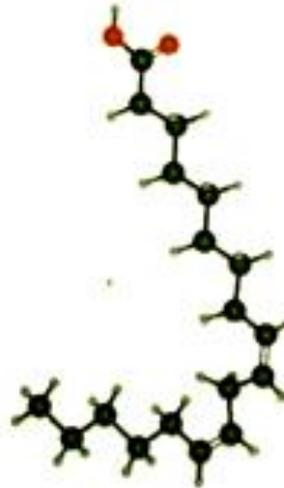
# 18-CARBON FATTY ACIDS



Saturated  
**STEARIC**



Mono-  
Unsaturated  
**OLEIC**

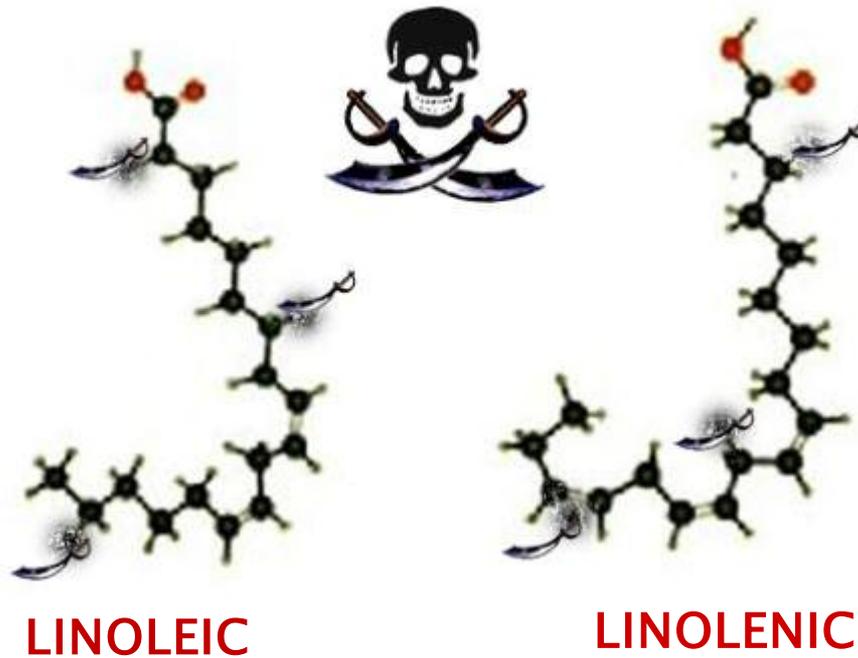


Poly-  
Unsaturated  
**LINOLEIC**  
(Essential Fatty Acid)



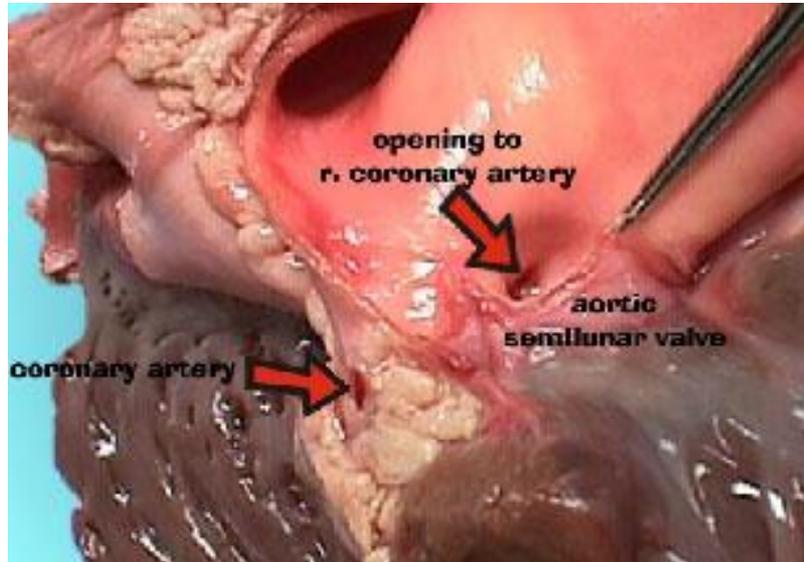
Poly-  
Unsaturated  
**LINOLENIC**  
(Essential Fatty Acid)

# FREE RADICALS IN PROCESSED POLYUNSATURATED OILS



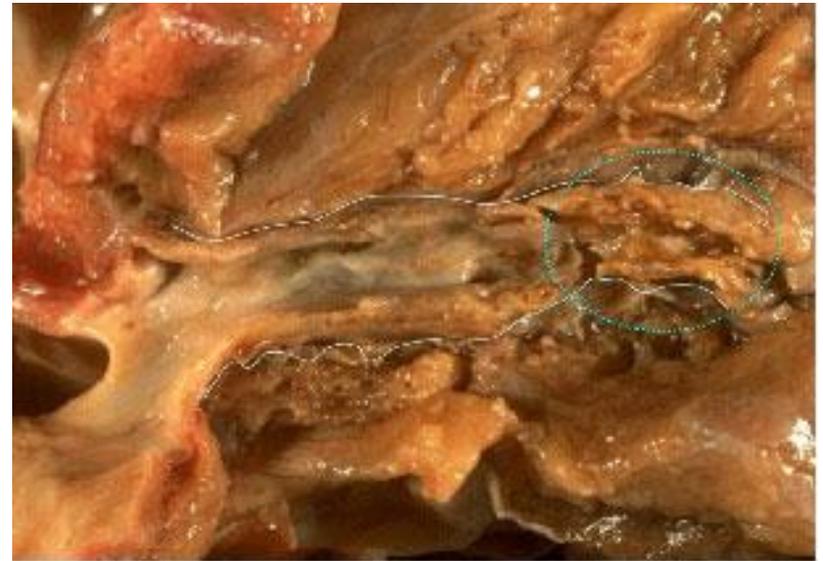
# ARTERIES:

## THE GOOD AND THE PATHOLOGICAL



**GOOD ARTERY – SMOOTH,  
ELASTIC AND PINK**

SATURATED AND MONO-  
UNSATURATED FATS DO NOT  
REACT OR HARM ARTERIES.

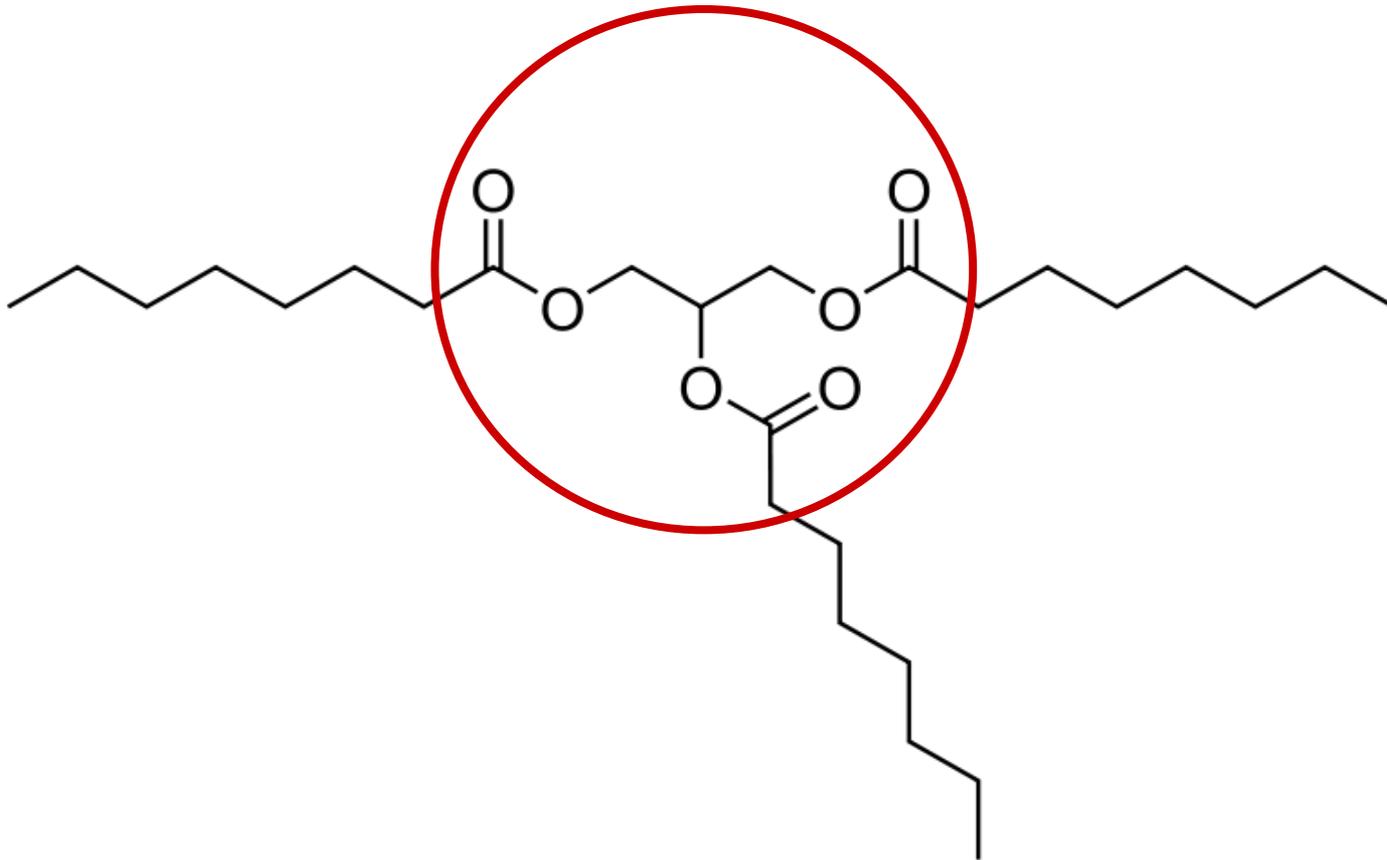


**DAMAGED ARTERIES – CRUSTY  
AND YELLOWISH**

DAMAGE CAUSED BY FREE  
RADICALS FROM RANCID,  
PROCESSED VEGETABLE OILS!



# TRIGLYCERIDE



# WHO'S AFRAID OF SATURATED FAT?

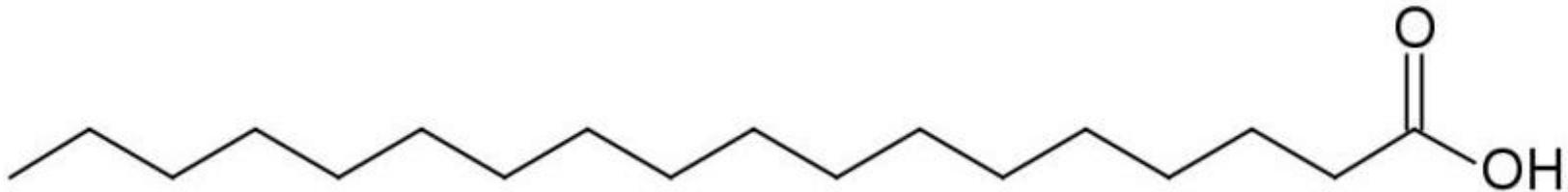
CLOGS ARTERIES!  
CAUSES CANCER!  
INFLAMMATION!  
CAUSES MS!



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

# 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](http://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

**FULL-FAT MILK = FERTILITY:** Women drinking lowfat milk had fertility problems.

*Human Reproduction*, online February 28, 2007.

**FULL-FAT MILK = LOWER WEIGHT GAIN:** Swedish women using cheese and full-fat dairy had lower weight gain as they grew older.

*American Journal of Clinical Nutrition*, 2007;84(6):1481-1488.



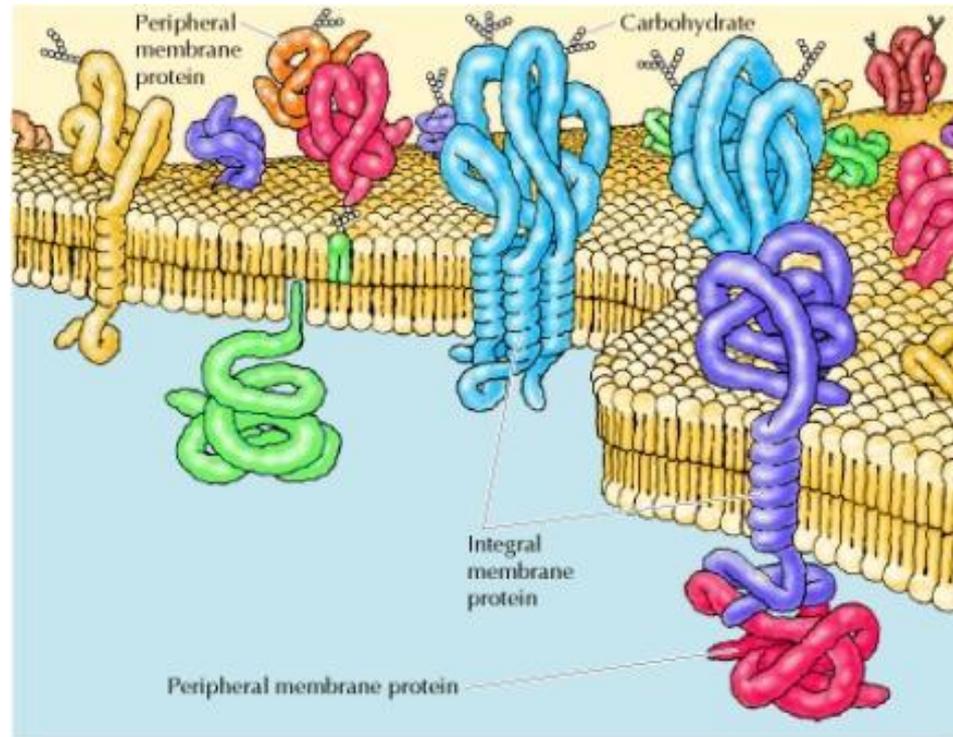
## FLAVORED MILK FOR SCHOOL LUNCHES

Based on spray dried skim milk

Contain more sugar than sodas

Contain MSG, which contributes to weight gain

# CELL MEMBRANES



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** — — — — —



 **WORLD HEART  
FEDERATION™**  
badfats.eu

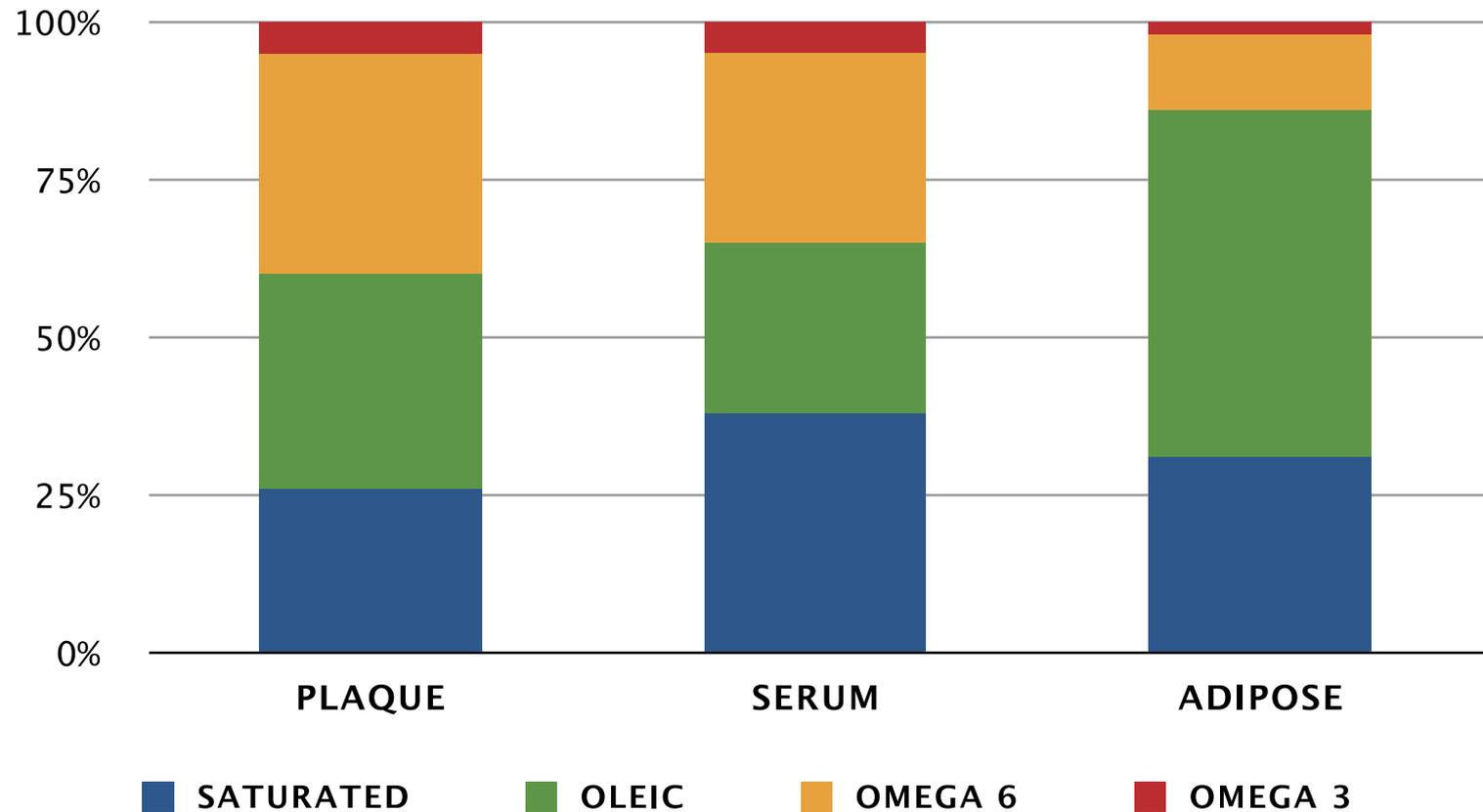
OPEN YOUR EYES TO  
**SATURATED**  
— ○ — **FAT** — ○ —



 **WORLD HEART  
FEDERATION**  
badfats.eu

# FATTY ACID COMPOSITION

## PLAQUE, SERUM, AND ADIPOSE TISSUE



SOURCE: Fenton, *The Lancet* 1994

# 1965 STUDY ON FATS

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

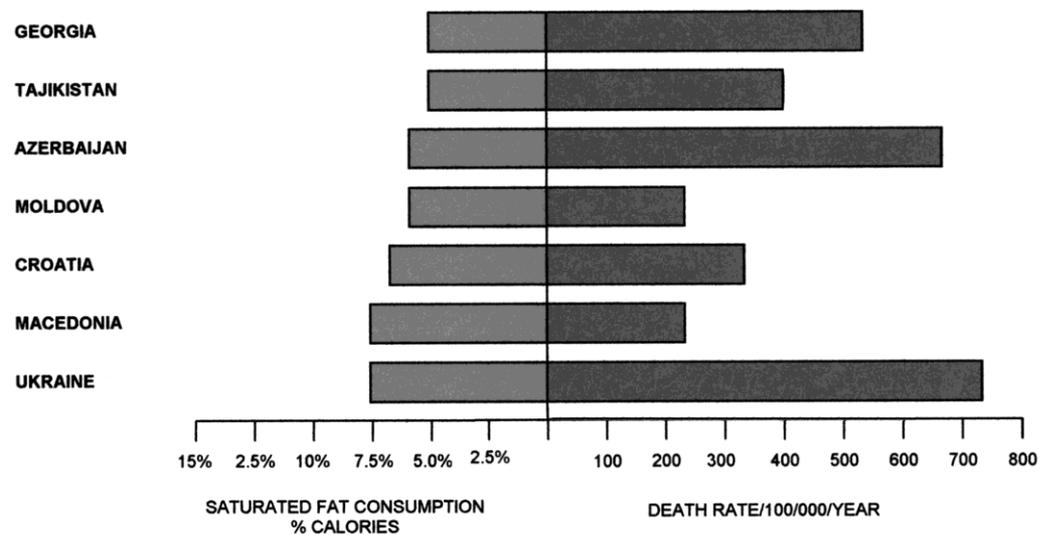
POLYUNSATURATED CORN OIL  
MONOUNSATURATED OLIVE OIL  
SATURATED ANIMAL FATS

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

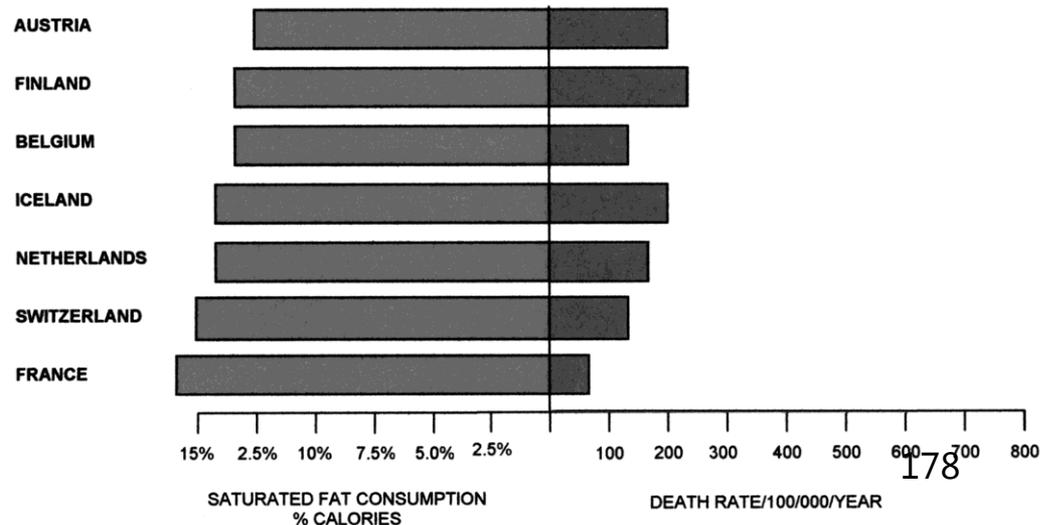
# SATURATED FAT AND HEART DISEASE

LOWER RATES OF HEART DISEASE ARE ASSOCIATED WITH HIGHER LEVELS OF SATURATED FAT IN THE DIET.

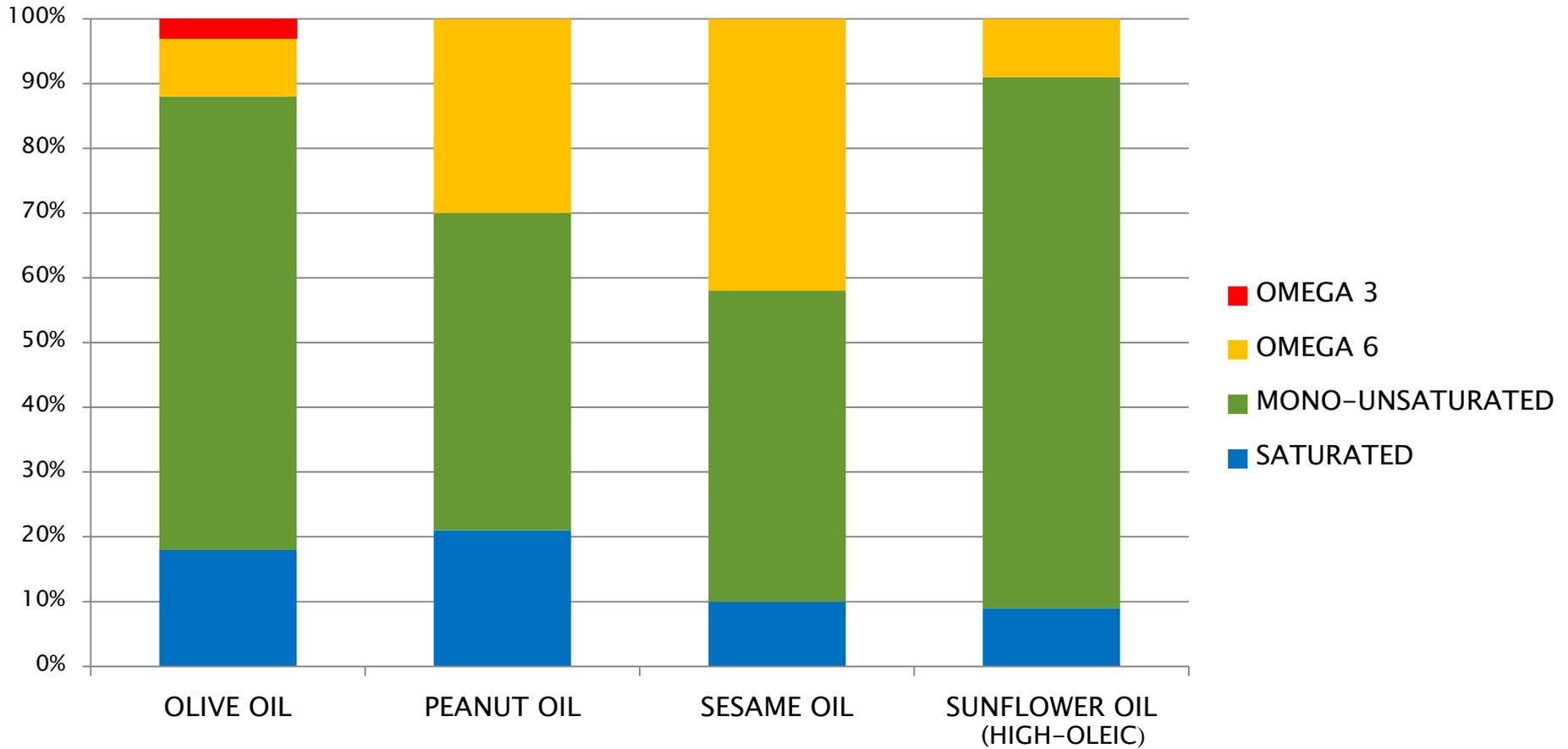
(FIG 1) COMPARISON OF HEART DISEASE DEATHS vs. CONSUMPTION OF SATURATED FAT % CALORIES (Countries with lowest saturated fat consumption)



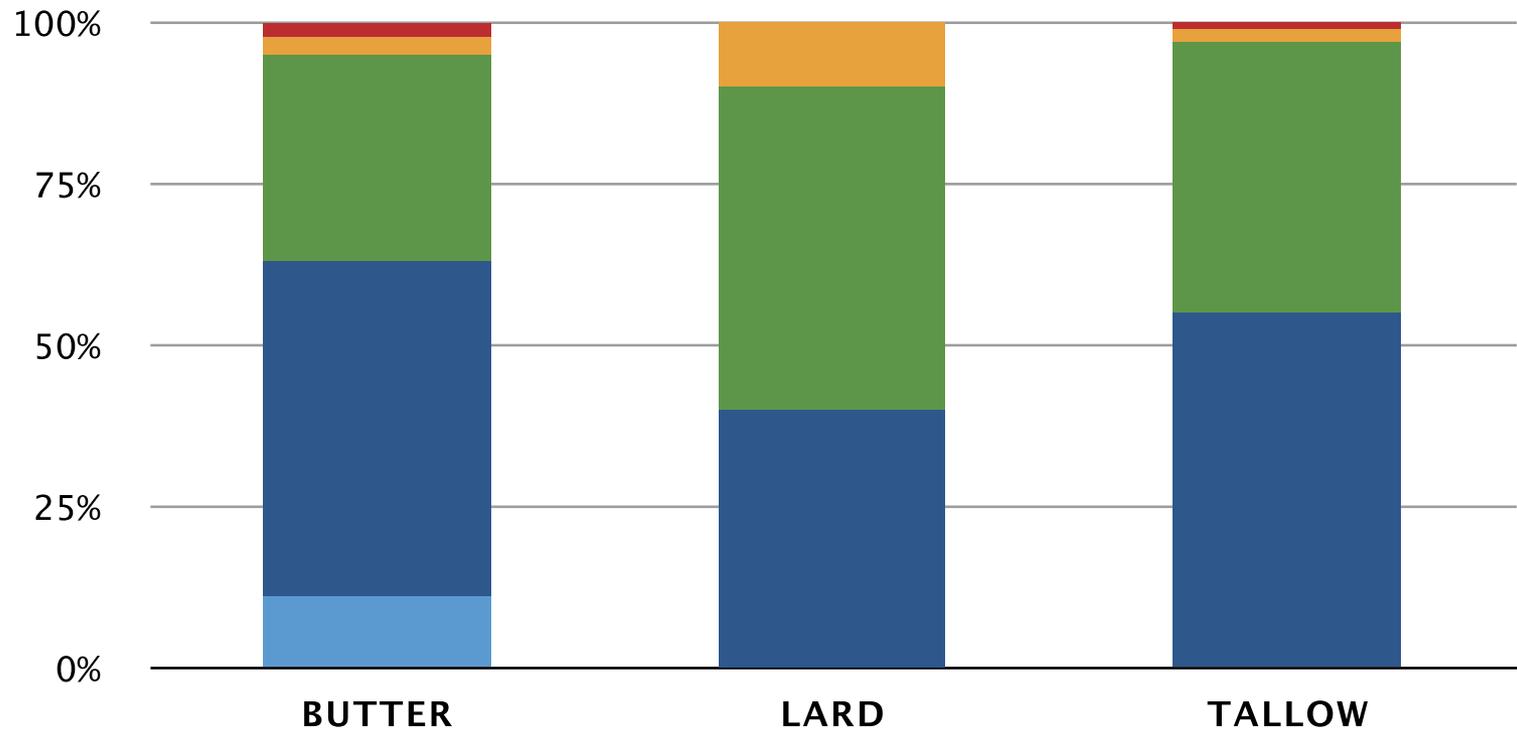
(FIG 2) COMPARISON OF HEART DISEASE DEATHS vs. CONSUMPTION OF SATURATED FAT % CALORIES (Countries with highest saturated fat consumption)



# FATTY ACID PROFILE OF HIGH-OLEIC OILS

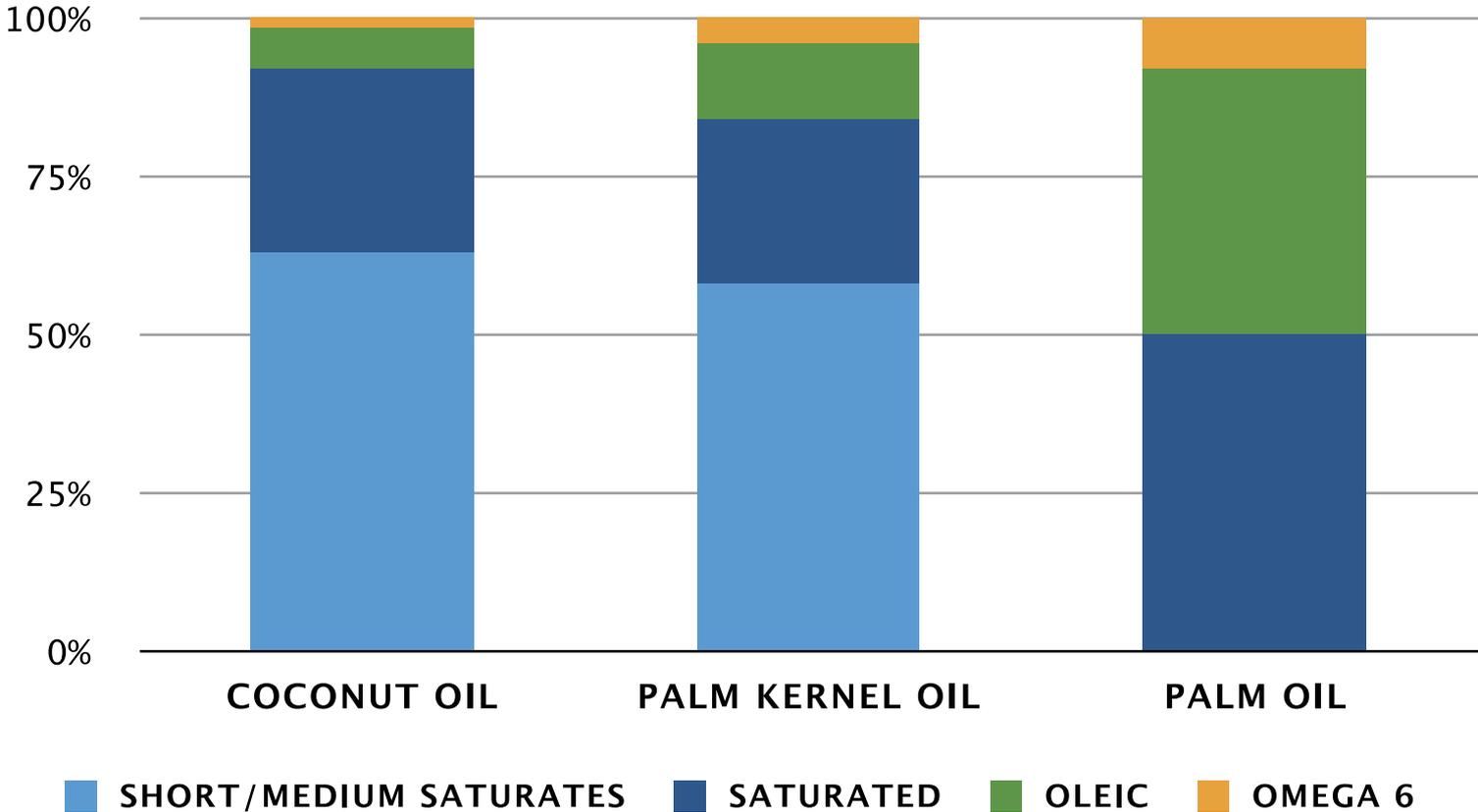


# FATTY ACID PROFILE OF COMMON ANIMAL FATS

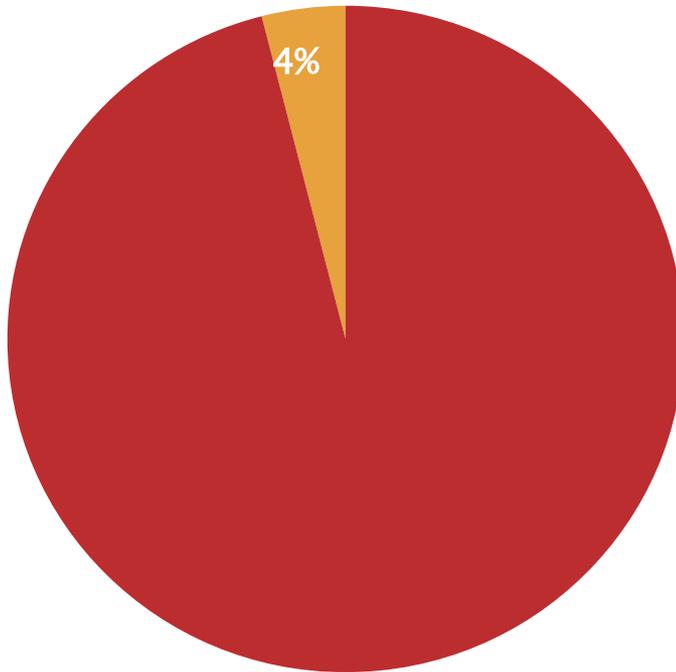


■ SHORT CHAIN FATTY ACIDS ■ SATURATED ■ OLEIC ■ OMEGA 6 ■ OMEGA 3

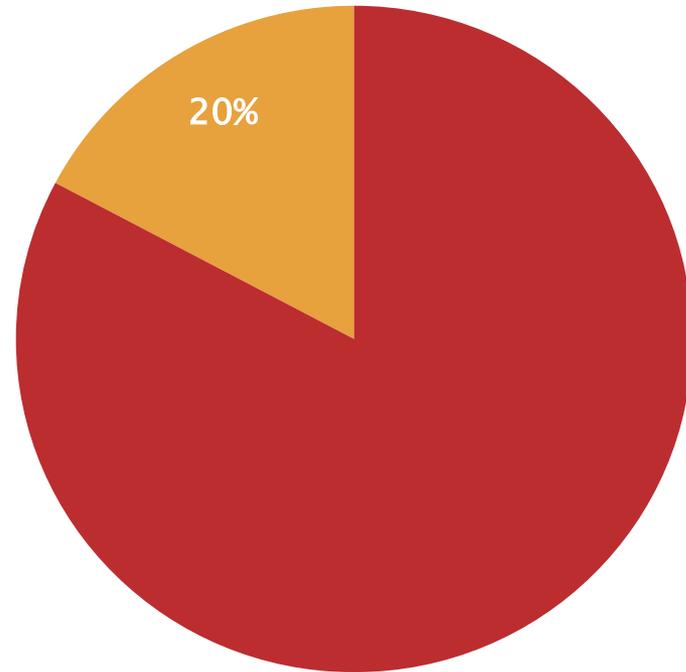
# FATTY ACID PROFILE OF TROPICAL OILS



# ESSENTIAL FATTY ACID CONTENT OF PRIMITIVE AND MODERN DIETS

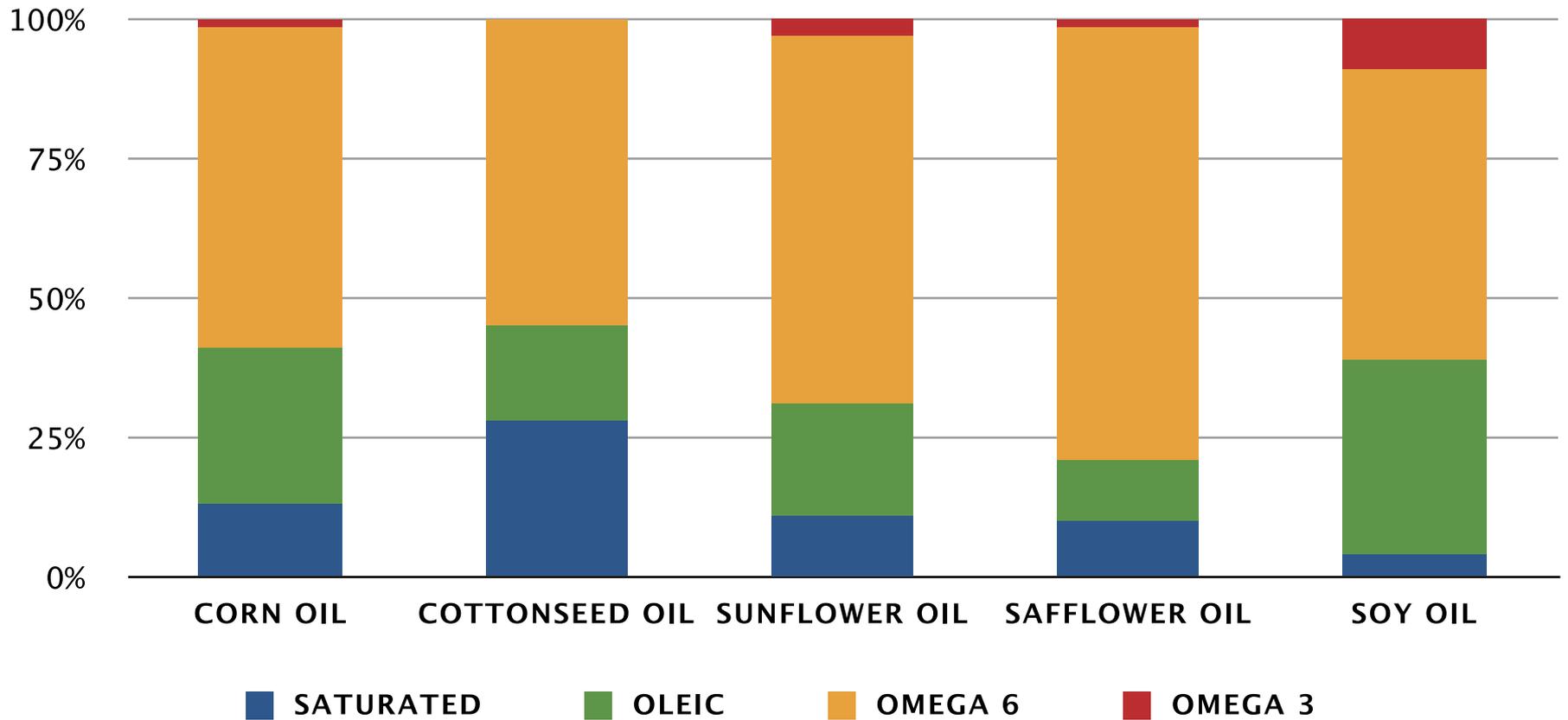


**PRIMITIVE DIET**  
4 percent of calories as polyunsaturated essential fatty acids

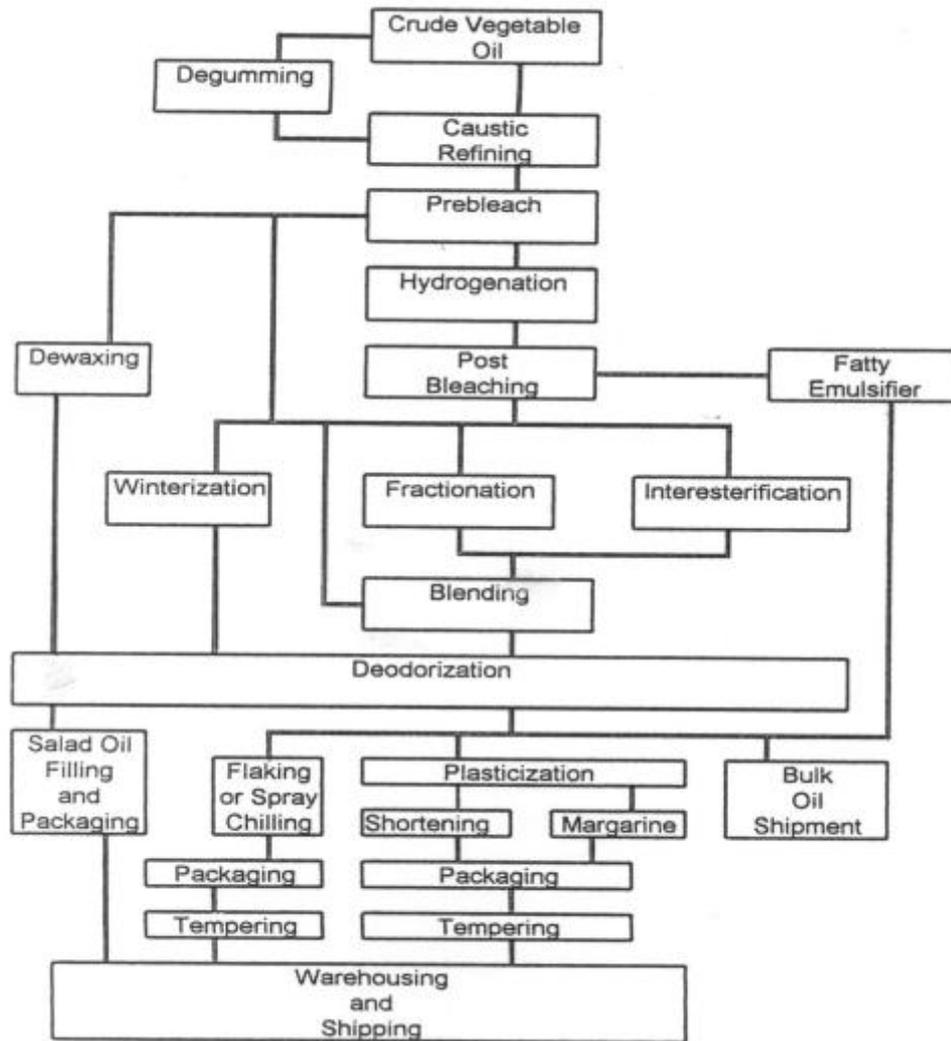


**MODERN DIET**  
20 percent of calories as polyunsaturated essential fatty acids

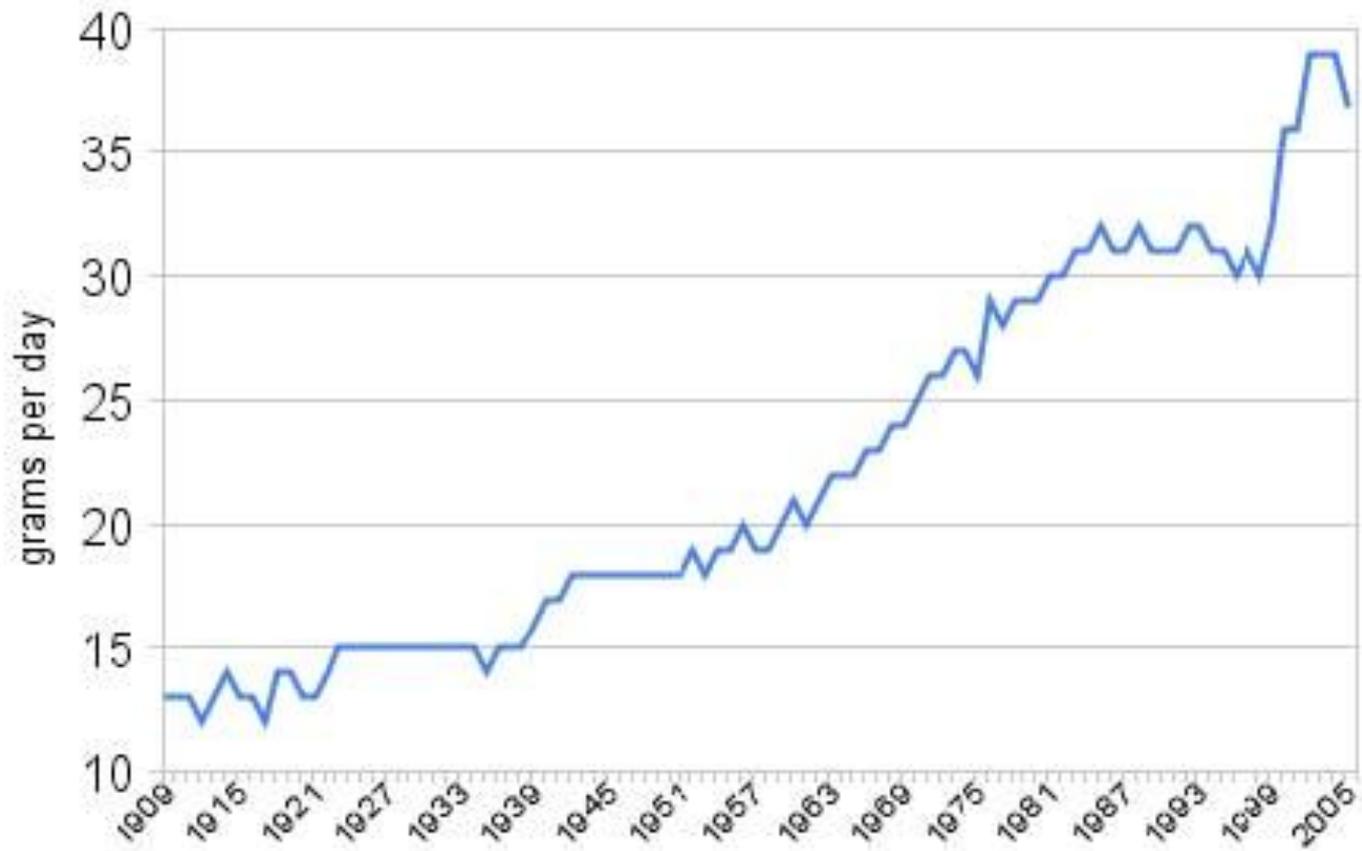
# FATTY ACID PROFILES OF POLYUNSATURATED OILS (PUFA)



# MODERN EDIBLE OIL



U.S. PUFA Consumption, 1909-2005



# 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

GRAINS

LEGUMES

NUTS

FISH

ANIMAL FATS

EGGS

VEGETABLES

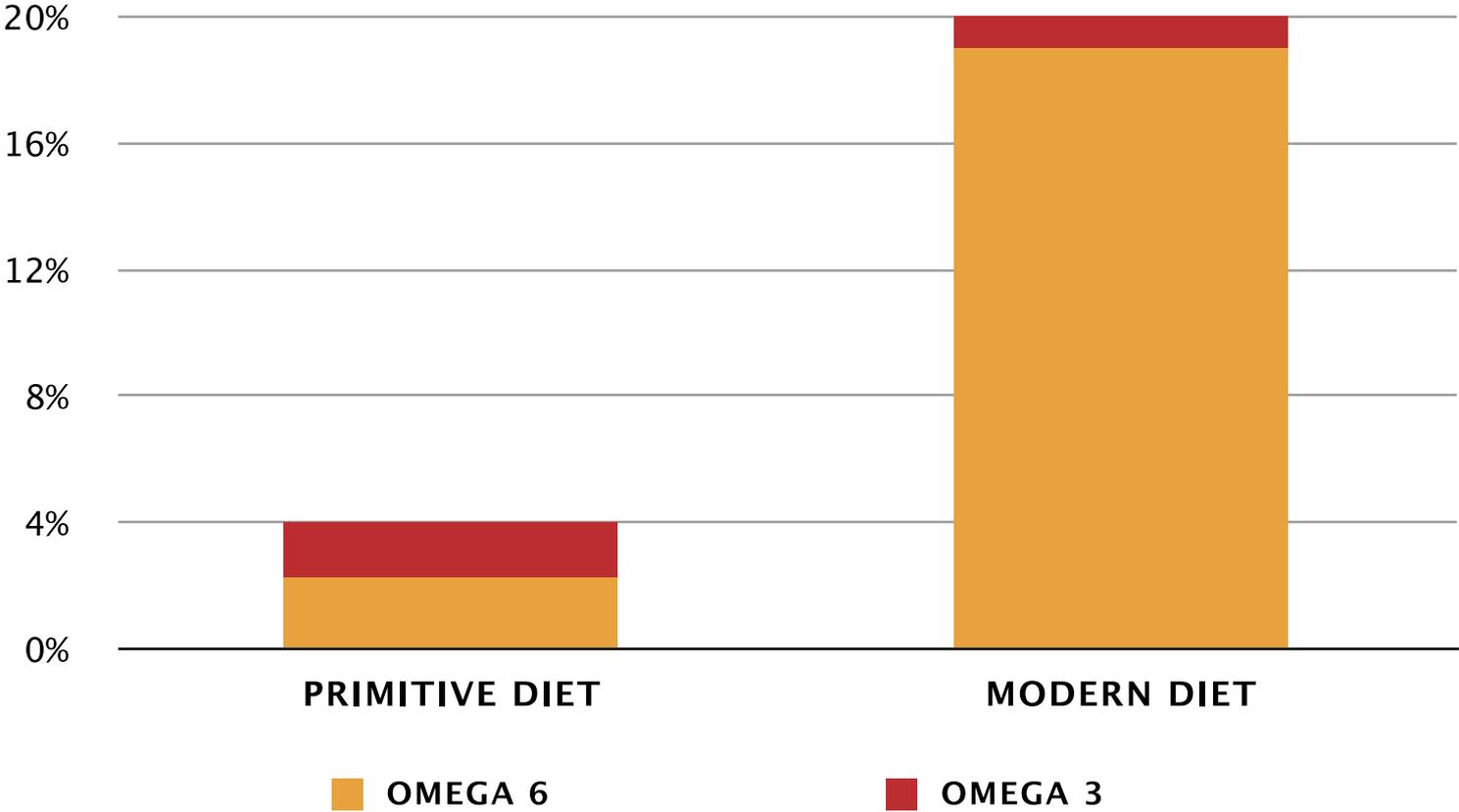
FRUITS

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

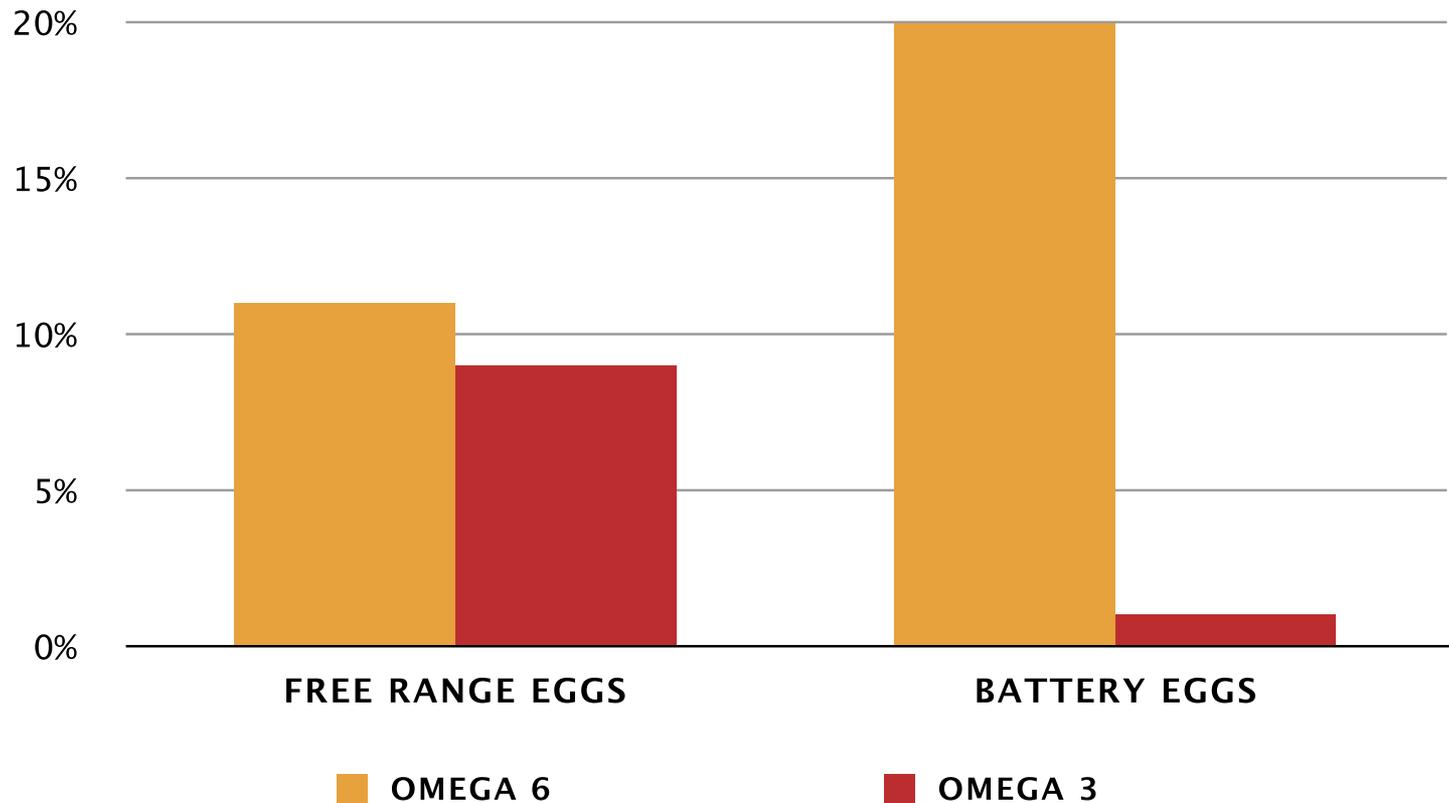
# **EIGHTH PRINCIPLE**

**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

NUTRIENTS/100 G	GRASS-FED	GRAIN-FED
WATER	68	64
TOTAL FAT	13	17
SATURATED FAT	7	7
MONOUNSATURATED FAT	5	9
OMEGA-6 FATTY ACIDS	.36	.56
OMEGA-3 FATTY ACIDS	.12	.09
OMEGA-3/OMEGA-6	1 to 3	1 to 6

Source: University of Nebraska (Lincoln) Institute of Agricultural and Natural Resources

# WHY GRASS-FED IS BEST

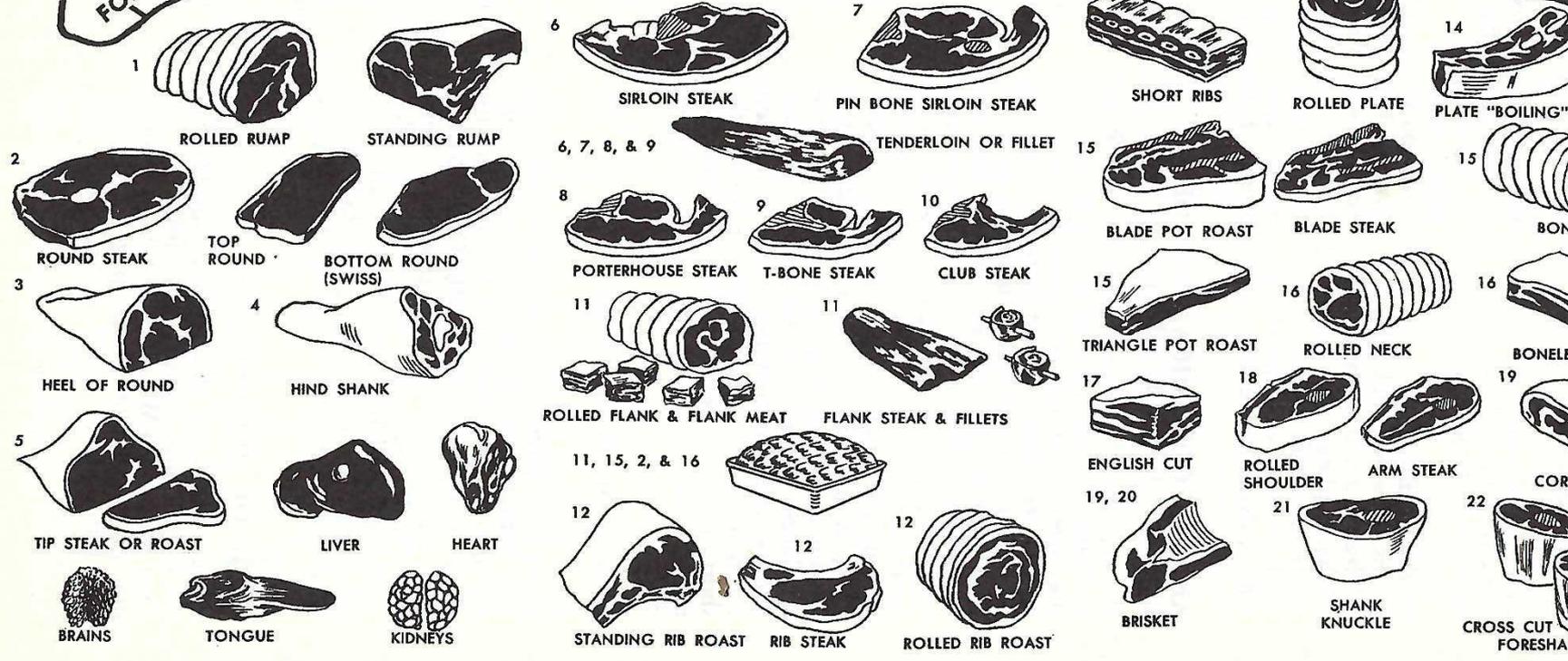
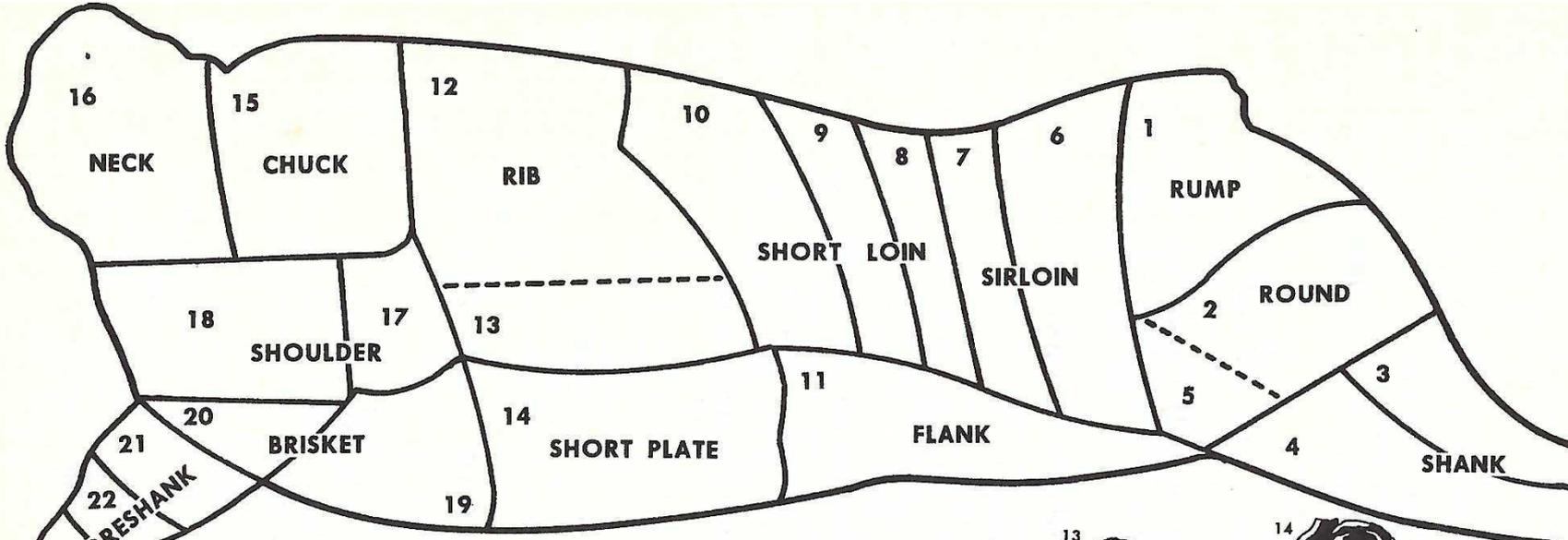
TO GET THE BENEFITS OF GRASS FEEDING, YOU MUST EAT THE FAT!



- **MORE FAT-SOLUBLE VITAMINS:** A, D<sub>3</sub>, E, K<sub>2</sub> – 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

ng



# **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**

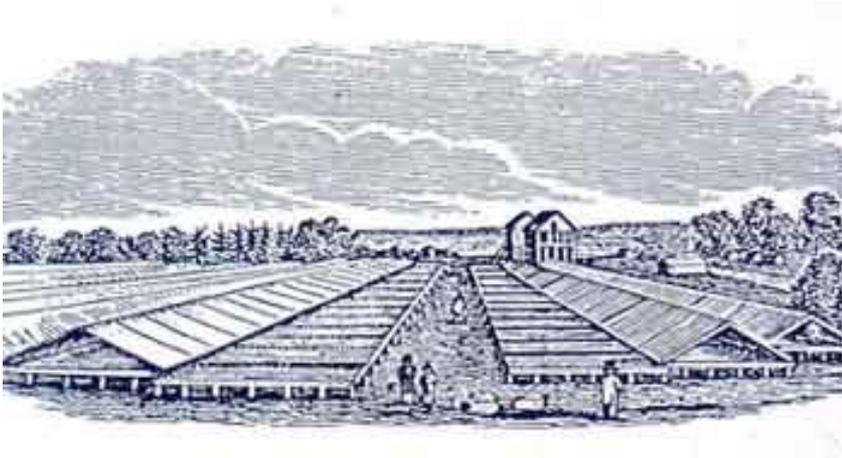
**ADRENAL FUNCTION**

**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 ¾ 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](http://www.westonaprice.org/mentalemotional-health/meat-organs-bones-and-skin))

# HYDROPHILIC

**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



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- INFORMATIONAL BROCHURES
- YEARLY SHOPPING GUIDE
- ANNUAL CONFERENCE
- LOCAL CHAPTERS
- 12 SPOONS RESTAURANT RATING

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

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Looking for a healthier and more delicious way to eat?  
 GET THE BASICS OF THE WISE TRADITIONS DIET

## About the Weston A. Price Foundation

The Weston A. Price Foundation (WAPF) is your source for accurate information on nutrition and health, always aiming to provide the scientific validation of traditional foodways. People seeking health today often condemn certain food groups -- such as grains, dairy foods, meat, salt, fat, sauces, 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 10-13, Minneapolis, Minnesota  
 ORDER CONFERENCE RECORDINGS

### FEATURES

**Opportunity to Support a Study on Raw Milk Cheese**  
 Does raw cheese help prevent osteoporosis? Here's an opportunity to find out. [READ MORE](#)

**Why Did God Create Cancer?**  
 Dr. Tedd Koren reveals cancer as a self-protective mechanism

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

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

### NEW SERVICE FOR WAPF MEMBERS

Consultation with Pete Kennedy on policy and legal matters including disputes with government regulators, food freedom legislation and issues regarding raw milk, cottage foods and on-farm meat and poultry processing. Contact Pete at [pete@realmilk.com](mailto:pete@realmilk.com)

### PODCASTS AND BLOGS

Podcasts-The Weston A. Price Foundation  
 Mother Nature Obeyed  
 Real Milk Blog  
 Recipe of the Week

### MAIN HEALTH TOPICS

**Dr. Price's Key Discovery**  
 Abundant fat-soluble vitamins in traditional foods

**Cod Liver Oil**  
 Our number ONE superfood

**What About the Paleo Diet?**  
 Comparison with the Wise Traditions Diet

**In the Footsteps of Dr. Price**  
 The WAPF message goes to Malawi in Africa

**Happy, Healthy Children**  
 Advance planning is necessary

**Why Butter is Better**  
 Nature's healthiest fat

**Vaccinations**  
 The most important decision parents will ever make

**Dietary Guidelines from the USDA**  
 Same of disastrous dietary advice

### ALL HEALTH TOPICS

ABCs of Nutrition  
 Ask the Doctor  
 Book Reviews  
 Classic Commentary  
 Children's Health  
 Cod Liver Oil  
 Dentistry  
 Dietary Guidelines from the USDA  
 DVD/Media Reviews

Environmental Toxins  
 FAQ  
 Farm & Ranch  
 Homogeneity  
 In the Footsteps of Dr. Price  
 Know Your Fats  
 Making it Practical  
 Men's Health  
 Mental & Emotional Health

Modern Diseases  
 Modern Foods  
 Notes from Yearlyear  
 Nutrition Basics  
 Soy Alert!  
 Traditional Diets  
 Vaccinations  
 Vegetarianism & Plant Foods  
 Women's Health

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GET THE BASICS OF THE WISE TRADITIONS DIET

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

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- FIND NUTRIENT-DENSE FOODS
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Real Milk  
 Soy Alert!  
 Nourishing Our Children  
 Farm-to-Consumer Legal Defense Fund  
 Healthy 4 Life  
 Restaurant Rating Project - Coming Soon  
 Earn Money for WAPF with Every Internet Search of Amazon Purchase  
 Find Real Food with the WAPF Mobile App

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Looking for a healthier and more delicious way to eat?  
 GET THE BASICS OF THE WISE TRADITIONS DIET

## About the Weston A. Price Foundation

The Weston A. Price Foundation (WAPF) is your source for accurate information on nutrition and health, always aiming to provide the scientific validation of traditional foodways. People seeking health today often condemn certain food groups -- such as grains, dairy foods, meat, salt, fat, sauces, 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 10-13, Minneapolis, Minnesota  
 ORDER CONFERENCE RECORDINGS

### FEATURES

**Opportunity to Support a Study on Raw Milk Cheese**  
 Does raw cheese help prevent osteoporosis? Here's an opportunity to find out. [READ MORE](#)

**Why Did God Create Cancer?**  
 Dr. Tedd Koren reveals cancer as a self-protective mechanism

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

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

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### CAMPAIGNS

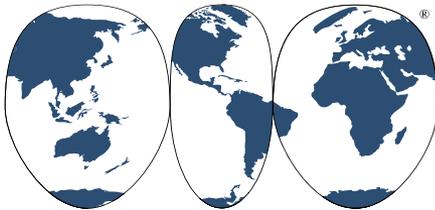


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for *Wise Traditions* in Food, Farming and the Healing Arts

## 2022 Shopping Guide

For Finding the Healthiest Foods in  
Supermarkets, Health Food Stores  
and by Mail Order



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[info@westonaprice.org](mailto:info@westonaprice.org)

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





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## Healthy 4 Life



Dietary Guidelines

from the Weston A. Price Foundation

for Cooking and Eating

Healthy, Delicious, Traditional Whole Foods

## COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS

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



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**NEW!**

## 11 PRINCIPLES BOOKLET





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NUTRIENT-DENSE FOODS TRADITIONAL FATS LACTO-FERMENTATION BROTH IS BEAUTIFUL

COMMUNITY-SUPPORTED AGRICULTURE SOY-ALERT

## Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

Healthy Baby Issue Healthy Baby Issue

TRUTH IN LABELING

LIFEGIVING WATER NON-TOXIC FARMING

PASTURE-FED LIVESTOCK PREPARED PARENTING

A CAMBRIDGE FOR REAL MILK NURTURING THERAPIES

**HEALTHY BABY ISSUE**  
Wrong Advice in Baby Books    FAQs on Homemade Baby Formula  
Vaccinations    Reproductive Health    Baby Food  
Gut and Psychology Syndrome    Vitamins for Fetal Development  
Traditional Remedies for Childhood Illness  
Soy Infant Formula and Male Development

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PASTURE-FED LIVESTOCK PREPARED PARENTING

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What Causes Heart Disease?    A New Theory of Heart Disease  
The Many Roles of Cholesterol    The Benefits of High Cholesterol  
The Dangers of Statin Drugs    CoEnzyme Q10 for Health Hearts  
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## HEART DISEASE ISSUE



# The Weston A. Price Foundation®

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**The go-to podcast for good health**

A Production of the Weston A. Price Foundation

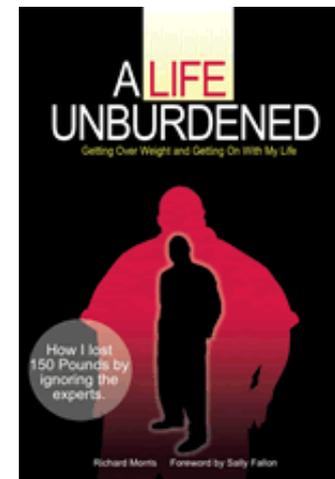
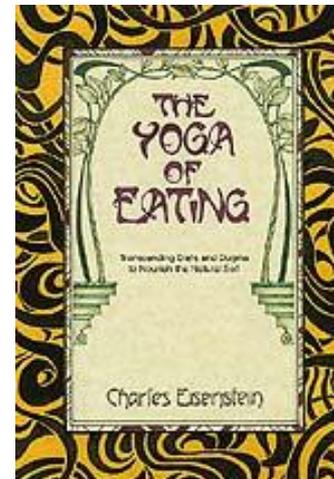
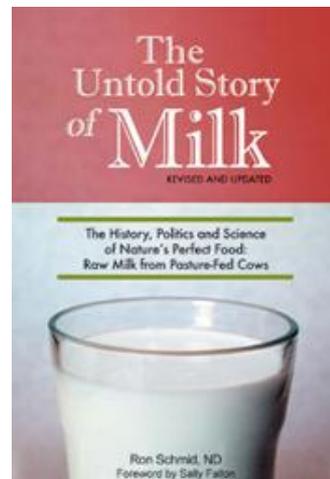
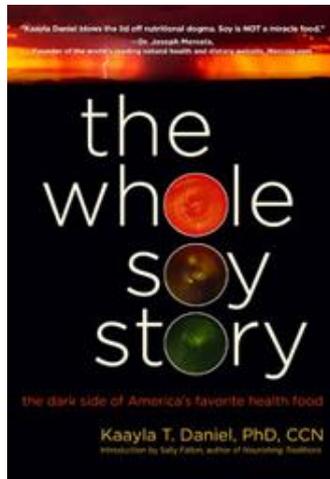
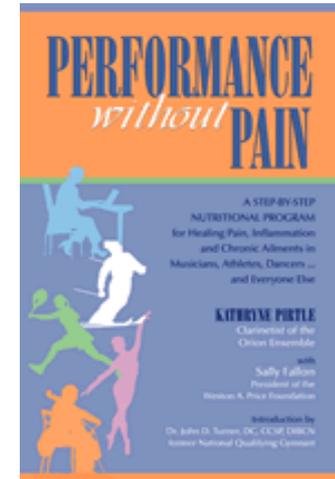
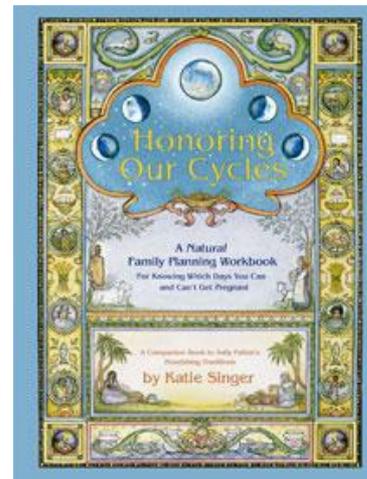
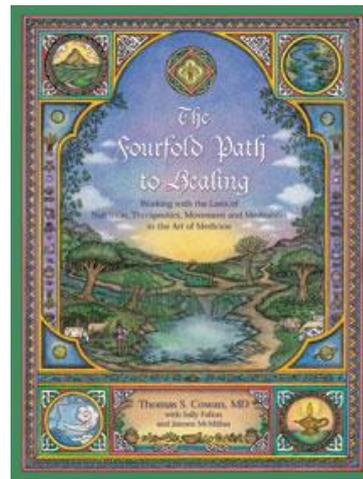
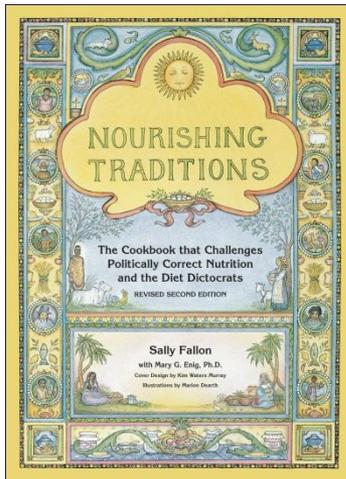
### The Wise Traditions podcast covers topics like:

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

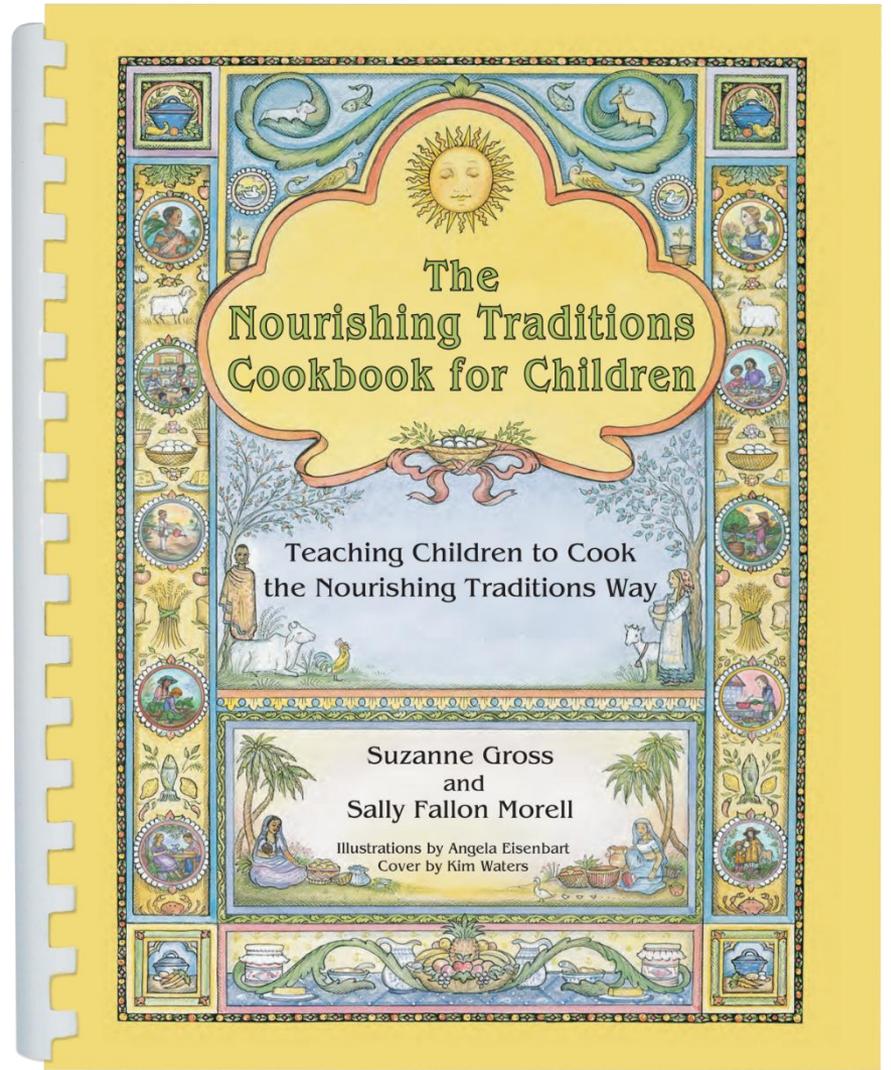
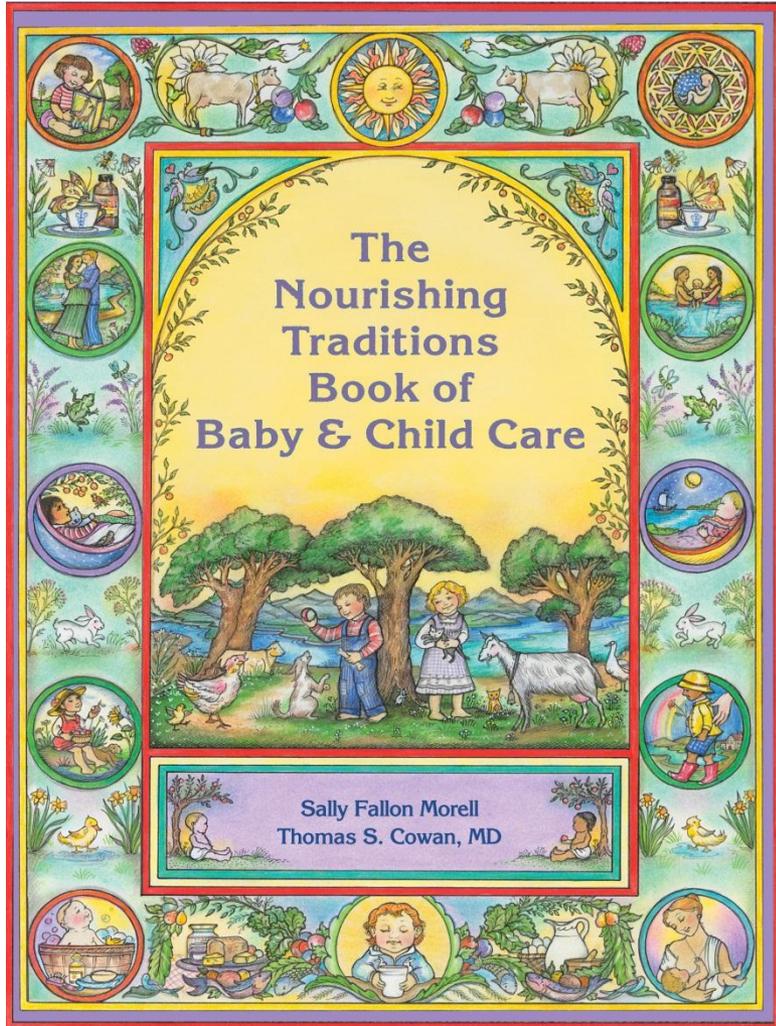
*Find it wherever you get your podcasts and at [westonaprice.org](http://westonaprice.org)*

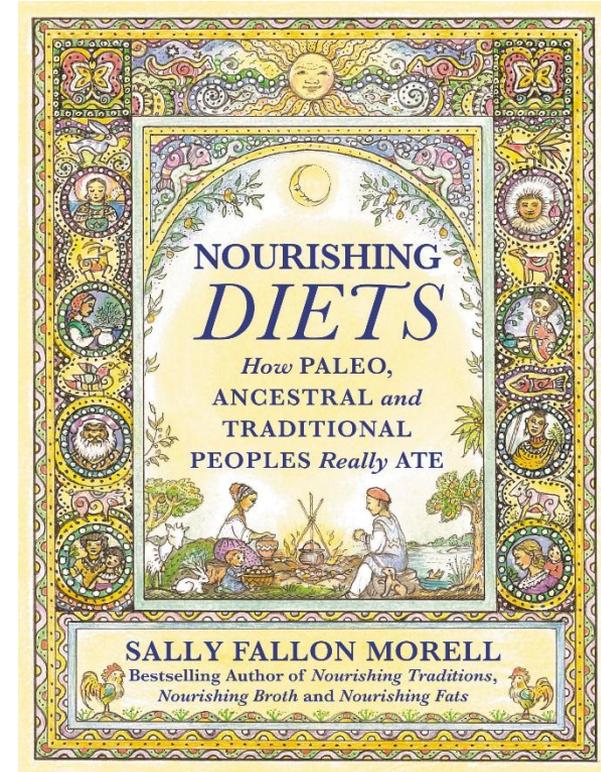
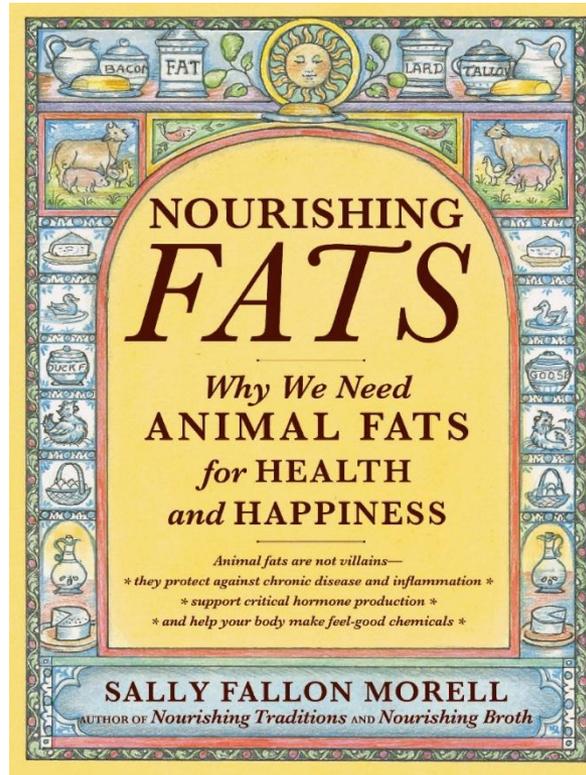
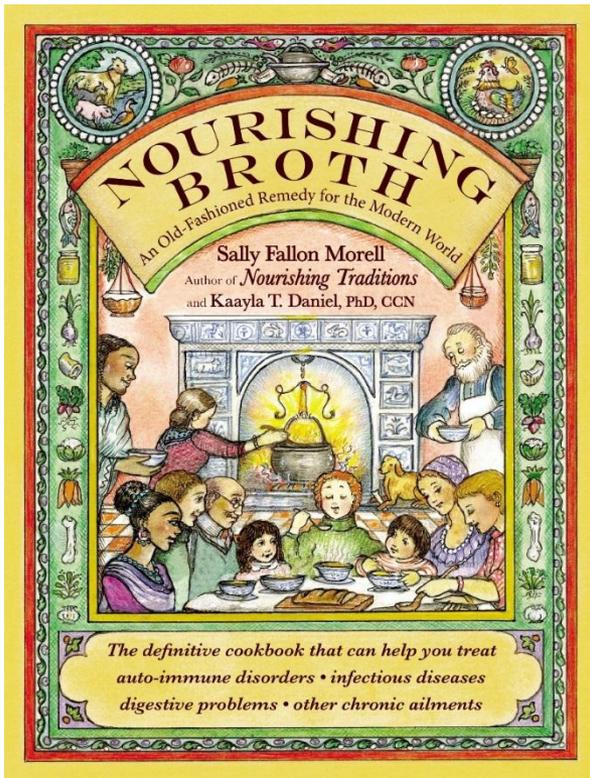
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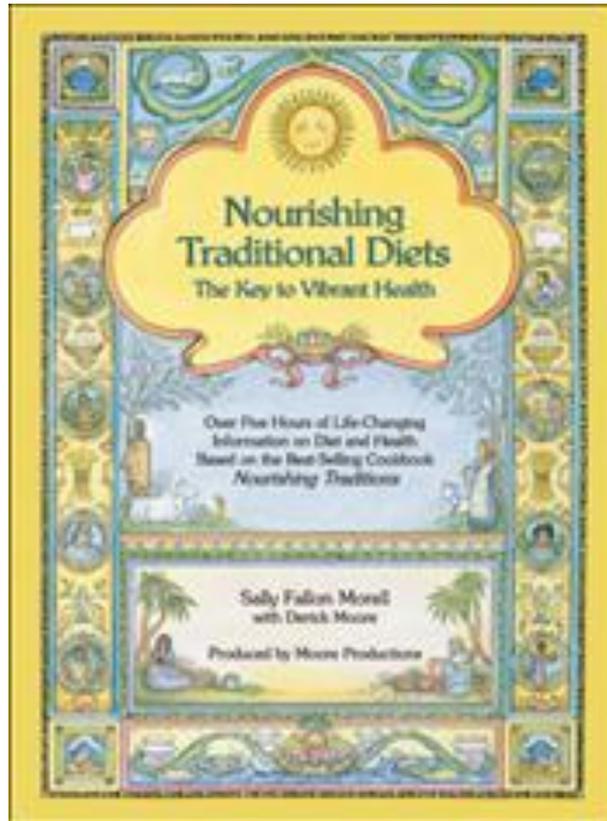
THE  
**CONTAGION  
MYTH**

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

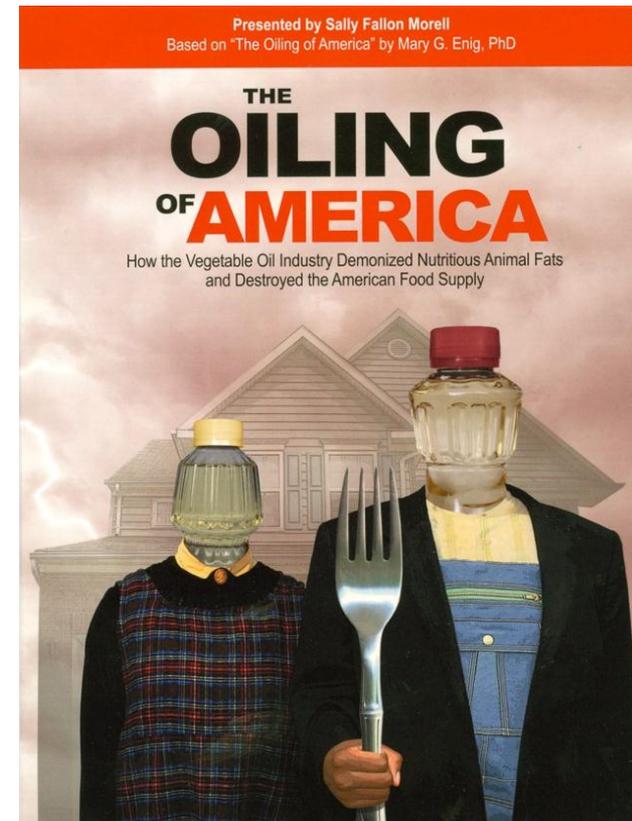
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FOODS FROM DEPLETED SOIL

ORGAN MEATS PREFERRED OVER MUSCLE MEATS

MUSCLE MEATS, FEW ORGANS

ANIMAL FATS

VEGETABLE OILS

ANIMALS ON PASTURE

ANIMALS IN CONFINEMENT

DAIRY PRODUCTS RAW AND/OR FERMENTED

DAIRY PRODUCTS PASTEURIZED

GRAINS AND LEGUMES SOAKED/FERMENTED

GRAINS REFINED, EXTRUDED

BONE BROTHS

MSG, ARTIFICIAL FLAVORINGS

UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)

REFINED SWEETENERS

LACTO-FERMENTED VEGETABLES

CANNED VEGETABLES

LACTO-FERMENTED BEVERAGES

MODERN SOFT DRINKS

UNREFINED SALT

REFINED SALT

NATURAL VITAMINS IN FOODS

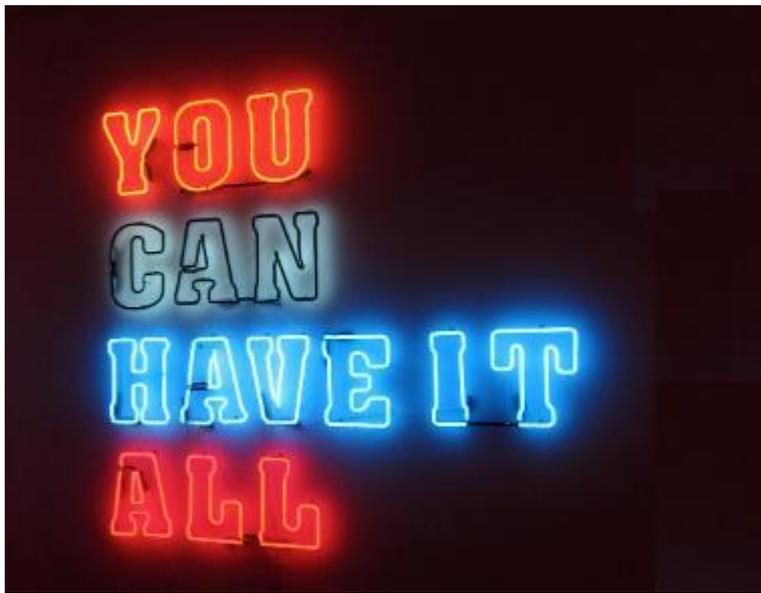
SYNTHETIC VITAMINS ADDED

TRADITIONAL COOKING

MICROWAVE, IRRADIATION

TRADITIONAL SEEDS/OPEN POLLINATION

HYBRID SEEDS, GMO SEEDS



**No deprivation**  
on the  
**Wise Traditions**  
**diet!**

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



# Nourishing Traditions

The Blog that Challenges Politically Correct Nutrition  
and the Diet Dictocrats

Sally Fallon Morell



Powerpoint Presentation  
With notes is posted at

[NourishingTraditions.com/resources](http://NourishingTraditions.com/resources)